

# Moving Forward

Activities and Services for Resident 60+



## March 2025 Calendar of Events

MON	TUES	WED	THURS	FRI
<b>3</b> <b>Knitting Group</b> 6pm, Library  <b>Yoga</b> 6pm, Library	<b>4</b> <b>Fitness with Friends</b> Town Hall, 11:30-12:30pm  <b>Games</b> 1:45-3pm, WW  <b>Scrabble</b> 2pm, Library	<b>5</b> <b>Wellness Clinic w/                      Public Health Nurse</b> 10-11:30am, Library  <b>Coffee &amp; Chat</b> 10-12, Library  <b>Mahjong</b> WW, 1:30-3pm	<b>6</b> <b>Chair Yoga</b> WW, 10-11am	<b>7</b>  <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: fit-content;">                         Sat. 3/8, 10:30-11:30                          Library   <b>Concert with Chris                          &amp; Katie LaFond</b> </div>
<b>10</b> <b>Knitting Group</b> 6pm, Library  <b>Computer Class</b> 10-12, Library  <b>Yoga</b> 6pm, Library	<b>11</b> <b>Fitness with Friends</b> Town Hall, 11:30-12:30pm  <b>Games</b> 1:45-3pm, WW  <b>Scrabble</b> 2pm, Library	<b>12</b> <b>Coffee &amp; Chat</b> 10-12, Library  <b>Mahjong</b> WW, 1:30-3pm	<b>13</b> <b>Chair Yoga</b> WW, 10-11am  <b>COA Luncheon</b> 12pm, Church	<b>14</b>
<b>17</b> <b>St. Patrick's Day</b>   <b>Knitting Group</b> 6pm, Library  <b>Yoga</b> 6pm, Library	<b>18</b> <b>Fitness with Friends</b> Town Hall, 11:30-12:30pm  <b>Games</b> 1:45-3pm, WW  <b>Scrabble</b> 2pm, Library	<b>19</b> <b>Wellness Clinic w/                      Public Health Nurse</b> 10-11:30am, Library  <b>Coffee &amp; Chat</b> 10-12, Library  <b>Mahjong</b> WW, 1:30-3pm	<b>20</b> <b>Chair Yoga</b> <b>TOWN HALL,</b> 10-11am  <b>Hot Lunch</b> Noon, WW	<b>21</b>
<b>24</b> <b>Knitting Group</b> 6pm, Library  <b>Computer Class</b> 10-12, Library  <b>Yoga</b> 6pm, Library	<b>25</b> <b>Fitness with Friends</b> Town Hall, 11:30-12:30pm  <b>Games</b> 1:45-3pm, WW  <b>Scrabble</b> 2pm, Library	<b>26</b> <b>Coffee &amp; Chat</b> 10-12, Library  <b>Mahjong</b> WW, 1:30-3pm	<b>27</b> <b>Chair Yoga</b> WW, 10-11am	<b>28</b>
<b>31</b> <b>Knitting Group</b> 6pm, Library  <b>Yoga</b> 6pm, Library				

Westhampton COA ✦ 3 South Road ✦ Westhampton, MA 01027 ✦ Seniors Helping Seniors  
 Interim Coordinator: Julia Lennen 413-203-9809 ✦ coa@westhamptonma.org

## March Luncheon & Talent Show

**Westhampton Congregational Church**  
**Thursday, March 13th at 12PM**

It is that time of year again! Ms. Overstreet and the Fourth Grade at Westhampton Elementary School will join us for pizza lunch on March 13th. After lunch, we will be treated to the dazzling talents of the students. Grandparents and other family members are especially welcome, and we always make space for family members from out-to-town to join us.

**Save the Date**– the April Lunch program (**April 10th**) will focus on Nutrition. After a winter of comfort food, many of us are looking forward to tips for healthy eating with Brandon Walton from Highland Valley Elder Services.

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### Upcoming Westhampton Town Business

- **Town Caucus\***: April 14, 2025 (second Monday in April, likely starting at 6 PM, at the Town Hall.
- **Town Meeting**: May 10, 2025 (second Saturday in May ), likely starting at 9 AM, at the Town Hall.
- **Town Election**: June 7, 2025 (first Saturday in June), usually goes from 8 AM to 12 Noon.

