

Moving Forward

Activities and Services for Residents 60+



April 2026

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Do not miss:

Upcoming Programs

Regional News

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

Join the email reminder list!

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

**Christine Blakesley,
Coordinator**

413-203-9808

coa@westhamptonma.gov

Monday	Tuesday	Wednesday	Thursday	Friday
March 30 Knitting Group 6 pm Library Yoga 6pm, Library	March 31 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library	1 Wellness Clinic Public Health Nurse 10:30 am, Library Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm	2 Chair Yoga WW 10-11 am	3
6 Knitting Group 6 pm Library Yoga 6pm, Library	7 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library	8 Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm	9 Chair Yoga WW 10-11 am COA Luncheon Laurie Sanders Noon, Church *Author Visit – Maureen Groden Library 6 pm	10
13 Computer Help Library 10-12 *The Klines (Music) 1:30 Library Knitting Group 6 pm Library Yoga 6pm, Library	14 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library	15 Wellness Clinic Public Health Nurse 10:30 am, Library Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm Energy Advocate Office Hours 1-2	16 Chair Yoga Church Dining Room 10-11 am HVES Hot Meal Pickup WW Noon	17 *Flute Recital Saturday 11 am Library
20 Library Closed for Patriots' Day	21 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library Book Club – Library 7	22 Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm	23 Chair Yoga WW 10-11 am TechConnect Library 2-4 pm Art Reception Ellen Koteen/ 5:30 – 7:30 pm Library	24 *Writing Workshop Saturday 10:30 – 12:00 Library
27 Computer Help Library 10-12 Knitting Group 6 pm Library Yoga 6pm, Library	28 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library	29 Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm	30 Chair Yoga WW 10-11 am *Caregivers Discussion (Dementia)	1

* See more Information inside in the Newsletter.

April Lunch Program: Westhampton Wildlife with Laurie Sanders

Thursday April 9, noon, at the Church Dining Room

Westhampton resident Laurie Sanders will talk and take questions about Westhampton wildlife and the importance role our town plays when it comes to wildlife movement on a regional scale. She will also show some of her wildlife videos from the 10+ trail cameras.

Laurie has been enchanting Facebook users with her wildlife videos in the “What’s Up Westhampton” Facebook Group as well as for Historic Northampton where she is a Co-Executive Director.



Fourth Grade Talent Show Review

The COA’s monthly luncheon was a burst of energy and heart as Westhampton’s Fourth Grade class from Mrs. Overstreet’s classroom took the stage with their impressive array of talents. Each year, these students bring a little extra spark to our gathering, and this year was no exception. The room buzzed with anticipation—and the performances did not disappoint.

From the moment the first note rang out, it was clear that a batch of remarkably talented kids had gathered to entertain us. The lineup included gymnastics and fencing routines that showcased strength, coordination, and focus; songs that lifted the room; a rope-making demonstration that blended craft with hands-on learning; and Holland Hooping. The musical moments continued with piano playing that touched the heart, while the floor transformed into a mini arena for soccer skills, basketball and hockey drills, and even some lighthearted comedy that had everyone smiling.

In addition to the athletic and musical talents, the students offered engaging science experiments that sparked curiosity and a sense of discovery in attendees. Drawing lessons and tap dancing added creative flair, giving the audience a well-rounded glimpse of the students’ hard work and diverse interests. It was a proud afternoon for

Mrs. Overstreet and the families who have watched this class grow and flourish year after year.

The show wasn’t the only highlight. Before the performances, students and invited grandparents and seniors from the community gathered for pizza and snacks. The time together nurtured connections that remind us why intergenerational events celebrate more than talent—they celebrate community. It’s a generous tradition that has graced Westhampton for decades, offering a warm, welcoming space where neighbors of all ages come together to share in laughter, learning, and a sense of belonging.

Feedback from attendees was unanimous in its gratitude: the energy, enthusiasm, and variety of acts made this luncheon a standout moment in the town’s calendar. The fourth graders’ performances were described as confident, well-rehearsed, and genuinely entertaining—testaments to the students’ dedication and the supportive environment fostered by teachers, families, and volunteers alike.



As we look ahead, the COA’s luncheon committee remains grateful for the continuity and community spirit that make this event possible. The enduring tradition of Westhampton Fourth Graders entertaining and connecting our town continues to be a yearly highlight—one that brings joy, wonder, and a sense of shared pride to all who attend.

Online Dementia Caregiving Program

Are you caring for someone living with dementia?

Caregiving is meaningful work—but it can also be exhausting and overwhelming. Education, support, and a strong sense of community can make a powerful difference.

