

Moving Forward

Activities and Services for Resident 60+



January 2024 Calendar of Events

MON	TUES	WED	THURS	FRI
1 Happy New Year!	2 No Fitness with Friends Hospice 101 Session 3 10:30, Library Scrabble 2pm, Library	3 Coffee & Chat 10-12, Library Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Mahjong WW, 1:30-3pm	4 Chair Yoga Town Hall, 10-11am Pumpkin Boat Journey 6:30pm, Library	5
8 Computer Class 10-Noon, Library Knitting Group 6pm, Library Slow Yoga 6-7pm, Library	9 Fitness with Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	10 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	11 Chair Yoga Town Hall, 10-11am COA Luncheon 12pm, Church Watercolor Night 6pm, Library	12
15 Knitting Group 6pm, Library	16 Fitness with Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	17 Coffee & Chat 10-12, Library Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Mahjong WW, 1:30-3pm	18 Chair Yoga Town Hall, 10-11am Hot Lunch Program Noon, WW	19
22 Knitting Group 6pm, Library Slow Yoga 6-7pm, Library	23 Fitness with Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library Book Group 7pm, Library	24 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	25 Chair Yoga Town Hall, 10-11am Needle Felting 6pm, Library	26 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Artist Closing Reception Sat. 1/27 10:30-12:30 Library </div>
29 Knitting Group 6pm, Library Slow Yoga 6-7pm, Library	30 Fitness with Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	31 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm		

New Years COA Luncheon

Thursday, January 11th at 12 pm
Westhampton Congregational Church

We heard that some of you are missing the traditional COA Lunches at the Church and we listened! Come on down and socialize with friends and neighbors over free pizza and dessert. Also, Save The Date for another lunch at the church in February (2/8/23). More details to come on that in next month's newsletter!



A Full House for the COA's Critical Information Binder Program

On November 9th, we had 29 people attend the Council on Aging's Critical Binder Program (aka "How Do I Plan For The Future?"). COA board member Lorraine Galica arranged the program and worked hard to create the binders and put them together. She distributed them to everyone in attendance and then walked us through each section in the table of contents. The sections included: emergency, medical, and professional contacts, 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. We got help in interpreting the legal elements of the binder from our special guest, Attorney Carol Kleiman. She presented important information and took questions from participants as we went through each section of the binder. This program was such a success that the COA Board is talking about doing some follow-up programs with a focus on specific areas.

Missed the program but would like your very own binder? No worries! You can still get one! Binders

are free to those aged 60 and over who reside in Westhampton (for others, arrangements may be made at minimal cost). Contact **Lorraine Galica** at lagfjord@comcast.net or at: (413) 387-3960.

Do You Need More Computer & Smartphone Help?

Not only do we have computer help from our own beloved Bob Miller on the 2nd & 4th Mondays of the week, but we ALSO have additional help via a new Consortium grant – the Digital Literacy Project for the "Tech Connect" program. Do you want to sharpen your skills on the computer or on your iPhone? See the regional section for more information.

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

**Closed Monday, January 1st in observance of
New Year's Day.**

**Closed Monday January 15 in observance of
Martin Luther King Jr. Day.**

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

December/January Artist - Angela Griefen
*Closing Reception is Saturday, January 27 from
10:30am - 12:30pm*

Shortly after I moved to Westhampton, almost 7 years ago, I was kindly invited to join the Hilltown Plein Air painters, a group of painters living in the Westhampton, Northampton area. And so, I began painting outside, surrounded by nature; something I had never tried before. My paintings concentrate on form, composition, color and contrasting placements of shapes. I am primarily a landscape painter, taking advantage of the beauty of our local area, the Adirondacks and Martha's Vineyard. I work both in oil and acrylic on canvas and wood panels. Most of my work is started plein air and finished in the studio. I am mostly a self-taught artist, interested in capturing what I see and feel. This current show at Westhampton Library is a compilation of paintings that I have finished over the past several years.



~Angela Griefen

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

Pumpkin Boat Journey

Thursday, January 4th at 6:30PM

Florence resident, David Rothstein, will share his experience and the inspiration behind his 40 mile journey along the Deerfield and then Connecticut River in a 700 pound pumpkin boat! Dave's presentation will include photographs and video of his arduous trek to draw attention to his beloved Connecticut River watershed, which he referred to as "the lifeblood of our community".

Slow Yoga With Teri Anderson

Mondays 6pm - 7pm

January 8, 22, and 29 (February schedule is TBD)

Due to space limitations, registration is required. Please email westhampton@cwmar.org or call **(413) 527-5386** to register.

