


Moving Forward

Activities and Services for Resident 60+



January 2025 Calendar of Events

MON	TUES	WED	THURS	FRI
		1 New Year's Day Library closed	2 No Chair Yoga	3
6 Knitting Group 6pm, Library Yoga 6pm, Library	7 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library Book Club 7-8pm, Library	8 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	9 Chair Yoga WW, 10-11am COA Potluck & cemetery program 12pm, Church Adventures in Generative AI 6-7:30pm, Library	10 
13 Computer Classes 10am-12pm Knitting Group 6pm, Library Yoga 6pm, Library	14 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	15 Wellness Clinic w/ Public Health Nurse 10-11:30am, Library Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	16 Chair Yoga TOWN HALL, 10-11am Hot Lunch Noon, WW	17
20 MLK Jr. Day Library closed	21 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	22 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	23 Chair Yoga WW, 10-11am Death Café 6-7:30pm, Library	24
27 Computer Classes 10am-12pm Knitting Group 6pm, Library Yoga 6pm, Library	28 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	29 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	30 Chair Yoga WW, 10-11am	31

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

Potluck Luncheon &

Westhampton Cemetery:

**Everything You Always Wanted to Know
(But Did Not Know Who To Ask!)**



**Westhampton Congregational Church
Thursday, January 9th at 12PM**

John Shaw, Chair of the Westhampton Cemetery Commission, will join us at the January Potluck Lunch and update us on the history of the Cemetery and provide useful facts about the policies and procedures.

Among the topics John will cover are:

- How many cemeteries has Westhampton had?
- Are they still in service and if not, what occurred?
- What is the oldest stone?
- Who were the first married couple to be interred?
- Is Rev. Enoch Hale really interred in Westhampton?
- Is there a Potters' Field area?
- Do we have veterans from the revolutionary/civil war, first world war, second world war, Vietnam war?

We will also get an update on what the Cemetery Commission activities:

- All three sections that are presently open
- What is the Commission doing to update records and grounds?
- What are the rules and regulations, fee structure, signage, and gravesite upkeep?

And, hear what the future holds:

- New section
- How things have changed pertaining to the internment site.
- Will there be less monuments and more flat markers?
- Will we be able to continue to give free plots to residents?

John will also bring maps of the old sections along with an engineering proposal for the new sections and the oldest books in our library on Westhampton cemeteries.

Join the COA for a delicious lunch and learn about our Cemetery.

Poop Museum

Over 75 brave people attended Susie Maguire's Poop Museum program at Town Hall on November 30th. We laughed, we learned and we definitely saw some things that, try though we might, we cannot "un-see."

The program, sponsored by the COA and funded by a Highland Valley Elder Services Intergenerational grant, was well-attended with over 30 children, almost 20 "older" adults, and a lot of folks in between. (Much of the information we learned is probably not printable in this newsletter. Ask a kid for more details.)

The Poop Museum will have other nearby presentations in the future so if you missed it, be on the lookout for a nearby 2025 showing!

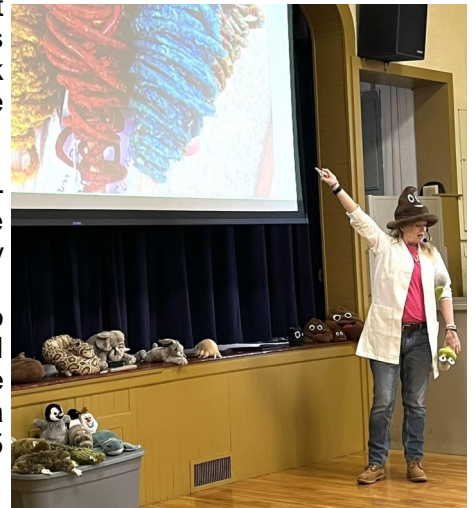


Photo: Susie Maquire shows us yarn made from Snail's Poop. The color of the yarn is dictated by the color of the cardboard eaten by the snails.

Need a Ride to the COA Luncheon?

Our Ride Program can help! Anyone age 60 or over is eligible. There is a simple one-page form to complete, along with a copy of your ID needed (for proof of age). Contact **Danielle Buzzee**, our Ride Coordinator, for the paperwork. When you know you need a ride, please allow at least 48 hours in advance.



Call Danielle at **(413) 246-0278** or by email at **Danielle.buzzee@icloud.com** Monday-Friday. (Note, if you email/call her during the weekends, she will get back to you on Monday.) Rides are also available for other local needs such as doctor's appointments and other errands.

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

**Library closed January 1st and January 20th.
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@cwmar.org

about it, too. He is available for consultations about advance planning, spiritual counseling, home services, clergy services, and more.

