

Moving Forward

Activities and Services for Resident 60+



June 2024 Calendar of Events

MON	TUES	WED	THURS	FRI
3 Knitting Group 6pm, Library Slow Yoga 6pm, Library	4 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	5 Coffee & Chat 10-12, Library Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Mahjong WW, 1:30-3pm	6 Chair Yoga Town Hall, 10-11am	7
10 Computer Class 10-Noon, Library Knitting Group 6pm, Library Slow Yoga 6pm, Library	11 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	12 Coffee & Chat 10-12, Library Sarah the Fiddler & Ice Cream Social 12pm, behind the library Mahjong WW, 1:30-3pm	13 Chair Yoga Town Hall, 10-11am	14
17 Knitting Group 6pm, Library Slow Yoga 6pm, Library	18 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	19 Juneteenth- Library closed Mahjong WW, 1:30-3pm	20 Chair Yoga Town Hall, 10-11am Hot Lunch Noon, WW	21
24 Computer Class 10-Noon, Library Knitting Group 6pm, Library Yoga with Brian 6pm, Library	25 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	26 Coffee & Chat 10-12, Library Cutting the Cable Cord 10:30-11:45, Library Mahjong WW, 1:30-3pm	27 Chair Yoga Town Hall, 10-11am Self Bow Demo 6:30pm, Library	28

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

Sarah the Fiddler & Ice Cream Social!

Wednesday, June 12th at Noon
Outside at the Westhampton Library

Come join our monthly COA Program and hear the phenomenal Sarah the Fiddler work her magic while enjoying some delicious ice cream! As usual, all of our COA programs are **FREE**. Please note that this program will be held **NOT** on our usual Thursday, but on a Wednesday.



About Sarah, here's a quote from her website:

"The moment her bow touches the strings, Sarah's passion for music is evident. Combining her influences of classical, bluegrass, and Celtic music to create a unique style and sound. Sarah has performed with numerous orchestras, bands, and theater groups and is currently performing at an event near you."

In the event of inclement weather, the program will take place at the Town Hall. This program is brought to you by both the COA and the Friends of COA.

COA Newsletter Changes

As explained in the Regional Section of this newsletter (see article with details), changes are underway to the COA newsletter, "Moving Forward", as we know it. In its current format, the newsletter is a group effort produced by the seven hilltowns that make up the Northern Hilltowns Consortium of COAs: Chesterfield, Goshen, Cummington, Plainfield, Worthington, Westhampton and Williamsburg.

For the last several years, the monthly newsletter has been primarily funded by the Service Incentive Grant originally administered by the Executive Office of Elder Affairs and, recently, by the Massachusetts Councils on Aging. Last year we also received some funds from the state after our collective efforts in this direction. Unfortunately, the funding that has allowed us to copy and mail this newsletter has nearly run out. In an increasingly digital world, grant funding for copying and mailing a paper newsletter is no longer supported.

However, the FANTASTIC news is that the Town of Westhampton, much to its credit, has recognized the importance of mailing out a print version to your homes and has voted to continue funding our own hard copy newsletter for Westhampton elders. Our printed newsletter after July of this year will be shorter in length, however, with a total of 4 pages, rather than 8, and with a focus on local events.

If you would prefer to receive the electronic version of the COA newsletter only (which will still include regional events through July, if not beyond this date), please email COA Coordinator, Amy Landau, at coa@westhamptonma.org and we will add you to the e-newsletter list. In addition, all of our newsletters (from all 7 hilltowns), both past and present, will remain available at the Consortium website: northernhilltownscoas.org

Throwback Thursday was a Hit!



*Pat Miller.
Her close-up
kid-photo shows
her with her doll
in the snow.*



Our last COA program on May 9th at the Westhampton Congregational Church was great fun! Everyone brought photos of themselves from their younger days and slipped them under a blanket in a tray. Then after the tasty potluck lunch (thank you to the Friends of COA and all who contributed!), we studied the photos on the tables which were numbered by post-it notes and tried our best to identify who was who. Not such an easy task at all with so many toddler and baby pics with nearly identical pug noses and chubby cheeks! But despite the hurdles, Pat Miller, former COA Coordinator, was a stand-out. She got the most correct guesses --- 21 out of 28! Once everyone was matched up with their photos, you could often see distinct likenesses come through in their childlike expressions.



Bill Tracy. His close-up photos include Prom Night and an image of him on, as a child, a farm tractor.

