


Moving Forward

Activities and Services for Resident 60+



October 2023 Calendar of Events

MON	TUES	WED	THURS	FRI
2 Knitting Group 6pm, Library Sourdough Starter Workshop 6:30pm, Library	3 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	4 Walk In Wellness Clinic Library, 10-11:30 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	5 Chair Yoga Town Hall, 10-11am	6
9 Library closed	10 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	11 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	12 Chair Yoga Town Hall, 10-11am Stepping up your Nutrition & Free Lunch Noon, Town Hall Two Friends Painting Reception 5:30-7:30pm, Library	13 Sun. 10/15, Noon Fall Festival
16 Knitting Group 6pm, Library	17 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	18 Walk In Wellness Clinic Library, 10-11:30 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	19 Chair Yoga Town Hall, 10-11am Hot Lunch Program Noon, WW	20
23 Computer Class 10-12, Library Knitting Group 6pm, Library Yoga with Brian 6pm, Library	24 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library Book Group 7pm, Library	25 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	26 Chair Yoga WW, 10-11am	27
30 Knitting Group 6pm, Library	31 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library			

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

Stepping up your Nutrition

Thursday, October 12th, 12-1:30pm, Town Hall



What could be more important to our lives than good health? We could all stand to learn more! Please join us at the Town Hall for a free lunch (first come, first serve) followed by a program on nutrition presented by Brandon Walton, Registered Dietitian Nutritionist of Highland Valley Elder Services. This program focuses on the crucial topic of muscle and bone health while aging. We'll find out how we can stay strong for as long as possible. There will be time for questions/answers as well as lots of good information about staying active and hydration. As usual, all COA programs are FREE unless otherwise stated and no RSVP is necessary. Bring a friend!

Need a Ride? Plan Ahead!

Our Ride Coordinator, Danielle Buzzee, is very dedicated to her work and wants to ensure that anyone needing a ride can get one! With this goal in mind, we are requesting that people try to give one week's notice if possible when requesting a ride, but a minimum of 48 hours. Also, please note that Danielle only manages rides Monday-Friday, so IF you call her on a weekend, please be aware that she will not be able to return your call until Monday. Contact Danielle Buzzee at: **(413) 246-0278** or by email her at **danielle.buzzee@icloud.com**

Note: Chair Yoga Class Location Change on 10/26/23

Chair yoga class with Angelica Lopez (normally held in the Town Hall) will be held at Westhampton Woods, 13 Main Rd, Unit F Community Room on Thurs. October 26th. All other classes will be held at the regular location in the Town Hall.

Fall Festival, Sunday 10/15 at Noon

Westhampton's 16th annual Fall Festival, an all-day event, will be held at the Westhampton Public

Library and the Blacksmith Shop Museum starting at noon. Activities include: 5K race, antique engines, food, games and exhibits. The Great Pumpkin Roll begins at 4:00 pm with the singing of our favorite song led by Jim Armenti, followed by rolling the pumpkins down Stage Road!



Better Brain Fitness Podcast



I've become an avid follower of the "Better Brain Fitness Podcast" which can be found online at www.brainjo.academy/the-better-brain-fitness-podcast/ (You can just click "play" to hear the episodes at the link above or subscribe via iTunes or Android). This podcast presents short episodes hosted by two doctors with backgrounds in neuroscience, often centered on a question from a follower. Here is the description on the website: "Hosted by Drs. Tommy Wood and Josh Turknett, the Better Brain Fitness podcast explores the frontiers of how to keep our brain healthy and fit, so that we can perform at our best and do the things we love for as long as possible."

Drs. Turknett and Wood cite a variety of studies in their approach. They point out that as young people, we are constantly having novel experiences and learning new things, placing a high demand on our brains. Because of neuroplasticity, our brains adjust and become "fitter" in response. But as we age, we tend to fall into a routine and no longer put ourselves in challenging situations. Their underlying message is based on the concept of "demand coupling." Just as we gain strength through physical activity (placing demands on the body), we can do the same with our brains and get positive results.

One practical suggestion Dr. Turknett makes is to learn a musical instrument. He offers online neuroscience-based instruction for adult beginners with video tutorials on the banjo, fiddle, ukulele and piano with the first 30 days free of charge. Forbes Library also offers the "AEIOUkes Guided Sessions with Joe Blumenthal" on the 2nd Tuesday of each month from 6-7:30 PM. Through Interlibrary Loan, you can borrow your very own ukulele and try it out!
~ Amy Landau

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

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.

Sourdough Starter Workshop

Monday, October 2nd at 6:30PM at the Library

Learn how to make, maintain, and store a sourdough starter from an expert sourdough baker and food blogger. You'll leave with many tips and tricks on how to keep your sourdough starter active, what to make with your starter, and even leave with some free sourdough starter! TO REGISTER please email westhampton@cwmars.org or call (413) 527-5386.

