

Moving Forward

Activities and Services for Resident 60+



November 2023 Calendar of Events

MON	TUES	WED	THURS	FRI
		1 Walk In Wellness Clinic Library, 10-11:30 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	2 Chair Yoga Town Hall, 10-11am	3
6 Knitting Group 6pm, Library	7 Hospice 101 10:30am, Library Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	8 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	9 Chair Yoga Town Hall, 10-11am How Do I Plan for the Future? & Free Lunch Noon, Town Hall	10
13 Computer Class 10-12, Library Knitting Group 6pm, Library	14 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	15 Walk In Wellness Clinic Library, 10-11:30 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	16 Chair Yoga Town Hall, 10-11am Hot Lunch Program Noon, WW	17
20 Knitting Group 6pm, Library	21 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	22 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	23 Happy Thanksgiving! 	24
27 Computer Class 10-12, Library Knitting Group 6pm, Library Yoga with Brian 6pm, Library	28 Fitness & Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library Book Group 7pm, Library	29 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	30 Chair Yoga WW, 10-11am	

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

How Do I Plan for the Future?

Using a Critical Information Binder,
plus In-Person Talk with a Lawyer

Thursday, Nov. 9th, 12-1:30pm, Town Hall



This free program is a “how-to” for the organization of your Critical Information, including a description of what information you need and where to store this information. Free binders with a table of contents and a clear system of organization will be provided to participants age 60 and over who reside in Westhampton (for others, arrangements may be made at minimal cost).

Attorney Carol Klyman, Esq. will share information relative to Wills, Power of Attorney, Beneficiaries, and Trusts, along with answering questions on any relevant topics. A free lunch will be provided.

The binders will include Emergency, Medical, and Professional contacts, and information on your Medical-Home-Car-Life Insurance, Health Care and MOLST, Financial Records – Assets and Debts, along with your Special Wishes for the time of your death. The intention of this binder is to help you now with the gathering and organization of your information, and for the sake of your loved ones who may be providing assistance as you age, and ultimately will be responsible to gather information at your death. This binder will also be essential in the unfortunate circumstance of a sudden incapacity, or a prolonged illness. Please note: No registration required.

Intergenerational Program at WES Never Eat Raw Mushrooms!

On Friday, September 22nd, a group of older adults from Westhampton joined over 100 students, teachers, and staff at Westhampton Elementary School to learn about mushrooms from Jan Rolin of Mycoterra Farm.

Jan was joined by her daughter Ellie (a former WES student) to teach students about the wonderful world of fungi. We all learned to never eat raw mushrooms (who knew?). The students and COA participants all received a shiitake mushroom grow kit to take home! Each classroom also was given a grow kit for a different variety of mushroom.

Jan Rolin shares her love of mushrooms with WES students, staff, and COA participants

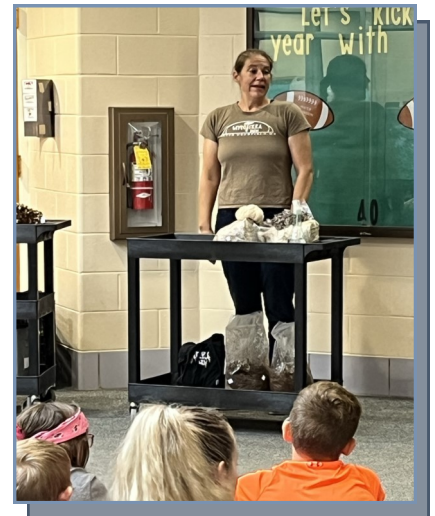


Photo credit: Pro mushroom grower and COA Board Member Lorraine Galica



This program was made possible by a generous grant from Highland Valley Elder Service with support from Westhampton Elementary School and the Westhampton Council on Aging. We want to especially acknowledge the support of Mycoterra Farm, Jan and Ellie and the new WES Principal, Andrea McGrath.

