

Moving Forward

Activities and Services for Resident 60+



May 2024 Calendar of Events

MON	TUES	WED	THURS	FRI
		1 Coffee & Chat 10-12, Library Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Mahjong WW, 1:30-3pm	2 Chair Yoga Town Hall, 10-11am Origami Flowers 6-7:30pm, Library	3 Card Games 1pm, WW
6 Knitting Group 6pm, Library Slow Yoga 6pm, Library	7 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	8 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	9 Chair Yoga Town Hall, 10-11am	10 Card Games 1pm, WW <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Town Meeting May 11th, 9am Town Hall </div>
13 Computer Class 10-Noon, Library Knitting Group 6pm, Library Slow Yoga 6pm, Library	14 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	15 Coffee & Chat 10-12, Library Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Mahjong WW, 1:30-3pm	16 Chair Yoga Town Hall, 10-11am COA Program: Throwback Thurs. 12pm, Church Hot Lunch Noon, WW	17 Card Games 1pm, WW
20 Knitting Group 6pm, Library Slow Yoga 6pm, Library	21 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	22 Coffee & Chat 10-12, Library Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Mahjong WW, 1:30-3pm	23 Chair Yoga Town Hall, 10-11am	24 Card Games 1pm, WW
27 Memorial Day- Library closed	28 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	29 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	30 Chair Yoga Town Hall, 10-11am	31 Card Games 1pm, WW

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

COA Program:

Throwback Thursday + Free Lunch!

Thursday, May 16th at Noon
Westhampton Congregational Church

For this COA Program, we're asking you (and everyone!) to bring an **OLD PHOTO** of yourself from your younger days! It could be one from your teenage years, a baby picture or from when you were in your 20s. We will ask you to discreetly slip your photo into an envelope as you enter the Church. Then we will display the photos and see who can guess WHO'S WHO! Should be a lot of fun!



Guess who?

Volunteer Opportunities

Interested in getting involved?
Consider these opportunities:

- Join the **COA Board** – we have fun and welcome your energy and enthusiasm.
- Volunteer for the **Digital Equity Plan Steering Committee** (see the Town website for details)
- Volunteer to get involved with the **Westhampton 250th anniversary** of incorporation. This project will run up to (and past) a celebration in September of 2028. Bring your special town knowledge and your love of committee to this town-wide effort.



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

Library closed Monday, May 27th

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 call (413) 527-5386. or email westhampton@cwmares.org

Origami Flowers

For Teens & Adults

Thursday, May 2nd from 6pm - 7:30pm

The Japanese word origami itself is a compound of two smaller Japanese words: "ori" (root verb "oru"), meaning to fold, and "kami", meaning paper. Make handcrafted origami flowers for mom or someone else you love. Supplies are limited and registration is required. Please call (413) 527-5386 or email westhampton@cwmares.org.

May Artist - Ann P. Lewis

Opening Reception

Thursday, May 9th from 6pm - 8pm

Ann Lewis is a writer and collage artist. She has an M.F.A in Fiction from Mills College in Oakland, CA and a B.A. from UMass Amherst. She also attended California College of Art. Her one-of-a-kind books and her encaustic collages are in numerous private and public collections including The Getty Center of the Humanities, Stanford University, University of Vermont, Baylor University, and Smith College. Her collage show at the Westhampton Public Library features mock book covers of titles she wishes she'd written or will write in the future. Her Westhampton studio was once an old shed that sat in a meadow and was hauled onto a sturdy foundation near the house by another artist long ago. She has happily worked there herself for 20+ years.

Slow Yoga with Teri Anderson

Mondays at 6PM: May 6th, 13th, and 20th

Registration for May classes opens on Monday, April 30th at 9am. Due to space limitations, registration is required. Please call the library at (413) 527-5386 or email westhampton@cwmares.org.

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.

Memorial Day Remembrance

“While we enjoy our cook outs, have a day off from work, and look forward to summer, Memorial Day is a time to honor the women and men who died in military service. The red poppy is in abundance and is a symbol of this day.