\*Calling all candidates: If you are new to town government, the Town Caucus is where residents are nominated (or nominate themselves) for a vacant town position or one where the incumbent's term is up (even if the incumbent is running again).

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### **Don't Fall! Stay off the ice.**

Walking on ice is extremely dangerous. Many injuries related to cold weather happen from falls on ice-covered sidewalks, steps, driveways, and porches. Keep your steps and walkways as free of ice as possible by using rock salt or another chemical deicing compound. Sand may also be used on walkways to reduce the risk of slipping.



Need a bucket of sand from the Highway Department? Contact Julia Lennen: **(413) 537-9880** or [jslennen@gmail.com](mailto:jslennen@gmail.com) to request sand.

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### **Tired of Winter? Check Out the Bulb Show**

The Botanic Garden at Smith College is readying

their greenhouses for their annual bulb show. Treat yourself to a respite from gray skies and endless snow.

**The show will open on Saturday, March 1 and will run through Sunday, March 16.**

They are open for extended hours during the show: 10 am - 4 pm, daily. Members-only hours: 9-10 am daily (Not a member, but want to enjoy this great perk? Join today!) Extended hours on Fridays & Saturdays until 8pm



Learn more: <https://garden.smith.edu/explore/flower-shows/spring-bulb-show>  
**(413) 585-2742; garden@smith.edu**

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### **Tax Tip Reminder – Circuit Breaker Tax Credit**

As a senior citizen (65 or older by December 31 of the tax year), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence.

The maximum credit amount for tax year 2024 is \$2,730. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest.

Talk to your tax specialist or visit <https://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit>

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

**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](mailto:westhampton@cwmar.org)**

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### **February/March Artist - Jim Crowell**

Jim Crowell, of Hatfield, is a maker. Now retired from professional cabinetry and finish carpentry, Jim continues to make, creating sculpture, vessels, and bas relief wall pieces that reflect his deep interests in nature and the natural world. Birch bark is his primary material.

Trained in woodworking techniques in his native Florida, Jim Crowell moved from Boston to Hatfield in 1982 and eventually established himself as

the consummate local craftsman. He worked as a cabinetmaker, woodworker, and finish carpenter in historic restoration projects for many years, both self-employed and for various local contractors. Jim became well known for his artistry, creativity, and problem-solving skills on the job and in the field. With this body of work, Jim combines his skills as a woodworker with his artistic vision.

**Concert with Chris & Katie LaFond**  
*Saturday, March 8th from 10:30am - 11:30am*

Enjoy Celtic flute (Katie) and harp (Chris) music by local musicians Chris & Katie LaFond in the community room. Seasonally appropriate refreshments will be provided. Special thanks to the Friends of Westhampton Library and the Lyn Keating Program Fund for sponsoring this event.

**Need a Ride?**

Our Ride Program can help!  
Contact Danielle Buzzee at  
**(413) 246-0278** or  
[Danielle.buzzee@icloud.com](mailto:Danielle.buzzee@icloud.com)



**Message from the Westhampton COA Hikers for March 2025**



*Westhampton COA Hikers at the "Four Roads Hike" on February 3 (Chuck Horn photo).*

Winter came back with a vengeance in February: Back-to-back snow storms with relentlessly cold temperatures. Despite this, we did manage our venerable "Four Roads" hike, and we plan to continue offering hikes wherever and whenever we can during the winter months. Nevertheless,

March should be more promising, and the first day of spring will be coming some three weeks after you read this.

So if you enjoy hiking with a great group of people, come join us on our hikes in and around Westhampton by subscribing to our group email list at [westhamptoncoahikers@comcast.net](mailto:westhamptoncoahikers@comcast.net). Please note that all group emails are sent as blind copies (BCC) for your safety and privacy.

~Happy Trails, Chuck & Ray

**Senior snowshoeing – March 5, 12 & 19**

Hilltown Land Trust and All Out Adventures are offering a series of snowshoe treks on Wednesday mornings at the DAR state forest in Goshen.