We invite you to join us for a special program led by Heidi Zahra, MSN, RN, a faculty lecturer at the Elaine Marieb College of Nursing at University of Massachusetts Amherst.

On **Thursday, April 30th at 10am**, Heidi will speak with caregivers about sleep—one of the most common and challenging issues faced by people with dementia and those who care for them. She will offer practical insights, strategies, and encouragement to help caregivers better understand and manage sleep-related concerns. In addition, she will share information about other educational

offerings and supportive programs available for care partners.

This event is also a wonderful opportunity to connect with fellow caregivers, exchange ideas, and share stories in a welcoming and understanding environment.

Pre-register by contacting Christine Blakesley for the Zoom Link. If you are unable to join us by computer, please let Christine know and we will facilitate computer access, likely at Westhampton Woods.

Hiking News

Message from the Westhampton COA Hikers for March:

A Path into Spring

As we near mid-March when I'm writing this, the snow that's been on the ground since late November is starting to finally disappear. Hopefully it won't be replaced with one of those late March ultra-wet snow events that we sometimes get to shake us out of our spring fever. So, I'm looking forward to those warmer spring days waiting for us to enjoy a jaunt in the woods.



If you enjoy hiking with a great group of people, come join us on our hikes in, and around, Westhampton. You can subscribe to our group email feed list at westhamptonco-ahikers@comcast.net. Please note that all group emails are sent as blind copies (BCC) for your privacy and safety.

-- ***Ray Fontaine***

Thoughts Turning to Green? Explore Electrification Upgrades

-- Hannah Davis, Westhampton's Energy Advocate

Happy April, Westhampton! As the snow melts and the landscape starts to turn green again, it's a good moment to think about the connection between our homes and the environment around us. In this installment of *Why Electrify?*, we're looking at how electrification can help reduce climate pollution.

Many homes in Massachusetts still rely on fossil fuels like oil, propane, or natural gas for heating, hot water, and cooking. Burning these fuels releases carbon dioxide and other greenhouse gases that contribute to climate change. In fact, heating buildings is one of the largest sources of climate pollution in our state.

Electric appliances, especially highly efficient technologies like heat pumps, can dramatically reduce those emissions. Unlike fossil-fueled equipment, electric systems

can run on energy from an increasingly clean power grid. As Massachusetts continues to add more renewable energy like solar and wind, the environmental impact of using electricity will continue to shrink.

If you're curious about which electrification upgrades make the most sense for your home, reach out to Westhampton's Energy Advocate at (413) 529-1400 x 781 or visit masssave.com/community-first/hamptons to explore options, incentives, and next steps.

Hilltown Resource and Job Fair

Rooted in the Hilltowns. Guided by Care.

The Northern Hilltown Consortium is proud to sponsor the upcoming **Hilltown Resource, Job and Volunteer Fair**, an event designed to connect community members with meaningful work and volunteer opportunities that directly support older adults across our Hilltowns and western Massachusetts.

This fair brings together local organizations and service providers who are actively seeking compassionate, dependable employees and volunteers. Opportunities range from caregiving, transportation, and nutrition services to outreach, social support, and community engagement. These roles play a vital part in helping seniors remain safe, connected, and able to age with dignity in their own homes. The need is real—and the impact of showing up is profound.

In addition to employment and volunteer opportunities, the fair will highlight a wide range of resources available to seniors and their families. Attendees can learn more about services including Veteran Affairs benefits, in-home support, help with housekeeping and daily tasks, transportation assistance, nutrition programs, and other community-based supports designed to make daily life safer and more manageable for older adults. Whether you are a senior seeking assistance, a caregiver looking for guidance, or someone hoping to give back, there will be valuable information available.

At the Council on Aging, we believe every older adult deserves access to support, respect, and compassionate care. By strengthening community partnerships and empowering people to share their time and talents, we reinforce the networks that serve our elders and enrich the fabric of our small towns. When you work or volunteer in elder services, you are not just filling a position—you are becoming a trusted presence in someone's daily life.

Event Details

Saturday, April 25, 2026

10:00 a.m. – 2:00 p.m.

**New Hingham Regional Elementary School,
Chesterfield, MA**

All community members are encouraged to attend. Come explore opportunities, connect with local

organizations, and help strengthen the care and compassion that define our Hilltowns.