Red poppies are associated with those who died during wartime since World War I. In the US people wear the red poppy on Memorial Day to honor those who died trying to protect the country, according to The Department of Veterans Affairs. In Canada, poppies are worn on Remembrance Day, November 11th.

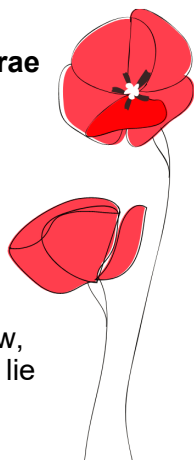
The red color is not a symbol of blood, death, or support for war. Instead, poppies were the only flowers that grew in war-torn battlefields. When the country sides were nothing but mud and devastation, poppy flowers sprouted up and flourished. The sight of the red poppies inspired one Canadian soldier, Colonel John McCrae, to pen a poem in May 1915:

In Flanders Fields - by John McCrae

In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly

Scarce heard amid the guns below.
We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders' fields.

Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high,
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' Fields.



The poem moved so many, especially two women—Anna E. Guerin of France and Moina Michael of Georgia. Together they sold artificial poppies to benefit children left orphaned by the war, and by 1922, the poppy was adopted as the official memorial flower of the VFW. The Friday before Memorial Day was designated as Poppy Day.” (<https://www.farmersalmanac.com/>)

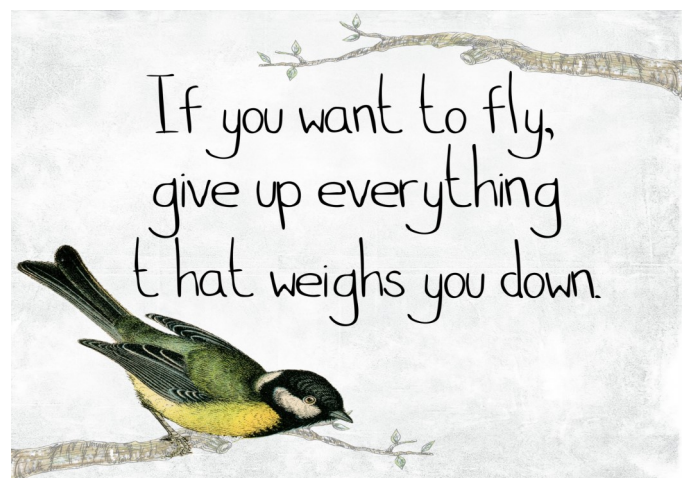
Message from the Westhampton COA Hikers for May 2024



Westhampton COA Hikers at Glendale Ridge Vineyard on the Eclipse Hike, Monday, April 8th

Although April started with a bizarre snowstorm, the snow quickly melted and we were hiking in the woods again. By the time you read this we'll have completed a few more hikes. And we've got a few hikes up our sleeve for May which you'll be hearing about soon if you're on our email list. If you're not, and you enjoy hiking with a great group of people, come join us in our hikes in and around Westhampton by subscribing to our group email list at westhamptoncoahikers@comcast.net. Please note that all group emails are sent as blind copies (BCC) for your safety and privacy. Also, if you have any suggestions for future hikes, please email us at the above address.

Happy trails, Chuck & Ray



DOOR-to-DOOR SALES



Hire me NOW!

If you're considering hiring someone who knocks on your door and offers home improvement services...

- Don't rush or feel pressured into making an immediate decision;
- Get a written estimate and tell them you will get back to them;
- Ask for and check their references before agreeing to have the work done;
- Get bids from established, local companies and compare prices;
- Check with your town hall to see if they need a license or permit to solicit door-to-door;
- Check with your local consumer protection program or police department.

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



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



TechConnect Fair a Success!

