

Moving Forward

Activities and Services for Resident 60+



May 2023 Calendar of Events

MON	TUES	WED	THURS	FRI
1 Knitting Group 6pm, Library Spring Cleaning Workshop 6:30pm, Zoom	2 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library	3 Mahjong WW, 1:30-3pm Wellness Clinic w/ Public Health Nurse 10-11:30am, Library	4 Yoga Class Town Hall, 10-11am	5
8 Computer Class 10-Noon, Library Knitting Group 6pm, Library Post Cane Presentation 5:30PM Library	9 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library	10 Mahjong WW, 1:30-3pm	11 Yoga Class Town Hall, 10-11am	12 Town Meeting Sat. 5/13 at 9am
15 Knitting Group 6pm, Library	16 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library	17 Mahjong WW, 1:30-3pm Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Tech Help Walk In 2:30pm, Library	18 Yoga Class Town Hall, 10-11am Hot Lunch Program Noon, WW Tech Help 2:30pm, WW	19 Movie Night 6:30pm, Library
22 Computer Class 10-Noon, Library Knitting Group 6pm, Library	23 Fitness & Friends Town Hall, 11:30-12:30pm Card Games WW, 1:30pm Scrabble 2pm, Library Book Group 7pm, Library	24 Mahjong WW, 1:30-3pm	25 Yoga Class Town Hall, 10-11am Watercolor Paint Night 6:30pm, Library	26
29 Memorial Day	30 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	31 Mahjong WW, 1:30-3pm		

Westhampton COA ✦ 3 South Road ✦ Westhampton, MA 01027 ✦ Seniors Helping Seniors
 Coordinator: Amy Landau 413-203-9808 ✦ coa@westhamptonma.org

Save the Date: Town Elections

Saturday June 3rd, 8am to Noon

Contact the Town Clerk for voting information:
(413) 203-3080



Law Day - Cornerstones of Democracy Thurs. May 4th Hampshire County Courthouse in Northampton

Expert panelists will address civics, civility and collaboration amid efforts to rebuild trust in our nation's institutions, respect for one another and willingness to collaborate to address the challenges facing the country. Panel at 9:30; tours to follow at the Hampshire County Courthouse at 15 Gothic St in Northampton. Hosted by the Northwestern District Attorney's Office, Hampshire Bar Association, Franklin Bar Association, Franklin County Justice Center and Hampshire County Courthouse in collaboration with the American Bar Association.

**Library Hours: Mon & Thu 2pm - 8pm;
Tue & Wed 9am - 12pm & 1pm - 5pm;
Sat 10am - 1pm
Closed Mon., May 29th (Memorial Day)**

Please check the town website or Facebook or Instagram @WesthamptonPublicLibrary for library updates. The library is open for in-person browsing and materials pickup as well as curbside pickup. To place a request for curbside pickup, please email westhampton@cwmars.org or call 527-5386.

Post Cane Presentation to Sally Lawton Monday, May 8 at 5:30PM

Join us in honoring and celebrating Westhampton's oldest resident, the incomparable Sally Lawton. Ms. Lawton will be presented with the Boston Post Cane in the library community room. This New England tradition originated in 1909 when Mr. Edwin A. Grozier, Publisher of the Boston Post, forwarded to the Board of Selectmen in 700 towns in New England a gold-headed ebony cane with the request that it be presented with the compliments of the newspaper to the oldest male citizen of the town. In 1930, and not without controversy, eligibility for the cane was opened to women.

Movie Night - To Be Takei Friday, May 19 at 6:30PM

In recognition and celebration of AAPI heritage month, this documentary looks at the many roles



COA Program: Dementia Friends Information Session & Free Lunch

Tues. May 16th at the Town Hall @ 12:30 PM



Come enjoy a free box lunch from Good Eats to Go at 12:30 PM and then stay for the program at 1:30. This free information session is a discussion led by two volunteer Dementia Friends Champions, Kat Peterson and Crystal Wright, from the Huntington Council on Aging. You'll learn what dementia is, what it's like to live with it, and some tips for communicating with people who have dementia. This program offers a new and innovative understanding of dementia and is led by two knowledgeable and compassionate presenters with lived experience. Here is what some participants have said about this program:

"This has opened my eyes."

