


# Moving Forward

Activities and Services for Resident 60+



## February 2024 Calendar of Events

MON	TUES	WED	THURS	FRI
			<b>1</b> <b>Chair Yoga</b> Town Hall, 10-11am	<b>2</b>
<b>5</b> <b>Knitting Group</b> 6pm, Library  <b>Slow Yoga</b> 6pm, Library	<b>6</b> <b>Fitness with Friends</b> Town Hall, 11:30-12:30pm  <b>Scrabble</b> 2pm, Library	<b>7</b> <b>Coffee &amp; Chat</b> 10-12, Library  <b>Wellness Clinic w/ Public Health Nurse</b> 10-11:30am, Library  <b>Mahjong</b> WW, 1:30-3pm	<b>8</b> <b>Chair Yoga</b> Town Hall, 10-11am  <b>COA Luncheon</b> 12pm, Church  <b>Author Visit</b> 6:30pm, Library	<b>9</b>
<b>12</b> <b>Knitting Group</b> 6pm, Library  <b>Computer Class</b> 10-Noon, Library  <b>Slow Yoga</b> 6pm, Library	<b>13</b> <b>Fitness with Friends</b> Town Hall, 11:30-12:30pm  <b>Scrabble</b> 2pm, Library	<b>14</b> <b>Coffee &amp; Chat</b> 10-12, Library  <b>Mahjong</b> WW, 1:30-3pm	<b>15</b> <b>Chair Yoga</b> Town Hall, 10-11am  <b>Hot Lunch</b> Noon, WW  <b>Artist Reception</b> 5:30-7:30pm, Library	<b>16</b>
<b>19</b> <b>Presidents' Day- Library closed</b>	<b>20</b> <b>Fitness with Friends</b> Town Hall, 11:30-12:30pm  <b>Scrabble</b> 2pm, Library	<b>21</b> <b>Coffee &amp; Chat</b> 10-12, Library  <b>Wellness Clinic w/ Public Health Nurse</b> 10-11:30am, Library  <b>Mahjong</b> WW, 1:30-3pm	<b>22</b> <b>NO Chair Yoga</b>	<b>23</b> 
<b>26</b> <b>Computer Class</b> 10-Noon, Library  <b>Knitting Group</b> 6pm, Library  <b>Slow Yoga</b> 6pm, Library	<b>27</b> <b>Fitness with Friends</b> Town Hall, 11:30-12:30pm  <b>Scrabble</b> 2pm, Library  <b>Book Group</b> 7pm, Library	<b>28</b> <b>Coffee &amp; Chat</b> 10-12, Library  <b>Mahjong</b> WW, 1:30-3pm	<b>29</b> <b>Chair Yoga</b> Town Hall, 10-11am	

## Feb. COA Luncheon & Social Gathering

Thursday, February 8th at Noon  
at the Church



The COA will be hosting another luncheon (free as always!) at the Westhampton Congregational Church on Feb. 8th at noon. We know how much you've missed our prior traditional luncheons, so we hope you can join us once again in this familiar, cozy setting. Catch up with old friends or make new ones! At the time of this writing, we are working on arrangements for the food, but rest assured, it will be good! We also realize that what makes these luncheons special is not any particular entertainment or program, but the company itself – the joy and laughter that ensues when we come together as a community. With that in mind, this luncheon will be purely a social gathering (and we mean social in the original sense – NOT online!) with the focus on meeting face to face and sharing a delicious meal.

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### Life on the COA Board – What's It Like?

As COA Coordinator, I can honestly tell you that we have a delightful and friendly crew of people on our Council on Aging board who are always thinking and brainstorming about how to make life better for our older adults in Westhampton. I think that as the one paid staff person, I have a unique view on this and a deep appreciation for the lovely volunteers who staff our board. They are Julia Lennen, Chair (and former coordinator), Colleen Basile, Ray Fontaine, Lorraine Galica and Dave Goddard.

