

Moving Forward

Activities and Services for Resident 60+



November 2024 Calendar of Events

MON	TUES	WED	THURS	FRI
				1
4 Knitting Group 6pm, Library Yoga 6pm, Library	5 State Election Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	6 Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	7 Chair Yoga WW, 10-11am	8 Otis and the Hurricanes Concert 6-8pm, Town Hall
11 Computer Classes 10am-12pm Knitting Group 6pm, Library Yoga 6pm, Library	12 Veterans Bfast 7-10am, Outlook Farm Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	13 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	14 Chair Yoga WW, 10-11am COA Thanksgiving Potluck Luncheon 12pm, Church	15
18 Knitting Group 6pm, Library Yoga 6pm, Library	19 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	20 Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	21 Chair Yoga TOWN HALL, 10-11am Hot Lunch Noon, WW	22
25 Computer Classes 10am-12pm Knitting Group 6pm, Library Yoga 6pm, Library	26 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	27 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	28 Thanksgiving	29 11/30 10am The Poop Museum Town Hall

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

COA Thanksgiving Potluck

Westhampton Congregational Church
Thursday, November 14th at 12PM



Join us for a free Thanksgiving-themed potluck lunch. We'll have fun chatting with friends and neighbors while eating delicious traditional Thanksgiving foods! Everyone is always welcome to join, especially new people. Join us!

Veterans Day Breakfast

Outlook Farm
Tuesday, November 12th from 7-10am



The Friends of the Westhampton COA along with Outlook Farm Barn and Eatery will once again be sponsoring a free breakfast for our local veterans. This event will take place on Tuesday, November 12th at Outlook Farm between the hours of 7 and 10am. All who have served or are currently serving in our Armed Forces are welcome.

The Poop Museum

Fun for the whole family!

**Saturday, November 30th at 10am
Town Hall**

The Poop Museum is the place to come for those who are curious and have questions about poop, and also, like Susie Maguire, they LOVE poop, and think it's fascinating!

Susie is a poop expert who thinks poop is THE most interesting subject in the world. She has studied poop for years and loves nothing more than sharing her expansive knowledge of poop with the people of the world.

At The Poop Museum, everyone learns many fantastic, fabulous and fun facts about human, animal and insect poop, many of which truly amaze

and surprise.

Just a few of the poopers that visitors to the Poop Museum will meet, include:

- The world's messiest pooper
- The animal that has poop attack powers
- The animal that uses poop as protection
- The rainbow pooper
- The animal that has to hold its poop ALL winter long

At The Poop Museum, everyone learns A LOT, and some of the facts that are shared are mind blowing! But The Poop Museum is also full of laughter ... because ... well ... our subject is poop and Susie has found a wonderful way to blend solid science, with the hilarity that humans love, when it comes to poop.

So come and see us to learn and laugh and talk all about poop when The Poop Museum visits Westhampton! We look forward to seeing you there!

Owls of the World Program

Marcia Wilson held a Great Horned Owl at the Westhampton Elementary School where she presented the "Owls of the World" program with Mark Wilson. This intergenerational program was sponsored by a generous grant from the Highland Valley Elder Services.



Vito Perrone at the October COA Luncheon

Vito Perrone, Hampshire Regional School Superintendent, graciously joined us at the last COA Luncheon and spoke to us. Some of his key messages to students in the district are to "respond rather than react" and to "own their learning". He also shared that in his former position in West Springfield, he worked in a school where the students spoke 50 different languages! He talked about English Language



Learning (ELL) and the many means of communication with students and families from different parts of the world.

Save the Date: December 12th at 1pm

Mark your calendars! The Westhampton Friends of the Council on Aging will be sponsoring a **Christmas Concert, featuring the AEIOUkes on December 12th**. This unique musical group, under the direction of Patrick Callinan, promises to be a vibrant, fun-filled, toe-tapping time. This concert will be held in the Westhampton Congregational Church beginning at 1 p.m. A light snack will be served after the concert.



New SHINE Counselor

As mentioned in the October newsletter's Regional Section, Caroline Solan is the new SHINE counselor for Highland Valley. She replaced Deb Hollingworth. She can help with Medicare and open enrollment and can be reached by calling Highland Valley Elder Services at **(413) 586-2000** and asking for the Intake/Information and Referral Dept to make a SHINE appointment. She is available on Wednesdays. You can also email Caroline directly at: csolan@lifepathma.org.

If you have issues with MassHealth coverage and have home care services through Highland Valley Elder Services, you can call and ask the intake department if it's possible to leave a message for Scott of Oogna.

Mass Health Information

If you have MassHealth but don't receive any services from Highland Valley, please contact Buliah Mae Thomas at the Hilltown Health Center at **(413) 238-5511** OR bthomas@hchcweb.org. You'll need your MassHealth ID number on your blue card.

Sand Deliveries for Westhampton Older Adults

Predictions are for a warmer and wetter winter -- could this mean ice? Keep your steps and walkway safe with sand delivered to you by the Highway Department.