Dan Kane Christmas Concert

Join us for this uplifting concert on **Thursday, December 14th beginning at 1:30 p.m.** in the Westhampton Congregational Church sanctuary, located at 1 Tob Rd. (This concert is free to all who attend and light refreshments will be served after the concert.)

*Save
the
Date*

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

***Closed Saturday, November 11th in
observance of Veterans Day***

***Closing early at 12:00pm Wednesday,
November 22nd, Closed Thursday, November
23rd in observance of Thanksgiving***

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.



**Happy
Thanksgiving!**

October/November Artists - Georgie Runkle & Susanna White

Two Friends Painting: Plein Air Paintings of the Pioneer Valley

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, Southampton 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.

Cooley Dickinson VNA & Hospice Information Series

Understanding home health care can be challenging and sometimes daunting. Learn more about home health services, end-of-life care, and bereavement support.

**Session 1 - Hospice 101: Everything You
Wanted to Know, But Were Afraid to Ask**
Tuesday, November 7th at 10:30am at Library

**Session 2 - Navigating the Journey of Grief
and Loss**
Tuesday, December 5th at 10:30am at Library

**Session 3 - Making the Right Choice -
Learn Options for Home Health Care**
Tuesday, January 2nd at 10:30am at Library

Message from the Westhampton COA Hikers for November '23



*Westhampton COA Hikers at Pine Grove
Conservation Area in Northampton on Sept. 21.*

Although it still rains too much, the weather did improve enough to get a couple of hikes in since the last newsletter; a hike on September 21 at Pine Groves off of Old Wilson Road in Northampton, and a hike on October 4 at Brewer Brook off of Chesterfield Road in Westhampton. It looks like we're on a bit of a roll and have every intention of continuing to offer hikes throughout the fall and into the winter. So stay tuned.

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

**Be Prepared
Schedule your Sand Delivery**

It is not quite that time of year - again. Keep your steps and walkway safe with sand delivered to you by the Highway Department. Please note that the sand does include some salt -- it is the same mix used on our roadways.

Contact **Julia Lennen at (413)537-9880 or by email at jslennen@gmail.com**. Please specify the location (for example, near the garage, at the top of the steps) for your delivery. If you have an old bucket with only a little bit left, please leave it out for collection.

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.



***We honor all veterans this month
and every month.***



***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



The big cool down of fall has already started and folks are firing up their wood stoves and fireplaces. Most chimney fires are started by a build up of CREOSOTE in the chimney which can ignite in and through the chimney into the house.

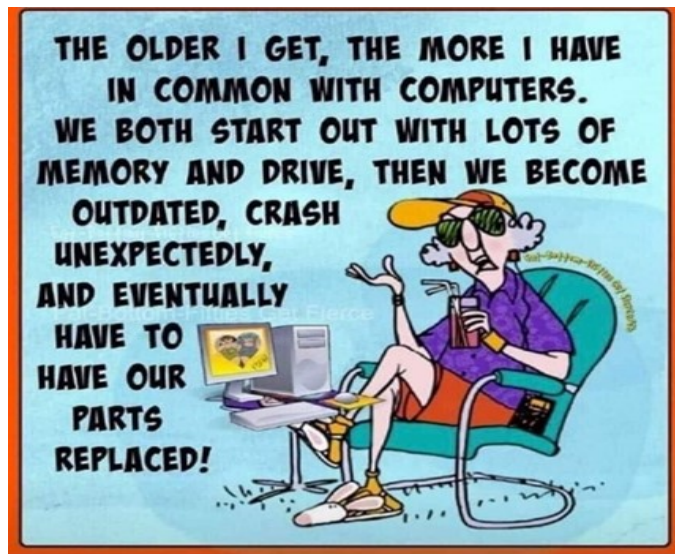
Here are a few tips on how to begin the wood heating season safely:

- Have your chimney inspected and/or cleaned at the beginning of the heating season.
- Burn only dry, well seasoned hardwood to reduce creosote accumulation.
- Do not use flammable liquid to start the fire.
- Make sure the damper is open before starting the fire.
- Always use a fireplace screen to keep flying sparks and embers from falling onto the floor.
- Shovel ashes into a metal bucket with a metal lid, and place it on the ground well outside the building. Ashes and embers can stay hot for days and still ignite combustibles.

