

Moving Forward

Activities and Services for Resident 60+



August 2023 Calendar of Events

MON	TUES	WED	THURS	FRI
	1 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	2 Walk In Wellness Clinic Library, 10-11:30 Mahjong WW, 1:30-3pm	3 NO Yoga Class	4
7 Knitting Group 6pm, Library	8 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	9 Mahjong WW, 1:30-3pm	10 Yoga Class Town Hall, 10-11am	11 The Squeezebox Stompers 6:30pm, Library
14 Knitting Group 6pm, Library	15 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	16 Walk In Wellness Clinic Library, 10-11:30 Mahjong WW, 1:30-3pm	17 Yoga Class Town Hall, 10-11am Hot Lunch Program Noon, WW	18
21 Knitting Group 6pm, Library	22 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	23 Mahjong WW, 1:30-3pm	24 Yoga Class Town Hall, 10-11am	25 Pan Neubean Steel 6:30pm, Library
28 Knitting Group 6pm, Library Yoga with Brian 6pm, Library	29 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	30 Mahjong WW, 1:30-3pm	31 Yoga Class Town Hall, 10-11am	

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

The COA Is Chilling Out in August!

But Save The Date!



September 13th at Noon:

Buffet Lunch & Lady Bea Cruise on the Connecticut River

The Friends of the Westhampton COA and the COA are co-sponsoring a luncheon and cruise down the CT River on September 13th. A buffet luncheon will be served at The Boathouse at noon followed by a one-hour private cruise on the Lady Bea beginning at 1:30. Since the space is limited to 45 people, reservations are necessary and a non-refundable \$10.00 payment must be received **no later than September 8th.**



Contact Deb Barthelette at 413-222-2050 to make a reservation and for information on where to send your payment. (This is a self-drive event. The Boathouse and the Lady Bea are both located at 1 Alvord Street in South Hadley, MA.)

September 22nd at 8:50am:

Mushrooms for Everyone!

Mycoterra Farm's Jan Rolin, will present an Intergenerational Program at Westhampton Elementary School on September 22nd at 8:50 AM in the Common Area. She will discuss all things mushrooms and each student and classroom will get a mushroom-growing kit to take home.

Please join us and learn about growing your own mushrooms. If you would like to take home your very own kit, please let us know by emailing **Julia Lennen** (jslennen@gmail.com) or calling **(413) 537-9880**.

Watch your September newsletter for additional details!

October 12th at Noon:

Free lunch & Nutrition Program with Kelly Slattery, RDN, LDN. Join us for a free lunch at the Town Hall (12:00-12:30), followed by a Nutri-

tion Program (12:30-1:30) presented by Kelly Slattery who is the Nutrition Program Director for Highland Valley Elder Services.

November 9th at Noon:

Free Lunch (12:00-12:30), then Critical Info Binders (12:30-1:30 pm). Join us at the Town Hall for an important program that will help prepare you for the future. Free "Critical Binders" will be distributed to help you organize all your important papers.

December 14th at 1:30 PM:

Dan Kane Singers Holiday Concert & Refreshments. Join us at the Westhampton Congregational Church

January 11th at Noon:

Free COA Luncheon at the Town Hall. Enjoy pizza and dessert while socializing with friends and neighbors.



Newsletter Funding Update – Great News!

In the July newsletter we talked about the possible lack of funding for the continued printing and mailing of the monthly COA newsletter which would have impacted not only Westhampton, but all 7 hilltowns. Since then, the Northern Hilltown Consortium (NHC) was able to secure a Service Incentive Grant (SIG) to fund the newsletter for another FULL year. This is fantastic news and a tremendous relief to all of us!

Jan Gibeau, Chair of the NHC, had this to say: **"Hooray...we did it... the written word lives on for another year! Educational programs and conferences will continue. Can you believe it?"**

The digital mailing list is also still available to all. If you wish to subscribe, please email **Amy Landau** at coa@westhamptonma.org

Need a Ride to a Memory Café?

Contact our Ride Coordinator, **Danielle Buzzee** at: **(413) 246-0278** or by emailing her at danielle.buzzee@icloud.com

Memory cafes are free places to gather for those with memory loss and their caregivers/family

members. They include activities (music, crafts) but also ways to build a support network. Contact one of the cafes below in our area to reserve a space for an upcoming date.

Southampton Council on Aging:

The next Memory Café will be held on **Wednesday, August 23rd, at 9:30am**. Music with Peter & Laura Hicks. RSVP by calling **413-529-2105** or emailing coadirector@townofsouthampton.org

Huntington Council on Aging:

Wednesdays from 2-3 pm. Alternating music and art therapy programs. RSVP at: **(413) 685-5283** or email caregiveroutreach@huntingtonma.us

**Library Hours: Mon & Thu 2pm - 8pm;
Tue & Wed 9am - 12pm & 1pm - 5pm;
Sat 10am - 1pm**

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 413-527-5386.



