

Moving Forward

Activities and Services for Resident 60+



October 2024 Calendar of Events

MON	TUES	WED	THURS	FRI
	1 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	2 Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	3 Chair Yoga WW, 10-11am	4
7 Knitting Group 6pm, Library Yoga 6pm, Library	8 Rockwell Trip 10am Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	9 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	10 Chair Yoga WW, 10-11am COA Luncheon 12pm, Church "Lift" Opening Reception, 5-6:30pm, Library	11
14 Computer Classes 10am-12pm Knitting Group 6pm, Library	15 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	16 Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	17 Chair Yoga TOWN HALL, 10-11am Hot Lunch Noon, WW	18 10/19, 9am-Noon Hazardous Waste Disposal, DPW 10/20 Fall Festival
21 Knitting Group 6pm, Library	22 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	23 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	24 Chair Yoga WW, 10-11am Intergenerational Pumpkin Carving 6-8pm, Library	25 10/26 Voter Registration Deadline
28 Computer Classes 10am-12pm Knitting Group 6pm, Library Yoga 6pm, Library	29 Fitness with Friends Town Hall, 11:30-12:30pm Scams Program Town Hall, 1-2pm Games 1:45-3pm, WW Scrabble 2pm, Library	30 Coffee & Chat 10-12, Library Vaccine Clinic 11am-1pm, Town Hall Mahjong WW, 1:30-3pm	31 Chair Yoga WW, 10-11am	

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

COA Luncheon

Westhampton Congregational Church
Thursday, October 10th at 12 PM



Join us for a free potluck lunch with friends and neighbors. Never joined us before? Not to worry. Consider this a special invitation just for you! New people are always welcome to the COA Luncheons. We won't have a special program this time but because of this we will have extra time to SOCIALIZE which is something we all love to do. All are welcome!

Carpool Field Trip to the Norman Rockwell Museum

Tuesday, October 8th at 10am

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. The Museum has a Café and a gift shop.



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 ASAP at deb01027@aol.com or call (413) 222-2050.
- Drivers! Let Deb know if you are willing to drive.

Online Scams & Misinformation Program

Tuesday, October 29th
Town Hall, 1-2 PM



Please join us for this critically important and FREE workshop to teach adults age 60+ how to identify and navigate online scams and misinformation. This program is brought to you by Tech Connect, the Westhampton COA and the Tech Foundry.

Vaccine Clinic at the Town Hall

Wednesday, October 30th from 11am-1pm

For information on pre-registration, please see the Town website at www.westhampton-ma.com OR contact Joan Griswold, Hilltown CDC: (413) 296-4536, x102

Household Hazardous Waste Collection

Saturday, October 19th from 9am – noon
Westhampton DPW, 58 Hathaway Rd.

Pre-registration is required. Registration October 1 - 16. Call (413) 685-5498 or email your name, address and phone number to hrcm@hrcm-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 (hrcm-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 recyclesmartma.org/. No computer? No worries – the librarians at the Westhampton Public Library can help you find the information you need.

Dates to Remember

Thursday, Oct. 10th – Noon Potluck at Church

Sunday, Oct. 20th: Fall Festival

- Friends of the COA Pie Sale
- COA Info Table – Stop By to Learn More

Tuesday, November 5th – General Election

- Voter Registration Deadline: October 26th
- Vote by Mail Application Deadline: Oct. 29th
- Polling Hours: 7am-8pm

RMV Offers Support for Older Drivers

The Massachusetts Registry of Motor Vehicles (RMV) has a dedicated appointment line for seniors and people with disabilities to schedule a license or ID appointment at **(857) 368-8005**. Seniors can also email the RMV at MassDOTRMVSeniors@dot.state.ma.us.

Seniors can make reservations online at Mass.Gov/RMV. They can select the "Senior Transaction" option in the "Make/Cancel a Reservation" transaction tab. Reservations can be made up to two weeks in advance. Seniors can also visit a AAA office to renew their driver's license or ID card if they are a member. They can make a reservation for "Real ID" at the AAA office of their choice.

To get a REAL ID in Massachusetts, applicants need to provide the following documents and pay a \$50 fee:

- Proof of U.S. citizenship or lawful presence, such as a current passport, birth certificate, visa, or green card
- Social Security card to prove Social Security number

What is a Real ID?

A REAL ID is a driver's license or identification card that meets federal security standards and is accepted for official government purposes. The REAL ID Act was passed by Congress in 2005 in response to the 9/11 Commission's recommendations.