Have a SAFE wood heating season!

--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.



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

My Forgetter's getting better but my Remember-er is Broke

Often times I walk into a room, say
"What am I here for?"
I wrack my brain, but all in vain
a zero is my score.
At times I put something away where it is safe,
but, Gee!
The person it is safest from generally is me!

When shopping I may see someone, say "Hi"
and have a chat,
Then, when the person walks away I ask myself,
"Who the heck was that?"

Yes, my forgetter's getting better while my
remember-er is broke,
And it's driving me plumb crazy and that isn't
any joke.

My forgetter's getting better but my
remember-er is broke, to you that may seem
funny but to me that is no joke.
For when I'm "here" I'm wondering if I really
should be "there," and, when I try to think it
through, I haven't got a prayer!

The Book- Part 3. Personal Information

By Jean O' Neil and Deb Hollingworth

Thanksgiving is coming - we should talk stuffing! Well, not the turkey, but your wallet. Part of the process of organizing our paperwork is knowing where to best keep it.

So on to Part 3. We all have a batch of personal documents, some need to be with us at all times, others are needed now and again, others maybe once every several years, if that. Where should these items be kept?

Wallet. An appropriately skinny wallet has your driver's license, vaccination records, library card, grocery or gas cards, one or two credit cards, and roadside assistance card. If you have under-age children, you should carry some of their records as well.

Home. Safe but available, you might keep your Medicare card, and vehicle title and registration in your home. We also recommend keeping a copy of your will, durable power of attorney, health care proxy, living will, and letter of instruction at home.

Safety deposit box. A very secure and protected way to store information is a metal box in your bank's vault. Here can go things that you don't need immediate access to, likely a birth certificate, marriage or divorce papers, social security card, military discharge papers, real estate deed, and passport.

Our local banks have safety deposit boxes that may cost \$40 or more a year, more for a larger box. They give you two keys and keep one; your key plus their key is needed to access the box. If you lose your key, they will have to drill the box open and charge you.

If you don't have a safety deposit box, there are alternatives. You can buy a safe to keep at home in a secure place. Safes come in different qualities and prices based on their size, level of protection from burglary, and resistance to fire.

Another alternative, simplicity itself, is to make a copy of the documents and ask a friend or family member (perhaps the person who has your Power of Attorney?) to store them so they are in a second location. If that location is in a different state, even better, to reduce chances of an emergency hitting you both. This approach at least gives you a start on replacements if needed.

Back to stuffing. Why do we ask you to un-stuff your wallet? Identify theft! If you carry your social security card and your Medicare or health insurance cards and your wallet is stolen or lost, the

information on those cards can help an unscrupulous person hijack your identity. We can hear some of you protesting now – I can't remember those numbers! OK. You can make a copy of the card, cut it to shape, block out the last four characters, and memorize them. Or maybe not bother. Deb says the Medicare card is easily replaced with a phone call, and we note that you shouldn't need the full Medicare number until you go to a new medical provider.

One more thing – if anyone would like a large three-ring notebook, I have two and will be happy to give them a new home. Give me a call. Jean, 268-2228.

Until next time – part four will be on home matters, such as history of home improvements and overall house management. You'll really want to learn about a family heirloom clock...

We DO NOT throw away
perfectly good food in this
house.

We put the left overs in
Tupperware, put the
Tupperware in the fridge, let it
go bad, THEN throw it out.

Haircuts and More at Smith Vocational High School

Tuesdays & Thursdays

Manicures, colors, facials, and other hair care options are being offered at Smith Vocational High School on Tuesdays and Thursdays.

The cost is \$5.00 for a haircut. Please call for other prices. The Smith Vocational Cosmetology students provide the services with their teacher alongside.



Simply call 413-587-1414 ext. 3531 for an appointment. The Salon is located in Room 124 of Building A at Smith Vocational High School, 80 Locust St., Northampton. **All are welcome!**

On the Road Again... 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.