Join us for a weekly slow yoga class with gentle yoga stretches, strengthening and a focus on body-mind awareness and integration. No yoga experience required. Please bring a yoga mat, a bath towel, and a blanket. (A few extra yoga mats will be available if you want to try out the class before purchasing your own yoga mat). Special thanks to the Friends of Westhampton Library and the Lyn Keating Program Fund.

Classes will be led by Westhampton resident, Teri Anderson. Teri is a certified interdisciplinary yoga instructor and Body-Mind Centering® somatic movement educator. She has been teaching yoga and movement for 20+ years. Her approach to yoga is slow, gentle and meditative with attention to body-mind awareness, comfort, and ease of movement.



Watercolor Paint Night with Mary Cleary

Thursday, January 11th at 6:00pm

Supplies are limited and registration is required. Please email westhampton@cwmar.org or call **(413) 527-5386** to register.

Learn the basics of watercolor painting with local artist Mary Cleary and go home with a seasonally inspired artwork.

Needle Felting for Adults with Jo Martin

Thursday, January 25 at 6:00pm

Supplies are limited and registration is required. Please email westhampton@cwmar.org or call **(413) 527-5386** to register.

Learn the basics of needle felting with local crafter Jo Martin and create your own adorable hedgehog project to take home.

Self Care is Not Selfish



"There are only four kinds of people in the world: those that have been caregivers, those that are caregivers, those who will be caregivers, and those who will need caregivers." ~ Rosalynn Carter

5 Practical Self-Care Tips for Caregivers:

1. Take Time Out:

Give yourself permission to take short breaks throughout the day. 15 minutes of quiet time can help you recharge and de-stress.

2. Move Your Body:

Regular physical activity, even for 30 minutes, can boost your mood and energy levels. Explore activities you enjoy, like walking, dancing, or yoga.

3. Savor Small Joys:

Carve out time for activities that bring you joy, whether reading a chapter of a book, listening to music, or spending time in nature.

4. Seek Support:

Don't face challenges alone. Connect with friends, family, support groups, or therapists for emotional support and stress management.

5. Prioritize Sleep:

Aim for 7-8 hours of sleep each night. Restful sleep is crucial for physical and emotional well-being, helping you replenish energy and maintain focus. Remember, self-care is not selfish. It's an investment in your well-being, allowing you to continue providing quality care to those who depend on you.

Source: Massachusetts COA Matters News

Message from the Westhampton COA Hikers for January 2024



Westhampton COA Hikers at Park Hill Orchard on November 30th.

As I write this in early December the Westhampton COA Hikers are on a roll: we've already managed two hikes since last month, at Park Hill Orchards and at Arcadia – and we're planning another hike for next week! And as long as the trails remain open and the temperatures are tolerable we'll keep the hikes coming.

So 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! It's a fun group!

Email westhamptoncoahikers@comcast.net and we will add you to our email hikers list for all the upcoming hikes. Please note that all group emails are sent as blind copies (BCC) for your safety and privacy.

Happy trails, Chuck & Ray

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.



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 those suffering from Buyer's Remorse

By Deb Hollingworth

During Open Enrollment for Medicare, Oct. 15 - Dec. 7th, we were bombarded with advertising about those Flex cards and all the benefits they could provide—money for groceries, over the counter meds, some even said money for your utility bills? We got ads in our mailbox, on tv, in our email and on Instagram. It seemed relentless. And maybe you checked on "want more information" or maybe you even called the phone number on your screen and now you find you have enrolled in a Medicare Advantage Plan.



I'm guilty of having a bad attitude about Medicare Advantage plans. I know they offer additional benefits that you can't get with just "original Medicare A & B". Most offer Rx coverage and now these Flex card benefits, but like some good things, we should look this gift horse in the mouth.

Advantage plans used to be called Medicare Managed Care plans because that's what they do: they manage your Medicare benefit, which is why you need to get a referral from your doctor in order to see a specialist, or a referral for some medical procedures. But the most worrisome detail is that not all hospitals and not all doctors accept them. And you may have the unwelcome surprise if you sign up and then discover your doctor or hospital doesn't accept your Advantage Plan. So you would be charged an out of network co-pay for services, or in some cases, just billed for the whole cost of care because your Advantage plan doesn't cover that doctor, that hospital or that treatment.

Good News: from January 1st to March 31st each year we are given a time to dump our Medicare Advantage plan if we don't like it. And we can switch back to original Medicare A & B and enroll in a Medicare D plan for Rx coverage, or we can switch to another Advantage Plan where our doctor(s) and hospital(s) are in network.

NOTE: While Health New England and BlueCross Advantage plans have contracts with Baystate hospital and Baystate providers, other Advantage plans in our area do not.

