

Moving Forward

Activities and Services for Resident 60+



July Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	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 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 Ice Cream Social Noon, Library lawn	11 Field of Dreams Library, 6pm
14 Knitting Group 6pm, Library Yoga 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 WW, 10-11am Hot Lunch Program 12pm, WW	18
21 Knitting Group 6pm, Library Yoga 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 Tech Drop In Help 2-4pm, Library Hilltown Permaculture Club 7-8pm, Library	25 Field of Dreams Library, 6pm
28 Knitting Group 6pm, Library Birds of Prey 5:30pm, Library	29 Fitness with Friends Town Hall, 11:30-12:30pm Games 1:45-3pm, WW Scrabble 2pm, Library	30 Coffee & Chat 10-12, Library Mahjong WW, 1:30-3pm	31 Chair Yoga WW, 10-11am	

Westhampton COA ✦ 3 South Road ✦ Westhampton, MA 01027 ✦ Seniors Helping Seniors
 Coordinator: Christine Blakesley ✦ 13-203-9808 ✦ coa@westhamptonma.gov

Ice Cream Social



Thursday, July 10th at Noon
Library lawn (rain location: town hall)



You scream, I scream, we all scream for ice cream! Mark your calendars! You're invited to join the COA for a fun-filled Ice Cream Social on Thursday, July 10th at noon, held on the lawn behind the library. This event is open to all ages, so bring a chair, bring a friend, and enjoy a delightful lunch of ice cream and surprise treats! In case of rain, we'll move the fun indoors to Town Hall.

***Ice Cream for Lunch!**
We hope to see you there!*

Farm Shares Available!

The Farm Share program will be available again this summer. A Farm Share consists of a small box of fresh vegetables grown and picked by Intervale Farm in Westhampton. The shares will be available once a week, from July to September; exact dates will be available in the future. This program is supported through ARPA funding for Food Security and Nutrition Assistance. There will be 12 Farm Shares available this summer. The recipients of the shares will be selected based on the order of the request. If you are interested in receiving a farm share, please contact **Lorraine Galica by phone at (413) 387-3960 or by email at lagfjord@comcast.net**. We ask that recipients collect their Farm Share Boxes once a week (day and time to be determined) at Westhampton Woods Unit F. For anyone that does not have a means of collecting their own, the share will be delivered to you by Council on Aging volunteers.

Farmers' Market Coupons

The Farmers' Market Coupons will be available again this summer—likely to start in July. This program is sponsored by the Massachusetts Department of Agricultural Resources and is designed to support senior nutrition.

Last year, each booklet included 10 coupons valued at \$5 each, for a total of \$50 per booklet. We expect this year's booklets to remain the same. Eligibility in 2024 required participants to be at least 60 years old and have a household income at or below 185% of the Federal Poverty Level (e.g., \$26,973/year for a household of one,

\$36,482/year for a household of two). We expect similar guidelines this year.

If you are interested in receiving a coupon booklet, please contact **Lorraine Galica at (413) 387-3960 or lagfjord@comcast.net**. If demand exceeds supply, recipients will be selected by random drawing. Those not selected initially will be placed on a waitlist. Last year, we were able to secure additional booklets and fulfill all requests.

Coupon booklets will be delivered to recipients as soon as they become available.

This program is part of the Farmers' Market Nutrition Program and complies with the USDA's Non-Discrimination Statement, which can be found here:

www.usda.gov/non-discrimination-statement

COA Equipment Inventory – Available to Borrow

At the Council on Aging (COA), we're here to support your comfort, safety, and independence. Our welcoming team is committed to helping you recover with ease or simply make everyday life a little more manageable and enjoyable. Whether you're healing from surgery, managing a chronic condition, or just need a little extra support, we're here for you.

We offer a wide variety of equipment available to borrow, including walkers, wheelchairs, raised toilet seats, shower seats, exercise equipment, COVID test kits, masks, and more. All items are free to use for as long as you need them.