- Veterans Affairs
- 7 town Councils on Aging
- Funeral Consumers Alliance of Western MA
- Service Net
- Elder Care Access
- Highland Valley Elder Services
- Hilltown CDC
- New England Wound Center
- Hilltown Elder Network HEN Prog
- Trinity Health
- Foothills Health District
- Chesterfield 4th of July Parade Committee
- TechConnect
- Area Fire Department
- Northwest DA – Consumer Protection Unit
- SHINE
- Blood Pressure Clinic
- Area Assisted/Independent Living
- Hampshire Public Health

Veterans' Corner

From Tom Geryk our Veteran's Agent ...

Our free veterans' luncheon for January will be on April 1st 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 or 413-529-4599; 413-270-2254

Join Us!

Westhampton Council on Aging Seeks New Members!

The Westhampton Council on Aging (COA) is seeking energetic and passionate individuals to join our Board. We have begun a search for new members who would like to work with others who have volunteered their time to support and promote the COA mission, and bring enthusiasm and knowledge to help us plan for the future.

The focus of our Council is to provide oversight while influencing and developing policy, building community relationships, participating in strategic planning, and giving voice to the needs of older Westhampton residents who now represent a growing and dynamic segment of our town's citizenry. Our Council meets once a month and members serve as liaisons to other town advisory boards according to their interests. Seniors, non-seniors interested in aging issues, persons with disabilities, and diverse persons are encouraged to apply. Prospective members are encouraged to attend a meeting.

If you are interested in volunteering on a dynamic Board and have a passion for advancing issues related to aging, health and quality of life in your community please contact the Coordinator or any Board member to express your interest or learn more about participating.



Library News

April Library Programs

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

Library closed April 20th - Patriots' Day

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)

Computer Help w/ Bob Miller - second and fourth Mondays from 10am to 12pm

Knitting Group - Mondays at 6pm

Yoga - Mondays at 6pm

Scrabble Group - Tuesdays at 2pm

Book Group - 4th Tuesdays at 7pm

Walk-in Wellness Clinics w/ Westhampton's Public Health Nurse - 1st and 3rd Wednesdays at 10am - 11:30am

Coffee & Chat - Wednesdays from 10am - 12pm

Tech Connect drop-in tech help - Thursday, March 26th from 2pm to 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>

**Author Visit - Maureen Groden
Thursday, April 9th at 6pm**

Meet local author and hospice nurse Maureen Groden, RN and hear about her new book "When a Loved One is Dying: Conversations About Care, Connection and Coping". When faced with a loved one's serious illness, many families find themselves overwhelmed, uncertain, and afraid. In this compassionate guide, hospice nurse and educator Maureen Groden, RN, offers a sympathetic and deeply human glimpse into one of life's most challenging passages. Copies of the book will be available for purchase at the event. Stop by the library and receive a 30% coupon code for the book if you wish to purchase it ahead of time. Special thanks to the Friends of Westhampton Public Library and the Lyn Keating Programming Fund for sponsoring this event.

**The Klines: Appalachian Traditional Songs Concert
Monday, April 13th at 1:30pm**

Michael and Carrie Kline's lives are inspired by Appalachian music and culture. Their performances travel from ancient caves to kitchen music. Their voices carry the songs with truth and authenticity, and their guitar accompaniments and haunting harmonies get you where you live. As folklorist-musicians the Klines weave songs and stories, evoking the times that really matter, time with family and friends, spiritual times, wrapped in a patchwork quilt of vivid imagery. You can smell the biscuits baking.

The band also features two Valley greats: Joe Blumenthal, known widely for his upright bass accompaniment in Klezmer, Arabic, Balkan, Bluegrass and Old-Time settings and Jim Armenti, a beloved name in Western Mass, known as a band member for the Young At Heart Chorus and the Lonesome Brothers. Here he performs his

dynamic mandolin work. Special thanks to the Friends of Westhampton Public Library and the Lyn Keating Programming Fund for sponsoring this event.

**Katie LaFond and Judee Wayne - Flute Concert
Saturday, April 18th at 11am**

Enjoy beautiful flute music performed by Westhampton's own Katie LaFond and Judee Wayne. Light refreshments will be served. Special thanks to the Friends of Westhampton Public Library and the Lyn Keating Programming Fund for sponsoring this event.

