

Moving Forward

Activities and Services for Residents 60+



September 2025

INSIDE ...

Program News – Page 2

Meet the New Veteran's Agent – Page 2

Hiking News – Page 2

Library News – Page 3

In the Hilltowns – Page 5

Pie Sale Info – Back Page

Do not miss:

Cyber Savvy Lunch & Learn + Lift Zone Celebration – September 11 at Noon (Town Hall)

Ideas for Articles?
Let us know!

Westhampton COA
3 South Road
Westhampton, MA
01027

Christine Blakesley,
Coordinator

413-203-9808

coa@westhamptonma.gov

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day	2 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library	3 Wellness Clinic Public Health Nurse 10:30 am, Library Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm	4 Chair Yoga WW 10-11 am Estate Planning Library 6:30	5
8 Computer Help Library 10-12 Knitting Group 6 pm Library Yoga 6pm, Library	9 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library	10 Magic Wings Trip Leave @ 10:30 Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm	11 Chair Yoga WW 10-11 am COA Luncheon Comcast Sponsored Noon Town Hall	12
15 Knitting Group 6 pm Library Yoga 6pm, Library	16 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library	17 Wellness Clinic w/Public Health Nurse 10:30 am, Library Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm	18 Chair Yoga WW 10-11 am HVES Hot Meal Pickup Noon Artist Reception Library 5:30 – 7:30	19
22 Computer Help Library 10-12 Knitting Group 6 pm Library Yoga 6pm, Library	23 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library	24 Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm	25 Chair Yoga WW 10-11 am TechConnect Drop-In 2-4 pm Library	26
29 Learn About Mass Save Library 6:30 pm	30			

You're Invited:



Cyber Savvy Lunch & Learn + Lift Zone Celebration

Thursday, September 11, 2025

12:00 PM (lunch will be served at 12:30)

Westhampton Town Hall

Comcast and the Westhampton Council on Aging are excited to invite you to a special event celebrating the launch of a new Lift Zone at Westhampton Woods bringing high-speed internet access to the community room to support digital opportunity for residents.

Lift Zones are a key part of Project UP, Comcast's initiative to advance digital opportunity. With over 1,250 Lift Zones nationwide, including 75 in Massachusetts, Comcast is proud to welcome Westhampton Woods to this growing network.

While we'll mark this milestone with a brief announcement, the heart of the event is Cyber Savvy Lunch & Learn hosted by Comcast, where attendees will receive essential tips on protecting your personal information, recognizing scams, and using the internet with confidence.

As part of the event, Comcast will raffle off a limited number of laptops to attendees as part of their commitment to helping Westhampton Council on Aging participants stay connected.



Winners will also have access to in-person, hands-on training to help get started using their new devices.

We're also proud to highlight that Comcast Lift Zone is providing free, high-speed WiFi access at Westhampton Woods, helping residents stay connected and engaged online. It's been a pleasure working with Comcast Lift Zone — their support continues to make a real difference in bridging the digital divide in our community.

Please join us, Comcast, and our State Rep. Lindsay Sabadosa at this luncheon program!

Magic Wings!

Wednesday, September 10, 2025

The Friends of the Westhampton Council on Aging is sponsoring a day trip to Magic Wings Butterfly Conservatory in South Deerfield MA on Wednesday, September 10, 2025. This will be a self-drive/carpool trip and will be leaving the church parking lot at 10:30 a.m. The cost of this fun filled day is \$5.00 per person which includes admission into the Conservatory and a picnic lunch that will be served under a canopy in their outdoor garden area. (Please note that access to the outdoor picnic area is not accessible if using a walker or wheelchair.) Reservations are necessary and will be taken until September 7, 2025 by contacting Deb Barthelette at 413-222-2050. This event is open to all Westhampton COA members and Seniors age 62 and over living in Westhampton.



Meet Our New Veteran's Agent, Tom Geryk

Greetings

Westhampton seniors, veterans, and families,

I am honored to serve as your Veterans' Agent for this fiscal year. I have been working in veterans' services since 2014 and am dedicated to continuing my service to the community.

I look forward to meeting many of you at some of the upcoming community events. We have a free veterans' luncheon on the first Wednesday of each month at 11:45 AM at the Easthampton Congregational Church. On the second, third, and fourth Wednesdays, we host veterans' coffee hours from 9:00 AM to 11:00 AM at the same church. All veterans, regardless of residence, are welcome to attend and bring a guest.