When we meet each month for our COA Board meetings, it feels more like friends getting together to discuss a project we all care about rather than work colleagues with some clinical agenda. Don't get me wrong: we are all very serious and devoted to the work we do: helping to improve the quality of life for residents age 60 and older in Westhampton through our programs and initiatives. But there is a wonderful, collaborative spirit to every meeting and program that makes getting together enjoyable. It is never about ego, but always about sharing great ide-

as and pitching in to help bring them to life in every way we can.

It seems like each member of the board finds a unique niche to fill based on individual strengths and interests. Julia runs the meetings as Chair, regularly updates our complicated newsletter mailing list (among other tasks) and comes up with a variety of ideas such as the delightful partnership with the Life Skills Hampshire Regional students which she worked on with Lorraine Galica and the annual inter-generational programs. She also coordinates the annual 4th grade talent show with the Westhampton Elementary School.

Lorraine operates the monthly Highland Valley Meals at Westhampton Woods which has been a great success as well as taking the lead on the extremely well-attended Critical Binder program. Colleen serves as Secretary, taking all of our Meeting Minutes. She delivers the ice cream in her own coolers for our summer ice cream socials (providing a festive tablecloth), coordinates the baked food contributions for our luncheons and serves as a liaison with both the Friends of COA and the HEN coordinator (Lilly Baxter) among other tasks.

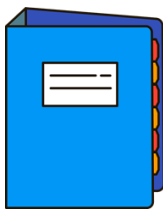
Ray runs our fabulous monthly COA hikes (which rank high not just among Westhampton residents, but also from residents of nearby towns!). He also oversees our equipment room, accepts donations and makes sure that people requesting equipment (such as transport chairs) are able to receive what they need based on what's in stock. Dave, our newest member, works with Lorraine on facilitating the Highland Valley meals, often delivering meals to people's doorsteps. In addition, Dave picks up food for our other programs and has a flair for simply jumping in to help wherever he's needed.

If any of this sounds interesting to you, I hope you will consider joining a meeting (no commitment beyond this necessary!) just to see what our board meetings are like. Our door is always open and we are always looking for more board members. You don't need to be over 60 either! There is a great deal of flexibility – you do not need to attend every meeting and you can still go on vacations. You can choose what to take on and what not to. We meet every **3rd Thursday at 10 AM** at the Westhampton Woods Community Room (Unit F). Sometimes we reschedule meetings when there's a conflict. Got a question? **Contact Amy Landau at [coa@westhamptonma.org](mailto:coa@westhamptonma.org) or leave a voice message with your phone number at (413) 203-9808.**



## Critical Information Binders Available

Critical Information Binders are available free of charge to anyone 60+ residing in Westhampton. They are also available to non-residents for a donation of \$12 to the Friends of the Council on Aging. The binders provide guidance for the collection of all your important information in one place, including emergency contacts, financial records, medical info, MOLST and health care proxy info, along with Special Wishes for end of life. Consulting with one of our town's Elder Care lawyers (Carol Klyman) the binder also provides information regarding Wills, Power of Attorney, and Trusts. **Contact Lorraine Galica at (413) 387-3960 or lagfjord@comcast.net to obtain a binder.**



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

**Closed Monday, Feb. 19th in observance of Presidents' 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@cwmares.org or call 527-5386.**

### February/March Artist:

**Pierre Archambault - Moments in Time**

*Opening Reception Thursday, February 15th from 5:30pm - 7:30pm*

Pierre Archambault is a visual artist, a musician and a sound-designer for film. Mediums of choice for painting are oils and gouache paint. Musical instruments of choice are violin and guitar. Pierre also teaches courses in the field of sound arts and is an Associate Professor at Emerson College, Boston.

Pierre's works have been exhibited nationally and internationally. Venues include the Name Gallery, Chicago, Museum of Fine Arts, Boston and Huret & Spector Gallery, Boston. Pierre was also an artist-in-residence at the Michael Karolyi Memorial Foundation, Vence, France.

