

Moving Forward

Activities and Services for Resident 60+



March 2024 Calendar of Events

MON	TUES	WED	THURS	FRI
				1 Card Games 1pm, WW
4 Knitting Group 6pm, Library	5 Fitness with Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	6 Coffee & Chat 10-12, Library Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Mahjong WW, 1:30-3pm	7 Chair Yoga Town Hall, 10-11am	8 Card Games 1pm, WW 
11 Knitting Group 6pm, Library Computer Class 10-Noon, Library	12 Fitness with Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	13 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	14 Chair Yoga Town Hall, 10-11am COA Luncheon & 4th Grade Talent Show 12pm, Church	15 Card Games 1pm, WW
18 Knitting Group 6pm, Library	19 Summit to Fight Fraud 10am Fitness with Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	20 Coffee & Chat 10-12, Library Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Mahjong WW, 1:30-3pm	21 Chair Yoga Town Hall, 10-11am Hot Lunch Noon, WW	22 Card Games 1pm, WW
25 Computer Class 10-Noon, Library Knitting Group 6pm, Library	26 Fitness with Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library Book Group 7pm, Library	27 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	28 Chair Yoga Town Hall, 10-11am	29 Card Games 1pm, WW

Back by popular demand!

4th Grade Talent Show (and Pizza!)

Thursday, March 14th at Noon
Westhampton Church



The Westhampton Elementary School's fourth grade class will entertain us on Thursday, March 14th at Noon at the Church Dining Hall. Ms. Overstreet and her students are sure to delight us with their humor and rare gifts.

This congregate meal (free, as usual) is sure to please!

We Have Updated Our Mailing List

The COA has updated our mailing list for the printed newsletter. If you have not previously gotten the newsletter then you probably turned 60 in 2023, will turn 60 in 2024, or are new to Westhampton. Please see the "Welcome" article below.

If you have previously asked to be removed from the print mailing list (and are reading this in print) or wish to have a PDF of the newsletter emailed to you, please review the article entitled "Join the COA Email List."

Welcome to the COA Newsletter!

In Massachusetts, Councils on Aging provide support services to elders, families, and caregivers in the community. As a local agency, the Councils on Aging & Senior Centers serve as an elder advocate -- offering services, and activities for elders. Here in Westhampton, we do not have a Senior Center. Our COA offers a variety of activities and services using the Town Hall, the Library,

the Church, and the Common Room at Westhampton Woods.

Without a Senior (or Community) Center, this newsletter serves a vital function -- connecting residents with activities and services. Most importantly, the newsletter helps connect you to the community! We are very interested in ways we can best serve ALL Westhampton residents and welcome your thoughts and involvement! A note about the newsletter funding -- the Westhampton COA is a member of the Northern Hilltowns Consortium of Councils on Aging (with Chesterfield, Worthington, Plainfield, Williamsburg, Goshen and Cummington). With grant funding from the state, older residents in all the towns receive a newsletter by mail (USPS or email). We are mindful that some older residents prefer the mailed copy. The Consortium has dedicated editorial/production for the newsletter to ensure everyone has equal access to information. The State has not renewed this grant funding and it is more than likely that Westhampton will need to fund and produce the newsletter in the future. We hope you will support this activity (and expenditure).

Card Games at Westhampton Woods

Fridays at 1pm, starting March 1st

We (Bill and Judy Trzcienski) would love to invite anyone interested in playing cards or board games to join us starting Friday, March 1st from 1 to 3 pm or there about.



We can play cribbage, 5 Crown, Pitch, King in the Corner, Crazy 8, Sequence or be taught any other card game that other folks are familiar with. Questions: please email judytrzc@gmail.com

COA Luncheons at the Church – Delicious Food & Excellent People

We on the COA Board heard that many of you were missing the COA Luncheons of the past in the original familiar setting of the Westhampton Church dining room. So we listened and decided to hold two so far, one this past January and one this past February. As you can see from the photo on the next page, we had a nice turn out (there are even more people sitting at tables off to the right, not captured).

COA Board Member, Colleen Basile, organized the potluck, enlisting the wonderful volunteers who generously signed up to cook and bake. Since COVID in March of 2020 disrupted our luncheons,



some of the original group who cooked for these potlucks for many years disbanded (understandably), so Colleen worked on getting it going again. It was great to gather together and just relax and socialize. Sometimes what we need most is not “entertainment” but just friendly conversation.



The photo above shows the very TASTY main courses on offer. This does NOT show the delectable baked goodies that followed! (My personal favorite was the peanut butter bars. YUM!) Did you miss the past two luncheons at the Church? Not to worry! We have 2 more coming up! We'll be back in March (3/14) for the annual 4th Grade Talent Show with pizza for all! (See article on previous page for details.) And then AGAIN in May (5/9) for “Throwback Thursday” – details to come – SAVE THE DATE!



