

Moving Forward

Activities and Services for Resident 60+



September 2024 Calendar of Events

MON	TUES	WED	THURS	FRI
2 Labor Day- Library closed	3 State Primary 7am-8pm Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	4 Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Mahjong WW, 1:30-3pm	5 Chair Yoga WW, 10-11am	6 Field of Dreams Concert: Mary Jane Jones Band 6-8pm, Library
9 Computer Classes 10am-12pm Knitting Group 6pm, Library Slow Yoga 6pm, Library	10 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	11 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	12 Chair Yoga WW, 10-11am COA Luncheon & Spices of Life Program 12pm, Church	13
16 Knitting Group 6pm, Library Slow Yoga 6pm, Library	17 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	18 Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	19 Chair Yoga TOWN HALL, 10-11am Hot Lunch Noon, WW	20 Owls of the World 1pm, WES 9/21 9am-1pm Tech Connect Fair New Hingham School Chesterfield
23 Computer Classes 10am-12pm Knitting Group 6pm, Library Yoga with Brian 6pm, Library	24 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	25 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	26 Chair Yoga WW, 10-11am	27
30 Knitting Group 6pm, Library Slow Yoga 6pm, Library				

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

COA Luncheon & Program: The Spices of Life

Westhampton Congregational Church
Thursday, September 12th at 12 PM



Join us for a free potluck lunch and nutritional program from Highland Valley Elder Services: The Spices of Life. Spices and herbs are what we use in the kitchen for flavor, but they may also have important effects on our health. This presentation will focus on three commonly used spices and talk about the important health benefits that they each have to offer. We will be discussing garlic, ginger and cinnamon, talking about the most recent studies and how to benefit from these spices. There is also a fun fact about each spice that will surprise you and teach you something about the history of spices. Finally, we will present a small food demonstration on some ways to get the spices ready for preparations and there will also be a small tasting of ginger snap cookies for everyone. So come sit and enjoy a treat for the senses while you learn a little bit about the health benefits of some spices of life. All are welcome!

Owls of the World - Who's Watching You?

Westhampton Elementary School
Friday, September 20th at 1:00 pm

Join our ever-curious friends at Westhampton Elementary school for this unique Intergenerational Program.



Everyone loves owls! Yet, how often do you get to see an owl up close? Perhaps you've glimpsed the shadowy form of a Great-horned Owl in the beam of your headlights as you traveled a back road at night. Have you ever scanned a frozen saltmarsh or hayfield in winter, hoping to find that arctic hunter, the Snowy Owl? How about that mob of noisy crows circling a white pine tree? Have they found an owl?

Join teacher/naturalist **Marcia Wilson** and author/photographer/naturalist **Mark Wilson** in sharing their passion for owls!

Owls of the World - Who's Watching You? introduces you to the owls of New England and beyond. Mark and Marcia share the field marks, signs and naturalist's skills that you can use to find wild owls without disturbing them. Next, you meet six live owls (from small to huge) up close. Everyone participates in a hooting lesson and learns tips on how to attract and protect owls near you. While the selection of live owls varies from group to group, chances are you'll meet New England's tiniest owl, the Northern Saw-Whet Owl (weighing in at 4 ounces) along with the world's largest owl, the Eurasian Eagle Owl (check out that five foot wingspan!). Other species that figure prominently in our program can include Eastern Screech Owl, Barred Owl, Barn Owl, Great-horned Owl, Snowy Owl and Spectacled Owl. Owl pellets and white wash are topics of great interest at our programs and we spend time dissecting these fascinating aspects of owl biology.

This "hooting good time" is sponsored by a generous grant from Highland Valley Elder Services and the Westhampton Council on Aging as well as Principal Andrea McGrath and the WES Community.

TECH CONNECT FAIR RETURNS!

New Hingham Regional Elementary School
30 Smith Rd., Chesterfield
Saturday, September 21, 9 AM – 1 PM

Did you miss the first one? Well you're in luck! The 2nd TechConnect Fair will be held from 9am to 1pm at the New Hingham Regional Elementary School in Chesterfield. Drop in anytime -- residents of ALL towns are welcome to attend! This is a **one-stop** event to bring you information about ANY of the devices you might use. The Tech Connect Fair will have vendors, activities, mini-workshops, and tech support people on hand to answer questions.



Wondering how to use your phone to make a shopping list, set the alarm, or find the calendar? Just how does someone set up a portal for health care and how do you get on zoom? How does someone download documents? What is an app, anyway?

This is a unique opportunity to immerse yourself in a world of tech support folks who are

there to help you with your technology questions. There will also be door prizes and giveaways, along with light snacks and water. Hope to see you there!