If you want more information, you can contact your senior center and ask for a SHINE counselor appointment. Meanwhile, if you have signed up for an Advantage plan, check with your doctor to see if he/she is in network and can bill your Plan.

Seniors Aware of Fire Education

One New Year's resolution that can save your family's lives is to create your own home escape plan. Here are a few things to consider when you do this:



- Plan two ways out of each room in your house. Windows can be a way out if necessary. Draw the escape routes on graph paper and post where it can be seen.
- If you cannot get out the door safely, go to a window and get out if you can do so safely and, if not, signal for help at the window.
- Teach your grandchildren to never hide under the bed or in a closet, but to go to the window and signal for help.
- If you have to go through smoke, get low and go. The clearer, cleaner air will be up to 18 inches off the floor.
- Set up a meeting place outside the house where everyone should gather after getting out of the house. You will be happy and so would the firefighters knowing that everyone is safely out of the fire.
- Once out, stay out. Do not go back into a burning building for anything.
- Call the fire department (911) once you are outside, using your cell phone or a neighbor's phone.
- Put your home escape plan into action. Do a home fire drill twice a year, ending up at your meeting place.

Have a S.A.F.E. New Year!

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

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

Highland Valley Elder Services serves older adults and their families through collaboration, education, advocacy and a range of programs designed to support them where they live. One of the many ways we support older adults to live safely in the community is through administering the Frail Elder Waiver. This is a Home and Community Based Waiver Program designed to make in-home services and supports available to frail elders in Massachusetts, 60 and over, who meet the level of care for a nursing facility but prefer to remain in the community. These services and supports are available through the Medicaid plan. Individuals clinically eligible for this waiver will also have a higher income threshold for accessing Medicaid services in the state.

To learn more about the Frail Elder Waiver, or to schedule a free consultation with a Certified Application Counselor, please call:

413-586-2000.

For more information on the range of programs and services we offer, please visit our website

highlandvalley.org/



Highland Valley
ELDER SERVICES

The Book- Part 5. Wrap-Up

By Jean O' Neil and Deb Hollingworth

Here we are, grappling with New Year's resolutions, wanting to make THIS the year we get organized. Well, you may be quite pleased (or is that relieved?) to know we are almost done with this topic. In the past four newsletters we have attempted to lay out a road map to getting all our important information collected and sorted. If tackling all this was hard, let us suggest that the trick is to start with small bits at a time.

Maybe take each Part and divide it up. Set a goal of getting all our "Emergency Information" together in one place, and while we are at it, get the File of Life on our refrigerator. Then take a month and work on Assets, another month for Liabilities, another to dealing with the Wallet issue, then break up the House matters (Overhead, Management, Improvements). Get a print copy of all the previous Parts articles and check things off as you do them.

There are two other points to consider. First, for your circumstance, is there anything you think is useful that we didn't list?

And along the lines of final wrap-up planning, include documents on burial insurance, cemetery plots, and designated funeral home. Be very clear about how you want your body treated. Explain the location of any life insurance policy. Add any personal wishes that are not already recorded, perhaps some music you would like played at your farewell. On top of these folders or notebook sections should be contact information for who to call and their relationship to you.

Now, why have we spent so much time on this, as in Why Bother?! Surely there must be something more interesting and fun to do? Well, yes, but we need this information to:

1. Keep us safe and functioning. It aid a friend or family member in helping us if we are incapacitated.
2. Apply for benefits like affordable health insurance, Circuit Breaker property tax rebate, SNAP, or fuel assistance.
3. Have this information in case we need to check on household bills or budget when they get paid. So when you get billed twice for your tax prep, you can quickly locate the "paid" receipt. Or when your home owners insurance bill doesn't arrive, you can put your hands on last year's bill and the name/phone number of your agent.
4. If we want to do estate planning or if we have a financial planner, some of this information is necessary for them to work with us.
5. Being more organized can be a major stress reducer.

If you make this your New Year's resolution and want copies of past chapters or the Table of Contents for getting organized, you can ask your senior center. In Goshen, you can ask for a "critical information" binder.

Good luck and know that just getting started is the hard part.

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!



TECH CONNECT

SUCCESS FOR OLDER ADULTS



A new program from the Northern Hilltowns
COA's offering technology access and education

● BROADBAND & DEVICE FUNDING

Support for device and internet access

● TECHNOLOGY SUPPORT

Dedicated help from trained
tech coaches

● CLASSES AND EVENTS

Tech exploration events, targeted
trainings, and more



413-296-5080



coatechhelp@gmail.com

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.