January Artists



Art Always Studio

Artists from the Art Always Studio in Florence will be exhibiting their work through January 2025 at the Westhampton Library. The artists, from two different classes, have been painting together with their instructor Lindsay Fogg-Willets and will exhibit paintings done in class of various subjects and mediums.



Book Group - "Remarkably Bright Creatures"

Tuesday, January 7th from 7pm - 8pm

This month's book group title is "Remarkably Bright Creatures" the best-selling debut novel by Shelby Van Pelt. It's a lovely story about grief and unlikely friendship that is partially narrated by a Giant Pacific octopus named Marcellus! Pick up a copy at the library.

Message from the Westhampton COA Hikers for January 2025

Adventures in Generative Artificial Intelligence (A.I.)

Thursday, January 9th from 6pm - 7:30pm

Are you curious or concerned about A.I. (artificial intelligence)? You'll learn about the definition of "artificial intelligence, how it works, its implications for society and ethics, and engage in hands-on exploration. This program will be presented by R. Jordan Crouser, Pablo Frank Bolton, & Nicholas R. Howe from the Department of Computer Science at Smith College.



Death Café

Thursday, January 23rd from 6pm - 7:30pm

A Death Café is an informal opportunity to talk about death. With cake! We often keep talk about death at arm's length, and it has become almost taboo in our culture. But it's a part of life that we all face, through loved ones, pets, and ultimately as part of our own journey.

There is no pre-set agenda, and no presentation when using the Death Café model. It's simply a time to come together in a comfortable space, share refreshments, and talk about death, with the topics arising from the group gathered. You are welcome to come talk, or just be present. While it is not a question-and-answer session, there will be some takeaway information and follow up available. Recommended for adults of all ages.

Facilitator

Chris LaFond is a certified Death Midwife who loves talking about death and getting others to talk

Westhampton COA Hikers at Arcadia Eagles Hike, 5/31

Happy New Year! December is (or was) a month of snow and disappearing snow. So if January is anything like the previous two winters there should be 'windows' when we're able to offer hikes. Moreover, sections of both the Northampton and Hadley rail trails will be plowed this coming winter giving us more options to get some exercise and fresh air. Therefore, with a bit of luck the WCOA Hikers should be hiking all through the coming winter.

So 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

Winter Blues, Be Gone! Staying Active as We Age

By Brooke Bullock

Winter can be a tough time to stay motivated to move our bodies. The days are shorter, the weather is colder, and it's easy to want to hibernate. But staying active is crucial for our physical and mental health, especially as we age. Why is it important to stay active in the winter?

- Boosts mood: Exercise releases endorphins, which can help alleviate symptoms of depression and anxiety.
- Improves sleep: Regular physical activity can lead to better sleep quality.
- Strengthens bones and muscles: Weight-bearing exercises help to maintain bone density and muscle mass.
- Reduces risk of chronic diseases: Staying active can lower the risk of heart disease, stroke, diabetes, and certain types of cancer.

So, how can we stay active during the winter months? Here are a few indoor ideas:

- Join a Fitness Class: check out one of the yoga or fitness classes offered by the COA or Library, participate in a pilates class on youtube, or join your local YMCA.
- Home Workouts: There are countless online resources and workout videos available for home workouts, catering to all fitness levels.
- Dance: Try an in-person or online dance class, check out the contra & square dances offered in local granges or community centers.
- Indoor Swimming: Indoor swimming pools are a great option for low-impact exercise. Try tak-

ing a water aerobics class at your local YMCA.

And a few outdoor ideas:

- Winter Walks: Bundle up and take short walks around the neighborhood or in a local park.
- Snowshoeing: This is a great way to enjoy the winter scenery while getting a good workout.
- Cross-Country Skiing: This is a fun and social activity that can be enjoyed with family and friends.

A Few Tips for Staying Active:

- Set Realistic Goals: Start with small, achievable goals and gradually increase the intensity and duration of your workouts.
- Listen to Your Body: Don't overdo it and take breaks when needed.
- Dress Appropriately: Wear warm, layered clothing and appropriate footwear to protect yourself from the cold.
- Stay Hydrated: Drink plenty of water, even though you may not feel as thirsty in cold weather.
- Find a Workout Buddy: Having a workout partner can help you stay motivated and accountable.

By incorporating these activities and tips into your routine, you can stay active and healthy throughout the winter months. Remember, it's never too late to start!



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

True Story – the Grandparent Scam

So we have an educated and intelligent friend, no one's fool, who is also a grandparent. He got a call from a man saying he was a public defender in California and the grandson is at fault in a really bad car accident.



