

Moving Forward

Activities and Services for Resident 60+



September 2023 Calendar of Events

MON	TUES	WED	THURS	FRI
				1
4 Labor Day- Library closed	5 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	6 Walk In Wellness Clinic Library, 10-11:30 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	7 Yoga Class Town Hall, 10-11am September Artist Cindy Chandler-Guy 5-7pm, Library	8
11 Computer Class 10-12, Library Knitting Group 6pm, Library	12 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	13 Coffee & Chat 10-12, Library Buffet Lunch & Lady Bea Cruise Noon Mahjong WW, 1:30-3pm	14 Yoga Class Town Hall, 10-11am Wild Edibles Walk w/ Russ Cohen 5-7pm, TBA	15
18 Knitting Group 6pm, Library	19 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	20 Walk In Wellness Clinic Library, 10-11:30 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	21 Yoga Class Town Hall, 10-11am Hot Lunch Program Noon, WW	22 Mushrooms for Everyone! 8:50am, WES
25 Computer Class 10-12, Library Knitting Group 6pm, Library Yoga with Brian 6pm, Library	26 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library Book Group 7pm, Library	27 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	28 Yoga Class Town Hall, 10-11am Grown in Westhampton 6:30-8pm, Library	29

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

Intergenerational Program:
Mushrooms for Everyone!

Friday, September 22nd at 8:50 AM

Mycoterra Farm's Jan Rolin, will present an Intergenerational Program at Westhampton Elementary School on September 22nd at 8:50AM in the Common Area. Jan 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 are aged 60 or older and 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**.

About Mycoterra Farm

Mycoterra Farm was started by Julia Coffey in the woodlands of Westhampton. With a passion for growing things and wanting to grow a business of her own, she decided a mushroom farm would be an excellent complement to the Pioneer Valley's robust local agricultural economy. Well received in the Pioneer Valley and beyond, Mycoterra Farm has grown to a new location in South Deerfield, MA. Our presenter, Jan Rolin, is also a Westhampton resident.

Buying Mycoterra mushrooms keeps your dollar local and supports local farming and sustainability. Mycoterra mushrooms are handcrafted in small batches and picked fresh for delivery. They take pride in producing diverse varieties of quality gourmet mushrooms. Mycoterra Mushrooms are available at farmers markets across the state, various farm stands, River Valley Market, and the farm store at their South Deerfield location.

Mycoterra does more than just growing mushrooms. "We strive to leave the planet better than we found it. Using agricultural and forestry by-products as our primary growing mediums, our natural methods of production accelerate decomposition, building soil and cycling nutrients – critical processes for healthy ecosystems. We use our exhausted substrates as soil amendments on our farm to help restore an old gravel bank, prevent erosion and to build organic matter in our annual and perennial garden beds."

Mass Food Delivery is Mycoterra's other business. This online home delivery service can deliver local food fresh to your door. The website is massfooddelivery.com Mycoterra and Mass Food Delivery accept SNAP/HIP. The Mycoterra website is: mycoterrafarm.com/

Computer Class Resumes

This month, Bob Miller is back in action, teaching computer class at the library on the 2nd and 4th Mondays of each month from 10 AM to noon. For September, that's 9/11 and 9/25 (see calendar).

Reminder!

Buffet Lunch & Lady Bea Cruise on the Connecticut River
Wednesday, September 13th at Noon

The Friends of the Westhampton COA and the COA are co-sponsoring the luncheon and cruise. 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 find out if there's still space for your 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.)

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

Closed Monday Sept. 4th in observance of Labor 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@cwmar.org or call 413-527-5386.

