

# Moving Forward

## Activities and Services for Residents 60+



# February 2026

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**Do not miss:**

**Hot Soup from the Life Skills Students**

**Save the Date**

**April 25 – Volunteer Fair at New Hingham Elementary School**

**Ideas for Articles?  
 Recipes to Share?  
 Let us know!**

**Westhampton COA  
 3 South Road  
 Westhampton, MA  
 01027**

**Christine Blakesley,  
 Coordinator  
 413-203-9808**

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Knitting Group</b> 6 pm Library <b>Yoga</b> 6pm, Library	3 <b>Fitness w/Friends Town Hall</b> 11:30 – 12:30 <b>Games</b> 1:45–3 pm, WW <b>Scrabble</b> 2 pm, Library	4 <b>Wellness Clinic Public Health Nurse</b> 10:30 am, Library <b>Coffee and Chat</b> 10-12, Library <b>Mahjong</b> WW, 1:30 – 3 pm	5 <b>Chair Yoga</b> WW 10-11 am <b>*Art Reception - Jan Ruby-Crystal</b> Library 5:30pm to 7:30pm	6
9 <b>Computer Help</b> Library 10-12 <b>Knitting Group</b> 6 pm Library <b>Yoga</b> 6pm, Library	10 <b>Fitness w/Friends Town Hall</b> 11:30 – 12:30 <b>Games</b> 1:45–3 pm, WW <b>Scrabble</b> 2 pm, Library	11 <b>Coffee and Chat</b> 10-12, Library <b>Mahjong</b> WW, 1:30 – 3 pm	12 <b>Chair Yoga</b> WW 10-11 am <b>COA Luncheon</b> Noon, Church <b>* Author Visit - Patricia Lee Lewis</b> Library 6:30 pm	13 <b>* Life Skills Soup Delivery</b>
16 <b>Library Closed Presidents Day</b>	17 <b>Fitness w/Friends Town Hall</b> 11:30 – 12:30 <b>Games</b> 1:45–3 pm, WW <b>Scrabble</b> 2 pm, Library	18 <b>Wellness Clinic Public Health Nurse</b> 10:30 am, Library <b>Coffee and Chat</b> 10-12, Library <b>Mahjong</b> WW, 1:30 – 3 pm <b>Energy Advocate Office Hours 1-2</b>	19 <b>Chair Yoga</b> *Church Dining Room 10-11 am <b>HVES Hot Meal Pickup WW Noon</b>	20
23 <b>Computer Help</b> Library 10-12 <b>Knitting Group</b> 6 pm Library <b>Yoga</b> 6pm, Library	24 <b>Fitness w/Friends Town Hall</b> 11:30 – 12:30 <b>Games</b> 1:45–3 pm, WW <b>Scrabble</b> 2 pm, Library	25 <b>Wellness Clinic Public Health Nurse</b> 10:30 am, Library <b>Coffee and Chat</b> 10-12, Library <b>Mahjong</b> WW, 1:30 – 3 pm	26 <b>Chair Yoga</b> WW 10-11 am <b>TechConnect</b> Library 2-4 pm	27 <b>RESCHEDULED: *Peace &amp; Joy Workshop w/ Roslyn Malkin Sat., Feb. 28</b> Library 10:30am - 2:30pm

### Cornelia the Groundhog

Cornelia the Groundhog resides in Worcester and participates in the <https://groundhog-day.com> website. She is the officially-designated prognosticating (predicting) groundhog for the EcoTarium in Worcester. Last year, Cornelia saw her shadow and predicted a longer winter. Here's hoping she won't see her shadow in 2026!

\* See more Information inside in the Newsletter.

## Jessie Krug Honored at Boston Post Golden Cane Ceremony

On Saturday, January 10th, the Westhampton Public Library was filled with warmth, laughter, and heartfelt emotion as the town gathered to celebrate a cherished tradition—the Boston Post Golden Cane Ceremony. Nearly 90 people attended to honor Jessie Krug, age 98, who was recognized as the oldest member of the Westhampton community.