"I wish I knew this five years ago when my family was going through it."

"I will be much more aware at work and out in my community."

This program was sponsored by the Jewish Family and Children's Services. Dementia Friends is a global movement developed by the Alzheimer's Society in the United Kingdom and now underway in MA and across the US.

played by eclectic actor/activist George Takei, whose wit, humor and grace have helped him to become an internationally beloved figure and Internet phenomenon with seven million Facebook fans and counting. Popcorn and refreshments will be served.

Book Group

Tuesday, May 23 at 7:00PM

Book Group meets once a month on the fourth Tuesday of each month. We alternate between fiction and non-fiction. Our May read is TBD. Please check Facebook and the town website for updates or email **Meaghan** at mschwelm@cw mars.org to be added to the book group email list.



Watercolor Paint Night

Thursday, May 25 at 6:30PM

Join local artist, Mary Cleary, for a watercolor paint night in the community room. You'll learn two techniques, wet-on-wet and wet-on-dry, to compose a watercolor landscape triptych. All materials will be provided and no previous painting experience is required. Special thanks to the Friends of Westhampton Library and the Lyn Keating Program Fund for sponsoring this event. Please email westhampton@cw mars.org to register for this event. Supplies are limited.



Reminder: New Ride Coordinator Danielle Buzzee

Need a ride? Or would you like to volunteer to become a driver? Our new Transportation Ride Coordinator (since March) is now Danielle Buzzee! Please contact **Danielle** from now on at: **(413) 246-0278** or danielle.buzzee@icloud.com

Easthampton Savings Bank Hosts a Paper-Shredding Event

Saturday, May 13th

Hadley Home Depot parking lot, 350 Russell St.

Local residents can reduce their risk of identity theft by bringing old mail, receipts, statements or bills, canceled checks, pay stubs, medical records, or any other unwanted paper documents containing personal or confidential information and shredding them safely and securely for free. Valley Green Shredding, a professional document destruction company, will be on site in the bank's parking lot and can accept up to two boxes of documents per person.

Free Tech Walk-In Sessions at the Library

Reminder: Free tech walk-in sessions continue with Peg Whalen at the Library this month and every 3rd Wednesday at 2:30 PM. This COA program is being funded by the Northern Hilltown Consortium's Service Incentive Grant. Please help us spread the word! **Questions? Contact Peg at: (413) 404-4566 by text message, or via email at: nhillcoastech@gmail.com**

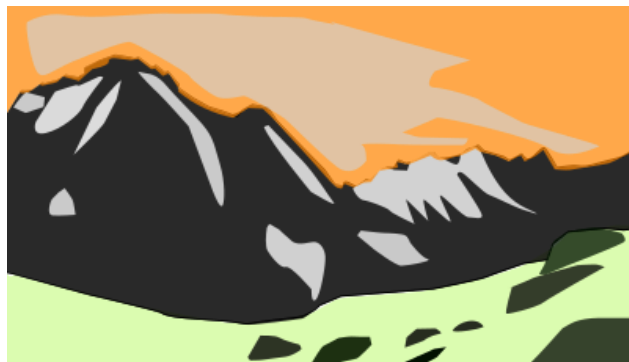
Message from the Westhampton COA Hikers for May 2023



*Westhampton COA Hikers at the Four Roads Hike
on March 10*

It's spring and the snow's gone. By the time you read this we'll have gone on a few hikes exploring the natural beauty of the surrounding wooded areas. We've got many ideas for the upcoming hiking season; new hikes, old hikes, long hikes, short hikes, etc. We'll be exploring long forgotten sections of town and other great new hiking areas nearby. Nonetheless, we would certainly be interested in any suggestions that you'd like to pass long.