September Artist - Cindy Chandler-Guy

Opening Reception Thursday, September 7th from 5pm - 7pm at Library

Like many people, my life's journey has been filled with many twists and turns, but art and psychology have always been two distinct, but essential passions. I have a Masters in Studio Art from NYU. My focus at that time was sculpture and photog-

raphy. However, I had always wanted to be a psychotherapist, so I moved to the Valley in 1971 to pursue a doctorate in psychology. By the time the semester rolled around, I had become immersed in doing pottery and became an original member of the Asparagus Potters Guild. I built a business making and selling a line of functional stoneware to over 150 stores across the country. Over the years; however, my desire to do therapy persisted, so while potting, I went back to school, earned my MSW in 1981 and have spent the last 40+ years as a psychotherapist. Along the way, in order to integrate art more fully into my life, I began taking watercolor classes, exploring pastels and oils and renting space in the Arts and Industry Building in Florence. In more recent years, I have been focused on creating monotype collages, a printmaking technique, and pastels. I relish having both the time and opportunity to pursue both passions.

Wild Edibles Walk w/ Russ Cohen

*Thursday, September 14th from 5pm - 7pm
Site is TBD. This will be at either Greenberg Family Conservation Area or MA Audubon Lynes Woods. Please check the town website or library Facebook page for updates.

Join author and wild foods enthusiast Russ Cohen on a two hour ramble to learn about over a dozen species of edible wild plants. Keys to the identification of each species will be provided, along with information on edible portions, seasons of availability and preparation methods. Guidelines for safe, ethical and environmentally responsible foraging will be included.

Russ has received numerous distinguished awards for his rivers work and foraging programs. He has led wild edible walks and talks for over 46 years throughout New England and eastern New York. In addition, his foraging book, *Wild Plants I have Known...and Eaten* is now in its eighth printing. Please register at westhampton@cwmar.org or **413-527-5386**. Special thanks to the Friends of Westhampton Public Library and the Lyn Keating Program Fund for sponsoring this event.

Grown in Westhampton- Slow Gardening with Alexis Doshas

*Thursday, September 28th from 6:30pm-8pm
at the Library*

Come explore the tenets of slow gardening through the lens of ecological horticulture. Learn how to take cues from nature (aka, biomimicry) and save your back and knees from all that weeding, raking, tilling, and turf re-



moval. We'll discuss passive, elegant, and simple techniques that work in concert with natural processes. Fall is a great time to establish many of these slow techniques for a rich and rewarding growing season!

Alexis Doshas is a conservation biologist, plant ecologist, and soil enthusiast. She is the nursery manager at Native Plant Trust's Nasami Farm. Native Plant Trust's mission is to conserve and promote the region's native plants to ensure healthy, biologically diverse and resilient landscapes. Alexis and her small but mighty staff collect local seed and produce thousands of native plants each year.

Nice Turn Out for the COA Ice Cream Social

We all had a great time on July 13th at the Ice Cream Social on the beautiful library grounds. We got a good turn out and had sunny, agreeable weather, too. Andrea McGrath, the new Westhampton Elementary School Principal, was kind enough to stop by to say hello! The COA looks forward to continuing our partnership with the school for both this month's exciting intergenerational program on mushrooms (see first article) and the annual 4th grade talent show!

COA members Dave Goddard, Lorraine Goddard and Colleen Basile, outside the library serving ice cream



Westhampton COA Hikers: September 2023

It's been a tough month to plan and do our WCOA hikes! The weather for August so far is an improvement over the previous two months, but only marginally with no intervals between predictions of rain longer than a couple of days. Added to that is the resurgence of problems with sending group emails – many of them landing in their recipient's spam folders. And the mosquitos..! But hopefully the weather will continue to improve, I'll get the email issues straightened out, and maybe even the mosquito presence will abate. We're working on a couple of hikes as I write this, and with a bit

of luck we'll be nearly back to normal by the time you read this!

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



COA Hikers at Mineral Hills on July 27

A Community of Readers - Anne Marie O'Reilly

The Covenant of Water, by Abraham Verghese, is a saga set in southwestern India. It begins in 1900, when a 12-year-old girl, Mariamma, is sent away to an arranged marriage to a 40 year old widow, and ends with her granddaughter in the 1970s. Mariamma becomes the matriarch of the family and comes to be known as Big Ammachi. She acts as a sort of anchor who provides the inspiration and comfort that sustains three generations through a series of seemingly insurmountable trials and calamities. The most mysterious of these is an apparent family curse that weaves through the plotline of the book. The characters are, for the most part, good, kind people; and a lot of bad things happen to these good people.