Jessie was presented with the iconic Boston Post Golden Cane, a symbol of longevity and community history. Her name was formally added to the town's Golden Cane plaque, and she also received a Certificate of Recognition from the Commonwealth, presented on behalf of State Representative Lindsay Sabadosa. Family members who were unable to travel joined the celebration from afar via Zoom, making the event even more special.

The ceremony featured stories from Jessie's life, shared by friends and loved ones, which brought both laughter and tears to the room. The reflections painted a picture of a life well lived and deeply connected to family, friends, and community.

In accepting the honor, Jessie shared her gratitude and surprise, saying, "I grew up knowing about the Boston Post Cane, but I never thought I would be receiving it. I will cherish it. Thank you."

The afternoon was a touching reminder of the importance of honoring our elders and preserving the traditions that connect generations. The town of Westhampton was proud to celebrate Jessie Krug and her remarkable 98 years (and counting).



Jessie Krug is holding the Westhampton Boston Post Cane; an honor shared with the oldest residents of many New England towns.

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## February Luncheon

All are welcome to partake in a delicious homecooked potluck luncheon on Thursday, February 12<sup>th</sup> at noon. Kudos will go to the newly and almost 60-year-olds who come to mingle with the luncheon veterans.

### **Save the Date for March – Fourth Grade Talent Show!**

As reliable as the earth rotating around the sun, Ms. Overstreet and her talented fourth graders step out in March to entertain us with their clever skits, unusual

jokes and many talents. This year, be sure to join us March 12<sup>th</sup> at noon in the Church Dining Hall.

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## Winter and Hiking

During the colder weather, hikes are hard to schedule far in advance. To get on the mailing list for the latest hiking news, email Ray Fontaine:

[Westhamptoncoahikers@comcast.net](mailto:Westhamptoncoahikers@comcast.net) ... please note that all group e-mails are sent as blind copies (BCC) for your safety and privacy.

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## Take and Go or Stay and Eat

The Westhampton Council on Aging (COA) is pleased to announce a recent change in the Highland Valley Elder Services (HVES) community meals program held at Westhampton Woods. The COA has reviewed the information provided by the State and HVES pertaining to encouraging more socialization at dining sites and has decided to adopt the suggested changes. Namely, the Westhampton Woods community meals site will allow and welcome those that wish to stay, sit, and eat their delivered meal. This will affect the COA members who facilitate the HVES meals program by requiring

someone stay to ensure all is cleaned up prior to departure and that the refuse is taken to a dumpster and not left in the Westhampton Woods community room. Your support is appreciated.

NOTE: Westhampton COA already included the opportunity to socialize over a meal, but it was not official nor formalized.

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## SAND (winter is not over!)

If you would like a bucket of sand (with some salt – like what they use of the roads) delivered to your home, contact:

Julia (413) 537-9880 or [jslennen@gmail.com](mailto:jslennen@gmail.com)

to arrange a delivery. Please specify where you want the bucket placed and if you have last year's bucket to exchange, leave it out. Special thanks to the Highway Department for helping us stay on our feet.

## Read-a-thon and Game Night at WES

The Westhampton Elementary School PTO has invited COA folks to volunteer at an upcoming Game Night on Friday, March 13<sup>th</sup> from 6:00 to 7:30. Volunteers can help 6<sup>th</sup> graders run the bake sale, read with kids, play games, or help with the Book Fair. If you are interested, please drop a line to Julia (contact details in the above Sand article) and we will be in touch. Sounds like fun.

**HRHS Life Skills Class:**

**Soup for Seniors**

6468

♥ Supporting seniors in our community with homemade chicken noodle soup ♥

The HRHS Life Skills Class is proud to give back by making and delivering delicious homemade soup to seniors in our community.