For anyone interested in joining the Westhampton COA Hikers on our hikes in the local area, email us at westhamptoncoahikers@comcast.net and we will add you to our email hikers list. Please note that all group emails are sent as blind copies



Memorial Day, May 29, 2023

**With Honor & Gratitude
We Remember**



For most people when you lose your "khakis" you've lost your pants. When you're from Boston & lose your "khakis" you can't start your car.



Is someone on the phone telling you to BUY A GIFT CARD to:

- Pay bail or ransom
- Keep your Social Security benefits
- Pay an IRS debt
- Pay for computer tech support
- Pay for a family member in trouble
- Keep your utilities on
- Pay for a lottery prize

If you answered yes, **HANG UP!** It's scam. Gift cards are for gifts, not for payments.

If you have a consumer problem or question, contact the

Northwestern District Attorney's Consumer Protection Unit

Greenfield
(413) 774-3186

Northampton
(413) 586-9225



Working in cooperation with the Office of the MA Attorney General.

**I just realized why this month is called May:
It may rain, it may snow, it may be 70 degrees, it may be 20**

The Westhampton Council on Aging counts on YOUR support to continue our important programming for local seniors!

I would like to contribute to the Westhampton COA. My contribution of \$_____ is attached.

(Please write your check to The Friends of the Westhampton Council on Aging, write "program support fund" in the memo line, and mail to Charlotte Wood, 14 Perry Hill Rd. Westhampton, MA 01027.)

Name _____

Address _____

Thank You for Helping to Support Your Neighbors!
Westhampton Council on Aging



Would you like to receive your newsletter, in color, by email instead of snail mail?

If so, please email Kristen at **regionalcoanews@gmail.com** to be put on the email list. Include your address so I will know which mailing list to take you off of. Thanks!

Your State Representatives

State Senator Paul Mark

Email: paul.mark@masenate.gov

Phone: 413-464-5635

Mail: 773 Tyler Street
Pittsfield, MA 01201

Nearby local office hours:
Williamsburg Town Hall
2nd and 4th Tuesdays from 1-3pm

State Representative Lindsay Sabadosa

Email: Lindsay.Sabadosa@mahouse.gov

Phone: 413-270-1166.

Mail: 76 Gothic Street
Northampton, MA 01060

Caregivers Part 3, Electronics

The last in this installment... like I'm writing a serialized short story here... we turn to electronics and keeping your care recipient financially safe.

Our cell phones and internet access are both a major benefit and potential bugaboo all in one! There are many ways to get into trouble but also steps to take to avoid issues. I don't have room to completely describe all the tips here so call me if you need more info.

1. **Passwords.** They should be strong, they should be unique, they should be safeguarded. PAGES have been written on managing passwords.

2. **Two-factor authentication.** This means you put in a password, then get an email or phone text with a second password which is required to continue.

3. **Privacy settings.** Require a code or photo or fingerprint to activate a device. Turn off location tracking. For GPS directions, don't use the real home address; fudge it by giving a park or address close by. On social media, read that media's instructions to learn how to limit who can see a post, meaning just close friends or the entire world.

4. **Security.** Use anti-virus software and keep it up to date. Keep the operating system up to date to take advantage of their security improvements. Activate the firewall. Learn how to erase personal data from a lost phone. Use an authenticator app that will connect to the elder's accounts and alert you when somebody tries to log on (Thanks, Peg Whalen).

If you are working with an elder with diminished capabilities, consider some of the steps that parents can take with their children to provide safety. See <https://connectsafely.org/controls/>. This will help you block an online site that the elder repeatedly accesses to order unneeded merchandise, for instance.

Take care,

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com; 413-268-2228

May's Good News

By Deb Hollingworth

There may be help paying for your Medicare B premium if your income is less than \$2,734/month or less than \$3,123/month if married. Countable assets need to be less \$18,180 or \$27,260 married. This is a significant increase in the financial eligibility limits for this program, and one of the ways the State is helping residents with their health insurance costs.