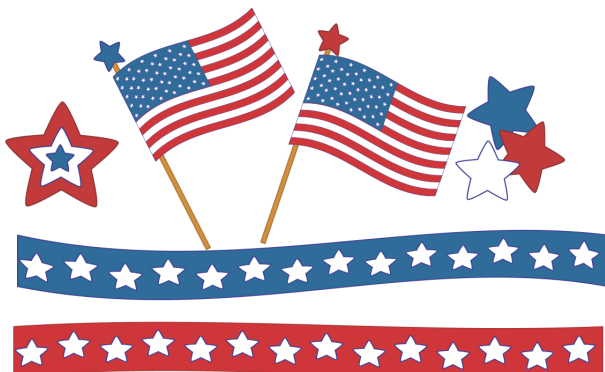
To learn more or request equipment, please contact our friendly COA Coordinator, **Christine Blakesley at (413) 203-9808**. We're happy to help you find what you need!



Memorial Day Parade



On Memorial Day, May 27, 2025, the Westhampton community came together to honor fallen heroes with a heartfelt ceremony. The day began with a solemn parade led by Boy Scout Troop 209, starting at the Church in the center of town. Local children, proudly riding bikes they had decorated in red, white, and blue, followed in the procession. The parade made its way to the cemetery, where the town gathered for a moving ceremony featuring readings and performances that paid tribute to the brave men and women who served. This cherished annual tradition reflected Westhampton's enduring respect and gratitude for



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

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

July Artists - Hampshire County Food Council

Explore the community food story archive, a collection of food stories. Share conversations with neighbors and envision a better future. Refreshments will be served and the exhibit will be on view in July during library hours. Please call ahead to make sure there is not an event scheduled in the community room when you plan to visit the exhibit: **(413) 527-5386**

Tom Ricardi's Birds of Prey Monday, July 28th at 5:30pm

Learn about different birds of prey with a licensed rehabilitator. All ages welcome!

Local Author Visit with L. Saxon Elliott, Psy.D. Thursday, July 31st at 6:30pm

Join us for a book reading and conversation with local author L. Saxon Elliott, Psy.D., author of "Death Without Fear: Collective Wisdom for Making Peace with Mortality". Books will be available for sale and signing at the event. Half of all proceeds will be donated to The Friends of Westhampton Public Library. Special thanks to the Friends of Westhampton Library and the Lyn Keating Programming Fund for sponsoring this event. Dr. L Saxon Elliott is a practicing clinical psychologist, death doula, and end-of-life educator based in Western Massachusetts. An ardent evangelist of the death-positive movement, she founded The Examined Death™, a suite of mortality-facing resources to transform our individual and collective relationship with death... and with life. www.theexamineddeath.com

2025 Field of Dreams Concerts Fridays on the Library Lawn at 6pm

Please bring your own lawn chair. In the case of inclement weather, concerts will be held at Town Hall.

July 11th- Back by popular demand -
Le Mixx playing "ol'skool" music from classic motown to Funk and Reggae

July 25th– Haven't been here since 2022-
The Pangeans - a 7-piece world music band with a horn section that plays Latin Jazz, Samba, Calypso, Reggae, Afrobeat and Funk

August 8th- A new name/band for us -
Laura Manzi, playing Rock and Folk favorites from across the decades

August 22nd- Another new name for us -
Knock on Wood with Howie Newman, Acoustic Folk-Rock duo featuring funny original music and Classic Rock covers

Message for the Westhampton COA Hikers for July 2025



Westhampton COA Hikers watching the eagle chicks at Arcadia on May 28.

As we move from spring to summer, we'll keep on hiking. Our hikes will most probably be scheduled earlier in the day to beat the heat, and we'll always be on the lookout for mosquitos, ticks, poison ivy, and thunderstorms! Nonetheless, summer is in the middle of our hiking season and we'll do our best

to choose the best days to enjoy the wonderful forest trails in and around Westhampton. And, as always, we welcome new hikers, and suggestions for new hikes. If you'd like to lead a hike, all the better!

So come hike with a great group of people. Get on our email list and come join us for our hikes: **Westhamptoncoahikers@comcast.net** Please note that all group emails are sent as blind copies (BCC) for your safety and privacy.