Maureen Dempsey, Intervale Farm, providing CISA (Community Involved In Sustaining Agriculture) food boxes ready for delivery to Westhampton residents. Shown above, left to right: Julia Lennen, Maureen Dempsey, Colleen Basile, and Dave Goddard. Not shown: Lorraine Galica who coordinated the effort with Maureen. Intervale worked with the Hilltown CDC on a mobile markets grant that provided CISA shares to seniors at no cost.

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

Library closed Mon. Oct. 14th & Mon. Oct. 21st

****By vote of the Library Trustees the library is closed the day after Fall Festival to allow staff a day off after working on Sunday.***

Please check the town website or Facebook or Instagram @WesthamptonPublicLibrary for library updates. To place a request for curbside pickup, please call (413) 527-5386. or email westhampton@cwmares.org

****Please note: yoga classes will only meet on October 7th and 28th this month. Registration for October classes opens on Tuesday, October 1st at 9AM. Special thanks to the Friends of Westhampton Library and the Lyn Keating Program Fund for sponsoring yoga at the library!***

October/November Artists

Tom Martin

"Lift" Opening Reception

Thursday, October 10th from 5pm - 6:30pm

Statement/Description: This group of drawings sits somewhere between a two paged picture book, a glass free shadowbox and formally framed ink

drawings. Viewers are invited to "lift the tab" on an outer drawing to look at another drawing underneath. The work is meant to be tactile and minimally interactive.

Sally Lawton

Sally will also have an exhibit of small works on paper and ceramics in the glass display cabinet.

Intergenerational Pumpkin Carving Workshop with Jo Martin

Thursday, October 24th from 6pm - 8pm

Take your pumpkin carving skills to the next level! TO REGISTER please call (413) 527-5386 or email westhampton@cwmars.org

Learn how to:

- ~ Plan your project
- ~ Utilize multiple pumpkins and gourds
- ~ Connect pieces
- ~ Carve features in relief
- ~ Use paint

This workshop is for all ages and is limited to 10 participants. *Children must be supervised at all times by a responsible parent or guardian as sharp tools will be used.*

Please bring:

- ~ 1 pumpkin (any size is great)
- ~ 2 additional small pumpkins or gourds (optional)
- ~ Any tools you will want to use including loop tools, scrapers, etc. You can get tools from Amazon and the instructor will have some to share too. A big thank-you to Jo for volunteering her time and creative skills!

17th Annual Westhampton Fall Festival

Sunday, October 20th 12PM-4PM

Westhampton Town Center- great food and fun!

10am Interfaith Church Service

All Afternoon (12PM to 4:00PM):

- 5K Road Race - Steeple Tours with Valley Views
- Axe Throwing & Lumberjack Demo - Blacksmith Demo - History Museum - Corn Husking - Cider Making - Fiber Spinning - Live Fiddle Music - Sledge Hammer Throw - Skillet Toss - Bright Spot Therapy Dogs - Cow Pie Bingo - Firefighter's Brigade - Potato Cannons - Lawn Games - Children's Games & Crafts...and much more!

Message from the Westhampton COA Hikers for October



WCOA Hikers at the Reservoir Road/Bofat Hill Road Hike on August 29 (Lorraine Galica photo)

Over the past few months we've scouted about a half dozen new hikes that we plan on offering to the WCOA Hikers this fall, as well as several popular previous hikes including a return to Tipping Rock, Big View and the Northampton Meadows. So get your hiking sticks ready for some great hiking!

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

A WILLIAMSBURG FORUM ON OUR CLIMATE AND ENERGY FUTURE

Sunday, October 6, 2 pm

How to Save Money with Energy Upgrades

Learn about Federal and state incentives and programs to help residents and businesses save money.

Sunday, October 20, 2 pm

Your Electricity Bill 101

Understanding your bill, why rates change, energy sources for electricity in our area, "community choice" aggregation. Bring a copy of your bill to follow along!

Sunday, November 3, 2 pm

Our Electricity Future

Learn about interconnectivity, Community Choice 2.0, micro-grids, and power sharing.

Events are at Anne T. Dunphy School,
1 Petticoat Hill Rd, Williamsburg
Childcare & light refreshments provided.