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

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.

**February/March Artist:
Pierre Archambault - Moments in Time**

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 & Specter 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.

**Slow Yoga with Teri Anderson
Mondays at 6PM - MARCH DATES TBA**

Please check the library calendar on the town website, our Facebook page, or call the library at **413-527-5386**. Due to space limitations, registration is required.

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.

**Live Stream the
“Summit to Fight Fraud: Preventing Fraud and
Scams for Older Adults and Others”**

Tuesday, March 19th at 10 AM
See the Regional Section for details.

**Message from the Westhampton COA
Hikers for March 2024**

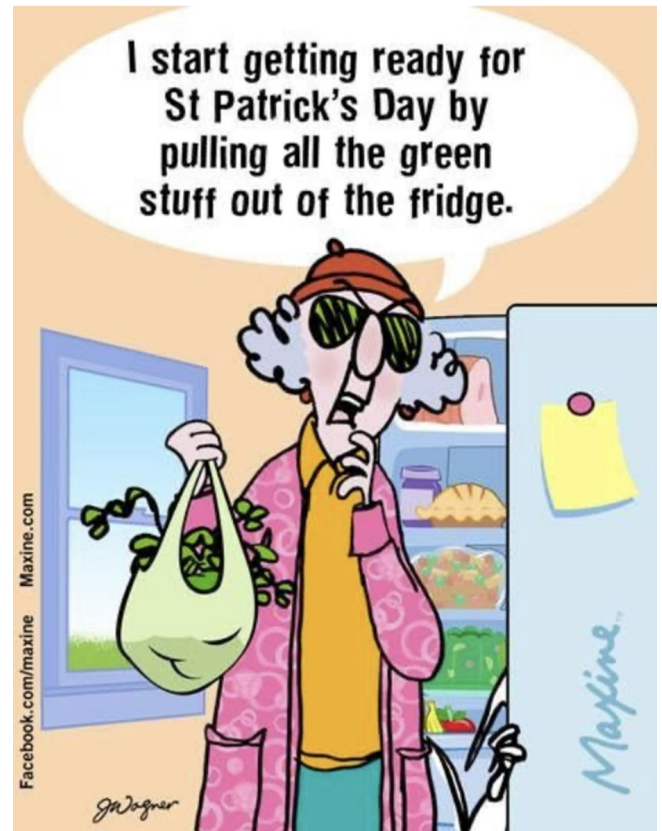


*Westhampton COA Hikers at the Four Roads Hike
on February 6th.*

As I write this, it's snowing again. But the last three snow storms came and went – along with the snow they brought - and we managed to have a hike in early February! Perhaps by the time you read this we'll have done another hike? So whenever the weather gives us a break in March we'll hike. Spring is coming. Stay tuned!

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. 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

SAVE THE DATE!



TechConnect Fair
APRIL 6, 2024, 10 AM-3 PM
 New Hingham Elementary School
 Chesterfield

Join us for a festive event offering technology support and exploration, giveaways, and more.
 For adults 60 and older.



TECH CONNECT
 SUCCESS FOR OLDER ADULTS

A program of the Northern Hilltown's
 Consortium of COAs

www.northernhilltownscoas.org

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!

*May your troubles
 BE LESS AND YOUR
 blessings be more
 AND NOTHING BUT
 happiness come
 THROUGH YOUR DOOR.
 -Irish Blessing*

The English Language – gotta love it...

I enjoy those pieces that question why our language includes things such as spellings that are the same but the sound is different, e.g., cough, rough, though, and through. Then there are the words that just make me smile, like “kerfuffle”.

Our language changes all the time, too. We now have phishing and smishing and vishing and catfishing, and more. The AARP has a nice page with some definitions:

www.aarp.org/money/scams-fraud/info-2023/glossary-of-scam-terminology.html

A few highlights – phishing means they send real-looking emails to get us to click and provide information. Smishing means real-looking and sounding text messages on our phone. Vishing is a voice message, again to get us to buy something or to provide information. Catfishing is making a fake online profile, perhaps to start a romance scam or begin an online game and from that a relationship (which likely won't end well).

Never mind the word, the idea is the same. A hacker or scammer pretends to be our bank or Medicare or the insurance company. He or she sounds real or friendly or helpful or scary, depending on how they are working their scam. They are trying to get us to willingly give up critical information so they can steal something from us, like our identity or funds in our bank account. Apparently tax season causes a rise in all these things, including fake emails – phishing! to get tax identifier numbers. If it happens to us, we can report this to phishing@irs.gov

Here's to safe fishing,
 Jean O'Neil
 TRIAD Committee member
jeanoneilmass@gmail.com

March's Good News

By Deb Hollingworth

Donald Trump, Joe Biden and Bernie Sanders all agree on one thing. The cost of our prescription drugs is too high. Americans pay more for their Rx than any other nation. This is not news: we know this.