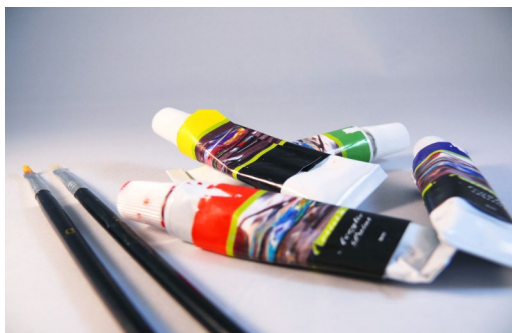
Special thanks to the Friends of Westhampton Library for sponsoring this event.

October / November Artists - Georgie Runkle & Susanna White

**Two Friends Painting:
Plein Air Paintings of the Pioneer Valley**

**Opening Reception:
Thursday, October 12th from 5:30PM - 7:30PM
at the Library**

One cold November morning in the fall of 2021 Georgie Runkle and her partner were driving through Easthampton as Susanna White was out painting on location at Nashawannuck Pond in Easthampton. Being a curious plein air painter, Georgie pulled over and asked Susanna if she was a plein air painter, too. Susanna looked at her painting, then at Georgie and said, "Why, yes, I believe I am." Thus began a painting friendship that has taken these two painters to various locations around the Pioneer Valley from Holyoke's Pulaski Park to Mount Holyoke and Smith Colleges, to Westhampton, Southamptton and more. They've painted as often as the two could manage during the warmer weather. They share bold, colorful palettes and views, yet create totally different realities. This show is the culmination of the past two years of their efforts.



Message from the Westhampton COA Hikers for October 2023



Westhampton COA Hikers at the Sodom Brook Hike in Westhampton on August 28.

Despite the weather being only slightly improved this past month the WCOA Hikers managed a couple of hikes, most notably our Sodom Brook Hike on August 28 (see photo). Hopefully we'll get another hike or two in by the time that you read this if the weather behaves. We also seem to have sorted out our email problem so that all those hikers (and potential hikers) on our group email list receive our messages. So stay tuned.

If you want to get out and get some exercise and fresh air, reacquaint with old friends 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

A Community of Readers - Maureen Dempsey

As a college student studying Agriculture in the early 80's, I was given a book titled "The Memory of Old Jack". So began my introduction to Wendell Berry and the fictional characters of Port William, Kentucky.

"The Memory of Old Jack" takes place on one September day in 1952. Jack Beechum is 92 years old and on this day, he is living among the current inhabitants of Port William while also living in the memories of his life as a boy, husband, father, farmer, and revered community figure. Jack's memories are both funny and sad and they reflect a man who is deeply attached to the land.

In one memory, Jack has just paid off the mortgage on his farm and is returning home from the

bank. As he reaches the top of the rise beyond the ford on the Birds Branch he comes in sight of the upland fields of his own place: the house and out-buildings and barns, the winter-deadened sod of the pastures, the veil of green wheat over last year's crop lands, the gray stones of fences bending along the contour of the slopes, the trunks and the webbed and spiked branches of the unleaved woods. And now it seems that his soul breaks open, like a dull coal, shattering brilliance around him.

In another memory that reflects his wit, Jack remembers arguing with his friend and lawyer, Wheeler Catlett. Jack has been "figuring" in his notebook how much he has earned on his farm that year. "God Almighty, no!" Wheeler will say. "Where in hell did you ever get a figure such as that?" And Old Jack will say "Out of my head, by God, that knew this business before you was born, and that had a hat on it three hours before you was out of bed!"

If you enjoy this book, Wendell Berry has written seven more novels, numerous short stories and even some poetry about the Port William membership.

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. Email: coa@westhamptonma.org (don't forget the "MA" in this email!) to join. Your email will not be visible to others in order to protect your privacy.



Welcome October!

*"October, baptize me with leaves!
Swaddle me in corduroy and nurse me
with split pea soup.*

*October, tuck tiny candy bars in my pocket and
carve my smile into a thousand pumpkins.*

O autumn! O teakettle! O grace!"

~Rainbow Rowell

Happy Halloween!



"Halloween was confusing. All my life my parents said, 'Never take candy from strangers.' And then they dressed me up and said, 'Go beg for it.' I didn't know what to do! I'd knock on people's doors and go, 'Trick or treat...No, thank you.'"