He needs \$10,000 for an appearance bond or he will go to jail – please call back immediately. Our friend used to work in the correctional system and the thought of his grandson in jail was too awful. Our friend also knew that his grandson and son were on a camping trip, so it was possible that he had gotten into a scrape but couldn't be reached by phone to verify this; he tried anyway, no answer. When our friend called the man back and said that much money was a problem, the man said he could manage the situation with \$5,000. Bingo - lost money.

So what do we do to avoid this particular scam?

You know I'm going to say don't answer the call if you don't know the caller, but if you do answer, have a plan. The scammer says "This is your grandson" and you say "Billy?" They say, "Yes, it's Billy." (You don't have a grandson named Billy). You say "But where is his Mom Marian?" They will probably hang up at this point and you have verified that this is a scam.

Limit personal information on social media. For instance, telling others – you never know who is listening – that you are so proud of Carl for making the soccer team on his 15th birthday, which was just yesterday. That gives the scammer four pieces of solid information to make his story real to you.

Protect your contact information, e.g., don't include your phone number and mailing address and email in your signature line in emails. Again, more information for them.

Check their messages to you, their email addresses and web page addresses to see if they are plausible. If the caller says they are from the government and gives a web address, is the suffix a .com instead of .gov or .MA?

Hang up after the first call and contact someone, anyone, who might know if your grandson could possibly be wherever the scammer says.

Listen to the teller when you go to the bank to withdraw cash! If they say something like "Are you sure this is safe?" think about it for a minute. Tellers are now trained to spot the actions that lead to these calls and loss of money.

Be safe, y'all.

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com, 413-268-2228

Seniors Aware of Fire Education

Winter is here and people and many people will be out there in the cold and on or near very cold water. They will be skating, ice fishing, and driving their snowmobiles on lakes, ponds and even rivers.

Accidents do happen and a lot of people experience cold water emergencies resulting in HYPOTHERMIA — the extreme loss of body heat. If your core body temperature gets below 95 degrees, it can be fatal if untreated. Hypothermia caused by cold water draws away body heat 20-30 times faster than cold air.



So here are a few things to consider about avoiding or dealing with cold water emergencies:

- Dress properly for cold weather activities. Wool insulates better when dry or wet than man-made fabrics do.
- Keep your feet warm and dry by wearing snow boots and heavy-duty socks.
- Keep your head covered, because you can lose your body heat 50% faster through your head.

If someone falls through the ice or into cold water:

- Call 911 immediately. Many of our fire departments are trained for and have special equipment for cold water rescues. Our ambulances are staffed and equipped to care for a hypothermic patient. So, do not hesitate to call 911.
- Do NOT go out on the ice. You do not want to chance being a victim.
- REACH...THROW...or ROW.
Try to REACH the person with a stick.
Try to THROW something like a rope, life jacket or any thing that can float to the person.
If a boat is available, ROW to the victim to the shore.
- Send someone out to the nearest access point to guide the emergency responders to the cold water victim.

We do have a multitude of lakes, ponds and rivers in our hilltowns. Moving water can change the thickness of ice without you seeing it. The only really safe place to skate is at a skating rink. Be SAFE out on the cold water!

--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 January



We Are Still Alive!

Tech Connect continues providing services through January and February. We have trainings this month and tech support will continue through February. Please take advantage of continuing service while we remain active. And we haven't given up looking for ways to extend services. We will know more by February.

PLEASE READ! Delivering now: Internet Hotspots

Need affordable internet access? Have you already requested affordable internet? We have a solution that may work for you. Hotspots are small cellular devices you can use to access internet. Hotspots work in most areas in the hilltowns. If you are interested in learning more, please contact us by phone or email. If you requested affordable internet and were not contacted, please reach out to us again. Calls to **413-296-5080** are now returned and email to coatechhelp@gmail.com is also a great way to reach us.

Tech Support Available by appointment

Receive technology help by email, phone, drop-in, or by appointment: coaTechHelp@gmail.com, phone or text msg **413-296-5080**.

Devices for you: PC laptops, refurbished Chromebooks, iPads and Android tablets

There is still time to join the Digital World. Ky Martus continues 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

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
Three Fridays, 11:30-1:30 (1/10 and 1/24)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (1/8)

- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (1/16)
- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (1/16)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (1/23)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 1/14 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 1/14 from 10 to Noon
- Worthington: drop-in tech support at COA office. 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 coaTechTrainer@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 continue on Thursdays on January 9 and 16 from 1:00 - 2:30.

Intermediate Windows Laptop Class continues over three more Wednesdays: January 8, 15, and 22, 10:30-Noon.