Testimonial: *“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!”*

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

Library closed Mon. Sept. 2nd

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

August/September Artist - Ada Luz Medina Arons paintings in oil & acrylic

My childhood years were in New York City and the southern part of Puerto Rico. These environments taught me to explore divergent cultures and languages. I learned how to look at natural beauty in both the urban and rural worlds. As I got older, I became fascinated with impressionists—how their dots and lines would create an image that delights the eye and expands imagination.

Upon retirement from a career in law and education 13 years ago, I began art classes at Hill Institute in Florence. With the help of wonderful art teachers I took up oil painting; as time passed, I began to focus on acrylic painting. Most of my works in this exhibit are done in acrylic with a few in oil interspersed. To sign my paintings, I have combined my first and middle names—Ada Luz.

Field of Dreams Concert Mary Jane Jones Band Friday, September 6th from 6pm - 8pm

The Mary Jane Jones Band is a nine-member multi-genre all-star band with an edgy retro vibe honoring the legacy of jazz, blues, rock, and soul with passion and respect. Listen to their music here: www.themaryjanejones.com/ Please bring lawn chairs or blankets. In case of inclement weather, concerts will be held in Town Hall across the street from the library.

Sponsored by Friends of Westhampton Library, Westhampton Cultural Council, Easthampton Savings Bank, Greenfield Cooperative Bank, Florence

Increase Your Life Satisfaction With Dr. Michael Stacey

*Two Saturdays: September 7th and 21st
10:30am - 12:30pm*

Limited to 10 participants--please call (413) 527-5386 or email westhampton@cwmares.org to register. Most adults are languishing in their lives--not unhappy, but not as happy as they would like to be. No matter what stage of life you are in, you can become more satisfied. This workshop, hosted by Dr. Michael Stacey, focuses on self-discovery by uncovering your hidden potential and then developing that unique life pathway that is your own.

- Four hours of weekend workshop activity, two weekends a week apart (**September 7th and 21st from 10:30am - 12:30pm**)
- Group and instructor support
- Multiple video clips
- Stimulating questions
- A plan for exploring your unique purpose

Dr. Michael Stacey has thirty years experience presenting similar programs at major universities, years of counseling individuals in career development, a Master's in Counseling Psychology, and a Doctorate in Education. Sponsored by the Friends of Westhampton Library and the Lyn Keating Program Fund

Save the Date

Carpool Field Trip to the Norman Rockwell Museum Tuesday, October 8th 10 AM

What, Me Worry? The Art and Humor of MAD Magazine

This exhibition explores the unforgettable art and satire of MAD, from its beginnings in 1952 as a popular humor comic book to its emergence as a beloved magazine that spoke truth to power and attracted generations of devoted readers through the decades. MAD's influence and cultural impact will be explored in this landmark installation, which features iconic original illustrations and cartoons created by the magazine's Usual Gang of Idiots—the many artists and writers who have been the publication's mainstays for decades.



Details:

- Meet at the lower Town Hall parking lot on Tuesday, October 8th at 10 AM sharp.
- Cost: You pay \$7. The rest of the cost will be picked up by the Friends of the COA and the COA
- RSVP: Please email Deb Barthelette at **deb01027@aol.com** or call **(413) 222-2050**. The Signup sheet will be available at the September programs.
- Drivers! Let Deb know if you are willing to drive.

Dates to Remember

Tuesday, September 3: State Primaries

Polling Hours: 7 a.m. – 8 p.m.

Sunday, October 20: Fall Festival

Tuesday, November 5, 2024 – General Election

Voter Registration Deadline: October 26, 2024

Vote by Mail App. Deadline: October 29, 2024

Polling Hours: 7 a.m. – 8 p.m.

Household Hazardous Waste Collection

Westhampton DPW, 58 Hathaway Rd.

Saturday, October 19th from 9am – noon

Pre-registration is required: October 1 - 16.

- Call **(413) 685-5498** or
- Email your name, address and phone number to **hrmc@hrmc-ma.org**

As you declutter and clean, take a look at the Hilltown Resource Management Cooperative website (HRMC - Serving Hilltown Area Sustainability, Recycling & Solid Waste Needs Since 1989 (hrmc-ma.org) to learn more about safely disposing of unwanted materials.

What should you put aside for October? As a general rule: Household products with warnings on the label such as Warning, Danger, Caution, Poison, Caustic, Toxic, Corrosive, Irritant, Flammable, and "Keep out of reach of children." 25 gallon limit!