Position Available: Community Connector

The Northern Hilltowns Consortium of Councils on Aging seeks outreach worker to serve as the "Connector" to help older adults and their family caregivers find and connect with the best resources to:

- Find and join programs that will support independent living in their own homes
- Answer questions about eligibility for benefits: health insurance, pharmacy subsidies, fuel assistance, SNAP benefits, property tax rebates
- Identify services or programs that are the best fit to individual or family needs
- Help manage changes in medical conditions, or finances, or housing
- Guide people through the required processes to successfully obtain and/or enroll in services they require

Flexible hours: 18/month. Work from home. Some home visits when necessary.

Looking for a person with experience working with older adults, knowledge of aging resources, excellent communication skills, experience using computer and internet services.

Driver's license required
Salary: \$21 /hour

If interested, please submit resume and/or contact:

COA Director, Chesterfield Council on Aging
413-296-4007 or
coa@townofchesterfieldma.com

Seniors Aware of Fire Education

October is **FIRE SAFETY MONTH** and the topic is how to make and practice a home escape plan when your smoke alarm wakes you up.

Senior 
SAFE

First, make a HOME ESCAPE PLAN:

- Make a plan that includes TWO WAYS out of every room.
- Draw a floor plan of your house. Include doors, windows, halls, stairs and fire escapes. Use arrows to show escape routes — two ways out of every room.
- Make sure the windows in your plan open easily and are not painted shut.
- Keep pathways free of obstacles.
- Choose a MEETING PLACE safely outdoors.

Second, PRACTICE your home escape plan. Plans only work if practiced.

- Hold a FIRE DRILL at least twice a year; one day drill and one night drill.
- Plan on how to help anyone who may need to be assisted after the drill, make any necessary adjustments to your plan.

Third, WHEN THE ALARM SOUNDS:

- Get out of bed and go to your bedroom door.
- Feel the door with the BACK OF YOUR HAND.
- If it feels cool, open the door slowly. If the way out is clear of fire, get low and go.
- Do not open the door if it is hot. Go to your window, open it. If you can not get out safely, shout and signal for help. One of the first firefighters there will walk around the whole building, checking to see if someone is trapped.
- Once you are out, STAY OUT! Do not go back in.
- Call 911 from your cell phone.
- Go to your family MEETING PLACE.
- Let the firefighters know if everyone is safely out of the house.

Hope you never need your HOME ESCAPE PLAN. But having one which every one in your home knows, will make all the difference.

Have a great fire SAFE month,

--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. Help and Training for October



THANK YOU TO EVERYONE THAT PARTICIPATED IN THE TECH CONNECT FAIR ON 9/21! The event was a success, with many new demonstrations, exhibitors, and a silent tech auction.

Tech Support Available by Appointment

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 (10/4 and 10/18)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (10/9)
- Goshen Free Public Library, 42 Main St.
Drop-in tech support, 3rd Thurs. 12-2 (10/17)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (10/17)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (10/24)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 10/8 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 10/8 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
Call COA for date & time: 413-238-5962.

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 restart on Thursdays 1-2:30pm, on 10/3 for 4 weeks

Intermediate Windows Laptop Class starts Wednesdays 10:30 – Noon, on 10/23 for 6 weeks

Tech Workshops:

- Facebook – Fri, 10/4, 10:30 – 11:30
- What does THAT mean: tech terms – Wed, 10/9, 11:00 - 12:00pm
- MS Excel – Fri, 10/18, 10:30 – 11:30
- Streaming – Sat, 10/26, 10:30 - 12:00pm
- Internet Basics– Fri. 11/1, 10:30-11:30am
- Using Medical Portals & Telehealth- Thurs. 11/14, 10:00-12:00pm
- Microsoft Word– Fri. 11/15, 10:30-11:30

Internet Hotspots, PC laptops, refurbished Chromebooks and iPad and Android tablets available: Our 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

Need affordable internet access?

We now have a way for you to affordably connect to the internet using an internet "Hotspot" device. They work like WIFI without cable or fiber service. If you are interested in learning more about how these devices work and how they could benefit you, please contact us by phone or email.

All Those Papers! Part 2

By Jean O'Neill

It is a myth that piles of paper will procreate. I think... I could be wrong. This note was hard to write – lots of individual situations. If I have missed something you are particularly interested in, let me know. A basic rule of thumb is to keep paper for a year unless you have a reason for longer. I know – a mealy-mouth answer. Another rule of thumb is anything that you deem important that would be hard to replace should be kept. This might include correspondence with the Social Security office on a specific matter.