**📅 Delivery Date:**  
February 13, 2026

**📍 How It Works:**  
Order soup and have it delivered right to your home — by HRHS students!

**📞 To Place Your Order: Call or Email Julia Lennen -**  
(413) 537-9880 or [jslennen@gmail.com](mailto:jslennen@gmail.com)

Order by Monday February 9<sup>th</sup> 2026

High school life skills students are cooking and delivering homemade soup to Westhampton residents that are 60+ years of age in our community. Each delivery brings not only a warm meal, but friendly conversation and a reminder that no one is forgotten. This program helps reduce social isolation for seniors while teaching students the value of service, empathy, and community

## Tax Assistance

Last month, we featured the Fuel Assistance Program at Community Action Pioneer Valley. This month, we are featuring their Taxpayer Help program.

Community Action Pioneer Valley (CAPV) has opened appointments for its Volunteer Income Tax Assistance (VITA) program, which offers free, Internal Revenue Service-certified tax preparation for individuals and families who have low incomes throughout Franklin

and Hampshire counties and the North Quabbin region.

Last tax season, CAPV's VITA program returned about \$1.23 million to residents. The program served more than 600 taxpayers, with average household incomes of \$19,000 and an average refund of \$2,263.



The VITA program is staffed by 35 trained volunteer tax preparers who complete IRS certification, CORI background checks, and confidentiality and ethics training. CAPV also provides volunteer training each January, empowering community members to help their neighbors while gaining valuable skills.

This year's tax clinics take place in Northampton on Wednesdays and Thursdays, 5:30-8:30 p.m., 155 Pleasant St.

Eligibility information and appointment scheduling are available at [www.communityaction.us](http://www.communityaction.us). Or by calling 413-376-1136.

## Join the Email Reminder List

Our newsletter goes out once a month and our deadlines are in the middle of each month. Sometimes this means we miss telling you about an upcoming event!

Sign up to get emails from the Council on Aging with updates and reminders by contacting Christine Blakesley at [coa@westhamptonma.gov](mailto:coa@westhamptonma.gov).

## Veterans' Corner



*From Tom Geryk our Veteran's Agent ...*

Our free veterans' luncheon for February will be on 4th at the Easthampton Congregational Church (ECC) at noon.

Veterans' coffee hours at ECC will be 9:00-11:00 every Wednesday following the luncheon.

*\*Veterans are always welcome to bring a guest to the luncheons and coffee hours.\**

Reach Tom at: [tgeryk@easthamptonma.gov](mailto:tgeryk@easthamptonma.gov) or 413-529-4599; 413-270-2254

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# Library News

## February Library Programs

Hours:

Mon & Thu 2pm - 8pm

Tue & Wed 9am - 12pm & 1pm - 5pm

Sat 10am - 1pm

Closed February 16

Please check the town website or Facebook or Instagram @WesthamptonPublicLibrary for library updates. To place a request for curbside pickup, please email [westhampton@cwmares.org](mailto:westhampton@cwmares.org) or call 413-527-5386.

### Recurring Programs (Holidays may impact schedule)

- Computer Help w/Bob Miller 2<sup>nd</sup> and 4<sup>th</sup> Mondays 10am-noon
- 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
- Walk-in Wellness Clinics w/ Westhampton's Public Health Nurse - First and Third Wednesday 10 – 11:30
- Coffee & Chat - Wednesdays from 10am - 12pm
- Energy Advocate Office Hours – Third Wednesdays at 1 pm (2/18)
- Tech Connect drop-in tech help - Thursday, February 26 from 2pm - 4pm

### Tech Connect Devices Available for Checkout!

Thanks to a grant from the Northern Hilltown COAs and Tech Connect: Success for Older Adults, the following devices are now available for a 3-week loan: Android Galaxy Tablet, Casio Keyboard, Kindle Paperwhite EReader, HP Chromebook Laptops. For more information, please visit: <https://tinyurl.com/439y6p3d>

### Art Reception - Jan Ruby-Crystal "Handmade Paper Possibilities"

Thursday, February 5th from 5:30pm to 7:30pm

Handmade Paper Possibilities will feature artworks made from handmade paper using traditional and non-traditional techniques. The artwork ranges from flat designs to dimensional forms using a variety of



materials from dyes to paint, incorporating natural, handmade and manufactured materials.