What NOT to bring? Empty containers, latex paint, pharmaceuticals, lightbulbs, batteries. Unsure? Contact the number or email listed above.

Check out the Recycle Smart Massachusetts website at **https://recyclesmartma.org/**. No computer? No worries – the librarians at the Westhampton Public Library can help you find the information you need.

Message from the COA Hikers for Sept 2024



Westhampton COA Hikers at the Roberts meadow Hike

Hopefully September will bring us a better weather forecast than this past summer. It's not that there was so much rain, it's been the unpredictability of the weather – especially the persistence of the 'spot shower'. Nonetheless we're doing a hike tomorrow (as I write this) and have a few more up our sleeves. Stay tuned! 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



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

September has been designated "Fall Prevention Month." So, here are some things you can do to keep from falling down to avoid serious injuries:

Senior 
SAFE

1. Stay active.
2. Try balance and strength exercises. Your COA may sponsor exercise sessions.
3. Make your home fall-proof.
4. Wear slip-proof shoes.
5. Have your eyes and hearing checked regularly.
6. Find out what the side effects are from the medications you are taking.
7. Get enough sleep.
8. Limit your consumption of alcohol.

Enjoy a S.A.F.E fall without falling!

--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.



TECH CONNECT FAIR

Saturday, September 21st, 9am-1pm
*New Hingham Regional Elementary School
30 Smith Road. Chesterfield, MA*

Don't miss the Tech Connect Fair on Saturday, September 21st at the New Hingham Regional Elementary School! You can drop in anytime from 9am to 1pm. Residents from all towns are welcome to attend! Come and discover an array of tech vendors, engage in mini workshops, attend informative sessions, and participate in tech-centric activities.

One of our previous year's attendees shared, "This event ignited my passion for learning. I have so many items on my list to learn, and now I know how to get started." We're sure you'll gain new insights, get your tech queries solved, and maybe even find a new passion. Plus, we've got door prizes and giveaways adding to the fun. **Can't wait to see you!**

All Those Papers! Part 1

So you know how you throw something out and the next day wish you had it? Sadly, that can happen with papers! We've gone over what papers you should have and how to file them (The Book), now - please don't yell - do I HAVE to keep them ALL??? The good news in short, no. The bad news, you have to figure out which ones. Some of these decisions are personal, some are not. So here we go.

Personal – should you keep old love letters? Photos of past boy or girl friends? The registration for your first car? You decide, we all don't care.

Not personal – here we care as we don't want you to be sad. We'll start with taxes and finish next month with other items. I have to admit I cheated this month and let the IRS write for me. This is too important to chance an error.

Taxes. I used this link - www.irs.gov/businesses/small-businesses-self-employed/how-long-should-i-keep-records and added emphasis on a definition. Let me know if you want more details, or a print of this link. Records here means your tax returns and associated documents, like 1099s, or other documents that were filed with the return or that could have an effect on your return in future years.

“The length of time you should keep a document depends on the action, expense, or event which the document records. Generally, you must keep your records that support an item of income, deduction or credit shown on your tax return until you can amend your tax return to claim a credit or refund, or the IRS can assess additional tax.

1. Keep records for 3 years if situations (4), (5), and (6) below do not apply to you.
2. Keep records for 3 years from the date you filed your original return or 2 years from the date you paid the tax, whichever is later, if you file a claim for credit or refund after you file your return.
3. Keep records for 7 years if you file a claim for a loss from worthless securities or bad debt deduction.
4. Keep records for 6 years if you do not report income that you should report, and it is more than 25% of the gross income shown on your return.
5. Keep records indefinitely if you do not file a return, or
6. If you filed a fraudulent return.”

Whew.
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com
413-268-2228

Tech. Help and Training for September



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 (9/6 and 9/20)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (9/11)
- Goshen Town Hall, 42 Main St.
Drop-in tech support, 3rd Thurs. 1-3 (9/19)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (9/19)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (9/26)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 9/10 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 9/10 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
Ask library for date & time. 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

Computer Classes:

Beginner's Windows Laptop Class will resume on Thursdays September 5, 12, 19, 26, 1:00 - 2:30

Intermediate Windows Laptop Class starts Wednesdays 10:30 – Noon, on 9/11 for 6 weeks

Tech Workshops:

- Zoom – Fri, 9/6/2024, 10:30 – 11:30
- Mac basics – Wed, 9/11/24, Noon-1pm
- Google Drive – Fri, 9/20/2024, 10:30 – 11:30