I encourage all service members, current and former, along with their spouses and surviving spouses, to contact me to learn about available veterans' and survivors' benefits and services. **My office is at 19 Union St., Easthampton, MA 01027. You can reach me Monday through Thursday, between 8:30 AM and 5:00 PM. Please don't hesitate to reach out with any questions, concerns, requests, or information about upcoming events. You can reach my office at 413-529-4599 or email me at tgeryk@easthamptonma.gov.**



yk

Message for the Westhampton COA Hikers for September

July, like the previous month, was exceedingly hot and humid. Although the hikes have been hard to schedule this past summer, we've continued to do our best in scheduling them. Unfortunately, those hikes that we've scheduled on those good weather days have been poorly attended.

As we begin August (when this article is written) the forecast remains hot and humid, but not so extreme, and there are more forecasted days that the weather will be pleasant. Hopefully this will attract more hikers?

The more serious issue though, is the future of the WCOA Hikers. Both Chuck and I aren't getting any younger, and there doesn't seem to be anybody who's interested in a leadership position in this group. Neither Chuck nor I can do the pre-hike run-throughs alone, so once one of us is gone, that's it for any new hikes beyond the most basic excursions. **We need your help!**

To get on our email list and join us for our hikes in and around Westhampton: Westhamptoncoahikers@comcast.net. Please note that all group e-mails are sent as blind copies (BCC) for your safety and privacy.



Westhampton COA Hikers at the Greenberg Family Conservation Area in Westhampton on August 8.

Vacancy Notice!

Are you interested in serving your community? The Friends of the Westhampton Council on Aging has a position available on their Board. We are a non-profit organization that seek donations through our main fundraising event, our Annual Pie Sale at the Fall Festival. We sponsor events such as the Veterans Day Breakfast, trips and entertainment at little or no cost to our seniors.



Our Board generally meets once a month during the months of May – September often immediately following the monthly COA luncheon or event. For more information, please contact Deb Barthelette at deb01027@aol.com or by calling 413-222-2050.

Hilltown CDC is Hiring: In-Home Caregivers Needed!

Are you passionate about making a difference in the lives of others? Hilltown CDC is currently hiring In-Home Caregivers to support elders in our community. This is a rewarding opportunity to provide essential care while working in a flexible, compassionate environment.

What We're Looking For:

- We're seeking individuals who are:
- Dependable and have reliable transportation
- Comfortable and caring when working with older adults
- Flexible and adaptable — no two days are the same!
- Interested in a role that can grow — we offer tiered responsibilities with matching pay rates
- Able to pass a CORI (Criminal Offender Record Information) check

Whether you're experienced in caregiving or looking to begin a meaningful new career path, we encourage you to apply.

Applications are being accepted now!

To learn more or apply, visit: www.HilltownCDC.org

Have questions?

Contact Jennifer O'Connell at Hilltown CDC

Phone: 413-296-4536 ext. 110

Help us support our neighbors and strengthen our community — one home at a time.

Library News

September Library Programs

Hours:

Closed Labor Day (September 1)

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 email westhampton@cwmar.org or call 413-527-5386.

Recurring Programs (Holidays may impact schedule)

- Knitting Group - Mondays at 6pm
- Yoga - Mondays at 6pm
*Yoga is drop-in, first-come/first-served, and registration is not required. Please check Facebook and the town calendar for updates on yoga at the library.
- Scrabble Group - Tuesdays at 2pm
- Book Group – Fourth Tuesday (9/30).
- Walk-in Wellness Clinics w/ Westhampton's Public Health Nurse - First and Third Wednesday 10 – 11:30
- 20th 10am - 11:30am (no clinic on August 6th)
- Coffee & Chat - Wednesdays from 10am - 12pm
- Tech Connect drop-in tech help - Thursday, August 28th from 2pm - 4pm
- Hilltown Permaculture Club - fourth Thursday of the month at 7pm



Check out the Library Facelift!

Thank you to the volunteers who painted our Library!

If you missed the news in August ...

Meet our new Public Health Nurse, Lily Stafford:

Westhampton Public Library is pleased to introduce the community to Foothills Health District's part-time public health nurse, **Lily Stafford!**

Lily offers walk-in wellness clinics in Foothills Health District's member towns; Whately, Williamsburg, Goshen & Westhampton, focusing on chronic health issue monitoring and support, and education on health wellness and promotion. She is in the Westhampton Library on the 1st and 3rd Wednesdays from 10-11:30am.

In addition, Lily can help with medication management, sharps disposal, referral advice, resource connection and navigation, harm reduction supplies, health education and trainings and more. The public health nurse also monitors for communicable diseases in the area to promote safety and prevent spread. Please contact Lily at fhd.phn@burg.org with any questions or needs. Check out FHD's new website at foothillshealth.org to learn more.

August/September Artist - Jeanne Henry Hoose

Artist's Reception: Thursday September 18th from 5:30pm - 7:30pm

Exhibit will be on view throughout August and September during open library hours.