(Stay tuned for more Throwback Thursday photos in future newsletters!)



MYSTERY PHOTO: WHO Is This?

Are you a good detective? If so, do you know who this Mystery Westhampton Resident, #13, could be, shown in the next column? This photo appeared on the table for our Throwback Thursday program on May 9th, but no one claimed it!

Here are some clues: The child is 2 years old (it says so on the photo), the Mystery Person is now 84 years old (photo dated 12/20/42). Email Amy at

COA@westhamptonma.org to claim this old photo as your own or to submit tips, anonymous or otherwise!



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

Library closed Wednesday, June 19th

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@cwmar.org

Cutting the Cable Cord

Streaming TV presentation with Peg Whalen
A Westhampton Public Library, TechConnect and Council on Aging sponsored program

Wednesday, June 26th from 10:30am - 11:45am

A presentation to teach adults 60+ about replacing cable programming with streaming services on both regular and smart TVs using Internet from Comcast, hotspots or other sources.

Self Bow Demonstration with Bob LaPalme

Thursday, June 27th at 6:30PM

Town resident Bob LaPalme has been interested in archery since he was a boy. He is an "instinct shooter" and makes "self bows" with basic hand tools. He will discuss his self bows, how to select the best tree for the bow, and the creative process.

Slow Yoga with Teri Anderson

Mondays at 6PM: June 3rd, 10th, and 17th

Registration for June classes opens on Saturday, May 1st at 10AM. Due to space limitations,

registration is required. Please contact the library: (413) 527-5386 or 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.

And Yoga with Brian is back!
Fourth Mondays at 6:00PM

Beginning on June 24th, yoga instructor Brian Mulligan will be teaching on the fourth Monday of each month and Teri Anderson will continue to teach on all other Mondays. In order to be consistent with Teri's yoga classes, we are requiring registration for Brian's classes. This gentle yoga class emphasizes breathing, balance, strength building and relaxation. Brian Mulligan is a certified yoga instructor who has taught in Western MA for over 3 years. What you will need: a yoga mat, a clear space and one hour of uninterrupted time. About the Instructor: Brian has earned a 200 hr. certification from Yogaspirits of Beverly MA. He also holds certificates from Sloan Kettering's Yoga for Cancer, Tari Prinster's Yoga4Cancer, and Kripalu's Lakshmi Voelker's chair yoga. He has taught over 125 classes at various locations

in Western MA: Florence Organic Garden, Florence Indigo Health Center, Westhampton Public Library and Easthampton Public Library.

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



*Westhampton COA Hikers at Big View in
Williamsburg on April 26.*

Despite the many rainy days this spring we've been able to get a record number of hikes in between the raindrops, including hikes to Big View, Sawmill Hills West, and Arcadia. So we plan to continue doing hikes throughout the rest of the season, probably switching to morning hikes during the warmer months. Perhaps a hike to the Williamsburg Dam site in celebration of The1874 Mill River Flood Disaster Centennial? Also, please send us any recommendations that you may have for a future hike. So if you enjoy hiking with a great group of people, come join us in our hiking 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.

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

Seniors Aware of Fire Education

As summer approaches, many of us are planning road trips, staying in hotels and motels. Here are a few fire safety tips for hotel/ motel stays:

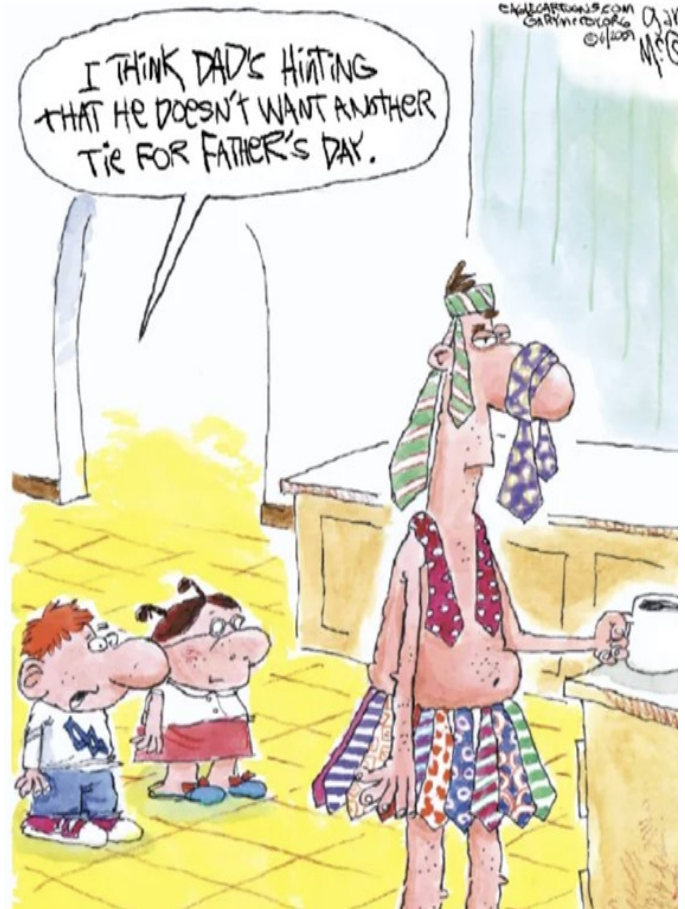


- Select places that have sprinklers and smoke alarms in each room.
- When you get your room, count the number of doors down the hall to the nearest exit.
- If you are deaf or hard of hearing, ask for a Hearing Impaired Kit or for a room that has a strobe alarm in the room.
- Keep your room key, eyeglasses, wallet and flashlight on the night table. When the smoke alarm sounds, take these things with you.
- Feel the door with the back of your hand. If it is hot, don't open it.
- If it is cool, open the door a crack. Be ready to close the door if heat, flames and smoke rush in.
- If there is just some smoke in the hall, get low and go, go down the hall counting the doors to the exit.
- Get out and stay out until the fire officials say it is safe to return.

Have great and SAFE adventures!

--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.



Crypto – warning, Will Rogers...

You've read some news about cryptocurrency, right? Bitcoin? Blockchain? Cryptocurrency is digital money that can be used to purchase things or to form part of an investment strategy. Please do remember though that it is unregulated and the values are highly volatile, so getting into this new form of currency is a high-risk venture.

Also, the skeptic in me points out that the word "crypto" means secretive or hidden, often used in combination with other words such as cryptography, the "practice and study of hiding information". Cryptic coloration is one form of camouflage in animals.

I have paid only passing attention to the development of cryptocurrency, but now, what a surprise, we find crypto sneaking into scams. Actually, there is nothing sneaky about it. Barging is more the correct word! When a scammer requests that we pay up, he or she used to ask us to wire money or send gift cards. Now they may request that we buy cryptocurrency.

Worse, as I learned in a recent AARP newsletter, there are ATM machines that deal in cryptocurrency. The scammer can tell us to go find one of those, easily done, and put in X amount of cash. We might as well be digging a black hole and dumping the cash into it!

Please be safe,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com

Tech. Help and Training for June



VOLUNTEERS STILL NEEDED: to learn more about what we need volunteers to do for individuals in your town, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or through www.northernhilltownscoas.org

Tech Support Available

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

Drop in Centers:

(no appointment needed)

- Chesterfield Community Center, 400 Main Rd.
Weekly on Tuesdays from 11:00 to 2:00
Bi-Weekly on Fridays from 1:30 to 3:30
- Williamsburg
Meekins Library Drop-In tech support monthly
2nd Tuesday 6/11 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
monthly, 2nd Tuesday 6/11 from 10 to Noon
- Worthington Library
Drop-In tech support, 2nd Thurs. 6/13, 1-3pm
{appt. preferred}
- Goshen Town Hall, 42 Main St.
Drop-in tech support, Weds. 6/19 from 1-3pm
- Plainfield Shaw Memorial Library
Drop-In tech support, 3rd Thursday 6/20

Tech Training:

- Beginner's Computer / Laptop Class
Thursdays 1:00 – 3:00, 6/6 through 7/11
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, 6/5 through 7/10

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:

"Cutting the Cable" with Streaming

- Chesterfield Community Center Tues 6/18,
6:00 to 7:00pm
- Westhampton Public Library Wed 6/26,
10:30 to Noon

Devices Available:

We have 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 on our website: www.northernhilltownscoas.org

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.

NEW Day Trip Friday, June 14. Block Island. Enjoy a guided island tour and luncheon at the National Hotel. Make payment to Landmark Tours for \$160 and mail to the address above NOW.

NEW Day Trip Tuesday, July 2. Encore, Everett, MA Casino trip. Free \$20 slot play. Lunch on your own, options available on site. Make payment to Francine Frenier for \$42 and mail to the address above NOW.