- Accessing the newsletter online – Mon, 9/30 at Noon - 1:00pm
- Facebook – Fri, 10/4/2024, 10:30 – 11:30
- What does THAT mean: tech terms – Wed, 10/9/24, 11:00 - 12:00pm
- MS Excel – Fri, 10/18/2024, 10:30 – 11:30
- Streaming – Sat, 10/26/24, 10:30 - 12:00pm

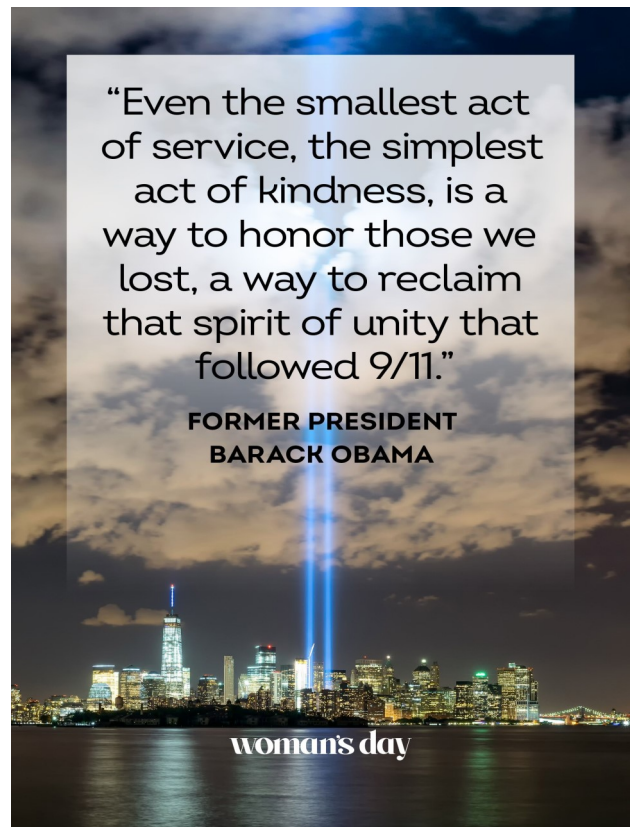
TechConnect Fair

New Hingham Regional Elementary School
Sat. Sept. 21st, 9:00 - 1:00
Check website for details!

www.northernhilltownscoas.org

Devices ready for distribution: Our recently hired staff member Ky Martus, is distributing devices. Please remind us if you requested one and are still waiting. We have more PC laptops, refurbished Chromebooks and iPad and Android 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 request form on our website, www.northernhilltownscoas.org

Cummington Drop-In Volunteer Needed - Will Train: to learn more about what we need help with, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or through 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 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 NOW. NO REFUNDS due to bargain price.

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.

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 NOW. Please mail a check to the address above. Waitlist available.

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. Waitlist available.

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

Fall / Winter Clothing Exchange

Saturday, September 21st, 9-3pm

Goshen Congregational Church
45 Main St., Goshen



Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/18 from 6-8pm or Friday 9/20 from 9am-3pm, then come back to shop on Sat. the 21st from 9am-3pm! All are invited to participate whether you donate clothes or not.

A WILLIAMSBURG FORUM ON OUR CLIMATE AND ENERGY FUTURE

Sunday, September 22, 2 pm

Our Climate Future: What to Expect in New England

Temperature and precipitation projections for New England, anticipated challenges of these changes and what you can do to prepare.

Presented by:
Toni Lyn Morelli,
Northeast Climate Adaptation
Science Center, UMass

Events are at the Anne T. Dunphy School in Williamsburg. Childcare and light refreshments will be provided.

Brought to you by Indivisible Williamsburg and the Williamsburg Energy Committee

SAVE THE DATE!

Sunday, October 6, 2 pm	Sunday, October 20, 2 pm	Sunday, November 3, 2 pm
How to Save Money with Energy Upgrades	Your Electricity Bill 101	Our Electricity Future



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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Lorraine Galica
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Lillian Baxter,
HEN Representative

Daniel Valinski,
Newsletter Editor

Kristen Estelle,
Newsletter Designer
regionalcoanews@gmail.com

Need a ride?

Contact Danielle Buzzee at:
(413) 246-0278
or by email:
danielle.buzzee@icloud.com

SCAM ALERT!



*You get a message saying
your package cannot be
delivered. They provide a link
to click to schedule delivery.*

What should you do?

- Stop and verify the information before you act.
- Don't click on the link or call to claim the package or schedule a delivery.
- Keep tracking information if you are expecting a delivery.

***VERIFY THE
INFORMATION***

USPS.com
1-800-275-8777

UPS.com
1-800-742-5877

FedEx.com
1-800-463-3339

*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.**