Please note that the sand does include some salt -- it is the same mix used on our roadways. Contact **Julia Lennen at (413) 537-9880** or by email

at jslennen@gmail.com. Please specify the location (for example, near the garage, at the top of the steps) for your delivery. If you have an old bucket with only a little bit left, please leave it out for collection.



Thank you to all who have served.

**Library Hours: Mon & Thu 2pm - 8pm;
Tue & Wed 9am - 12pm & 1pm - 5pm;
Sat 10am - 1pm**
**Library closed Mon. Nov. 11th, closing at
12pm on Weds. Nov. 27th, and closed on
Thurs. Nov. 28th**

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

***Registration for November classes opens on Monday, November 4th at 2PM. Special thanks to the Friends of Westhampton Library and the Lyn Keating Program Fund for sponsoring yoga at the library! Email westhampton@cwmares.org or call (413) 527-5386 to register.**

October/November Artists

Tom Martin

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.

**Outdoor Access Project -
Public Information Session**

Saturday, November 2nd, 11:30am - 12:30pm

Hear about the Outdoor Access Committee’s proposal for an All Persons viewing and gathering deck in the library yard. Cider and donuts will be served! We will meet in the library yard. In the event of rain, we will meet in the community room.

**Field of Dreams Rescheduled Concert -
Otis and the Hurricanes**

Friday November 8th from 6pm - 8pm

PLEASE NOTE: This event has been rescheduled and will take place at Town Hall and not at the library.

Otis and the Hurricanes will be playing a bit of Texas blues, the spicy taste of New Orleans funk, with some good time rock & roll. Listen to their music here:

<https://www.otisandthehurricanes.com/>

Sponsored by:
Friends of Westhampton Library
Westhampton Cultural Council
Easthampton Savings Bank
Greenfield Cooperative Bank
Florence Savings Bank
Marek Builders, Inc.



**Message from the Westhampton COA Hikers
for November**



*Westhampton COA Hikers at Park Hill Orchards
on October 3 (Photo: Katherine Nelson)*

As we enter November, our hiking season is winding down, but we’ll be doing hikes whenever we can – so stay tuned and watch your email.

If you enjoy hiking with a great group of people, get on our email list and come join us on our hikes in and around Westhampton:

westhamptoncoahikers@comcast.net

Please note that all group emails are sent as blind copies (BCC) for your safety and privacy.

~Happy trails, Chuck & Ray

Never think that you have no
influence whatsoever.
Your trace, which you leave behind
with just a few good deeds,
cannot be erased.

~Author Unknown

***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

The big cool down of fall has already started and folks are firing up their wood and pellet stoves and plugging in their space heaters. Here are some things to consider as you prepare to use them.



For fireplace and solid fuel (coal, wood, pellet) stoves:

- ~ Have your chimney professionally inspected and cleaned.
- ~ Burn only dry, well seasoned hardwood to reduce creosote accumulation.
- ~ Do not use flammable liquid to start the fire.
- ~ Make sure the damper is open before starting the fire.
- ~ Keep any flammable material at least three feet away from the stove.
- ~ Always use a fireplace screen to keep flying embers and sparks in the fireplace.
- ~ Shovel ashes into a METAL BUCKET with a METAL LID, and place it on the ground well outside the house and away from the porch. Ashes and embers can stay hot for days and ignite combustibles.

If you must use a space heater, here are a few ways to use it safely:

- ~ Do not use a space heater as your number one heating source.
- ~ Keep any flammable material at least three feet from the heater.
- ~ Plug the heater directly into the wall outlet. Do NOT use extension chords or power strips with the heater.
- ~ Always turn off the heater when going to bed or leaving the room.
- ~ Remember, it is illegal to use portable kerosene and propane heaters inside your home because they create carbon monoxide.

One more consideration:

- ~ Make sure you have working carbon monoxide detectors in your house. CO is a colorless, odorless gas, and is absolutely lethal.

Stay warm, SAFELY!

--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.

Emergency Room Advice

Personal experience can be a terrific teacher. This is what I learned in the last 8 months or so. For this note, I will assume you are helping a family member or friend.

If it is necessary to send someone to the hospital emergency room, look at the transportation options, e.g., driving the future patient, or calling 911 and going in an ambulance. If the latter, the patient will be seen initially quicker than if he/she walked in. Plus, if there is a life-threatening issue or the patient is not capable of moving themselves, then obviously you want them to be in EMT care ASAP. Bless those folks.

Follow the ambulance safely – don't rush. It will take a little time for the ambulance to get there and into the hospital and for them to put the patient somewhere that you can see him/her. Take the time to get Necessary Stuff.

And what on earth is Necessary Stuff? This is a technical term (well, maybe not...) meaning identification, medicines, medicine list and schedule, paperwork, phone numbers, and things to do.

Identification – you may need the Medicare card or other insurance.

