

Moving Forward

Activities and Services for Resident 60+



August 2024 Calendar of Events

MON	TUES	WED	THURS	FRI
			1 August Yoga Signups 2pm, Library Chair Yoga WW, 10-11am	2
5 Knitting Group 6pm, Library Slow Yoga 6pm, Library	6 Fitness with Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	7 Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	8 Chair Yoga WW, 10-11am	9
12 Knitting Group 6pm, Library Slow Yoga 6pm, Library	13 Fitness with Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	14 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	15 Chair Yoga TOWN HALL, 10-11am Hot Lunch Noon, WW	16
19 Knitting Group 6pm, Library Slow Yoga 6pm, Library	20 Fitness with Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library	21 Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	22 Chair Yoga WW, 10-11am StarCats Concert & Free Box Lunch 12pm, Town Hall Tech Support Library, 2-4pm	23
26 Knitting Group 6pm, Library Yoga with Brian 6pm, Library	27 Fitness with Friends Town Hall, 11:30-12:30pm Scrabble 2pm, Library Book Group 7pm, Library	28 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	29 Chair Yoga WW, 10-11am	30 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <i>Library closed Sat. Aug. 31st.</i> </div>

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

StarCats Trio Jazz Concert & Free Box Lunch

Thursday, August 22nd at Noon
Town Hall



Come join us for a free box lunch and a special concert featuring the StarCats trio (voice/flute, guitar and upright bass). The StarCats are top-tier professional musicians and music educators. Collectively, the trio represents 125+ years of musicianship. Every year the trio creates an exquisitely rendered themed concert program that intertwines songs with stories. Blue Skies, the 2024 program, will explore a theme of optimism, renewal and conservation. We could sure use some of that right now! They'll play songs that playfully combine Retro-Pop, Swing, Blues and Latin Jazz. To learn more about the StarCats, and hear a sample recording, visit www.clayjazz.com. Here is a testimonial: "The music was gorgeous, and the stories were fascinating! Really made the songs come alive!" ~ Mike Jones

This concert is supported by the Westhampton COA and the Westhampton Local Cultural Council.

Chair Yoga – Change of Location

Chair Yoga, which meets every Thursday from 10-11 AM now meets at the Westhampton Woods Community Room (13 Main Rd, Unit F), EXCEPT for the 3rd Thursday of the month, when it meets at the usual location in the Town Hall.

Hilltown Elder Network Program

Are you a Westhampton elder who needs help with household chores, indoors and

outdoors? The Hilltown Elder Network ("HEN") may be of assistance. If interested, please contact Lillian Baxter at: lillianbaxter12@yahoo.com or call her at (413) 527-1532.



The Sarah the Fiddler concert was jointly supported by the Friends of the Westhampton COA and the Westhampton COA. Free ice cream was provided, and some took to the dance floor!

COA Newsletter Changes

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 to Westhampton elders. We will continue to print and mail copies of this newsletter to all who would like them.

An electronic version of the COA newsletter is also available as an alternative. 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: www.northernhilltownscoas.org

Throwback Thursday Photos of the Month



Julia Lennen, COA Chair



Dave Goddard, COA Member

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

Library closed Sat. Aug 31st & Mon. Sept. 2nd

***The library will be closed for maintenance of the Children's Room tree the Saturday before Labor Day. We will reopen for normal hours on Tuesday September 3rd.**

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

Slow Yoga with Teri

Mondays, August 5, 12, and 19

*Due to limited space, registration is required. Registration opens August 1 at 2pm for all August yoga sessions. Special thanks to the Friends of Westhampton Library and the Lyn Keating Program Fund for sponsoring yoga at the library!

Gentle Yoga with Brian

Monday, August 26

*Due to limited space, registration is required. Registration opens August 1 at 2pm for all August yoga sessions. Special thanks to the Friends of Westhampton Library and the Lyn Keating Program Fund for sponsoring yoga at the library!

August Artist -

Ada Luz Medina Arons paintings in oil & acrylic

A reception is to be announced. Please check the library Facebook page or library page on the town website for announcements.

TechConnect Presents Drop in Tech Support

Thursday August 22 from 2-4pm

For more information, please call (413) 296-5548 or visit www.northernhilltownscoas.org.