Pierre's undergraduate degree in fine arts is from the School of the Museum of Fine Arts, Boston and Tufts University. Pierre's MFA is from the School of the Art Institute of Chicago.

### Author Visit with Steven Cormier

*Thursday, February 8th at 6:30pm*

Meet local Huntington-based author Steven Cormier and learn about the history and mystery surrounding the life and death of Parley B. Hutchins. Parley B. Hutchins lived and worked in Huntington, MA in the mid to late 1800s on property that Cormier currently resides at. Hutchins' untimely death led to a murder investigation that was never resolved. The book "Life and Times of Parley B. Hutchins" not only focuses on Parley Hutchins but also on the history and growth of the area and the eventual creation of Huntington, Massachusetts in 1855.

### Slow Yoga with Teri Anderson

*Mondays February 5th, 12th, and 26th at 6:00pm*

Due to space limitations, registration is required. Please email westhampton@cwmares.org

## Fitness with Friends – What's It All About?

Tuesdays at Town Hall 11:30-12:30



This ongoing fitness class is suitable for all levels of fitness – no experience needed. It is taught by Westhampton's own Heather Paul who is a certified group fitness instructor and personal trainer with over 20 years' experience. It is her goal to make fitness fun, challenge each person to be their very best, and for everyone who attends class to leave feeling stronger, have better balance, and a big smile on their face!

Class focus is on strengthening the major muscles, balance, coordination, and flexibility. It is easy to stay motivated and encouraged when you exercise with friends!

Bring hand weights (2# if just starting out) and yoga mat for your own use, if you have them. Got questions? **Contact Lorraine Galica, COA Board Member, at lagfjord@comcast.net or (413) 387-3960.**



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.



*The Hampshire Regional Life Skills Students in festive attire who distributed holiday goodie bags last December.*

**Save the Date: Fourth Grade Talent Show**  
March 13th at Westhampton Elementary School  
Always a delight!

Pencil in March 13th on your calendar as the ten-

tative date for the Fourth Grade Talent Show with Ms. Overstreet. The show will be around lunchtime with pizza and dessert. Details to follow in your March newsletter.

### Message from the Westhampton COA Hikers for February 2024



*Westhampton COA Hikers at Arcadia in Easthampton on December 8.*

Oddly, December was one of our best hiking months ever; we had three successful hikes in the calendar month preceded by one in very late November. But we're writing this the day after our first major snow storm while awaiting a return of massive rain storms much like last summer, so it's hard to predict the possibility of hiking for the rest of January. Nonetheless, this is New England, and things could open up by February, so watch the weather and keep posted.

If you enjoy hiking with a great group of people, join us in our hikes in and around Westhampton. You can subscribe to our email mailing at [westhamptoncoahikers@comcast.net](mailto:westhamptoncoahikers@comcast.net). We'll notify you about 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

***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**

### Technology Help and Training for February



#### Tech Drop in Center Hours:

*(no appointment needed)*

- Weekly on Tuesdays from 11:00 to 2:00 at 400 Main Rd Chesterfield Community Center
- Meekins Library Drop-In tech support on Tuesday 2/13 from 10 to Noon, Williamsburg
- Nash Hill Place Resident Drop-In tech support, Thurs 2/22 from 10:00 to Noon

#### Tech Training:

- Beginner's Windows Computer Class continues, weekly Thursdays 1:00 – 3:00, Chesterfield Community Center, 400 Main Rd, lower level
- Intermediate Windows Computer Class sign-up starts now, classes to begin in March.

Must register for classes or workshops.

Email [coaTechConnect@gmail.com](mailto:coaTechConnect@gmail.com); call or text **413-296-5080**, or sign up through the website [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

Must register one week before the scheduled training date.