There are two treks per day on **March 5, 12 and 19 at 10am and noon**. Please arrive 15 minutes early. No cost; donation to All Out Adventures is appreciated. Snowshoes, poles and traction aids are provided for free.

Registration is required – contact **413-584-2052** or [info@alloutadventures.org](mailto:info@alloutadventures.org). If you have questions, email Sarah: [sarah@hilltownlandtrust.org](mailto:sarah@hilltownlandtrust.org)

**The Connector Program** is run through the Northern Hilltown COA consortium. This program helps guide people in finding services beyond health insurance. If you need this kind of help, contact Jennifer O'Connell at [communityconnectjo@gmail.com](mailto:communityconnectjo@gmail.com)

**Are you REAL ID ready?**

On May 7, 2025, U.S. travelers must be REAL ID compliant to board domestic flights and access certain federal buildings.

**The GOOD NEWS:** The RMV has a dedicated line for seniors 65+ and people with disabilities to call for appointments. The phone number is **857-368-8005**. They are very helpful and can tell you what you need for identification, etc.

You may also go online at [mass.gov/real-id](https://mass.gov/real-id) to make an appointment or find out more information.



Recipe Of The Month:  
**Frittata with Potatoes, Scallions, and Greens**

Total time: 35 min., serves 4-6

**Ingredients**

2 tbsp olive oil, divided  
1 bunch scallions rough chopped  
8-10 oz fingerling or baby potatoes thinly sliced  
2-4 cups hearty greens (spinach, kale, radish tops, chard etc.) rough chopped



*Recipe by Perkins  
Good Earth Farm*

2 cloves garlic minced  
1/4 cup fresh herbs (parsley, basil, thyme, oregano, etc.) minced (optional)  
8 eggs lightly beaten  
1/4 cup milk, preferably whole  
1 cup feta cheese crumbled  
freshly ground salt to taste  
freshly ground black pepper to taste

**Directions:**

1. Heat 1 Tbsp olive oil in a skillet on medium heat. Once oil is shimmering, add chopped scallions and a sprinkling of freshly ground sea salt. Saute for 3 minutes, stirring occasionally.
2. Remove scallions from skillet and add to beaten eggs. Add remaining 1 Tbsp olive oil to skillet and heat until shimmering. Add potatoes in a single layer to the skillet. Lightly sprinkle with freshly ground sea salt. Cook potatoes undisturbed for 4-5 minutes, or until golden brown. Flip potatoes and cook for another 4-5 minutes, until both sides are golden brown.
3. Add the greens, garlic, and herbs and cook for another two minutes, stirring often to prevent sticking, until the greens have wilted.
4. Preheat the broiler to high. Add a touch of freshly ground salt and pepper to beaten eggs. Pour eggs evenly over top potatoes. Sprinkle crumbled feta over the eggs. Cook for 5-6 minutes, until eggs are just beginning to set.

5. Place the skillet under the broiler and cook the top for 1-2 minutes, checking every minute to prevent burning. Broil until eggs are set and the top is lightly golden.

6. Serve frittata warm, at room temperature, or cold, cut into wedges.

*"It was one of those March days when the sun shines hot and the wind blows cold: When it is summer in the light and winter in the shade."*

~ Charles Dickens

Spring Cleaning?

*"My theory on housework is, if the item doesn't multiply, smell, catch fire or block the fridge, let it be. No one else cares and why should you!"*

~ Erma Brombeck

May your troubles be less,  
And your blessing be more.  
And nothing but happiness,  
Come through your door.

Irish Blessing



**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**



# PLEASE do your Power of Attorney now!

For more information, please revisit page 5 of the June 2022 newsletter:

<https://northernhilltownscoas.org/files>

For financial safety,  
Jean O'Neil  
TRIAD Committee member  
jeanoneilmass@gmail.com, 413-268-2228

## Seniors Aware of Fire Education

This month our focus is what to do and not to do treating burns and scalds.