~Happy Trails, Chuck & Ray

Reach out to our Community Connector!

Do you need help finding resources in the area? Please reach out to our Community Connector, Jen O'Connell. Jen is available to help with many issues including:

- Obtaining benefits such as Fuel Assistance, SNAP, Social Security, etc.
- Help continuing to live independently in your home
- Repairs
- Connection to local groups / activities to prevent isolation and have fun with community members.
- Transportation assistance

All inquiries are welcome! Jen can be reached via email at **communityconnectjo@gmail.com** or **(413) 296-4536 ext.110**

Funded by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act.



The Westhampton Council on Aging benefits from your support for our programs for local seniors!

I would like to contribute to the Westhampton COA. My contribution of \$_____ is attached.

(Please make out your check to The Friends of the Westhampton COA and write "Program Support Fund" in the memo line; mail to Charlotte Wood, 14 Perry Hill Rd., Westhampton, MA 01027).

Name _____ Telephone _____

Address _____

Email _____



Power of Attorney, yet again

Since I last nagged you on getting a POA, I have learned some things. One of them the hard way, but that is to your benefit. Oh, and the person who gives the POA to another person is called the “principal”; the person who receives the authority is the “agent” or the “attorney-in-fact”.

1. Before the agent can use the POA for the principal, the principal should notify any third parties, such as banks, that the agent is authorized to act on the principal's behalf. This means that the agent should go to or communicate with the bank or rest home or whatever entity, to insure they can accept the POA and add it to their files. The agent should take a copy of the appointment and proof of identity.

2. Some entities such as a financial institution may need a certified copy of a POA. The attorney who prepared the POA – or any notary public – can prepare a certified copy from an original POA document. This verifies that the POA is still valid.

3. The wording should be explicit as to privileges given to the agent. My best example of that is making sure that complete electronic access to accounts is available. I bank online, many of you do, and the principal may want the agent to be able to continue that.

4. To change the mailing address of the principal for Medicare and Social Security (SS), the agent will need to go through SS, and whether this can be done online or via phone or if a visit is required is fluid these days. In my case, I called SS to set up an appointment to visit and learned that the federal government does not recognize a POA. SS requires that the agent register as a Representative Payee. The paperwork includes a form “Request to be Selected as Payee” and likely a form for a medical provider to certify that the principal cannot or does not want to manage their finances.

5. MassHealth requires the agent to register as an Authorized Representative before the principal's address can be changed, or before MassHealth will share information about an insurance issue. That registration form can be found online: www.mass.gov/doc/authorized-representative-designation-form-1/download

6. The principal should keep a list of who they have informed about their POA, in case they later need to revoke it.

Smile!

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com

413-268-2228



Seniors Aware of Fire Education

This Senior S.A.F.E. column is different from the many that have been published over the years. I am going to give you only one piece of fire and life safety advice, which is:

Senior 
SAFE

~ if you are in a structure that is on fire or in one when a carbon monoxide detector sounds,
GET OUT and STAY OUT!

This is the last COA newsletter put together by Kristen Estelle. She has edited, formatted and produced the printed and online editions of the newsletters that go to every senior in seven Northern Hilltowns. She has brought local and regional news for everyone's benefit. This newsletter was the first of its kind when it was recognized by the Department of Fire Services a number of years ago at an annual S.A.F.E educators conference.

I personally thank Kristen for editing and formatting my column. It catches the eye and is an easy read. I also thank her for the “gentle reminder” of the deadline each month.

Job well done!

--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 July



GREAT NEWS!

TechConnect will continue providing services through a partnership with Northampton Open Media. 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. Call **413-296-5080** or email coatechdevices@gmail.com.

