

Moving Forward

Activities and Services for Residents 60+



May 2026

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Do not miss:

Upcoming Programs
 Regional News/Trips

**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

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| April 27 Knitting Group 6 pm Library Yoga 6pm, Library | April 28 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm | April 29 Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm | April 30 Chair Yoga WW 10-11 am Caregivers Online Discussion (Dementia) | May 1 *Broom Tying Workshop with Kay Judge Saturday, May 2nd 11am - 12:30pm |
| 4 Computer Help Library 10-12 Knitting Group 6 pm Library Yoga 6pm, Library | 5 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library | 6 Wellness Clinic Public Health Nurse 10:30 am, Library Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm | 7 Chair Yoga WW 10-11 am | 8 Friday Special Library Hours 10 AM – 1 PM Saturday Library Closed for Town Meeting 9:00 AM |
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| 25 Library Closed for Memorial Day | 26 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library Book Club – Library | 27 Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm | 28 Chair Yoga WW 10-11 am TechConnect Library 2-4 pm | 29 |

* See more Information inside in the Newsletter.

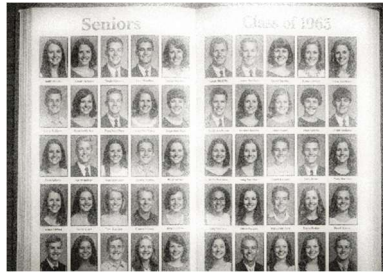
JUNE SAVE THE DATES FOR THE LIBRARY:

Concert - Beatles Evolution with Peter Pruyn - Saturday, June 6th at 11am

Dedication of memorial for Carolyn "Lyn" Keating - Saturday, June 13th at 11am (More information T.B.A.)

May Program

Are you ready for some fun and good food? Join us on Thursday, May 14th for a delicious lunch provided by our generous volunteer cooks and bakers followed by do you know who this is. Please bring a teenage picture of yourself in an envelope with your name on the back. After lunch we will open the envelopes and start guessing.



Hope you can make it!

COA cooks and bakers

Do you like to cook or bake? Would you be willing to help with our monthly luncheons held in the church hall? If you would, please contact Colleen Basile at 413-237-9162 or cb1211@verizon.net.

ICYMI (In Case You Missed It) ...

Our Local Landscape with Laurie Sanders

April's luncheon featured a truly captivating presentation by Laurie Sanders, Co-Executive Director of Historic Northampton, who brought Westhampton's rich natural history to life in a way that resonated with everyone in the room.

Laurie shared her deep knowledge of the local landscape, weaving together the past and present to help us better understand the wildlife we encounter right outside our own back windows. Her talk highlighted how the region's history—its forests, waterways, and patterns of human activity—continues to shape the habits and habitats of the animals that live among us today.

One of the highlights of the presentation was a series of remarkable videos captured from Laurie's network of 17 strategically placed trail cameras. These glimpses into the hidden lives of local wildlife offered a rare and fascinating perspective—reminding us just how active and interconnected our natural surroundings truly are, even when we're not watching.



Laurie's presentation was both informative and deeply engaging, sparking curiosity and conversation among attendees. It was a wonderful opportunity to learn more about the environment we call home and to gain a renewed appreciation for the wildlife that shares it with us.

We were also delighted to see so many new faces at this month's luncheon. Your presence helped make the event especially vibrant, and we hope to welcome you back again soon!

Reminder – Town Meeting, May 9

In Massachusetts municipalities, an *Annual Town Meeting* is a regular, scheduled gathering—usually held in the



spring—where residents vote on key issues like the town's operating budget, bylaws, and other long-term planning matters. One major function of the Annual Town Meeting is to approve appropriations of town funds for the upcoming

fiscal year, which begins on July 1. These funds typically become available for use at the start of that fiscal year.

Westhampton Town Meeting will be held on Saturday, May 9th starting at 9:00 AM. All registered voters are encouraged to attend. If you have not returned your Town Census form you should contact the Town Clerk, Kayla Diggins, to make sure you are an active voter. She can be reached at clerk@westhamptonma.gov or (413) 203-3080.

Town officials expect to make final recommendations before the Town Meeting, where residents can also make suggestions and potential changes. If there are still outlying funds after the May 9 Town Meeting, the meeting will need to be continued to a date before the end of the current fiscal year on June 30.

Upcoming Programs – Save the Date

The Hampshire Regional High School Band and Chorus will be reprising their Spring Concert for our June luncheon, Thursday June 11th.

We will need extra home-cooked dishes and baked goods for this crowd. See Colleen's details above and the recipe for Mac and Cheese on the next page.