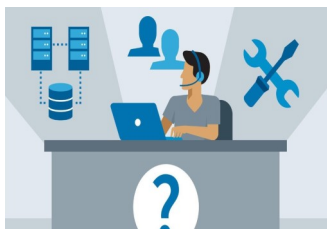
#### Tech Help Requests or Volunteering:

- Support available by email: [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com), phone or text msg **413-296-5080**. Response within 24 hours.
- See our updated website [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org) to sign up online as a volunteer or to request tech assistance.

#### Event Save The Date:

On **Saturday, April 6<sup>th</sup>** we will be holding a **Tech Connect event** with vendors, mini-workshops, information, and activities at New Hingham Elementary School, Smith Rd, in Chesterfield.

Watch for more information in the coming month.



**Would you like to receive your newsletter, in color, by email instead of snail mail?**

If so, please email Kristen at [regionalcoanews@gmail.com](mailto: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!



### Seniors Aware of Fire Education

We were now in "Open Burning Season" which began Jan. 15 and ends May 1. This is the time in which you may burn brush, cane, driftwood and forest debris outside. It is against the law to burn construction material or debris. Here are some safety tips for outdoor burns:

Senior   
**SAFE**

- Get a burning permit from your town. They are issued on a daily basis based on weather conditions.
- An adult must attend the fire until it is totally extinguished.
- Have fire control materials at hand — water supply, rakes, and shovels.
- Pick an open area 40 feet from any structure in which to build the fire.
- Do NOT use gasoline or any other combustible liquid to start the fire.
- If the wind picks up, be ready to quickly extinguish the fire.
- If the fire gets out of control, immediately call for help - 911.

The reason I have chosen Open Burning Season for the February topic is because the best time to prevent wild, out-of-control fires is to burn during wet, snowy conditions. These conditions help keep the fire from rapidly spreading on and under ground.

You even have one more day in February to be fire S.A.F.E.!

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

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

## Love is in the Air, but also...

It is the Valentine season again! Love it. But there are issues for some folks around this time of year. One of our friends, a very educated and smart but lonely guy, joined a dating service. He went 0 for 4 on successful interactions. I asked him if he had any advice to share, and this is what he sent.

"I would like to share my thoughts on online dating. My experiences have not been good. I have had four horrible experiences and unfortunately I got burned big time on one of them. The patterns as I look back are similar. Unfortunately you tend to ignore red flags until it is too late. The following patterns are serious red flags:

1. All of them start off by telling you how nice it is to meet you. "You are the first person since my husband died that I feel a real connection to." "Let's move slow before we move to texting, phone before meeting." Always a hint of being flirtatious.
2. They ask a lot of questions about you but are very vague about themselves.
3. They send photos, nothing inappropriate, but ask for none in return.
4. No interest in your past relationships (like why am I online), have been married, kids, etc.
5. When texting, you respond within a reasonable period of time, they respond sometimes hours later with one or two words. They rarely ever respond by using your name, appears to be honey, babe, etc.
6. when texting for specific information, they immediately respond with a text so lengthy, you wonder if it has been scripted.
7. In my case, all have appeared to either been self-employed and/or business owners, and some emergency has come up. "I know we have known each other a short period of time, but can you send me...?"
8. When I have asked for the local address or to send me a copy of their driver's license, I get responses like, "I have trust issues", "If we are going to be life partners, why can't you do this?" etc.

The last one was really good. We had telephone conversations, etc. We were supposed to get together like the next day or a weekend. She called me to say her work required her to go out of town. Shortly thereafter, a panic phone call of an emergency where she needed to borrow \$5,500 until she returned home.

Hope this helps. I have no more shame to hide. By the way, I decided to give up online dating."

Be safe, y'all.