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 while supplies last. We have ordered more PC laptops/ computers, refurbished Chromebooks, iPads 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 coatechdevices@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 One Friday, 11:30-1:30 (7/18)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (7/9)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (7/17)

- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (7/17)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (7/24)
- Williamsburg Meekins Library Drop-In tech support 2nd Tuesday 7/8 from 10:30-12:30 Nash Hill Place Resident Drop-In tech support 2nd Tuesday 7/8 from 10 to Noon

Tech Training Classes & Workshops:

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

Tech Workshops, July and August:

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

- 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 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 **NOW. Call or email above to be added to the Wait List.**

Day Trip August 3. Triple A affiliates, **Boston Red Sox vs Philadelphia Phillies** at Polar Park, Worcester, MA. A pre-game tour of Polar Park and a ball-park-fare buffet are included. Cost \$90.00 due **NOW.** Make check payable to Francine Frenier and mail to address above. **Call or email above to be added to the Wait List.**

Day Trip Sept. 15. The BIG E, an annual favorite, with free entertainment at The Court of Honor Stage. The Stylistics perform hits from the 70's. Cost \$18 for Northampton Seniors, all other seniors \$20. Make your check payable to Barbara Kaczinski & send to 39 Leeno Terr. Florence, MA 01062 by Sept. 1. NO REFUNDS due to bargain price. Bus leaves from Sheldon Field. **NOTE: check info and mailing address.**

NEW Day Trip Tues. October 8. Historic Salem Cross Inn. Includes luncheon, choices available. Tour of Quabbin and stop at Brookfield Orchards. Discounted price for Worthington Seniors over 60 and \$103 for other seniors. Call Phyllis 413-238-5962 or coa@worthington-ma.us for details and to reserve a seat by Sept 1. Limited seating.

Day Trip Oct. 9. A Chorus Line. Center orchestra seating for the 50th Anniversary Production 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. **Call or email above to be added to the Wait List.**

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. **A 2nd bus has 10 open seats.**

Day Trip Sunday, December 7. 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 \$160 (approx.) Make a check payable to Landmark Tours, mail to address above by Oct. 13.

Good News for July 2025

By Deb Hollingworth

Let's talk a little more about resources for caregivers. Are you a caregiver? Nurses, physical therapists, and other medical professionals certainly are, but you are too if someone depends on you to help them in order to stay home safely.

Maybe you do grocery shopping, or provide rides to medical appointments? But what if you are taking care of someone 24/7, providing personal care, meals, setting up medications, doing laundry and a host of other tasks to make sure the house is run.

Being a caregiver, managing the household, can become a full time job.

What happens if you need care yourself? Who can take over while you get the care you need for a medical procedure, recovery from surgery, or just to recoup your strength? This kind of help is called Respite care. It might be help like someone coming into your home, or it might be a short term nursing home placement for the person you're taking care of.

These short term nursing home placements can be paid for by MassHealth if the person you are caring for qualifies for MassHealth, or in some cases, the VA will pay for short term placement if the person you care for is a veteran and receives medical services from the VA system.



To find out more about the Caregiver Options, you can contact Highland Valley Elder Services at **586-2000** and ask to speak to an Options counselor. Highland Valley also has had Caregiver grants to help with additional expenses when the caregiver needs Respite services support. (Federally funded grants through Highland Valley are subject to availability). And always give your senior center a call to see who to speak to about MassHealth and Veterans services eligibility.

Westhampton Council on Aging
3 South Road
Westhampton, MA 01027

PRSRT STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

Westhampton COA

Christine Blakesley,
Coordinator

Julia Lennen, Chair

Colleen Basile, Secretary

Ray Fontaine,
Outdoor Programs
Lorraine Galica
Dave Goddard
Board Members

Lillian Baxter,
HEN Representative

Daniel Valinski,
Newsletter Editor

Kristen Estelle,
Newsletter Designer
regionalcoanews@gmail.com

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

SCAM ALERT!



*You get a call or message saying that you did not appear for **jury duty**, you need to pay a fine or you will be arrested.*

What should you do?

- Hang up! It's a scam.
- No one will call if you miss jury duty.
- The sheriff's department will **never** call and ask you to pay a fine.

***VERIFY THE
INFORMATION***

**Massachusetts
Office of the Jury
Commissioner**

(800) 843-5879

*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.**