1. First of all, remove the patient from the source of the burn.
2. Call 911 if the burn is deep and/or covering a large area.
3. Run COOL (not cold) water over the burn. This will cool down and stop the boiling fluid under the skin.
4. Do NOT put butter, grease or ointment on the burn.
5. Flush a chemical burn continuously with cool water.
6. Remove watches and jewelry from the burn area.
7. If possible, remove clothing from the burn area.
8. If clothing is stuck to the burn, leave it in place and cut away the clothing around the burn.
9. Again, do not hesitate to call 911 and seek medical attention for serious, deep, large area burn treatment.

Have a burn-free and sweet sugar season!

--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.*



Please join us!

### "Sharing Stories, Creating Change" Hilltown Exhibit Opening & Community Gathering

The Hampshire County Community Story Archive presents a collection of food stories sharing community wisdom for a better future.

Saturday, March 8th

1:30 to 3:30pm

Join in conversation with storytellers at 2pm

Meekins Library, Community Room  
2 Williams Street, Williamsburg

Free & open to the public.  
Refreshments will be served!

Visit [hcfdc.collaborative.org](http://hcfdc.collaborative.org) to learn more

*Funded by Mass in Motion, an initiative of MA Dept. of Public Health & Williamsburg Cultural Council, a local agency supported by MA Cultural Council.*



## Tech. Help and Training for March



### GREAT NEWS!

TechConnect will continue providing services. Although we have fewer trainings going forward, drop-ins and tech support will continue. Please take advantage of ongoing service.

### DELIVERING NOW AND ACCEPTING NEW REQUESTS: Internet Hotspots

It's not too late if you need affordable internet access! We have a solution that may work for you. Hotspots are small cellular devices you can use to access the internet, and they work in most areas in the hilltowns. If you are interested in learning more, please contact us by phone or email. Calls to **413-296-5080** are now returned and emailing **coatechconnect@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** or check the website, **www.northernhilltownscoas.org**, for locations and time. You can attend drop-in at all locations, except Nash Hill.

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

There is still time to join the Digital World. 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  
Two Fridays, 11:30-1:30 (3/7 and 3/21)
- Cumington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (3/12)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (3/20)

- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (3/20)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (3/27)
- Williamsburg  
Meekins Library Drop-In tech support  
2nd Tuesday 3/11 from 10 to Noon  
Nash Hill Place Resident Drop-In tech support  
2nd Tuesday 3/11 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 two days 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**

### Tech Workshops, March through August:

*On Fridays twice a month from 10:30–11:30 at  
Chesterfield Community Center*

- 3/7 - Computer Maintenance
- 3/21 - Misinformation
- 4/4 - Social Media
- 4/18 - Cloud Basics
- 5/2 - Intro to Google Suite
- 5/16- Microsoft Word
- 6/6 - Microsoft Excel
- 6/20 - Canva
- 7/18 - Windows Basics
- 8/1 - Google Drive

### Computer Classes:

No ongoing computer classes are scheduled. An alternate online resource for basic training can be accessed, with help from us, at **www.digitalliteracyassessment.org/login/?location=17640-MG8N-techconnect**

We can set up your access to this website and help you begin to train yourself for very basic to more advanced beginner digital literacy.



## 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 May 6.* One day at **Encore Casino in Everett, MA.** Free Slot play. Lunch on your own. Restaurants on site. Cost \$40. I need 15 to sign up to make this trip affordable. Make check payable to Francine Frenier and mail to the address above by March 6.

*Day Trip May 19.* **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 \$144. Make check payable to Landmark Tours and mail to the address above by March 24. **Waitlist only.**

*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 by April 8. **Waitlist only.**

*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. Make the check payable to Diamond Tours and mail to the address above. **A few seats remain.**

*Day Trip July 16.* **FDR Homestead & Library and Hudson River Cruise.** Take a scenic cruise on the Hudson River. Enjoy a boxed lunch on board. Tour the home of Franklin D. Roosevelt and the first Presidential Library. Price \$140. Make check payable to Landmark Tours and mail to the address above by May 28.