Hiking News

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*

Mac and Cheese

Creamy Macaroni and Cheese Recipe

Ingredients

- 2 cups uncooked elbow macaroni
- 1/4 cup butter, cubed
- 1/2 cup all-purpose flour
- 1-1/2 cups fat free milk – I use 1%. Use whatever you have.
- 1 cup (8 ounces) light sour cream
- 8 ounces process cheese, cubed – I use American Cheese.
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/2 teaspoon ground mustard
- 1/2 teaspoon pepper
- 2 cups (8 ounces) shredded cheddar cheese

Instructions

1. Cook macaroni according to package directions. Meanwhile, in a large saucepan, melt butter. Stir in flour until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened.
2. Reduce heat; stir in the sour cream, process cheese, Parmesan cheese, salt, mustard and pepper until smooth and cheese is melted.
3. Drain macaroni; toss with cheddar cheese. Transfer to a greased 3-qt. baking dish. Stir in cream sauce.
4. Bake, uncovered, at 350° for 35-40 minutes or until golden brown and bubbly.

Spring Cleaning

A Light, Practical Guide to Decluttering for You and Those Who'll Come After

Spring is a natural moment for fresh starts — windows open, closets rearranged, and the urge to tidy up after winter. Death cleaning (döstädning in Swedish), popularized by Margareta Magnusson in *The Gentle Art of Death Cleaning*, frames that spring-cleaning energy with an extra purpose: organizing your things so life is simpler for you now and easier for family later. It's not morbid; it's practical, humane, and oddly liberating.

What is death cleaning?

- At its heart, death cleaning is decluttering with the future in mind. You sort, label, and pare down possessions so that if someone needs to manage your home after you're gone, they won't have to wade through decades of stuff.

- It's about making choices now, when you can enjoy them, instead of leaving decisions and heavy emotional work to others.

Why it's different from regular spring cleaning

- Intention: Spring cleaning often focuses on cleanliness and usability. Death cleaning adds an emotional and logistical layer — who will keep this, and why?

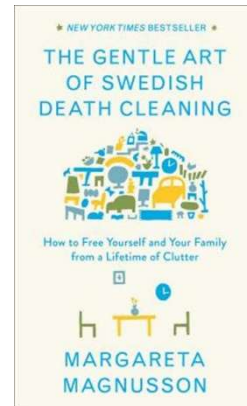
- Conversation: It encourages talking to family or friends about what should be kept, gifted, or discarded.

- Legacy-minded: You prioritize items with meaning and remove those that create burdens.

A gentle approach (inspired by Magnusson)

- Start small: Tackle one drawer, one closet, or one category (books, jewelry) at a time.

- Ask useful questions: Who will want this? Does it bring me joy or practical value now? Is it easy to explain why it matters?



- Keep memories, not mountains: Photographs and stories are more important than every physical memento. Digitize where possible.

- Be realistic and kind: You can keep treasures — the goal isn't minimalism for its own sake but clarity and care.

Practical spring-death-cleaning checklist

1. Set a realistic scope: Choose one room or day a week. Short sessions beat overwhelm.

2. Sort into four piles: Keep, Gift/Pass on, Donate/Sell, Recycle/Discard.

3. Label and document: For items you keep with future instructions (family recipes, heirlooms), write a note explaining its significance and suggested caretaker.

4. Digitize: Scan important papers, photographs, and certificates. Back them up to cloud storage and share access instructions with a trusted person.

5. Consolidate paperwork: Keep essential documents (will, power of attorney, insurance policies) in a clearly labeled, fireproof folder and tell someone where it is.

6. Tackle clothes the seasonal way: When you bring out spring clothes, decide what you actually wear; donate what you don't.

7. Photograph big items: For furniture or collections you intend to pass on, photos plus short descriptions help family remember and decide later.

8. Gift intentionally: If something is meant for a specific person, consider giving it now — it's a gift for both them and yourself.

9. Reduce duplications: Tools, gadgets, and kitchenware often accumulate. Keep the best, let the rest go.

10. Make it social: Invite a friend or family member to help. Conversations can reveal who really wants what and why.

Emotional tips

- Give yourself permission to feel attached. Keep a few meaningful things and let go of the rest.
- If grief or indecision stalls you, make a temporary “maybe” box to revisit in a month.
- Celebrate progress. Each cleared drawer is a small act of care — for you and for others.

Small rituals to make it pleasant

- Play uplifting music, light a candle, brew tea.
- Reward yourself after a session: a walk, a meal, or a quiet hour reading.
- Create a final step: a short list of what you did and where important items are now stored.