NEW Day Trip Friday, August 23. Essex Steam Train & Riverboat, Essex, CT. A train and riverboat excursion awaits. Includes luncheon at Griswold Inn. Make payment to Landmark Tours for \$136 and mail to the address above by July 20th.

NEW Day Trip Friday, September 13. Boston, MA Charles River Sightseeing Cruise & Harvard Museum of Natural History, home of the Glass Flowers. Includes lunch at The Cheesecake Factory. Make payment to Landmark Tours for \$124 and mail to the address above by August 1st.

Day Trip September 9-29 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.**

Continued on back page.

The Newsletter is Changing

There are some changes coming with this newsletter and we'd like to let you know what to expect.

First, a brief background. In its current format, the newsletter is a group effort of all seven towns that make up the Northern Hilltowns Consortium of COAs: Chesterfield, Goshen, Cummington, Plainfield, Worthington, Westhampton and Williamsburg. The newsletter has both a local section and a regional section. The regional section is the last four pages of the newsletter and includes information relevant to folks in all the Consortium towns. The local section is either two or four pages, depending on which town you live in. The local section includes information about activities and services specific to your town.

For the last several years, the monthly newsletter has been primarily funded by a generous Service Incentive Grant originally administered by the Executive Office of Elder Affairs and, recently, by the Massachusetts Councils on Aging. Last year we also received some funds from a specific line item in the state budget.

Many people in the Consortium have worked long hours to apply for and then manage this funding. This includes keeping in contact with people in the relevant agencies and our state legislators. That funding allowed us to produce, copy and mail a paper edition of the newsletter to all of you.

All of us- COA coordinators, directors and volunteers- have happily done this work because we truly believe the newsletter is a vital resource for our communities. Because it has been mailed to every household in the seven Consortium towns that has a resident who is 60 years old or over, it is our primary means of sharing information with you about everything we do – from lunches and crafting groups to information about home safety and medical insurance and everything in between.

We also believe that a paper newsletter matters to our readers, even if the world is moving on to solely electronic means of communication. Many of you have told us how much you value receiving a traditional paper newsletter.

Unfortunately, the funding that has allowed us to copy and mail this newsletter has nearly run out. Despite our best efforts, we have been unable to find alternate funding. In an increasingly digital world, funding for copying and mailing a paper newsletter is no longer supported. Reading online has become the norm.

To that end, we would like to inform you about what will be changing. Unless your COA makes

specific alternative arrangements, the July 2024 issue of this newsletter will be the last time we mail a paper copy to you. After July, we can still provide you with an electronic copy of the newsletter.

Readers who currently receive the newsletter as a PDF via email will continue to receive it that way. Readers who do not receive the newsletter via email but would like to, please contact our newsletter editor, Kristen Estelle, with your name, email **and mailing address**, so she knows which town's newsletter you'd like to subscribe to: **regionalco-anews@gmail.com**

In anticipation of this change, we have created a user-friendly and informative website, where you will be able to access the newsletter for all the consortium's towns: **northernhilltownscoas.org**

We understand that many of you may not want to receive the newsletter by email or do not have the technology to do so. Please know we are working to ensure the newsletter reaches you. As you see on the previous page, our TechConnect team offers technology classes, as well as free devices you can use to go online. Additionally, some of the COAs are considering leaving paper copies in public places around town. Check the local news portion of the newsletter to see what your town's COA has planned in this regard.

You are always invited to contact your COA with any questions or concerns.



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.

On the Road Again: 2024 Trips
continued from page 4

NEW Day Trip Friday, October 4. Vermont's Finest. Stops at Scott Farm Orchard for freshly pressed cider and slice of apple pie, & Robb Family Farm Sugarhouse to sample maple cream and syrup. Lunch at The Marina included. Make payment to Landmark Tours for \$127 and mail to the address above by August 19th.

NEW Day Trip Tuesday, 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 Monday, October 21. Boston Fine Arts Museum. Guided tour and many exhibits to explore on your own including: Jewelry--Beyond Brilliance, Art of Japan, Dali: Disruption and Devotion. Lunch on your own at one of three dining options within the Museum, or bring your own to eat outside the Museum. The \$72-\$88 (depends on how many passengers) payment to Francine Frenier is due by August 21st. Please mail a check to the address above. **Call NOW to reserve a seat so the price can be set.**

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 a check to the address above.