*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 ballpark-fare buffet are included. Cost \$90.00. Make check payable to Francine Frenier and mail to address above by June 1.

*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. Center Orchestra seating. Lunch at The Gelston House. Price \$177. Make a check payable to Landmark Tours and mail to the address above by August 1. **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. Make the check payable to Diamond Tours and mail to the address above. **As of March 2025, Diamond Tours**

**is expecting this trip to go, despite the hurricane damage around the area. 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 March 2025

Being a caregiver is usually not something you imagine, or plan for. It just happens. It could be your parents needing help, or your child becomes disabled, or your life partner's medical problems become debilitating. Your caregiver responsibilities can happen in an instant due to accident and/or injury. Or they can grow slowly, when the person you are helping begins needing more and more support. It can become overwhelming, and isolating where you focus on what needs to be done day by day.

How do you manage? What help is available?

We usually look to our health insurance because caregiver tasks include helping with personal care, meals, cleaning, grocery shopping, managing Rx, and keeping track of doctor appointments. For those of us over 65 who have Medicare as our primary health insurance, we are surprised and disappointed to discover that Medicare doesn't cover home care services or nursing home costs except for short periods of rehab, or after a hospitalization when your doctor can write orders for the VNA to deliver limited home care help.

In Massachusetts, we also have the State Home Care program which can provide ongoing home care services for residents over 60. These services include help with meals, housekeeping, personal care, transportation to medical appointments, lifeline services and a program called Options counseling to help understand other resources. Unfortunately, availability of workers for home care is limited, especially here in the hill towns. Highland Valley is the agency who oversees and pays for these home care services. Often authorized hours go unfilled because there aren't available workers.

So while Medicare and Highland Valley may pay for some home care, when our caregiver needs are greater, MassHealth is the resource that can help caregivers pay for the help they need.

MassHealth is medical insurance for those with limited financial resources. However, MassHealth has different income and asset eligibility limits for different programs. For caregivers, there are a couple of programs that help.

The PCA (Personal Care Attendant) program lets you hire your own worker, and Mass Health pays for a number of hours determined by a nursing assessment. So those who have significant medical problems, would qualify for more hours than those with less need. The worker you hire can be anyone (*cont. on next pg*)

**Westhampton Council on Aging**  
**3 South Road**  
**Westhampton, MA 01027**

PRSR STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

**Westhampton  
Council on Aging**

Julia Lennen, Interim  
Coordinator & Chair

Colleen Basile, Secretary

Ray Fontaine,  
Outdoor Programs

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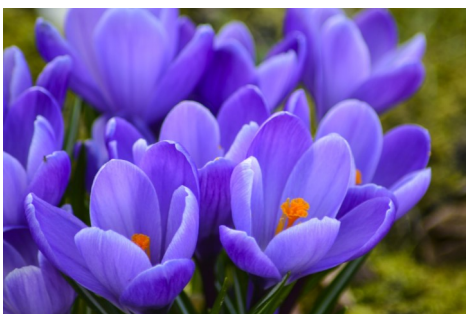
**Need a ride?**

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

(cont. from previous pg) who is not married to the MassHealth member. The PCA program has higher income eligibility limits, and “excess” assets can be transferred before applying. This program pays for care at home, not nursing home. MassHealth also pays for the Adult Family Care Program, like the foster care system, a caregiver can be paid for managing the Mass Health member’s care at home. AFC pays the caregiver a tax free stipend for managing and coordinating services. The program also provides a RN and social worker to help the caregiver access other resources and services.

To enroll in either of these programs, the person needing help must be eligible for Mass Health.

You might contact your senior center or SHINE counselor to ask about Mass Health eligibility. Don’t assume you’re not eligible- it’s worth a conversation to explore the options.



## Spring/ Summer Clothing Exchange

**Saturday, April 26th, 9am-3pm**

Goshen Congregational Church  
45 Main St. Goshen



Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men’s, women’s and children’s spring/summer clothing and accessories at the church on Wednesday 4/23 from 6-8pm or Friday 4/25 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 26th from 9am-3pm! All are invited to participate whether you donate clothes or not.