The Good News is that efforts to reduce our cost are underway, starting with the Biden administration's Inflation Reduction Act which became effective August 16th, 2022. As of January 2023, co-pays for most insulins are now reduced to \$35/month or less. Vaccines are now zero co-pay including the shingles vaccine. Next year OOP starts. That's a cap on Out Of Pocket spending on Rx. So once you have spent \$2,000 in co-pays on your prescriptions, you will not have Rx co-pays for the remainder of the year.

The Federal government is also targeting high cost Rx. We have to wait until January 2026 to see savings on Eliquis, Xarelto, Jardiance, Farxiga, Entresto, Imbruvica and Stelara which are on the list of the first 10 Rx to be reduced. And in 2027, we'll see another list of 10 Rx to be reduced. This is because Medicare will be able to negotiate with the drug manufacturers and pharmaceutical companies will have to pay a "rebate" if they raise their prices more than the rate of inflation. This may seem like a slow process, but it's progress.

In Massachusetts, we've had out of pocket spending limits for Rx co-pays with our Prescription Advantage program since the 1990s, but this has only been available to lower income residents. The Federal OOP program does not have income/asset eligibility rules. Everyone is eligible. For more information on Rx costs, or if you have questions about generics, or other cost savings measures, you can contact the Pharmacy Outreach Program at **866-633-1617** or call your senior center to ask for an appointment with your SHINE counselor.



Technology Help and Training for March



Volunteers Still Needed: to learn more about what's needed to help others with technology contact the Volunteer Coordinator at **413-296-5548**, email coatechvolcoor@gmail.com, or visit the website www.northernhilltownscoas.org.

Tech Support

- Support available by email: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within 24 hours.

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 3/12 from 10 to Noon, Williamsburg
Repeats 2nd Tues of each month
- Nash Hill Place Resident Drop-In tech support, Thurs 3/12 from 10:00 to Noon
Repeats 2nd Tues of each month

Tech Training:

- Beginner's Computer / Laptop Class
Thursdays 1:00 – 3:00, for 6 weeks starting 3/7 through 4/11, or 4/18 through 5/23
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, for 6 weeks starting 2/21 through 3/27 or 4/3 thru 5/8

All classes held at the Chesterfield Community Center, 400 Main Rd, lower level.

Must register for classes or workshops no later than one week before the scheduled training date. Email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Event Save The Date:

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

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 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 \$131 (price correction) Payment to FNSC is due by March 12. Please mail them to the address above. **A few seats are 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 - is due NOW. Make payment to Diamond Tours and mail to the address above. **A few seats are available.**

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 FNSC 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. Waitlist available.**

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 October 14th. 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.**

NEW Day Trip October 15. Culinary Institute of America-- Enjoy a "CIA" experience, lecture and tasting with lunch at Catarine de Medici. The \$TBD Payment to Francine Frenier is due by August TBD. Please mail a check to the address above. This trip will depart from Hadley.

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.

Summit to Fight Fraud: Preventing Fraud and Scams for Older Adults and Others Tuesday, March 19th at 10am

Sponsored by Investor Protection Trust, and presented with the Massachusetts Securities Division, the Pension Action Center will host a free in-person **AND live-stream event** on fraud prevention on Tuesday, March 19th. The event is free of charge, but registration is required.

Hosted in the UMass Ballroom space from 9am-3pm, with programming starting at 10am after a breakfast welcome reception, we will gather a group of experts in this field: guest speakers and panelists including several Q&A sessions. We aim to have presenters from community law enforcement, AARP MA, the Banker's Association, state officials, in addition to other stakeholders and experts in this space.



Link to Register: <http://tinyurl.com/2rkbejux> OR email your COA Coordinator/Director for the link.

Westhampton Council on Aging
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Westhampton, MA 01027

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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.

NEW Drawing Class in Goshen!

Thursdays, April 4 - May 23 from 1-3pm

Goshen Town Hall - Upstairs

Suggested Donation of \$10 per class

This eight week, two hour drawing class is geared for beginners who would like to learn to draw, or would like to grow their skills in drawing. We tackle questions like "How do you break down what you see in order to draw it?" "How can you see the shape, line, value?" and "How can I suggest movement within my drawing?" Senior, adult and teen participants will work on these skills in an encouraging and relaxed atmosphere. Each class will begin with a warm up, and then a drawing project. The goal is to stretch our brain, try something new and to have fun together.



Save the Date: Saturday, April 13th at 3pm

4D1G Gospel Quartet

Goshen Congregational Church
45 Main St., Goshen

Come enjoy this HymnSing and gospel music with us! Dennis Ainsworth on piano. More details to follow.

Save the Date: Saturday, April 27th, 9-3pm

Spring / Summer Clothing Exchange

Goshen Congregational Church
45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! More details to follow.