Tech Workshops:

- 1/10, 10:30 - 11:30 Misinformation
- 1/15, 12- 1:00 Self Learning
- 1/24, 10:30 -11:30 Google Suite
- 1/29, 10- 11:30 iPhones
- 1/29, 6 - 7:00 pm Learn & Watch: YouTube, Libby, Kanopy



On the Road Again...

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 or overnight April TBD. One dat at **Encore Casino** or an overnight at **Turning Stone Casino in Verona, NY**. Please email me which casino you'd like.

Day Trip May TBD. **Isabella Stewart Gardner Museum & Maggiano's Little Italy.** Enjoy a delicious family-style lunch at Maggiano's. Tour three floors of galleries at the Isabella Stewart Gardner Museum on your own. Price TBD.

Day Trip June 8. **Winnepesaukee Railroad.** Enjoy a complete turkey dinner, prepared by Hart's Turkey Farm Restaurant, aboard the train while touring the shores of Lake Winnepesaukee. Price \$137. Make check payable to Landmark Tours and mail to the address above.

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. Only a few seats left.

Day Trip July TBD. **FDR Homestead & Library and Hudson River Cruise.** Take a scenic cruise on the Hudson River. Enjoy lunch at Mahoney's Irish Pub & Steakhouse (TBD.) Tour the home of Franklin D. Roosevelt and the first Presidential Library. Price TBD.

Day Trip August 3. Triple A affiliates, **Boston Red Sox vs Philadelphia Phillies** **Lehigh Valley IronPigs** at Polar Park, Worcester, MA. A pre-game tour of Polar Park and a ball-park-fare buffet for our group are included. Cost \$90.00. Make check payable to Francine Frenier and mail to address above.

Day Trip Sept. TBD. **The BIG E**, an annual favorite, with free entertainment at The Court of Honor Stage.

Day Trip Oct. 9. **A Chorus Line.** Center orchestra seating for the 50th Anniversary Production on stage at the Goodspeed Opera House in East Haddam, CT. Lunch at The Gelston House. Price \$177. Make a check payable to Landmark Tours and mail to the address above. Note date change.

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 January 2025, Diamond Tours is expecting this trip to go, despite the hurricane damage. Please stay tuned.**

Day Trip Nov-Dec. **A Holiday Event in Waltham, MA.** Reagle Music Theater Players beloved Christmas extravaganza--100 performers, live orchestra, dancers, living nativity, and yuletide tunes. Pre-show lunch at The Chateau Restaurant. Price TBD. Sundays.

Good News for January

By Deborah Hollingworth

Let's talk about buyer's remorse: when you've made a decision, or done something and now you're having second thoughts. Wished you hadn't done that... If it's a health insurance decision that you regret, because you've made a change in your coverage and now you wish you hadn't, then there's good news because even though the deadline for Open Enrollment has passed and now it's January 2025, **YOU CAN MAKE CHANGES IN YOUR HEALTH INSURANCE COVERAGE** if you want to regardless that the deadline's past, regardless if you've enrolled in a new Rx plan, regardless if you've chosen a Medicare Advantage plan. You can change your mind.

Why would you change your mind?

Well, you could have been swayed by advertising you saw on tv saying you could get additional benefits so you enrolled in a Medicare Advantage plan and found out that your doctor, or hospital isn't in network. Or you could have missed the Open enrollment deadline of December 7th to sign up for different Rx coverage- you "meant" to, but you didn't. Where does the time go? Or you could have gotten a new medical diagnosis and you wonder if you should change your insurance coverage as a result because you have all these co-pays whenever you see a medical provider. Or you went to the pharmacy to pick up your Rx and were unpleasantly surprised at the co-pay cost. I still remember the pharmacist looking at me and asking: "Do you know how much this is going to cost you?" before letting me know that my blood thinner had a \$600 co-pay (and that was last year...it's gone up for 2025)

But regardless the reason or the worry, regardless of how confusing or complex our health insurance coverage seems, the good news is that there is usually a way to change your coverage. Our SHINE counselor, Caroline Solan, can take a look at your coverage, determine if it's the best option and help you change it if you need to. You can contact Caroline by calling Highland Valley at **586-2000** and asking for a SHINE appointment.

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

SCAM ALERT!



*You get a call or message saying that **your Social Security number has been linked to a crime** and you need to **act now**.*

-They may tell you to move your money to protect it.

-They may tell you to take out cash and drop it off.

-They may tell you to buy gold and give it to a courier.

What should you do?

-Hang up! It's a scam.

-Do not give out or confirm your Social Security number to anyone who calls you.

-Do not make payments or move money.

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.**