On Saturday, April 6th the TechConnect program held a first of its kind northern hilltowns Consortium of COAs Fair. The event was hosted by the New Hingham Regional Elementary School in Chesterfield. Over one hundred people attended the fair! There were seven exhibitors, including AARP, the NW District Attorney's office, Meekins Library, Comcast, Whip City Fiber, Tech Hub from Holyoke and the Alliance for Digital Equity Network. TechConnect staff hosted tables where fair participants could tour the Northern Hilltowns Consortium website, northernhilltownscoas.org, sign up to join the project as a volunteer, get walk-up tech support for technology questions, and sign up for training and workshops. Many people attended the three mini-workshops offered on managing passwords, tech terms and what they mean, and making your tech device fit your needs.

Comments from those who came included: "The training on how to use the Hilltown Consortium website was very helpful". "I appreciated talking about the politics of being sure all people have technology", "I am going home to get my tech-phobic husband and bring him back. I think he would like this!", "This event really lit a fire under me, I have all these things on my list to learn and now I know how to get started". "I love this for our community! Coming here today let's people know they are not alone in their concerns about learning technology."

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!



But I did my MOLST!

In September 2022, I wrote about living wills and the state Medical Order for Life-Sustaining Treatment (MOLST). You may recall that I said a MOLST is an order, while another relevant document, the living will, is more of a conversation. The MOLST takes effect immediately at an emergency, the living will and advance directives come in when you are unable to respond for yourself. That is why having a living will following conversations with your family or friends is so important – it will help them figure out what you would want them to do.

Now, we have the POLST! It is a portable medical order, meaning if you travel in another state, the POLST will most likely apply. The MOLST may not. We were given a POLST form at the hospital a few days ago so they are becoming available.

These two forms are voluntary; you need not think about or plan for your end of life situation. You can also change the forms if you change your mind. Do know, however, that what happens in the future may not be to your liking. For instance, if the ambulance takes you to the emergency room and you do not have a MOLST or POLST on file, or they cannot find it, you will be designated as Full Code. That means if your heart stops and breathing ceases, they will try everything they can to start you back up. That can include chest compressions and intubation.

Where do they find your forms? Your doctor will have one, the person who has your health care power of attorney and any emergency contacts should have a copy. And of course it should be in that red File of Life folder on your refrigerator at home. You can also carry one of those files with you.

Still thinking for the future,
 Jean O'Neil
 TRIAD Committee member
jeanoneilmass@gmail.com
 413-268-2228

Tech. Help and Training for May



Volunteers Still Needed: to learn more about what we need volunteers for in providing help to others with technology, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or visit www.northernhilltownscoas.org.

Tech Support

- Support available by email, phone, drop-in or appointment: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within a day.

Drop in Center Hours:

(no appointment needed)

- Weekly on Tuesdays from 11:00 to 2:00 at 400 Main Rd. Chesterfield Community Center
- Friday, May 3, 17 and 31 from 10:00 to 12:00 at 400 Main Rd. Chesterfield Community Center
- Monthly at Meekins Library Drop-In tech support on Tuesday 5/14 from 10 to Noon, Williamsburg
- Monthly at Nash Hill Place Resident Drop-In tech support, Tuesday 5/14 from 10am-12pm and 6pm-8pm
- May 10th, Goshen COA, 10am-12pm
- May 20th, Plainfield COA, 9am-11am

Tech Training:

- Beginner's Computer / Laptop Class
Thursdays 1:00 – 2:30, continuing through 5/30 (new class starting in June)
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, continuing through 5/29 (new class starting in June)

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

Must pre-register for classes 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

Tech Workshops:

- iPad Basics, Worthington Library, Thurs. 5/2, 1-2
- Email Basics, Goshen COA, Fri. 5/10, 9-10
- Cyber security/online safety in Plainfield, Monday, May 20th 11-Noon

Devices Available:

We received our first shipment of PC laptops, Chromebooks and tablets. If you need a device to

connect to the internet, have something so old it is not working effectively, or need a different type of device please contact us.