**Ellen Koteen - Art Reception
Thursday, April 23rd from 5:30pm to 7:30pm**

Taking photographs of nature gives me joy and a sense of peace. Capturing the beauty of a flower, animal or landscape in a photograph allows me to hold on to that joy and to share it with others. I delight in and am inspired by the detail, design and colors contained within a single flower, an animal or scene. I have a sense of losing myself in the experience of trying to preserve the incredible beauty and harmony of nature and the light and shadows of any given moment. Hours fly by in this pursuit. The opportunity to show my work is a gift. —Ellen Koteen, Photographer

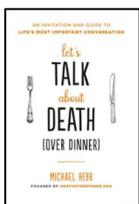
**Lara Tupper Writing Workshop - Mary Oliver as Muse --
Saturday, April 25th from 10:30am to 12pm**

Beloved Massachusetts poet Mary Oliver (1935 – 2019) wrote of self-compassion and the natural world. In this writing workshop, Lara Tupper will help you explore these themes in Oliver's poems and in brief writing exercises. No writing experience or prior knowledge of Oliver necessary, just a willingness to be curious on the page. All adults are welcome to attend. Please bring a notebook, a pen, and any writing tools that serve you. Registration is required. Please contact Lara to register at <https://www.laratupper.com/contact>. Special thanks to the Friends of Westhampton Public Library and the Lyn Keating Programming Fund for sponsoring this event.

Out and about in the Hilltowns

Let's Talk about Death

A discussion series around the book "Let's Talk about Death over Dinner," by Michael Hebb, will be offered at the Cummington Community House in April and May.



"Given the right framing, a "difficult" conversation does not need to be difficult. It can be liberating. It can even be transformative," Michael Hebb.

Death Doula Stacey Mackowiak will lead us through a "guided conversation that transforms a seemingly difficult conversation into one of deep engagement, insight, and empowerment."

Michael's book will be provided at an introductory session on Thursday April 16th from 4-5pm. On Thursdays May 7th and 14th dinners will be held from 4:30-6:30pm to share our thoughts on questions posed in the book.

Participation is limited to 15 individuals. Please RSVP with Polly at pryan@town.plainfield.ma.us or call 413-212-1581.

All individuals in the seven COA Consortium Hilltowns are welcome to participate. (Williamsburg, Goshen, Cummington, Plainfield, Worthington, Chesterfield, and Westhampton).



This is an event funded by a grant from the Massachusetts Council on Aging

Good News for April 2026

Finding home care resources can be a challenge. If you need a little help...like grocery shopping, rides to medical appointments, meals, or help remembering to take Rx, there are several affordable resources available.

If you need help daily for personal care like bathing, dressing as well as help with laundry, grocery shopping, and meal prep, then finding a reliable, skilled provider can be more complex.

Let's start with those of us who need a little bit of help to keep ahead of housework, laundry and making meals. And perhaps you want to give up driving, but still need to get to medical appointments, or out to do errands.

Affordable resources might include services from Highland Valley 586-2000 or the HEN (Hilltown Elder Network) program at the CDC 296-4232. And your senior center might be able to help with transportation to appointments and help with meals.

Your senior center can also recommend ways to get you started on what kind of help you need, and who provides it. Most of these services are free or at low cost.

For more help understanding what's available, Highland Valley has a free consultation service called Options Counseling which can give you an overview of resources for your particular situation.

Paying for home care services is the next challenge

Home care help can be paid for a number of ways.

1. Medicare pays for home care services if you are discharged home after rehab or hospital for a planned surgery or after an unplanned medical event. Your doctor can "write orders" for OT, PT or RN. While helpful, these services are not designed to give you daily assistance and are short term, usually for 2-4 weeks.
2. If you need more help and are an eligible veteran, you may be able to get ongoing services through the VA. Call your senior center to see when you can speak with your veteran's agent.
3. While Medicare doesn't pay for ongoing home care help, MassHealth does. And you may be eligible for MassHealth benefits. Check with your SHINE counselor for eligibility requirements.

Long Term Insurance policies, if you have one, they pay for home care benefits. So dust off that policy you began years ago and read the contract to see how to access your benefit.

4. Paying privately is expensive, but if you want to stay home safe and get the care you need, this may be the time to consider it.

Next month we'll talk about how to look for home care services providers. Meanwhile, don't miss an

opportunity to see what's available at the April 25th Resources Fair which is being held at New Hingham School in Chesterfield. See you there!

Community Connector

The Hilltown Elder Network (HEN program) is looking to help our Hilltown seniors! If you are in need of assistance with house cleaning, meal prep, grocery shopping, or transportation please call the number below to sign up. It is a free service, if income eligible, provided by Hilltown CDC.

If you are a senior looking to make a little extra money (\$22 an hour) while helping out a community member, please call! Hours are flexible and can be as little as two hours a week. We have some HEN workers that are also HEN caregivers. We will be having a job fair on Saturday, April 25th from 10-2 at New Hingham Elementary school where HEN will have a booth with all



the info you will need to get started as a caregiver or one receiving help. Feel free to contact Jennifer O'Connell at 413-296-4536 ext. 110 or email at jennifer-ero@hilltowncdc.org for more information or to sign up sooner than the job fair.