Medicines – toss (yes, carefully) the pill containers into a plastic bag. Include non-prescription items such as supplements. The hospital pharmacy is well-stocked but there may be meds that they don't have. In this case, they will package them and have you keep them safe. And, remember only the hospital staff is to give medicines while you are there.

Medicine list - Of course you already have this, right? Brand name, generic name, dose, and how many times a day and when the pill is taken.

Paperwork – the MOLST or POLST and a copy of the healthcare proxy. The hospital may already have these but you need to be sure. The default option, if they don't, is to label the patient Full Code and pull out ALL stops if the patient stops breathing. The health care proxy of course lets you ask questions and get answers, and make decisions to the benefit of the patient if they are unable to speak for themselves.

Phone numbers – You will need to call those who need to know, e.g., children, other family members, friends. You should have the number for the primary doctor, any consultants, or case managers. You may need to (*cont. on next page*)

Tech. Help and Training for November



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.

Still Available: Internet Hotspots, PC laptops, refurbished Chromebooks and iPad and Android tablets

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: coatechconnect@gmail.com, **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.

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 (11/1 and 11/15)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (11/13)
- Goshen Free Public Library, 42 Main St.
Drop-in tech support, 3rd Thurs. 12-2 (11/21)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5:30-7:30pm
(11/21)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (11/22)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 11/12 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 11/12 from 10 to Noon

- Worthington Library, 1 Huntington Rd.
Call COA for date & time: 413-238-5962.

Tech Training:

Must pre-register for training 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 November 7- December 5 for four-weeks, 1:00- 2:30. Repeats on December 12, 19 and January 9, 16 from 1:00 - 2:30.

Intermediate Windows Laptop Class starts Wednesdays on October 23- November 27 for 6 weeks, 10:30-Noon. Repeats on December 4, 11, 18 and Jan 8, 15, 22, 10:30-Noon.

Tech Workshops:

- 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
- Computer Maintenance– Fri. 12/6, 10:30-11:30
- Organizing, Storing, & Moving Digital Photos
(ONLINE CLASS) - Mon. 12/9, 1-2:30pm
- Windows Accessibility– Fri. 12/13, 10:30-11:30
- Android Phones– Tues. 12/17, 1-2:30pm



(ER Advice, cont. from previous page) call a friend who has a key and can take care of pets.

Things to do – there will be some down time so reading or handwork might be appreciated. That's of course in addition to the worrying which I know you can handle.

Yours in health,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com
413-268-2228

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 NOW. 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. **As of November 2024, Diamond Tours is expecting this trip to go, despite the hurricane damage. Please stay tuned.**

More day trips to come! Any new ideas or special events are always welcome. Please email Francine at [francine.frenier@gmail.com](mailto: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



**Haircuts, manicures, colors, facials, and other hair care options** are being offered at Smith Vocational High School on every other Wednesday, starting **October 12 through mid May**.

The cost is \$5.00 for a haircut (please call for other prices.) The Smith Vocational Cosmetology students provide the services with their teacher Ms. Daniels alongside. Simply call 413-587-1414 ext. 3531 for an appointment.

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

**All are welcome!**

### Local chorus invites the public to sing along

Heart of the Valley Chorus, a women's voices barbershop a cappella group, is inviting members of the community to sing along with them at several open rehearsals this holiday season. Anyone aged 8 to 108 who enjoys singing in the "treble" range – soprano, alto, mezzo, and high men's parts – are encouraged to come learn a few holiday songs, with an option to perform along with the chorus at the Bombyx Center for Arts and Equity in Northampton on December 14. Singers under 16 are welcome with an adult.

Heart of the Valley Chorus has been bringing its unique blend of barbershop harmonies to the Pioneer Valley for 40 years. Members come from Longmeadow, Holyoke, Easthampton, Hadley, South Hadley, Leeds, Florence, and Goshen, and range in age from their 20s to their 70s! Singing a variety of music – jazz, Broadway, contemporary, and inspirational – all in four-part barbershop style, the group is dedicated to sharing their music with underserved populations and creating a safe and welcoming space for all singers.

**The group's open holiday rehearsals are scheduled for Wednesdays 11/13, 11/20, 12/4, and 12/11 at 6:30pm at the Christ United Methodist Church on Rocky Hill Rd in Northampton.** Anyone interested in joining this special holiday program should contact Stephanie at [heartofthevalleychorus@gmail.com](mailto:heartofthevalleychorus@gmail.com) or visit [www.heartofthevalleychorus.org](http://www.heartofthevalleychorus.org) for a registration form.

**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

# SCAM ALERT!



*You get a call or message from a charity looking for donations. Should you donate?*

*Scammers try to fool you into giving them money.*

- They rush you into giving out your credit card number over the phone.
- They use names that sound like a real charity.
- They change the caller ID to make you think it's a local caller.

**What to do:**

-Research before donating. Look up the charity online & read what others are saying about it.

-Ask the caller to send you more information.

-Don't feel obligated to donate to someone who calls you.

*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.**