Jeanne Henry Hoose's grew up in Central New York. She moved to Western Massachusetts in 1979 with her husband and they stayed here to raise 2 sons. She had a career as an early childhood special education teacher. Since retiring in 2015, she began to pursue painting and drawing. Jeanne takes photos of the life and spaces around her and edits them to create the images she paints. At first using watercolor and then moving to gouache, she now paints almost exclusively in oils on primed watercolor paper.

Estate Planning Workshop Thursday, September 4th at 6:30pm

Space is limited. Please RSVP by visiting: <https://ti-nyurl.com/westhamptonworkshop>

Come discuss what is needed to create your estate plan, and whether you even need one! Learn what estate planning is, what happens when you plan ahead, and what a will can and cannot do for you. A

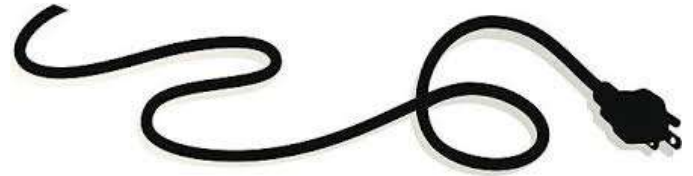
personalized plan can ensure that you are protected and that your loved ones are cared for and are left feeling secure. Presented by local attorney Kim Pisinski.

**Learn about Mass Saves Programs with
Energy Advocate Hannah Davis
Monday, September 29th at 6:30pm**

Join Hannah Davis, Westhampton's regional Energy Advocate, to learn how local residents can access energy-saving programs through the Community First Partnership and Mass Save.

This presentation will outline resources available to Westhampton residents, including no-cost Home

Energy Assessments, rebates, and support for renters, landlords, and income-eligible households. This is part of a series of programs brought to you by Pioneer Valley Library Collaborative for Climate Prep Week. More details coming soon!



Out and about in the Hilltowns



Technology Help & Training for September

GREAT NEWS!

TechConnect is 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 services.

Delivering Now & Accepting New Requests: Internet Hotspots

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 internet and 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. 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. Chesterfield. Weekly on all Tuesdays from 11:00 to 2:00
- Cummington Community House Drop-In tech support, 33 Main Street, from 10 to Noon, 2nd Wednesday 9/10
- Goshen Town Hall, Drop-In tech support from 12:00 to 2:00, 3rd Thursday, 9/18
- Plainfield Shaw Memorial Library Drop-In tech support, from 5:30 to 7:30, 3rd Thursday 9/18
- Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 9/25
- Williamsburg
 - Meekins Library Drop-In tech support from 10 to Noon 2nd Tuesday, 9/9
 - Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2nd Tuesday, 9/9
- Worthington Drop-In tech support at COA office – call COA for date/time

Tech Training Classes and Workshops:

There are no workshops or classes scheduled for September.

Trips in 2025

Contact Francine Frenier to reserve your seat **BEFORE** mailing payments. For more information call 413-296-

4291 or mail: francine.frenier@gmail.com Mail to: 11 Stage Rd. Williamsburg, MA 01096

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 RE-FUNDS due to bargain price. Bus leaves from Sheldon Field. NOTE check info and mailing address.

NEW Day Trip Wed. 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 email 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 your check payable to Landmark Tours and mail it to the address above by August 1. A few seats available.

Multi Day Trip October 12-18: Biltmore Estate and Smoky Mountains, Asheville, NC. Seven days, six nights. Visit the Biltmore Estate, the St. Lawrence Basilica, historic Gatlinburg, TN and Asheville, NC. Guided tour of the Smoky Mountains National Park. Price \$1,099. Make the check payable to Diamond Tours and mail to the address above. One bus only. Wait list still available.

Day Trip Dec 7: Sunday 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 and mail to the address above by October 13. Call or email above to be added to the Wait List

Note: There are day trips to Bronx Zoo, Statue of Liberty, Salem, Radio City Rockettes all leaving from Chicopee. If interested, call 413-296-4291 or 413-593-3939 for more information.

2026: Multi Day trips to Washington DC and Mackinac Island!

Triad News ...

What do YOU want to see?

Looking back, I've been writing this note since early 2014 and volunteering in the topic since 2007. It occurs to me that I could ask you what you want to read. That I can write, of course... Here is an alphabetical list

of topics I would be happy to work on. Please note the list does not include tax or investment advice!

Some of these topics have been at least touched on before, but somehow new information or warnings keep coming up.