We often forget about the Medicare B premium because it's deducted from our social security benefit before the remaining benefit is auto deposited in our checking account. So we never get a bill, just a reminder at the end of the year from social security saying this is your benefit, this is what we took out for your Medicare B premium. This year it's \$165/month. So if you do the math that's \$1,980 for the year. If you qualify, you get a letter from social security saying they are putting that \$165/month back in your check.

This benefit is called the Medical Savings benefit or the Senior Buy-in benefit or the MassHealth Buy-in benefit. Frustrating? Confusing enough without giving a benefit multiple names, but who am I to argue?

Better news: if your income is less than \$2,309/month, this Senior Buy-in acts like a Medex plan. Meaning, it supplements your Medicare, so when you have a doctor visit, or any medical service, Medicare pays about 80% of the bill and this Senior Buy-in pays the rest. You have no co-pays.

Why is this Good News now? It used to be that you couldn't have more than \$7,000 in countable assets, and your income had to be much lower. So many more people could qualify now and see \$165/month put back in their social security check.

Curious? You can contact a SHINE counselor through your senior center to see if you qualify.

Massachusetts will end its COVID-19 Emergency status on May 11

1. What does that mean for our residents?
The COVID-19 public health emergency in Massachusetts and the vaccine mandate for more than 40,000 state workers will both end on May 11, in conjunction with the federal government's end date for the public health emergency

2. So what happens going forward?
Three years after the onset of the pandemic, the state, and much of the world, is shifting towards treating COVID-19 less like a pandemic and more like a respiratory illness.

2. So COVID-19 is over?
No, we will continue living with COVID-19. We can now incorporate the tools to manage this virus into our standing response to respiratory illness within our communities and healthcare system.

3. No More vaccine mandates then?
Certain workers will still be subject to vaccine mandates under rules from the state Executive Office of Health and Human Services and the federal Centers for Medicare and Medicaid Services.

4. Does this mean nobody is getting COVID-19?
No, on March 30th Massachusetts health officials reported 2,023 new COVID-19 cases and 59 new deaths in the last week. So for those with weakened immune systems, masking, social distancing, hand washing, and monitoring yourself for systems remains important.

5. What should I do if I'm having symptoms?
As always, if you're not feeling well, stay home! Your local Boards of Health, through the Foothills Health District will continue to provide free COVID19 test kits as long as they're available. If symptoms are mild, use over the counter measures. If severe, feel free to reach out to your Public Health Nurse (contact info below), your Primary Care Provider, or if life threatening call 911.

FootHills Health District: Michael Archbald, RN
413-268-8408 (office)
413-522-7112 (cell)

The Regional COA Newsletter benefits from your support!

I would like to contribute to the COA Newsletter. My contribution of \$_____ is attached.

(Please make out your check to "Northern Hilltown Consortium/ Town of Chesterfield" and mail to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)

Name _____ Telephone _____

Address _____

Email _____

On the Road Again... 2023 Trips



Contact Francine Frenier to reserve your seat **before** mailing any payments to determine availability: 413-296-4291, francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

*Day Trip June 20. **Encore Casino.*** Boston Harbor casino trip. **Free \$20 slot play.** Make payment to Francine Frenier for \$42 due **NOW.** *Special \$22 discount for Chesterfield seniors aged 60 and over.* Lunch on your own, options available on site. Mail to the address above.

*Day Trip July 20. **Lake George Cruise-*** Take a 2 1/2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. Danny Lombardo performs on the keyboard. Make payment to Landmark Tours for \$113. **WAIT LIST ONLY.**

*Day Trip August 10. **Garden in the Woods-*** This trip includes a walking guided tour of the Garden in the Woods in Framingham followed by a luncheon at the Longfellow's Wayside Inn. Entrée choices are Breast of chicken, Baked Salmon, or Yankee Pot Roast. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$122 due **June 10th.** Mail to the address above.

*Day Trip August 23. **Saratoga Racetrack,*** Saratoga Springs, NY. This trip includes lunch at the Inn at Saratoga. Entrée choices are Chicken Normandy or Pasta a la Saratoga. After lunch, spend time at the racetrack in our reserved grandstand seats. Over 60 concession stands on the grounds. Make payment to Landmark Tours for \$130 due **June 10th.** Mail to the address above.