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com; 413-268-2228



### February's Good News

By Deb Hollingworth

Recently I've had questions about lifeline services; what they cost and how to get them if you don't have a land line anymore. There are several possibilities including subsidies for both your land line bill and/or your wireless/Smart phone bill. Utility companies are mandated to provide discounts for low income customers. So if you live in subsidized housing or receive SNAP benefits or have MassHealth, you qualify. This applies to both a land line or a wireless bill. To get more information and help applying, you can call Verizon at 1-800 Safe-Link. ((1-800-723-3546). If Verizon is your phone carrier, they will discount your bill. However, the discount is only about \$10/month for a land line, and \$5.50/month for wireless. If you have a Smart phone you might explore apps that act as a lifeline.

For folks who have a land line, but can't afford the Lifeline service fee of about \$30/month, Highland Valley offers to pay for lifeline if you have a medical condition that makes you susceptible to falls. If you call Highland Valley Elder Services at 413-586-2000, you can ask to speak to their Benefits counselor who may have more suggestions on how to cut costs. Also, MassHealth will pay for a lifeline if your doctor orders it. (Like getting a prescription from your doctor).

Lifeline works when you fall at home, but there are additional features for mobile lifelines in case your car breaks down, or you sprain an ankle while hiking in the woods and need help. The GPS feature can guide emergency responders to your location.

With luck, you may never need to use your lifeline. But you and your family and friends will have some peace of mind knowing you have one.

## 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. **Two seats available.**

*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. **Four openings.**

*Day Trip Thursday June 13. Timeless Music Pop to Broadway* – Luncheon and Show at Storowton 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. **THIS TRIP IS A GO.**

*Day Trip October TBD. Lake George Cruise-* Take a 2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet

will be served on board. Keyboard entertainer performs. Stops at scenic Prospect Mountain and the Lake George Outlets with 30 stores to explore. The \$131 payment to Landmark Tours is due by August 19th. Please mail to the address above. **This trip sold out last year, so reserve early.**

*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 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.

## Do you know about the Hilltown Driver Pool Program?

This is a door-to-door service provided by members of your community looking to support your occasional transportation needs to important medical appointments, related errands and trips to the grocery store. Residents from the towns of Chesterfield, Cummington, Goshen, Hinsdale, Peru, Plainfield, Windsor, Westhampton and Worthington who are ambulatory and at least 60 years of age are eligible for service. This is a grant-funded program; suggested donations range from \$5-\$10. Interested in being a driver? Schedules can be very flexible. For services or more information about supporting this program as a driver reach out to Ed Pelletier at **(413) 296-4232** or email: [ride@hilltowncdc.org](mailto:ride@hilltowncdc.org).



### Please take this Hilltown CDC survey:

The Hilltown CDC is applying for funding that supports important programs in our community: the Goshen Food Pantry, the HEN Program, Health Outreach Program and the Housing Rehabilitation Program. You **do not** have to be a recipient of these programs, but **you do** need to be a Hilltown resident. Please take a few moments to share your important feedback and support of this valuable Hilltown resources:

<https://www.surveymonkey.com/r/KTMT25C>

**Westhampton Council on Aging**  
**3 South Road**  
**Westhampton, MA 01027**

PRSR STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

**Westhampton  
Council on Aging**

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Julia Lennen, Chair

Colleen Basile, Secretary

Ray Fontaine,  
Outdoor Programs

Lorraine Galica  
Dave Goddard  
Board Members

Lillian Baxter,  
HEN Representative

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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.

# CHARITY SCAM

You get a call from a charity looking for donations. Scammers try to fool you into giving money using these tactics:

- They rush you into making a donation;
- They use names that sound like a real charity;
- They change the caller ID to make you think it's a local caller.

## WHAT CAN YOU DO TO MAKE SURE THE MONEY IS GOING TO A GOOD CAUSE?

- Research the charity before donating;
- Verify that the organization is registered with the MA Attorney General's Office;
- Look up the charity online & read what others are saying about it.



If you have a consumer problem or question, contact the Northwestern District Attorney's Consumer Protection Unit:

Greenfield (413) 774-3186  
Northampton (413) 586-9225



Working in cooperation with the Office of the MA Attorney General