### Author Visit - Patricia Lee Lewis

Thursday, February 12th at 6:30pm

Local author Patricia Lee Lewis will give a talk on her new novel *Thorns of the Mesquite* on Thursday, February 12th at 6:30pm. All are welcome to attend. Special thanks to the Friends of Westhampton Public Library and the Lyn Keating Programming Fund for sponsoring this event.

*From the publisher, Levellers Press:* Dona Rose Willis's life on a vast West Texas ranch in 1938 is shaped by hard work, a starkly beautiful landscape, and a loveless marriage. Everything shifts when her orphaned niece, Annalou, arrives, and Samuel Washington, a Black man, seeks refuge from a lynch mob, thrusting Dona into a dangerous fight against brutal prejudices.

A powerful and timely tale of historic fiction, *Thorns of the Mesquite* paints a stirring portrait of a woman's awakening — of love and the resilient spirit demanded to fight for what's right against staggering odds.

### RESCHEDULED: Peace & Joy Workshop w/ Roslyn Malkin

Saturday, February 28th from 10:30am - 12:30pm

Come and discover with Roslyn new ways to use writing, drawing, humor, self-compassion and more to bring greater peace and joy into your life and relationships. With guest appearances by the dolphins and whales! This workshop will be presented by Roslyn Malkin, Ph.D. Roslyn is a personal and spiritual mentor, author, family business consultant, world traveler, and lover of bad puns. Visit: [liveyourgreatness.net](http://liveyourgreatness.net) Light refreshments will be provided. Optional: Bring a small object to help create our sacred space. To register: call 413-527-5386 or email [westhampton@cwmares.org](mailto:westhampton@cwmares.org) Special thanks to the Friends of Westhampton Public Library and the Lyn Keating Programming Fund for sponsoring this event.

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# Out and about in the Hilltowns

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## TechConnect Technology Help for January



### **Tech Support home visit is available by appointment**

Call or message 413-296-5080 to arrange a home visit or email [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com) for help.

### **Devices for you: Refurbished PC laptops, desktops, Chromebooks, and iPads**

if you need a device to connect to the internet or have something so old it is not working effectively, please contact us. Leave a message at 413-296-5080, or use the online request form on our website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### **Drop-in Centers**

(no appointment needed)

- Chesterfield Community Center 400 Main Rd. Chesterfield - Weekly on all Tuesdays from 11:00 to 2:00
- Goshen Library, Drop-In tech support from 12:00 to 2:00, 3rd Thursday,
- Westhampton Library Drop-In tech support, from 2:00 to 4:00, 3<sup>rd</sup> Thursday
- Williamsburg
  - Meekins Library Drop-In tech support from 10 :30 to 12:30 2nd Tuesday,
  - Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2nd Tuesday,
- Worthington tech support - contact Eileen Daneri at [eadaneri@gmail.com](mailto:eadaneri@gmail.com).

NOTE: Drop-in Centers in Plainfield and Cummington have been discontinued due to low demand. Residents of these towns should call 413-296-5080 for an appointment or use the Chesterfield site.

### **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, please contact us by phone 413-296-5080. Unlimited data plans are available through February. At this point, funding for hotspots will end and residents can

purchase their own SIM card for \$30/month from Mint Mobile or the carrier of their choice.

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## Hit the Road - Roadtrips

Contact Francine Frenier to reserve your seat **BEFORE** mailing payments. For more information

- call 413-296-4291 or
- email: [francine.frenier@gmail.com](mailto:francine.frenier@gmail.com)
- mail: 11 Stage Rd. Williamsburg, MA 01096

### **Day Trips**

**Day Trip May 3, 2026, Sunday A Grand Night for Singing at the Seven Angels Theater** in Waterbury, CT. Pre-show lunch at San Marino's Restaurant. Price \$132. Make a payable to Landmark Tours and mail to the address above by March 6, 2026.

**Day Trip June TBD Cruise and Lobster Lunch** Enjoy at harbor cruise. Pre-show lunch at Fosters in York Maine. Choice of lobster, BBQ chicken or vegetarian option. Price \$TBD. Make a check payable to Landmark Tours and mail to the address above by April 6, 2026.