Really Important Stuff. You could write this paragraph. Keep these indefinitely - birth and death certificates, marriage licenses, divorce decrees, adoption papers, Social Security card, property deeds, estate documents, and military discharge papers.

Banking. Keep either paper or electronic bank statements for a year. You might want some of them longer for convenience on reminders about an expenditure, but the bank keeps these electronically
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On the Road Again... 2024 & 2025 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, 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.

~~~~~2025~~~~~

*Multi Day Trip June 22-26. **Montreal & Ottawa.*** Passports required. Visit the Biodome, Notre Dame Basilica, Montreal's Underground City, Parliament Hill, Cruise on the St. Lawrence River. Price \$1,052. Discount of \$25 if paid in full by March 26, 2025. Make the check payable to Diamond Tours and mail to the address above.

*Day Trip TBD. **Winnepesaukee Railroad.*** Enjoy a delicious turkey dinner, prepared by Hart's Turkey Farm Restaurant, aboard the train. Tour the shores of Lake Winnepesaukee. Price TBD.

*Multi Day Trip October 12-18. **Biltmore Estate & Smoky Mountains, Asheville, NC.*** Seven days, six nights. Visit the Biltmore Estate, the St. Lawrence Basilica, historic Gatlinburg, TN & Asheville, NC. Guided tour of the Smoky Mountains National Park. Price \$1,099. Discount of \$25 if paid in full by July 18, 2025. Make the check payable to Diamond Tours and mail to the address above.

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More to come! Any new ideas or special events are always welcome. Please email Francine at **francine.frenier@gmail.com**. Any interest in a Woosox game? Please email me.

THANK YOU to all the passengers who joined the trips. I hope you enjoy travelling to various places and meeting new friends as much as I do.

~ Francine



October's Good News By Deb Hollingworth

The Good News this month is about changing of the guard. We have a **new SHINE counselor** for Highland Valley which includes our 7 hill towns! Her name is **Caroline Solan** and you can make an appointment to see her in person at Highland Valley (320 Riverside Drive in Florence). She will be working Wednesdays every week. Or you can call her there at **413-586-2000** and leave a message, or book an appointment for a phone call, or visit. Email works too. She can be reached at **csolan@lifepathma.org**.

The best way to reach Caroline depends on why you need to speak with her. If you have a "time sensitive" question, like an impending nursing home discharge, or a termination of coverage from your health plan, or questions about enrolling in a Medicare supplement because you have a new medical condition that you think might require hospitalization, the best strategy might be to email her. Because then she can get back to you as soon as she's able.

If you have questions about Open Enrollment and whether or not you should keep your current Medicare supplement plan or switch, then the best strategy might be to call Highland Valley and schedule a Wednesday appointment. Ask for the Intake department for a SHINE appointment.

When you call you will be asked for: your name, date of birth, zip code and reason you are calling. If you have MassHealth, then they should also ask for your MassHealth ID number which is on your blue MassHealth card. You may have to wait a while for an in person appointment. Asking for a phone call might be a shorter wait and sending an email might be the most expedient way to get in touch.

For folks who have issues with their MassHealth coverage and have home care services through Highland Valley: you can call and ask the Intake department if it's possible to leave a message for Scott or Oognah.

If you have MassHealth issues, but don't get homecare services from Highland Valley, you can contact Buliah Mae Thomas at the Hilltown Health Center: call 413-238-5511, or email **bthomas@hchcweb.org**

Remember you can always call your local senior center who will have all this information.

We are so lucky to have Caroline joining the SHINE team!

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

("All those Papers" continued from page 6)

and you can retrieve them. Canceled checks can go after a year.

Bills. Our utility bills, phone bills and the like can be discarded after you verify they are paid.

Credit card receipts. After a purchase shows up and you verify it, you can usually discard the receipt. Keep it if needed for proof of purchase such as a warranty claim.

Insurance. Keep your active policy documents, and a year's worth of billings. Older billings can go away.

Investments. Inquire with your broker or whomever holds your investments. They may keep all the paperwork, or it may be your responsibility. If it is up to you, keep transaction items until the investment item is sold and the taxes settled.

Loans including Co-Signs. Paperwork for a loan should be kept until the loan is settled and any tax paperwork dealt with.

Property. You should hold records that relate to property until the period of limitations expires for the year in which you dispose of the property. In general, keep property papers for three years to allow some dust to settle.

Purchases. Keep receipts as long as the warranty period, and manuals as long as you have the item and it still works. Hope it's a long time...

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