A parallel storyline runs in the background of this family's story. A young Scottish doctor, who came to India to work for a medical service, experiences his own series of life-altering challenges over the course of seven decades.

You might think that the prospect of reading a 700 page book that centers on the miseries rained down upon a cast of characters is not a recommendation for a book; but the characters are not hapless victims. They experience their share of love, joy and success. And the story is not lacking in suspense.

Plus, the caste-system, the social and political upheavals that were part of India's journey to independence, foods, and family structures are all part of the backdrop of this story.

While I don't know much about the art and craft of writing, this is a book that carries the reader across those 7 decades and 700 pages. In the end, the parallel stories connect and the pieces fall into place. I found it to be a satisfying read.

COA Pie Sale Canceled

It is with deep regret that we announce the cancellation of the COA Pie Sale that was held annually at the Fall Festival. We learned last year just how difficult it is to prepare, bake and package the pies in the church's "serve safe" kitchen. Unfortunately, these serve safe requirements are still in effect.

The pie sale was the only fundraiser the COA had. Because of the ongoing support of this event by our residents, friends and neighbors, like you, we've been able to supplement the cost of day trips, pay for concerts and box lunches, mail birthday and May Day greetings, pay for the Veteran's Day breakfast and more. All of which are enjoyed by our residents both young and old.

With that being said, for the first time ever, we find ourselves having to ask that if you are in a position of being able to make a monetary donation of any amount to the Friends of the Council on Aging, that you do so. With your help we will be able to continue to do all that we do.

In closing, we'd like to thank our talented bakers who over the years generously donated their time and talent that made our Pie Sale the much-anticipated annual event that was enjoyed by all.

Sincerely,
Deb Barthelette, Friends of the COA Chair

(Please make your check payable to the Friends of the Westhampton COA and mail it to Charlotte Wood, 14 Perry Hill Road, Westhampton, MA 01027)

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

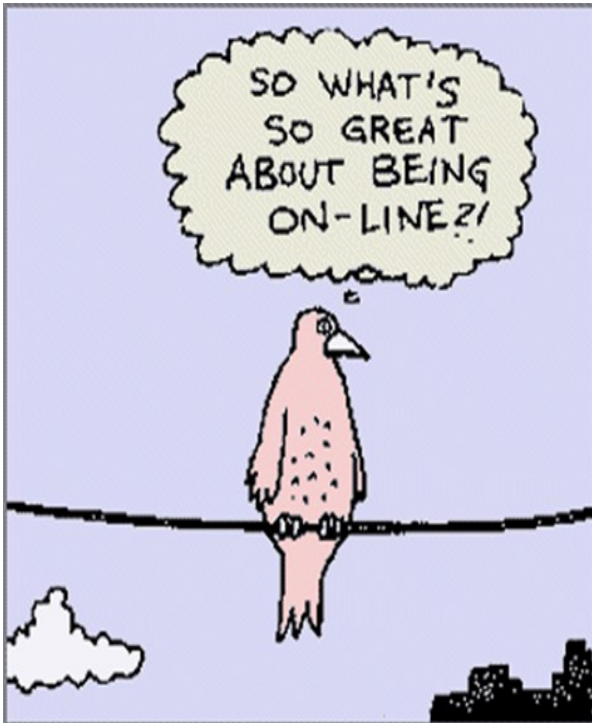
I would like to contribute to the Westhampton COA. My contribution of \$_____ is attached.

(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



Good News for Northern Hilltown Seniors!

The seven Northern Hilltowns COAs were awarded nearly \$300,000 over 18 months to increase rural digital literacy and internet access for each of seven towns (Goshen, Williamsburg, Chesterfield, Westhampton, Plainfield, Cummington and Worthington) between September 2023 and January 2025. The funding was secured using the information from the survey we collected early in 2023. The project has four goals: give Whip City or Comcast internet service to those households without; give people laptop/tablet devices to connect to our digital world; train folks to use their new or current devices; offer technical support either in face-to-face appointments, by phone, at drop-in center, through classes, workshops, Zoom, and videos on the Northern Hilltowns Consortium of Councils on Aging website, www.northernhilltownscoas.org

We also are **seeking volunteers** for many tasks and a few paid staff to help meet digital needs in our towns. Watch for regular updates, volunteer opportunities, hiring announcements, and schedules for tech support and training. We will be kicking off the grant with a Digital Fair this fall. See www.northernhilltownscoas.org for exact dates and locations or look for flyers and lawn signs. We are excited to offer new digital resources and services and hope you will participate actively.