Email coatechconnect@gmail.com, leave message at **413-296-5080**, or use online form to make request at: www.northernhilltownscoas.org

May's Good News

By Deb Hollingworth

Just a quick note here on how it's going with the Medicare Savings program that I can't seem to stop talking about. The two page application was just released March 1st and for those who filled one out and got it in, I began hearing from you by the end of March that you had received an approval letter from MassHealth already with benefits to start April 1st. This means MassHealth is taking about 3 weeks to process these applications. Amazing. This program pays your Medicare B premium, so you can expect a letter soon from social security with a new social security benefit statement showing they have put \$174 / month back in your retirement benefit.

It's a good idea to keep that acceptance letter from MassHealth because up in the right hand corner there will be your ID number which starts 1000, followed by about 6-7 more numbers. This number is also your ID for Health Safety Net which is another benefit that you get automatically. Health Safety Net can be a life saver because it pays hospital bills that your Medicare and/or Medicare supplement might not cover. And you may get yet another letter saying you have Extra-help which is a benefit that supplements the cost of your prescriptions. You need to give your pharmacists that ID number and show them the Extra-help letter. Same goes for any hospital bills. You would need to let the hospital know you have Health Safety Net so they can bill any residual costs that your Medicare is not picking up.

And ...this is curious....you may not even have to apply in order to get these benefits? I had a caller who received a letter from Prescription Advantage which is a Rx subsidy program for Massachusetts residents. Her letter said that Prescription Advantage was terminating her coverage because she had gotten the Medicare Savings program. How can this be she asked? She never applied. It seems that MassHealth is reviewing all those who have had Health Safety Net the past few years and are automatically approving them for the Medicare Savings program. This is definitely good news. So if you receive any letters saying you have been approved for Medicare Savings program, and you want to know how that happened, call your senior center and ask for a SHINE consult. We can check it out for you. Same goes if you want an application and are having difficulty trying to find it online- just give us a call.

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. **\$20 discount for any Chesterfield Senior over age 60 who goes on any trip advertised in the newsletter through 2024.**

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 NOW. Please mail to the address above. **A few seats are available.**

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 Friendship Tours is due by June 5th. Please mail to the address above. Please include your date of birth for the player card. **There is a second bus. If interested, call again.**

Day Trip September TBD. Big E. Dependent on the offered entertainment.

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. Ten seats available.**

*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. A 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. **A short wait list is available.**

NEW Day Trip October 15. Culinary Institute of America-- Enjoy a "CIA" experience, lecture and tasting with lunch at Catarine de Medici. The \$147 payment to Francine Frenier is due by August 15th. Please mail a check to the address above.

Day Trip October TBD. Boston Fine Arts Museum. In the planning process.

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.



Seniors Aware of Fire Education

Here is an important thing to add to your spring chores. Check your house numbers and make sure they can be easily seen from the road. **Senior SAFE** Why? Seconds count in an emergency! First responders (police, firefighters and EMTs) can find your house faster when your home is properly marked.

USE LARGE VISIBLE NUMBERS!

- The numbers need to be at least 4-inches in height and facing the street. (Some communities require taller numbers.)
- The letters should be on a contrasting background so they can be seen from a distance.
- The numbers should be under lighting so they can be seen at night.
- If possible, the outside lights should be turned on for the responders.
- If your driveway is long and if your house is not visible from the road, put your house number on both sides of your mailbox, or on a sign post at the end of your driveway. (The Hampshire County Sheriff's TRIAD program has number signs and posts available to everyone to be planted at the end of the driveway. Contact your COA or police department on how to get the number sign and post.)

Be prepared for the time when seconds count!

--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.

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

PRSR STD
US POSTAGE
PAID
PERMIT 183
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.

\$5 haircuts

SMITH VOCATIONAL
COSMETOLOGY



Ready for a fresh 'do and a
new you?

Get your haircut at Smith
Vocational!

WHEN: Tuesdays & Thursdays,
call to schedule

WHERE: The Salon is located in Room 124 of
Building A at Smith Vocational High
School, 80 Locust St., Northampton.

WHAT ELSE: Manicures, colors, facials, and other
hair care options, call for other prices

HOW TO BOOK: Simply call 413-587-1414 ext. 3531 for
an appointment. All are welcome!