Field of Dreams Concerts

For full descriptions please visit the town website or the library's Facebook page.

The Squeezebox Stompers

Friday, August 11th, 6:30pm at the Library

Pan Neubean Steel

Friday, August 25th, 6:30pm at the Library

All concerts will take place on the library lawn. In case of rain, the concerts will take place in the Westhampton Town Hall. These free concerts are made possible thanks to our sponsors: Friends of Westhampton Library, The Cultural Council, Easthampton Savings Bank, Marek Builders, Inc., and Florence Bank.

Belchertown Historical Society

Monday, August 7th at 6:30pm at the Library

How was a gunpowder "powder horn" dating back to 1758 returned to a local historical society after a 50 years absence? What did a Delaware resident and the FBI have to do with it? Hear the intriguing details directly from the Belchertown Historical Society's archivist and director, sponsored by the Westhampton Historical Society in the library's community room. Special thanks to The Westhampton Historical Society for sponsoring this event.

Movie Night - Bride and Prejudice

Friday, August 18th at 6:30pm at the Library

A delightful Bollywood musical retelling of Jane Austen's classic, full of romance, comedy, and musical numbers. Written and directed by Gurinder Chadha, the woman behind Bend it Like Beckham, Blinded by the Light, and Beecham House.

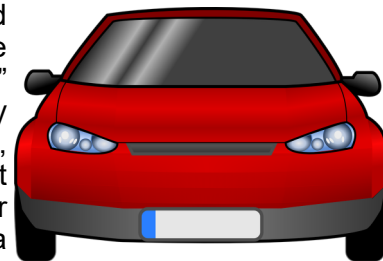
Join the COA Email List



If you have an email address, please consider joining our email list so that you will receive reminders for our monthly COA activities. Contact **Amy Landau** at coa@westhamptonma.org (don't forget the "MA" in this email!) to join. You will be blind-copied on all emails (your email will not be visible to others) in order to protect your privacy.

Expanded Transportation Opportunities in Westhampton

While Danielle Buzzee remains our point person for transportation as Ride Coordinator, the Town of Westhampton has ALSO been awarded a new year-long MCOA grant along with several other Hilltowns. The funds will enable Westhampton adults aged 60 and over to access the "Hilltown Driver Pool" service provided by the Hilltown CDC. So, in the rare event that our Ride Coordinator is unable to locate a driver for you among



our volunteers, she may direct you to this service. Locally hired drivers are available to take individuals to doctors or on errands with 48 hours notice. To learn more, visit the HCDC website:

www.hilltowncdc.org/transportation

Message from the Westhampton COA Hikers for August '23

It has been a frustrating month for us Westhampton COA Hikers due to the variable and unpredictable weather. Spot showers, scattered showers, thunderstorms, etc. are the weather forecast for most days. Sometimes they happen and sometimes they don't – which is all the more exasperating! For several years we could usually successfully schedule hikes based on a five-day weather forecast, but this year it just doesn't work - and as we write this the long-term forecast isn't encouraging for the rest of July.

Nonetheless we're still planning hikes and looking into new hikes. We have the rest of the summer and fall. So as you read this we'll be looking for some sunshine – and weather predictability!

If you want to get out and get some exercise and fresh air, reacquaint with old and make new friends, come join our hikes! 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 (BCC) for your safety and privacy.

Happy trails, Chuck & Ray



Midsummer, Tobago by Derek Walcott



Broad sun-stoned beaches.

White heat.
A green river.

A bridge,
Scorched yellow palms

from the summer-sleeping house
drowsing through August.



Days I have held,
days I have lost,

days that outgrow, like daughters,
my harbouring arms.

A Community of Readers - Betty-Anne Gould

Sometimes I like to just read a relaxing Christian novel. "The Lost Heiress" by Roseanna M. White was one such read. It is book one in a three book series called "Ladies of the Manor". There is mystery, romance and many quotes from the Bible.

The book takes place mainly in England at the beginning of the 1900's. Brook, the lost heiress, was taken to Monaco as a baby after her Mother was killed in a carriage accident. The story starts when Brook enlists her best friend, Justin, to find out what her background is in England. The plot thickens as Justin finds her Father, a Lord, and Brook returns to England.

The author states that she started writing this story when she was twelve. After she became a published author of quite a few books, she decided to go back and rewrite this story. A real enjoyable, relaxing read.