– Rita Rudner

***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

Seniors Aware of Fire Education



October is "Fire Safety Month" and this year's theme is "Cooking Safety." Cooking fires are the number one cause of home fires. Here are a few safety tips to consider when cooking:

- **STAND BY YOUR PAN!** Do not leave food, grease or oil cooking on the stove unattended.
- Keep combustible items like pot holders, towels, paper, and plastic away from the burners.
- Do not put anything metal in the microwave.
- If you have a fire in a pan or pot, **PUT A LID ON IT.** If you have a grease fire, put a lid or a cookie sheet over the pot or pan. Do not move a burning pan, cover it. Do not use water to try to extinguish it; water will not put a grease fire out, but will likely spread the fire.
- In the case of a microwave or oven fire, keep the door closed, turn off the appliance, and call the fire department (911).

Have S.A.F.E cooking experiences!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.

The Good News about Triad

By Deb Hollingworth

Last week Hampshire County Deputy David Fenton and his partner John Denuco from Triad came to visit us at our Consortium meeting. Amazing what I had forgotten about all the resources Triad provides for seniors. And good to get a refresher, and to be brought up to date on how their programs are flourishing. Triad is a community policing initiative connecting seniors, law enforcement and services providers to increase safety through education and crime prevention. The District Attorney's office, Sheriff's Department and local police and fire departments all provide liaisons to each local SALT Council and attend their monthly meetings. Councils are able to collaborate on programs and initiatives that help

seniors by working together and sharing resources. The results are pretty amazing. The list includes: house numbering, community shred events, safe entry program/lock boxes, distribution of the File of Life, sand for seniors, Rx take back events, educational programs on scams, fire safety, in-home safety, prescription abuse, ways to obtain your credit report(s) and their medical equipment loan program.

Some details on this last item: If you have medical equipment that you no longer need, or if you need medical equipment, especially things that your health insurance doesn't cover, you should **call Dave Fenton at 413-584-5911**. They pick up and deliver. I'll say that again: they pick up and deliver....at no cost! This amazing program alone has been a life saver for thousands of seniors over the past couple decades.

For more details on any of the programs mentioned, you can get in touch with your senior center. Thanks to Triad for all their hard work on behalf of seniors!

Ongoing Tech Support & Computer Classes Starting with Peg Whalen

We're offering Drop-In Center Tech Support at the Chesterfield Community Center on the first and third Wednesdays of each month. **In October the Drop-In Center is open Wed., 10/4 and 10/18 from 10am to 3pm.** You can just stop in, or, to save a time slot, email coaTechHelp@gmail.com or leave a message at **413-296-5080**. Don't hesitate to stop by, especially if you "know nothing". We continue doing individual tech support for all the towns. Please call or email for assistance so we can decide together on the best way and place to get you the help you want.

Peg Whalen is starting a laptop/computer class on the second and fourth Thursdays each month. Sessions are open to every skill level. Join any time, starting **Thursday 10/12, continuing 10/26, 11/9, 12/7, 12/21**. Email or call to register before coming to ensure enough available laptops. Tech support, class registration or other questions should be made to our new tech support line, **413-296-5080**, or email coaTechHelp@gmail.com.

The Book- Part 2. Assets & Liabilities

By Jean O' Neil and Deb Hollingworth

There, Part 1 wasn't so bad, was it? We always mean to collect that information for emergencies, and now we've done it. And we hope you that you never have to use it!

Next we will tackle making an inventory of Assets and Liabilities.

Start with your **income**. Income is anything the IRS might consider income. This would include a copy of your social security benefit statement, a copy of your pension statement, and any other income generated from annuities or other investments. A drawdown or Required Minimum Distribution from an IRA would count. Perhaps you have rental income, in which case you could include a copy of your tenant's lease, or a note indicating the amount of rent charged. If you are still employed, include a copy of your W-2 or 1099. **IMPORTANCE:** these are all documents you might need for a bank loan, car loan, or to verify income for public benefits like fuel assistance, SNAP, or subsidized health insurance.

Next we can look at **assets**. Include a copy of your deed if you own your home or any other property. Make a copy of the title for your vehicle. Include a copy of savings account statements, CDs, life insurance, investment accounts, and a copy of the most recent bank statement. Other assets might include jewelry, antiques, books, art work, and other collections like tools, or equipment, even your prepaid burial contract. **IMPORTANCE:** If you are surprised at your net worth, you might take another look at your home owner's insurance to see if you have enough to cover replacement value. You might also revisit your will and make sure assets are going where you want them to.

Move on to **liabilities**, meaning what you owe. Please take a deep breath, this is a long list. Include any outstanding loans, mortgages, car loans, student loans, or equity lines of credit. NOTE: don't forget to include mortgages or loans where you are a co-signer for someone else. Add on the ongoing household overhead bills: utilities like phone and cable, electric, water/sewer, oil or propane, snow removal and mowing. If you have recurring bills like for a credit card or medical payment plan, include the latest statement. Show health insurance like your Medicare supplement, or Rx insurance plan. Other insurance documentation may include home owners or rental insurance, life insurance, and long-term care insurance. Include taxes, both property and potential income tax responsibilities. You might include a copy of your most recent IRS and state return in this section. You may want to list recurring donations. **IMPORTANCE:** Having a copy or sample of your bills can be a tremendous help for anyone who might have to take care of things for you in the event you are incapacitated.