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



Westhampton COA Hikers at the Arcadia Eagles Hike on May 31st

As I write this, June was a tough month for hiking with threatening thunderstorms and hot, humid weather. Moreover, the necessity of having to do other personal stuff kept Chuck and Ray busy during those few good days. As we write this in early July (due to production deadlines) the weather is even hotter and more humid than June.

Nonetheless, by the time that you read this, the weather should have improved and we'll have continued on with our regular hikes. So if 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.

Happy trails, Chuck & Ray

What, Me Worry? Watch This Space ...



The Friends of the COA is planning a group outing this Fall (September or October) to the Norman Rockwell Museum in Stockbridge to see their exhibit "What, Me Worry? The Art and Humor of MAD Magazine." www.nrm.org/2023/11/mad/

We need easily amused folks to join in the trip as well as some willing drivers. The Friends will help defray the entrance cost. There is a cafe at the Museum.

The date and details have not been worked out so watch this space!

For more info, contact **Deb Barthelette** at deb01027@aol.com



***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

Emergencies happen fast and need to be quickly attended to. Here are three things you can do to plan for emergencies.

Senior 
SAFE

1. Make sure your house number is clearly visible from the street, so first responders can find your home quickly.
2. Get a FILE OF LIFE from your Council On Aging center, fire or police department. Fill it out with the names of the medications you are taking; post it on or in your fridge (EMTs will look for it if they are transporting you to the hospital).
3. Notify E-911 when someone in your house uses a life support system such as home oxygen or has some other disability. Dispatch will notify first responders which will enable them to render aid more quickly.

Plan to be SAFE!

--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.



QR codes – Questions!

What are they?

They are the ubiquitous white squares printed on labels and packaging that contain black squares and squiggles (most likely a technical term). They might make you think of bar codes, the multiple black lines printed on labels. But the QR code is sort of a spiffy bar code, where more data can be stored in the image. QR codes can store data such as web sites, text, images, payment information, and application downloads.

What does QR stand for?

My guesses were Quaint Rabbit, Quiet Roommate, and Quintessential Realist. Turns out it stands for Quick Response. Who knew. The general idea is that an electronic reader such as on your cell phone can access tons of information quickly. Sorry – Quickly.

Is there a problem?

So thinking that if an electronic reader, operated or accessed by a human being, can get all that information, is there a chance for mischief? What a surprise, yes, there is and it is called Quishing (I did not make that up). When the reader such as our phone scans the code, information is obtained that could be used to steal identity or money. I just got a bulk -mail letter from an insurance company with a QR code; even if they are a reputable company, if I scan that, I will give them some of my electronic information and they will at a minimum start sending me emails and maybe texts. The FTC warns that standard security programs may not be able to catch problems with QR codes.

Safety precautions are similar to other electronic “things” to which we are asked to respond. Be sure you know where you are clicking, the context, reputation, etc. In other words, who might be trying to push you to a fraudulent website. The AARP Fraud Line gives these three “Don’ts”: Don’t download an app from the code. Find and use the app from your phone’s app store. Don’t pay a bill by clicking on a QR code. Don’t follow a QR code you got online or from a text.

Quietly I leave you for this month,
Jean O’Neil
TRIAD Committee member
jeanoneilmass@gmail.com
413-268-2228

Tech. Help and Training for August



Tech Support Available

Receive technology 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: All are Welcome at Any Location! (no appointment needed)

- Chesterfield Community Center, 400 Main Rd.
Weekly on all Tuesdays from 11:00 to 2:00
Bi-Weekly on Fridays, 11:30-1:30 (8/9 and 8/23)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (8/14)
- Goshen Free Public Library, 42 Main St.
Drop-in tech support, 3rd Thurs. 12-2 (8/15)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5-8pm (8/22)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (8/29)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 8/13 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 8/13 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
8/12 from 1-3pm. Appt. preferred.