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

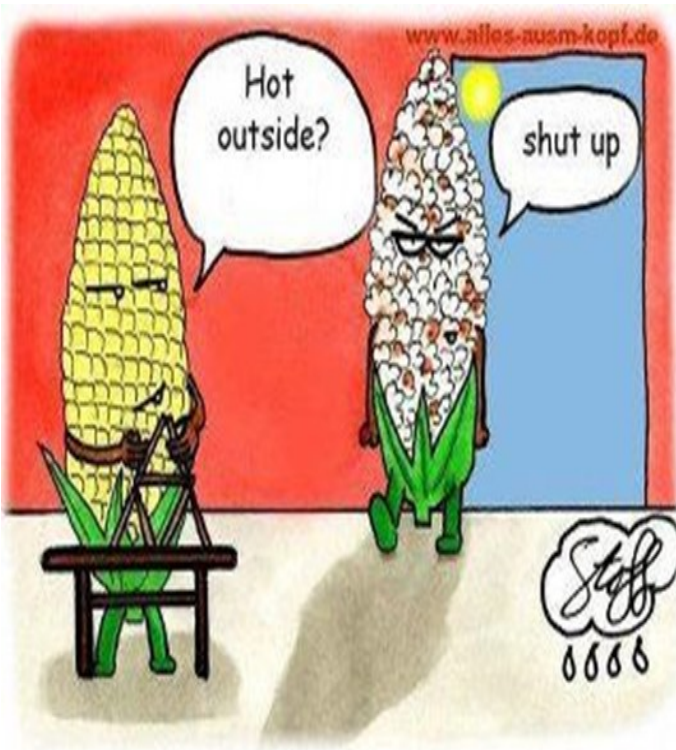
I would like to contribute to the Westhampton COA. My contribution of \$_____ is attached.

(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

Artificial Intelligence

You've read about it, here it is! Actually, it has been here for awhile. I spoke a text on my phone, trying to say "Cats really know how to nap". The first word appeared on my screen as Katz but by the time I finished my sentence it had changed to Cats. That is a form of AI.

We see it in autocorrect, when our email recognizes an address we start to type, or when Siri figures out who to call. When we have to select all the images with a sidewalk in them to continue to the web page we want, that is a form of AI. Many Applications (Apps) use AI.

In addition to these useful and positive activities, doctors are using AI to help prepare their case notes and discharge papers, saving them time. A recent study at the Mayo Clinic used AI to supplement physician readings for colon cancer and found more polyps than the doctor did. Maps and navigation tools have given us benefits in ease and accuracy of use. E-banking allows us to bank from home.

ON THE OTHER HAND, as AI becomes more sophisticated, it can cause problems. The ability to clone voices is growing so scammers can use AI to duplicate voices and facial images of a grandchild and really alarm a grandparent into sending money. Voice cloning can trick us into sending money to a friend who calls. We are already seeing campaign ads done by AI that show fake photos and videos, helping to spread misinformation and false events.

Things are only going to get worse as potentially very useful Artificial Intelligence gets co-opted for nefarious purposes. Remember last month's note on mindset? We need to keep our Game Brain engaged!

Be smart,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

Another Conversation about Memory Scheduled for the Fall!

More than 90 people signed up for the conference on June 22. The Community Center could only accommodate 60 people, leaving 26 on a waiting list. The keynote by Dr. Starr, combined with presentations by Sharon Asher and Deb Hollingworth, set the stage for a day that made it easy to talk about a wide range of sensitive issues. By all measures it was a success.



When asked to evaluate the day, these were some of the comments:

“Better than expected.”

“Almost as good as someone by my side to do what’s needed.”

“I’ve been working with people with memory problems for a long time and I actually learned something new today.”

“Made me realize my brain is better than my body.”

What was most helpful?

- Dr. Starr answered important questions
- Description of brain function
- Gentle but firm presentations of facts
- Positive focus of the day
- Chatting with others at my table
- What to expect if this happens to someone in your family
- The presenters did not catastrophize Dementia
- Deb’s experience with her parents

More information wanted:

- Home care resources; where to start, who pays, what’s available
- Finding local in home care services in the Region
- Programs that pay caregivers
- Supportive housing options
- Later life planning help understanding health insurance
- How to make ends meet with dwindling Finances
- Discussions about depression and “nervousness”
- How to find individual counseling for planning for the next stage
- Learning how to talk with someone with memory impairments

- How to respond to tense and difficult interactions
- Common caregiving stresses and how to get help
- Financial pitfalls, protections and planning for long term care
- Affordable options when continued care at home is not possible
- Use of light and touch therapies

Next Steps

First and foremost the conference will be repeated in the fall!