*Multi Day Trip September 10-12. **Nantucket Island.*** Three days to two nights. Includes ferry to and from the island, guided tour of the island and all access pass to historical sites. Make payment to First Choice for \$748 p/p double occupancy due **June 21st.** Mail to the address above.

*Day Trip September 14. **Lake Sunapee Luncheon Cruise- Vermont Country Store.*** A two hour luncheon cruise on Lake Sunapee in New Hampshire. This trip includes Luncheon buffet and a stop at the Vermont Country Store. Make payment to Landmark Tours for \$111 due **July 10th.** Mail to the address above.

*Multi Day Trip September 29-October 9, 2023. **Mt. Rushmore, Crazy Horse - S. Dakota & Devils Tower - Wyoming.*** 11 days. Stops at Corn Palace, Wall Drug, National Museum of Great Lakes, Iowa Museum of Natural History, Des Moines Art Center, and Eck Visitors Center at

Univ. of Notre Dame. Cost \$1,178. \$25 discount if paid in full by **June 22, 2023.** Contact Francine to reserve your seat.

*Day Trip November 4. **Elvis- A Musical Revolution- North Shore Theater.*** An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make payment to First Choice for \$259 by **July 21st.** Mail to the address above. A few seats available.



Hilltown Mobile Market

Support the Hilltowns' first year-round local farm market

Order locally produced goods online or visit our storefront located at:

19 Sawyer Road in Worthington, MA

Storefront hours: Tuesday - Friday: 8 AM - 7 PM
Saturday - Monday: 10 AM - 4 PM

Coming soon:

Free delivery to a pick up location near you and door delivery service available for a small fee

Check us out at:

www.hilltownmobilemarket.com

Writers Workshop in Goshen

If you have ever been told: "You really should write that down!" you might consider this workshop. It will be taught by a local writer and former psychologist who knows how paralyzing apprehension can be. We will do easy exercises to get past our reluctance to commit thoughts to paper. And we will select stories that offend nobody and bring smiles to our readers' faces.



This class will start with two sessions in May with the option to continue. People from all towns are encouraged to attend. It will be held at the Goshen Town Hall at 42 Main Street, in the upstairs dining room. The classes will be on two Fridays: May 12 and May 26 from 1pm-2:30pm. Please call or email Kerry Normandin (**268-8236 x118** or **coa@goshen-ma.us**) by May 8 to register for this great workshop.

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Westhampton
Council on Aging**

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Need a ride?

Contact Danielle Buzzee at:
(413) 246-0278
or by email:
danielle.buzzee@icloud.com

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

Elder Law Education Program - 2023

Local seniors can learn about elder law issues at a free event (in person) hosted by the Williamsburg Senior Center on **May 17th at 3:00 pm at the Town Office building, 141 Main St., Haydenville.** The presentation is part of the statewide Elder Law Education Program sponsored by the Massachusetts Bar Association.

Among the topics this year are Veteran's Affairs Financial Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes, and alternatives to nursing home care.



Please register in advance for this event by calling the senior center at **413-268-8410** or emailing **seniorcenterdirector@burgy.org**.

ATTENTION MASSHEALTH CONSUMERS

If you receive MassHealth you may have noticed that since March 2020 you haven't gotten a recertification review. These are usually sent out every year to recertify your eligibility for MassHealth. Covid changed that. Anyone who was on MassHealth before March 2020 did not lose benefits during the Public Health Emergency. This coverage protection ended April 1st 2023. MassHealth has begun to review eligibility for over a million MassHealth members. If you have MassHealth you will be receiving a Big Blue envelope with a recertification application and letter explaining how to fill it out and return it. Until this happens, your MassHealth coverage will remain in place.



MassHealth expects to take a year getting everyone recertified. So you may receive your Big Blue envelope next month, or in October, or next February. Until then, your coverage remains in place. If you have questions when you get your Big Blue envelope, you can call your senior center to speak with a SHINE counselor.