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!

Ongoing Computer/Laptop Classes starting in October

Classes held on second and fourth Thursdays from 1-3pm in the Chesterfield Community Center.

Learn more about using a computer or laptop! You don't need to own or bring a computer/laptop. Geared toward everyone, from those interested but know nothing, to beginners, to people comfortable with basics but wanting to learn more specific skills, and intermediate users. The goal of the class is to explore computers, internet, or learn something new! Participants can learn everything from turning on a computer, basic terms, how to make, find, reorganize files, get on the internet, and programs you want to get proficient using. People from all communities are welcome to attend. **Registration requested but not required by calling 296-5080 or emailing pegwhalenworkshops@gmail.com** or just stop in. Come on October 12 to the first class! See what it's about, 1-3pm at the Chesterfield Community Center. Classes scheduled for 10/12, 10/26, 11/9, 12/7, 1/4, 1/18.

Tech support hours for Sept., Oct., Nov.

Drop-in center open Wednesdays, 10am-3pm, first and third weeks of each month, at Chesterfield Community Center. Just stop by or pre-schedule a time slot online at:

northernhilltownscoas.org/p/86/Sign-up-for-technology-help

Starting 9/6, 9/20, 10/5, 10/4



The Book! Part 1. First Priority, Emergency

By Jean O' Neil and Deb Hollingworth

The Problem. So, are we all drowning in paperwork? Do we have piles of Probably Important Papers around? Are there some actually important papers that we can't put our hands on? If, heaven forbid, someone had to come in and deal with our paperwork life, would they want to just run away? We are guessing at least some of these questions have some truth in their answers.

The Solution. We plan on suggesting some ways to tame the paper beast. If you use the ideas that we are going to share for the next several months, you should be able to get your paper life in order. We have broken the whole enchilada into bite-sized, doable pieces.

The Benefits. Why would you want to tackle this? What if getting your paperwork organized could save you money, or be critical to your well-being in an emergency, or help your family take care of things if you can't?

We will be writing for three scenarios. One, there is a sudden death or incapacity. Two, there is a prolonged illness. (In both cases, others will have to step in to keep things going). Three, there is a desire to just get organized and not fret. We've all heard of the benefits of decluttering...

FIRST PRIORITY. Let's start with information that is needed in an emergency. Say you have a 911 event and the EMTs are here to take you or a loved one to the hospital. If you have a red packet of File of Life on your refrigerator and have kept the paper inside current, you have helped yourself a great deal. Our Senior Centers can get you a File of Life magnet.



Even without that magnet, you can write out the relevant information and carry it in your wallet and give a copy to a trusted friend or family member.

That includes:

- Your name, birthdate, address, and phone numbers
- Health insurance provider
- A list of medicines, allergies, any recent medical events
- Chronic medical conditions such as heart disease or diabetes
- The name and number of your primary care doctor
- Contacts to tell about your situation, who to call first, who to call as backup
- Contact information for your Durable Power of Attorney and Health Care Proxy (see June and July 2022 newsletters)
- Location of your critical information binder or folders (see next newsletter!)

Other priority information may include:

- Location of your house and car keys
- Codes for a security system or lock box, for the garage door
- Passwords for computer systems
- Pet care (name of caretaker, food and medicine instructions, name of vet)

You will have to decide where to keep this information as some of it is sensitive. It should be made available to those who need it but kept secure against access by others.

The next chapter, if you want to get a head start, will be on Assets and Liabilities, which can include an inventory of assets, and listing of financial obligations like mortgages, credit cards, loans, and monthly household overhead/bills.