OK, you've done it! You've made a profit and loss statement of your personal business. If you update this information annually or whenever things change, you will always be able to put your hands on what you need, e.g., the title to your car, last quarter's water/sewer bill, or last year's home owner's insurance.

There can be a pay off for becoming more organized! A case in point... when Deb received her home owner's insurance bill this year, she compared it with last year. This resulted in a call to her agent and subsequent reduction of several hundred dollars! And then there was the accountant who billed her twice for doing her income tax return.....and so it goes. And does anyone still do a budget? Does anyone still think that is a useful document? You need all the above information to do a budget.

But wait, what do I do with these things?

Good question. Everyone thinks differently, and approaches problems from a different background. Deb and Jean have tackled their versions of The Book in two different ways.

Jean works with file folders (labeled, dontcha know) and finds them easy to use and store. The downsides? One really needs to do the labels in a clear and consistent manner for this to work. In an emergency, like a fire, it would not be possible to gather all the folders that are needed. She also uses computer files for many papers and her instructions to her durable power of attorney and executor describe where to find the relevant files. She has also started taking a photo of documents and filing them.

Deb has a 3-ring binder, a big one, with plastic sheets that hold the papers. She adds sheets as she adds information. The Goshen COA has started a similar project for Goshen seniors with their Critical Information Binders. This is a practical way to gather up important documents, and in a portable format.

Other options include putting papers in labeled magazine boxes or plastic storage boxes that you can buy at an office supply store. In the end, use whatever works for you.

What you don't want to do is store all this information in a safety deposit box, UNLESS you have another person who is authorized to open the box in your absence. Otherwise, the bank will have to drill the lock out and will charge you. There will also be a delay in getting the documents out.

In the next chapter we'll tackle "Personal Documents", in case you want to get a jump on finding your Medicare card and other insurance documents, your Health Care Proxy, birth certificate, passport, etc. Wouldn't it be nice to have those handy in one place?



On the Road Again... 2023 and 2024 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 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 29- June 6, 2024. **Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Check your expiration date.** Cost \$1,644 per person dbl. occupancy, \$25 discount if paid in full by **February 20th.***

This 9 day trip includes: 8 nights lodging including 5 nights in Canada, two night stay in Maine. 15 meals including: 8 breakfasts, 6 dinners, 1 lunch. Guided Tour of Acadia National Park, Halifax, Peggy's Cove & Prince Edward Island

~If you have called in the past and are on the list for this trip, please call or email Francine again to confirm you are still interested.~

~~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.

“
AND ALL AT ONCE,
SUMMER COLLAPSED
INTO FALL.
-OSCAR WILDE”

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 Sadosa

Email: Lindsay.Sadosa@mahouse.gov

Phone: 413-270-1166.

Mail: 76 Gothic Street
Northampton, MA 01060



Last week, we took a moment to celebrate the fact that funding for the Newsletter for the upcoming year has been secured! Thanks in no small part to the efforts of **Paul Mark and Lindsay Sadosa** who persevered in their advocacy on our behalf to get funds earmarked in this year's budget and then took time to visit with us to celebrate.

Thank you, thank you, thank you!

*Thank
You!*

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Westhampton
Council on Aging**

Amy Landau, Coordinator
Julia Lennen, Chair

Colleen Basile, Secretary

Ray Fontaine,
Outdoor Programs

Lorraine Galica
Dave Goddard
Board Members

Lillian Baxter,
HEN Representative

Daniel Valinski,
Newsletter Editor

Kristen Estelle,
Newsletter Designer
regionalcoanews@gmail.com

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.

Fundraiser Craft Fair

Sunday, October 22nd, 10am-3pm

40 Main St., Goshen
Behind the Goshen Town Offices



Please join us for a fall fundraiser craft / vendor fair to raise money for the Chesterfield-Goshen Children's Fund and support some amazing local vendors and crafters! This will be an outdoor event behind the Goshen town offices building.

For more information, please contact Amy Wickland at amyw55@hotmail.com or 413-231-3682 (text preferred).

**What makes a community
healthy & strong?**

Your voice.

When you take the MA Community Health Equity Survey, you're sharing valuable experience that can help build a healthier community. The survey is available in 11 languages, easy to take, and anonymous.



**Take the survey now at
Mass.gov/Healthsurvey**



This survey is part of the Community Health Equity Initiative of the Massachusetts Department of Public Health.



Scan to take survey