~~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**. Make payment to Diamond Tours and mail next year to the address above. Wait List Only.

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.*~~

~~*A trip to Sight and Sound Theater in Pennsylvania Dutch country to see Daniel is in the works.*~~

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

The answer is “YES” if.....

1. You have none of the above
2. You have Medicare and are interested in a Medicare supplement
3. Your medical conditions have changed and you expect to need more medical care
4. Your Rx costs are significant
5. You expect to travel, or spend significant time out of State
6. Your doctor is “not in network”
7. You have gotten denials for services
8. You just don't like your current health insurance coverage
9. You're just curious

RESOURCES

- The SHINE program (also called SHIP program in other States)
- The Pharmacy Outreach Program
- Prescription Advantage (for Massachusetts residents only)
- The MassHealth Buy-in program
- X-tra Help through Social Security
- Health Safety Net

For information on any of the above resources, give your senior center a call to get an appointment with your SHINE counselor.



What is Open Enrollment?

Open Enrollment happens each year from October 15th through December 7th. It's the time when we can shop for health insurance.

Do You Need to Shop?

The answer is “NO” if....

1. You have health insurance through your pension retirement benefit
2. You use the VA for medical care
3. You have MassHealth
4. You are still working and have employer's insurance coverage or your spouse is still working and you are covered under your spouse's insurance

November Tech Talk; It's a Small World

by Peg Whalen

Remember Disney's “It's a Small World After All”. I always loved that song. Well, the world is now singing a new tune, “It's a Digital World After All”. I took some liberties and rewrote the lyrics.

It's a world of tech
A world of skills
It's a world to explore
And a world with thrills
There's so much to be shared
That it's time we're aware
It's digital world after all.

I'd love it if all of us were singing this song. Many of you already do. I encourage more of you to join

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.

(continued from previous page) them. We can all benefit from living in this new world. You've lived through party line phone service, rotary dialing, and wireless phones. Now we have handheld computers that make calls, take pictures, send text messages, do email, and offer video calling.

The internet saves us money, time, gas, energy. Telehealth appointments with our health providers, safe online banking to spare us trips to the bank, ordering prescription refills easily, and shopping that saves us driving to stores. We can watch tv for much less than costly cable and satellite services. Working on puzzles is free and easy. The internet opens a world to us where we can read about topics we are interested in, learn just about anything, even work from home.

Using digital technologies lets us reach people we may be unable to see regularly. We can watch young family members living elsewhere grow up. Social media, like Facebook, gives many people a way to lessen loneliness or isolation. Video calls make it possible to share holidays with those we love. We can relieve boredom and enjoy the stimulating competitive exchanges we love by playing games online, like Mah Jong. Visiting people we otherwise would lose contact with is easier when friends move away or when we retire and don't see coworkers we enjoyed working with.

There really is so much to be shared, explored, learned. I encourage you to build your skills in ways you find helpful. Our new Digital Literacy funding provides you with many ways to explore this digital world. You can participate in ways you find interesting and accessible. And we can help, with learning, equipment, broadband, and support. Because, It's a Digital World After All!

**Ongoing Tech Support & Computer Classes with
Peg Whalen**

We're offering Drop-In Center Tech Support at the Chesterfield Community Center on the 1st and 3rd Wednesdays of each month. In November, Drop-In is on 11/1 and 11/15 from 10am-3pm. You can stop in or schedule: coaTechHelp@gmail.com or **413-296-5080**. Please call or email for assistance outside Drop-In hours. Free equipment and broadband installation will be available soon, along with training.

Computer classes you can attend at any point are on the 2nd and 4th Thursday of each month. Register before coming: coaTechHelp@gmail.com or **413-296-5080**. Classes are scheduled for 11/9, 12/14, 12/28, 1/11, 1/25, from 1:00 to 3:00. Laptops are provided. You are encouraged to bring your own to learn on. We start with turning a computer on OR you can learn just what you are interested in. Give it a try!