**When we're young,
we sneak out of our
house to go to
parties.**

**When we're old, we
sneak out of parties
to go home.**



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 September 22. **The Big E**, an annual favorite, with free entertainment at Honor Court Stage. **Cost is FREE to the first 20 Chesterfield Seniors and all others \$18**. Make your check payable to FNCS and mail to the address above. NO REFUNDS due to bargain price.*

*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.*

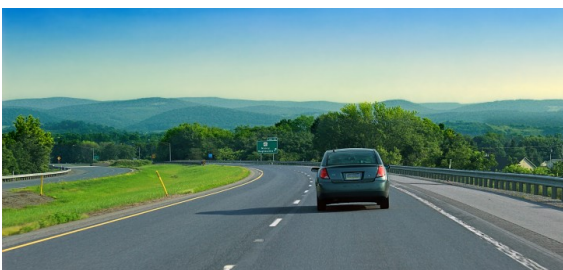
*Day Trip November 4. **Elvis- A Musical Revolution- North Shore Theater**. An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make \$259 payment to First Choice **NOW**. Mail to the address above. A few seats remain.*

~~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.~~

Looking for day trip ideas for 2024. Please email Francine at address above.



Northern Hilltowns Consortium of COAs presents:

Another Conversation About Memory Thursday, September 28th

Chesterfield Community Center, 400 Main Rd.
Chesterfield, MA 01012



Program:

- 10:00 **Check in & Coffee**
- 10:30 **Welcome and Program Overview**
Jan Gibeau, R.N. PhD. Director,
Chesterfield Council on Aging
- 11:00 **Understanding Memory Impairments**
Dr Rebecca Starr, MD, AGSF, Medical
Director, Geriatrics, Cooley Dickinson
Healthcare
Sharon Asher, RN, BSN, MBA,
Program Director Pioneer Valley
Memory Care Initiative

*How does memory work?
What is normal for memory in older
adults?
Types and range of memory changes
Evaluation and treatment of memory
impairments
Getting help: resources available
Pioneer Valley Memory Care Initiative*
- 12:00 **Tools and Tips for improving your memory**
- 12:30 **Lunch**
- 1:30 **Impact of memory impairments on
personal and family Life**
Deb Hollingworth, LCSW, Regional
Connections Facilitator

*Adjusting to the impact of learning about
your diagnosis
What it's like to be a caregiver or being the
one who needs help
Common challenges for both care
recipients and caregivers
How to talk with someone with memory
impairments*
- 2:30 **Closing remarks: What's Next?**

Lunch and refreshments will be provided

RSVP BY SEPTEMBER 21st:

coa@townofchesterfieldma.com or
413-296-4007



Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

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US POSTAGE
PAID
PERMIT 183
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.

Fall / Winter Clothing Exchange
Saturday, September 30th, 9-3pm

Goshen Congregational Church
45 Main St., Goshen



Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/27 from 6-8pm or Friday 9/29 from 9am-3pm, then come back to shop on Sat. the 30th from 9am-3pm! All are invited to participate whether you donate clothes or not.

WHY ENGLISH IS HARD TO LEARN

We'll begin with *box*; the plural is *boxes*,
But the plural of *ox* is *oxen*, not *oxes*.
One fowl is a *goose*, and two are called *geese*,
Yet the plural of *moose* is never called *meese*.

You may find a lone *mouse* or a house full of *mice*;
But the plural of *house* is *houses*, not *hice*.
The plural of *man* is always *men*,
But the plural of *pan* is never *pen*.

If I speak of a *foot*, and you show me two *feet*,
And I give you a *book*, would a pair be a *beek*?
If one is a *tooth* and a whole set are *teeth*,
Why shouldn't two *booths* be called *beeth*?

If the singular's *this* and the plural is *these*,
Should the plural of *kiss* be ever called *keese*?

We speak of a *brother* and also of *brethren*,
But though we say *mother*, we never say *methren*.
Then the masculine pronouns are *he*, *his*, and *him*;
But imagine the feminine . . . *she*, *shis*, and *shim*!

- ANONYMOUS
via LoveThisPic.com