Day Trip April 5 or 15th. Culinary Institute of America-- Enjoy a "CIA" experience with lunch at Catarina DeMedici. Free time to explore the bookstore and bake shop. The \$125 Payment to Francine Frenier is due by February 20th. Please mail a check to the address above. This trip will depart from S. Hadley.

Day Trip Tuesday, May 14. Neil Diamond -The Tribute from Las Vegas - Rob Garrett, known as the King of Diamonds, performs at the Aqua Turf Club, CT. Family style meal of Chicken ala Kathryn & Broiled Scrod included. The \$137 Payment to FNCS is due by March 12. Please mail them to the address above. **Wait list only.**

Nine 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 to the address above. **Wait List Only.** Going on the waitlist is encouraged.

Day Trip Thursday June 13. Timeless Music Pop to Broadway – Luncheon and Show at Storrowton Tavern Carriage House in W. Springfield. Self-drive or carpool. Cost is \$77 made out to Chesterfield COA and mailed to address above. Chesterfield seniors: please call for pricing.

Day Trip Thursday, July 11th. Lake Sunapee Luncheon Cruise- Vermont Country Store. A two hour luncheon cruise on Lake Sunapee in New Hampshire. This trip includes Luncheon buffet and a stop at the Vermont Country Store. The \$118 Payment to Landmark Tours is due by May 10. Please mail to the address above. **This trip sold out last year, so reserve early.**

Day Trip Wednesday, August 7th. Resorts World Casino-- Catskills, NY trip. Can you get enough of **Elvis**? Enjoy a lovely ride to the Catskills. Included: King in Concert show, Buffet Lunch and \$25 free slot play, driver gratuity. The \$145 Payment to FNCS is due by May 5. Please mail to the address above. Please include your date of birth for the player card. **TEN MORE PASSENGERS NEEDED before February 15th.**

Day Trip October TBD. Lake George Cruise- Take a 2½ hour luncheon cruise through the vis-

tas of Lake George. The Captain's Luncheon Buffet will be served on board. Danny Lombardo performs on the keyboard. Scenic stop at Prospect Mountain.

Four Day Trip September 30- October 3. Lancaster, PA. Sight & Sound production of the biblical show Daniel. Cost \$646, per person dbl. occupancy - \$25 discount if paid in full by **June 20th.** Includes: Sight & Sound Theater show, tour of Philadelphia, time in Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail next year to the address above. Call now to reserve your spot.**

Day Trip Friday December 13. Festival of Trees and Red Rose Lunch. Enjoy the uniquely decorated Christmas Trees at the Mass Mutual Center in Springfield. Enter a chance to win a tree and associated gifts. Some are worth hundreds of dollars. Then walk over to the Red Rose Italian Restaurant for lunch: pizza, salad and bread. The \$TBD Payment is due by October 25. Please mail to the address above.

Technology Help and Training for January



Drop in Hours: 1st and 3rd Wednesdays of the month from 10am–2pm at the Chesterfield Community Center. Please call **413-296-5080** or email coatechhelp@gmail.com to reserve a time.

Computer Class: 2nd and 4th Thursdays of the month from 1- 3pm, in the Computer room at the Chesterfield Community Center, lower level. More classes coming soon.

iPhone Basics Class: Wednesday, January 31st at the Chesterfield Community Center, Upper Level from 10am-11:30am.

Tech Help:

Meekins Library: Tues. 1/9, 10am-12pm, open to all

Nash Hill Place: Fri. 1/19, 10am-12:30pm, for Nash Hill Place residents



Westhampton Council on Aging
3 South Road
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.



Need help with your home repairs?

Hilltown CDC has funding for the Housing Rehab Program. We're accepting applications from homeowners who live in Chesterfield, Cummington, Goshen, Plainfield, Peru, Westhampton, Williamsburg, and Worthington who need help with their housing repairs. Here's a sample of some the work that can be performed under the Housing Rehab Program:

Roof and Foundation Repairs
Septic Systems and Sewer Tie-in
Heating System Repairs
Handicap Accessibility Work
Plumbing and Electrical Repairs
New Wells Drilled; Pumps Repaired
Windows and Doors Replaced
Lead Paint and Asbestos Removal

These are NO Interest/NO payment loans which may be entirely forgiven (if you are over 70 years of age the loan is forgiven faster), and all repair work is completed by a licensed contractor of your choice. Please don't delay, funding is available and you may be surprised to find out you qualify. Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 109 or email paulab@hilltowncdc.org for more information and an application.

Funding is provided by the US Dept of HUD/ EOHLC and MA CDBG Programs via a Town of Chesterfield grant.