- Big Five and relatives – will, health care proxy, durable power of attorney, advance directive, living will, MOLST, POLST, HIPAA release. Add to this beneficiary designations.
- Budgeting – what to include, format for planning and recording, tips for staying on track
- Credit – cards, credit bureau records, managing, correcting errors, raising your score
- Death – dealing with finances and related matters after this unfortunate occurrence
- Digital security – phone and email and internet safety
- Financial literacy – finances and our brain, useful facts
- Identity theft – how it happens, how to avoid, how to recover from
- Scams – recognizing and avoiding and recovering from
- Web resources for financial topics

Please let me know your thoughts!

Yours in knowledge,

Jean O'Neil

TRIAD Committee member-
jeanoneilmass@gmail.com; 413-268-2228

Scam Alert!			<i>If you have a consumer problem or question, contact the</i> Northwestern District Attorney's Consumer Protection Unit Greenfield (413) 774-3186 Northampton (413) 586-9225 www.NorthwesternDA.org Working in cooperation with the Office of the MA Attorney General.
Government & Business Imposter Scams	WHAT TO DO Do not respond. Just hang up! Do not call the phone number they provide. Don't click on links in text or email messages. Verify the information. Call your bank using the phone number on your card or statement. Get help for tech issues from someone you trust.		
<i>They say they want to help, but they just want to steal your money!</i> • Someone is using your account, or they found suspicious activity. • Your information or Social Security # is being used to commit crimes. • There's a security problem with your computer.			

Good News September 2025

By Deb Hollingworth

I confess... sometimes I struggle finding Good News with our current events...and this month especially I am so tempted to call this column Bad News because a perfect storm is brewing which looks like it will result in substantial increases in your monthly premiums, deductibles and co-pays for Medicare D plans.

Do you care, will this effect you? That depends.

The answer is No....if you get your Rx through the VA because you are a veteran. The answer is No... if you get your health insurance through your retirement pension plan, or your spouse's pension plan. (like municipal or State employees) The answer is No, not as much....if you don't take any Rx...or if your Rx are just generics.

But the answer is Yes....if you are one of those Medicare beneficiaries who take brand name Rx and have a "stand alone" Medicare D plan. Which means you do not have a Medicare Advantage plan where your Rx are included.

Of the 70 million Medicare beneficiaries...there are a lot of us who like traditional Medicare and who have resisted enrolling in a Medicare Advantage plan, so we have a "stand alone" Medicare D plan. AND Open Enrollment is coming up... October 15th– December 7th where we have to decide to stick with our D plan that we've had this year.....or change plans because the cost for premiums, co-pays and deductibles will be lower if we switch plans?

In 2006 when Medicare D plans were "invented" there were 22 Medicare D plans for New England residents. This past year we were down to 14. That number may shrink again for 2026...as Health insurance companies that offer Medicare D plans are looking at their bottom line and determining there's not a large enough profit margin to continue to offer them.

What's making the cost of Medicare D plans increase this year?

- rising cost of Rx.....we have some remarkable new Rx on the market now, but they come with significant co-pays as many of us taking blood thinners have discovered.
- regulatory changes which allow D plans to increase their monthly premiums as much as \$50 x month where before they were limited to \$35 x month increases.
- cutbacks in subsidy that these health insurance companies were getting as part of the Deficit Reduction Act passed in the summer of 2022.

A recent Wall Street Journal article said subsidy cutbacks expected to be as much as 40%. All these factors impact profit margins....so we anticipate changes in D plan costs as we help folks during Open Enrollment this year.

The Good News is that there are Medicare familiar counselors who can help you sort through your options. Suggest you call early for an appointment! SHINE counselor Caroline Solan at Highland Valley 413-586-2000 Pharmacy Outreach Program...866-633-1617 LifePath regional SHINE office 413-773-5555

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 _____

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,

Lorraine Galica

Dave Goddard

Lillian Baxter,
HEN Representative

Need a ride?

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

Calling All Pie Bakers! Friends of the COA Seeking Homemade Pies for Fall Festival Sale (Fall Festival is Sunday October 12th!)

The Friends of the Council on Aging (COA) is once again preparing for one of our most beloved community traditions — the Annual Pie Sale at the Westhampton Fall Festival! This year's event promises to be bigger and better than ever, and we need your help to make it a sweet success.

We're calling on all expert pie bakers in the community to dust off those rolling pins and preheat those ovens. Whether you're known for your classic apple pie, a perfect pecan, or a creative twist like maple-bourbon pumpkin, we welcome your pie donation.

Each delicious contribution will help raise funds to benefit the Westhampton Council on Aging, supporting vital programs and services for our seniors. It's a wonderful opportunity to give back to the community while sharing your baking talents.

For questions, please reach out to the Friends of the COA. We thank you in advance for all your effort!