**Day Trip June TBD, Million Dollar Quartet play.** In the planning stages. Theater is in New London, NH. Includes luncheon. Price \$TBD. Make a check payable to Landmark Tours and mail to the address above by April 6, 2026.

**Day Trip July TBD FDR Homestead & Library and Hudson River Cruise.** Take a scenic cruise on the Hudson River. Enjoy a boxed lunch of gourmet sandwiches on board. Tour the home of Franklin D. Roosevelt & the first Presidential Library. Price \$140. Make check payable to Landmark Tours and mail it to the address above by May 6, 2026. Wait list only.

### **Multi Day Trips**



**Multi Day Trip September 27-October 3, 2026** Mackinac Island, the quaint Michigan island where no vehicles are allowed. Trip is for 7 days, 6 nights. Tour the island by horse & carriage, cruise the

Soo Locks, visit Bronner's Christmas Wonderland, Frankenmuth Bavarian Village and much more, not to mention the plentiful fudge shops. Price \$959. Take a \$25 discount if paid in full by June 27, 2026. Make the check payable to Diamond Tours and mail to the

address above. No money is due until next year. **This trip quickly filled up. Please email to be added to the wait list.**

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## Good News for February 2026

### **Medicare Disenrollment**

#### **SHINE Counselors Needed**

This is just a reminder for folks who have a Medicare Advantage plan: if you don't like your plan, or if you received a termination notice that your plan was ending, you have until March 31st to switch.

Anyone who has a Medicare Advantage plan during this "disenrollment" period (January 1st - March 31st) can switch to another Advantage plan or disenroll and go back to original Medicare A&B and pick up a Medicare D plan for Rx coverage. You can check with your SHINE counselor to determine the best option.

So – after Open Enrollment (October through December 7th each year when you can review your Medicare options and change coverage) there's a "disenrollment period" where you can dump or change your Advantage plan.

#### **SHINE Volunteers Needed**

For the curious or those looking for a challenge, our annual SHINE training is this April. We are always looking for volunteers who would like to learn about and help others understand more about their health insurance. I have to say that SHINE training was the most important information I received over the past 30 years. If you're looking for a volunteer opportunity where you can really make a difference, you should consider becoming a SHINE counselor. We really need a couple of counselors for the hilltowns.

If you tried to schedule an appointment to go over your options during Open Enrollment this year, you know the problem. Too many folks need help, not enough counselors to meet the need. "I could never do that," you say? "Too complicated for me to understand?" **Not so.** You don't have to know everything. There are more than 40 SHINE counselors who cover Hampshire/Franklin County. And fortunately, we work together and help each other, operating kind of like a "hive" mind. So, if you get a call, or meet with someone needing help, and you're not sure of the information, help is just an email away.

You don't need to know absolutely everything; you just need to know where to go to get answers. If you want to know more...feel free to get in touch: [coa.volunteer@Burgy.org](mailto:coa.volunteer@Burgy.org) or call the Williamsburg Senior Center Monday or Thursday mornings 413-537-268-8407.

– Deb Hollingworth

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## Frequently Asked Questions about Medicare

### **Who is eligible for Medicare?**

You become eligible for Medicare when you turn 65 and have paid into social security for 40 quarters or 10 years. You become eligible at any age if you have ALS/ Lou Gerich's disease or End Stage Renal Disease. You also become eligible if you have been disabled for 2 years, collecting social security disability.

### **What does Medicare cost?**

Medicare A is free. Medicare B has a monthly premium which this year (2026) is \$202 x month. If you are collecting social security benefits this is usually deducted from your monthly benefit. If you are 65 but not collecting your retirement benefit yet, you can be billed for the Part B premium.

### **Do I have to enroll when I turn 65?**

Most folks enroll in Medicare A when they become eligible, because it's free. You can delay enrolling in Medicare B if you are still working and covered under your employer's insurance or your spouse's employer's insurance. There is a penalty for late sign up.