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
- mail: 11 Stage Rd. Williamsburg, MA 01096

Day Trip May 3rd, 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 check payable to Landmark Tours and mail to the address above NOW. A few seats are still available.

Day Trip May 8th FDR Homestead, Library and Val Kill. Contact Forbes Library 413-587-1011.

Day Trip June 11th, Million Dollar Quartet play. New London Barn Playhouse presents a jukebox musical that dramatizes a real and remarkable moment in music history. Four future legends, Elvis Presley, Johnny Cash, Carl Perkins, Jerry Lee Lewis happened to gather in the same studio. Includes a buffet luncheon at Colby-Sawyer College. Price \$177. Make a check payable to Landmark Tours and mail NOW to the address above. I need 10 more to make the trip a-go.

Day Trip June 23rd, Portsmouth Harbor Cruise and Fosters' Lobster/Clambake. Before the Portsmouth Harbor cruise, enjoy lunch at Fosters in York Maine offering a choice of lobster or BBQ chicken or vegetarian option.

Price \$160. Make a payable to Landmark Tours and mail NOW to the address above.

Day Trip July 12, 13, 14 or 15 Tall Ships in Boston. Contact First Choice Tours 1-413-665-9090.

Day Trip August 3rd Encore Casino. \$50 Cost Includes: round trip bus transportation, driver gratuity & \$20 in free slot play. Meals on your own. Make check payable to Francine Frenier and mail to address above by June 6, 2026. 35 passengers are needed for this trip to go.

Day Trip September TBD Big E.

Day Trip Nov/Dec Holiday trip TBD

TechConnect Technology Help for April

TechConnect Technology Help for April

TechHub workshops and tech support sessions are returning to Chesterfield on alternate Fridays Workshops are one hour beginning at 10:30 am and technical support drop-in sessions will follow from 11:30-1:30. All sessions will be held at 400 Main St., Chesterfield, downstairs. Classes are free and there is no need to register. Note date and topic changes from previous newsletters.



Workshops

- April 3 - Online Safety & Avoiding Misinformation
- April 17 - Introduction to Google Workspace
- May 1 - Cloud Basics & Google Drive
- May 15 - MS Excel Basics
- May 29 - Windows 11 Operating System Basics
- June 12 - Designing with Canva
- June 26 - Zoom Basics

Tech Support home visit is available by appointment

Call or message 413-296-5080 to arrange a home visit or email coaTechHelp@gmail.com for help.

Devices for you: Refurbished PC laptops 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.

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, 4/16

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 4/23

Williamsburg

Meekins Library Drop-In tech support from 10 :30 to 12:30 2nd Tuesday, 4/9

Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2nd Tuesday, 4/9

Worthington tech support - contact Eileen Daneri eadaneri@gmail.com.

NOTE: Plainfield and Cummington residents should call 413-296-5080 for an appointment or use the Chesterfield site.

Internet Hotspots Funding for hotspots data has ended. Call 413-296-5080 for help with finding the right low- cost internet plan for you.



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



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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

WHAT IS THE NORTHERN HILLTOWNS CONSORTIUM?



The Northern Hilltowns Consortium (NHC) is comprised of the Directors/Coordinators of seven Northern Hilltowns – Williamsburg, Westhampton, Chesterfield, Goshen, Cummington, Worthington and Plainfield.

This group of COAs has been meeting monthly since the late 1990's. It is a partnership, collaboration, support group, network of dedicated, knowledgeable, and highly effective COA leaders.

The group focuses on ways to improve quality of life, help maintain independence, reduce isolation and loneliness to support aging in place in the hilltowns. The Consortium has had success in applying for grants over the years because our small towns collaborate. This funding benefits our seven-town region, most notably bringing you the TechConnect Program (nearly \$300,000 in 2023). The NHC has been awarded Service Incentive Grants (SIG) since 2015 to develop and coordinate services in our region. For several years we have also received Highland Valley Elder Service grants for our Community Connector Program, intergenerational and fitness programming. The group has hosted region wide events, such as the successful "Let's Have a Conversation about Memory" , featuring Dr. Rebecca Starr. NHC collaborates to get grants and create worthwhile events to bring to you and our communities.

The NHC website contains every COA's newsletter each month. We encourage you to read all or some of them. It also has a variety of information about resources, tech services, and town COA details.

Please visit the website at <https://www.northernhilltownscoas.org> All seven of the Consortium Councils on Aging will be at the April 25 Resource, Volunteer and Job Fair.