Plans are underway to provide monthly small group forums to dig deeper into the topics listed above and more. Look for the plan in the next issue.

**I’m at the place
in my life where
Errands count as
“Going Out”**

**IF THERE WAS A PILL TO CURE
PROCRASTINATION, I WOULD
PROBABLY TAKE IT TOMORROW.**



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 August 24. **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 **NOW**.*

*Day Trip September TBD. **The Big E**, an annual favorite, with free entertainment at Honor Court Stage. Watch for details. Tentative date September 22. We will depart from the Big E at 4pm.*

*Multi Day Trip September 10-12. **Nantucket Island. REDUCED PRICE. 3 days- 2 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 \$689 p/p double occupancy due **NOW**. Mail to the address above. Limited seats.*

*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. Due **NOW**. Contact Francine to reserve your seat. **Two seats remain.***

*Day Trip October 9. **Lake George Cruise** - Take a 2.5 hour luncheon cruise through the vistas of Lake George. A Captain's Luncheon Buffet will be served on board. Special pricing for Worthington Seniors \$75, for all other seniors the cost is \$125. Make your check out to Landmark Tours and mail to Worthington COA, PO Box 7, Worthington, MA 01098 by September 5th. Two pick up locations-- Worthington and Northampton. A similar trip sold out recently, so reserve early. For further information contact Phyllis Dassatti at 413-238-5962.*

*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 \$259 payment to First Choice **NOW**. Mail to the address above. A few seats remain.*

~~COMING IN 2024~~

*Multi Day Trip May 2024. **Nova Scotia, Prince Edward Island & New Brunswick. Passport required.** Cost TBD per person dbl. occupancy.*

This 9 day trip includes: 8 nights lodging including 5 nights in Canada, one night stay in Maine coming and going. 14 meals including: 8 breakfasts and 6 dinners. Guided Tour of Acadia National Park, Guided Tour of Halifax, Peggy's Cove & Lunenburg.

~~Since Lake George and Lake Sunapee were so popular and sold out in 2023, I will run these two trips in 2024.~~

Consortium website opens door to "rooms" full of information

Thanks to the work of Peg Whalen, the seven hilltowns of northwest Hampshire County, from Westhampton to Plainfield, Worthington to Williamsburg, are rolling out their redesigned website, <https://northernhilltownscoas.org> This website gives easy, early access to all the Councils on Aging newsletters, in full color, every month. The website also has a section for each town, CHESTERFIELD, CUMMINGTON, GOSHEN, PLAINFIELD, WESTHAMPTON, WILLIAMSBURG, and WORTHINGTON, with NEWS and announcements, CALENDARS, NEWSLETTERS, contact information, photos, and links to important in-town resources and events. The website supplies users access to written information, instructions, video about topics on GETTING THE HELP YOU NEED, links to USEFUL WEBSITES and services access, and many other information sources and volunteer opportunities. The site also describes special INITIATIVES the seven COAs are taking part in, cross-town calendars, and regional news.

Related to Tech Tips, the site has a TECHNOLOGY section dedicated to supporting aging in a digital world, with technical support sources, how-to instructions, workshop video, visual and written handouts about devices and tech uses, links to existing online sources for technology classes, training and technical assistance, and shortly, will have a calendar of scheduled local trainings. Please visit the website regularly and get familiar with its resources. You can reach the site at

<https://northernhilltownscoas.org> (Note, both hilltowns and COAs have "s" after their name, use care in entering the website.) We suggest you bookmark the website so you can quickly and return often to check on the wide variety of activities and services the area COAs are offering.

If you currently are unable to access the internet, your local library can help you visit the website. If you have suggestions or comments about the website, please share them on the site or let your COA know. This website is for EVERYONE in our seven towns. We invite you to help us tailor it to meet the needs and expectations of all the older adults we serve.

Please note, technical support is ongoing throughout the summer, by appointment only. Pre-arranged hours will resume in the fall. Contact your COA or reach out to Peg Whalen for assistance at

pegwhalenworkshops@gmail.com or text your name and questions to 413-296-5080.

Westhampton Council on Aging
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Westhampton, MA 01027

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Greenfield MA

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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.

**SCAM
ALERT!**



Protect Yourself & Avoid a Scam

- Screen your calls & hang up if the caller tries to pressure you.
- Block unwanted calls & text messages.
- Don't give out personal information over the phone, through email or text message.
- Resist the pressure to act quickly.
- Stop & talk about the situation with a friend or family member.
- Never pay someone you don't know by gift card, wiring money or cryptocurrency.

*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**