### **What if I have MassHealth, or a Connector Plan – do I need to get Medicare?**

Yes, you do. Because the State mandates you sign up for Federal (Medicare) coverage when you become eligible. MassHealth has a team that helps you expedite this. Contact your SHINE counselor for details.

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## Seniors Aware OF Fire Education

Open Burning Season began in January and will end on May 1st. You will need a permit from your town's Fire Department, which are given on days when it is safe to burn. It is not safe to burn on windy days or on "red flag" days. The Department of Fire Services recommends the following safe open burning practices:

- The fire area should be at least 75 feet from any dwelling.
- You can only burn from 10am until 4pm.
- You can burn brush, cane, forest debris, and pruning.
- You cannot burn grass, hay, leaves, stumps, tires or construction material and debris.
- An adult should always be present during the burn.
- Keep children and pets a safe distance from the fire.
- Start the fire with paper and kindling. Never use gasoline or any other flammable liquid.

- Build one small fire at a time and slowly add to it.
- Have fire control tools at hand — shovels, rakes and a pretested water supply.
- Be prepared to extinguish the fire if the wind picks up or the fire weather changes, before the town calls you to put it out.
- The safest time of the year is when the ground is wet, frozen or snowy. There are a whole lot of Red Flag days in April during which open burning is not allowed.
- Be aware that the fire towers are staffed during open burning season and they are quick to identify and call in unsafe burns.
- If the fire begins to get out of hand, immediately call 911 and have the Fire Department handle it before it gets to any buildings or woods.

Have an early and SAFE open burning season! --Worth Noyes,

Williamsburg & Cummington Fire Departments

*The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. of Fire Services.*

## All Those Papers!

So, you know how you throw something out and the next day wish you had it? Sadly, that can happen with papers!

You ask: Do I HAVE to keep them ALL?? The good news is short, No. The bad news, you have to figure out which ones. Some of these decisions are personal, some are not. Personal – should you keep old love letters? First car registration? You decide. Not personal –

here I'll explain taxes, or rather, the IRS explains succinctly. I used this link:

[www.irs.gov/businesses/small-businesses-self-employed/how-long-should-i-keep-records](http://www.irs.gov/businesses/small-businesses-self-employed/how-long-should-i-keep-records).

**Taxes:** Keep tax returns and associated documents, like 1099s, or other documents filed with returns or that could affect your future returns. "The length of time you should keep a document depends on the action, expense, or event recorded in the document." Generally, you must keep records that support in-come, deduction or credit shown on your return until you can amend the return to claim a credit or refund, or the IRS can assess additional tax.

1. Keep records for 3 years if (4) and (5) below do not apply to you.

2. Keep records for 3 years from the original filing date or 2 years from your tax payment date, which-ever is



later, if you later refile a claim for credit or refund.

3. Keep records 7 years if you file a claim for worth-less securities or bad debt deduction.

4. Keep records for 6 years if you do not report income that you should, and it is more than 25% of the gross income shown.

5. Keep records indefinitely if you do not file a re-turn." Whew. Jean O'Neil, TRIAD Committee member, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com) , 413-268-2228

***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**



PRSR 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

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Need a ride?

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

## Recipe of the Month

### Lilly Baxter's Date-Nut Bars

**1 cup sugar**

**1 tbsp. butter**

**3 eggs separated and beaten separately**

**½ lb. cut up dates**

**1 cup sugar**

**1 tbsp. butter**

**3 eggs separated and beaten separately**

**½ lb. cut up dates**

**1 cup chopped walnuts**

**1 cup flour 1 tsp. baking powder**

**½ tsp. salt**

Mix in order given, adding egg whites last. Spread in a well buttered shallow pan 8" x 10".

Bake about 30 minutes at 325 degrees until brown all over.

Cut strips and roll in powdered sugar, if desired, when cool.

Makes 3-4 dozen.

Lilly's own tips: "I use Medjool dates rather than regular ones. It makes them more flavorful and moister. I cook the cut-up dates with a little water for a minute or two before adding them to the mixture. You can adjust the amounts of dates to your taste."