Tech Training:

Must pre-register for classes no later than one week before the scheduled training date. All classes held at the Chesterfield Community Center, 400 Main Rd, lower level. To register, email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

- Beginner's Computer / Laptop Class
will resume on Thursdays September 5, 12, 19, 26, 1:00 - 2:30
- Intermediate Windows Computer Class
starts, Wednesdays 10:30 – Noon, on 9/11 for 6 weeks

Tech Workshops:

- Chromebook Training, 8/9, 10:30-11:30
- iPad Basics Workshop, 8/22, 9-10:30

- Windows Basics Workshop, 8/23, 10:30-11:30
- Accessing the Newsletter Online, 8/28, 10:30-11:30

SAVE THE DATE:

Second TechConnect Fair

New Hingham Regional Elementary School

Sat. Sept. 21st, 9:00 - 1:00

Check website for details!

www.northernhilltownscoas.org

Devices ready for distribution: We have many PC laptops, refurbished Chromebooks and tablets. If you need or are waiting for 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

GOSHEN VOLUNTEER NEEDED WILL TRAIN: to learn more about what we need help with, contact Volunteer Coordinator:

413-296-5548, coatechvolcoor@gmail.com, or visit 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.

*Day Trip Friday, September 13. **Boston. 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 NOW. Waitlist only.

*Day Trip Monday, September 23. **The Big E,*** an annual favorite, with free entertainment at Honor Court Stage. Herman's Hermits starring Peter Noone performs at 2pm. **Cost is FREE for Chesterfield Seniors 60+ and \$18 for other seniors.** Make your check payable to Francine Frenier and send it to the address above by September 6th. NO REFUNDS due to bargain price.

*Four Day Trip September 30- October 3. **Lancaster, PA. Sight & Sound's spectacular theatrical experience of the biblical show Daniel.*** Cost \$646, per person dbl. occupancy. Highlights: Sight & Sound Theater show, tour of Philadelphia, visit the Liberty Bell, Holocaust Memorial, The Mint, and spend time at Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail to the address above now. Call now to reserve your spot. Four seats available.**

*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. Waitlist available.

NEW *Day Trip Monday, October 14. **Thimble Islands Cruise*** along the Connecticut shore line aboard the Sea Mist. Includes luncheon, choices available. Discounted price for Worthington Seniors 60+ and \$131 for other seniors. Call Phyllis 413-238-5962 for details and to reserve a seat by September 1. Limited seating. Two pick up locations, Worthington and Northampton.

*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. Waitlist only.

NEW *Day Trip Monday, October 21. **Boston Fine Arts Museum.*** 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 \$85 payment to Francine Frenier is due by August 21st. Please mail a check to the address above. Waitlist only.

*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 \$30 Payment to Francine Frenier is due by October 25. Please mail a check to the address above. NO REFUNDS due to bargain price.

October 2025~~~~Blue Ridge Mountains Asheville, North Carolina

Virtual Good News for August By Deb Hollingworth

Confused? The Good News is that many of you applied for the Medicare Savings Program when MassHealth released the new application in March. And many of you have been approved. Congratulations!

You should have gotten notification from social security that they would be putting your Medicare B premium back in your check, so your social security check should be bigger now. It can take a couple of months for that to happen, but it looks like they are processing faster now. You should also receive a MassHealth ID card (which looks like an ATM card). It's blue and has your MassHealth ID number on it.

Why are you getting a MassHealth card... does this mean you have MassHealth?

No, the Medicare Savings Program is a Federal benefit....not MassHealth. I know you must be sick of me saying that...over and over....but it's easy to think you have MassHealth if they send you an ID card.

Depending on your income, you may need to show that MassHealth ID card at the pharmacy, or when you have doctor visits, because there are additional benefits for those with incomes less than \$2,385 / month (single) or \$3,237/ month {married}. For those at this income, the Medicare Savings Program automatically enrolls you in Extra-Help which will subsidize your Rx co-pays and also pays your co-pays for doctor visits.

So tuck that new MassHealth ID card away in your wallet, and make sure to show it to your medical providers.

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Westhampton
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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.

SCAM ALERT!



*You get a call or message saying that you did not appear for **jury duty**, you need to pay a fine or you will be arrested.*

What should you do?

- Hang up! It's a scam.
- No one will call if you miss jury duty.
- The sheriff's department will **never** call and ask you to pay a fine.

***VERIFY THE
INFORMATION***

**Massachusetts
Office of the Jury
Commissioner**

(800) 843-5879

*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
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