Why it's worth doing this spring

- Immediate benefits: Less clutter, clearer living spaces, and less time spent searching for things.
- Long-term relief: Family members avoid difficult decisions under stress and can remember you for who you were, not what you left behind.
- Empowerment: You get to decide what matters and pass on what you choose, thoughtfully and lovingly.

Final thought

Think of death cleaning as spring cleaning with heart. It's a practical, compassionate way to simplify your surroundings, preserve meaningful items, and spare those you care about unnecessary worry. Tackle it a little at a time, keep conversations open, and remember: the point is to make life lighter — for you today and for your loved ones tomorrow.

Veterans' Corner

From Tom Geryk our Veteran's Agent ...

Our free veterans' luncheon for May will be on May 6th at the Easthampton Congregational Church (ECC) at noon.

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

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.

Peepers Keeping You Up at Night?

On a damp spring evening, just when winter finally loosens its grip, the woods begin to hum with a sound that feels almost electric. It's not the wind, and it's not quite a chorus you'd hear in summer. It's the tiny but mighty peeper frogs—those thumb-sized musicians who seem to take their job very seriously.



Spring peepers don't care much for grand entrances. You probably won't see them at first. Instead, you'll hear them: a high-pitched “peep, peep” that builds into a shimmering wall of sound.

For such small creatures, they produce an impressively loud performance, as if they're announcing, “Spring is officially open for business.”

Their stage? Vernal pools. These temporary, rain-fed ponds appear like seasonal miracles—here one month, gone the next. They form in shallow depressions in forests, filled by melting snow and spring rains, and they lack fish, which makes them ideal nurseries for amphibians. To a peeper, a vernal pool is less a puddle and more a bustling springtime metropolis.

On any given night, male peepers gather at these pools and call out in hopes of attracting a mate. It's part serenade, part friendly competition, and part full-volume jam session. If you've ever walked past a vernal pool at dusk, you know the feeling: it's like stumbling upon a tiny, hidden concert in the woods.

The beauty of vernal pools is their fleeting nature. By summer, many dry up completely, leaving behind no trace of the lively drama that unfolded there just weeks before. But during their brief existence, they are essential—supporting not just peepers, but salamanders, insects, and a whole cast of springtime regulars.

So the next time you hear that chorus rising from a shadowy patch of forest, pause for a moment. Somewhere nearby, beneath the leaf litter and beside a temporary pool, a small frog is singing its heart out—celebrating warmth, water, and the simple joy of being alive in spring.

And really, who could blame it?

Library News

May Library Programs

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

Special Note: By vote of the Library Trustees, the library will be closed on Saturday, May 9th for Annual Town Meeting. Instead, the library will be open on Friday, May 8th from 10am - 1pm.

Library closed May 25th - Memorial Day

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 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, May 28th 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>

Broom Tying Workshop with

Kay Judge

Saturday, May 2nd, 11am - 12:30pm

Join Kay Judge to learn the art of tying brooms. You'll also learn about the history and process of tying brooms. Each participant will create their own hen's wing style broom to take home. Supplies are limited and registration is required. Please email westhampton@cwmares.org or call 413-527-5386 to sign up. Special thanks to the Friends of

Westhampton Public Library and the Lyn Keating Programming Fund for sponsoring this program.

Film Screening - From Sea to Shining Sea Thursday, May 14th at 6pm

In early celebration of the forthcoming 250th national celebration of the signing of the American Declaration of Independence, please join us for a film that tells the story



of a very familiar tune. America the Beautiful may be America's most beloved song. But few know about the fascinating life of the writer behind it. The film From Sea to Shining Sea directed by John de Graaf explores the rich life of poet, professor and social reformer Katharine Lee Bates, author of America the Beautiful. Special

thanks to the Friends of Westhampton Public Library and the Lyn Keating Programming Fund for sponsoring this program.

And, save the dates...

Concert - Beatles Evolution with Peter Pruyn Saturday, June 6th at 11am

Before the British Invasion of the 1960s, early American Rock 'n Roll invaded the shores of Liverpool. Join Peter Pruyn ("prine"), former keyboardist and vocalist with the Downtown Sounds Beatles Ensemble, to go on a musical journey down memory lane with the songs and stories that inspired the Beatles before they were the Beatles, including hits by: Ray Charles, Eddie Cochran, Buddy Holly, Elvis Presley, and others, followed by a sampling of the subsequent songs of the Beatles.

Dedication of memorial for Carolyn "Lyn" Keating Saturday, June 13th at 11am (More information T.B.A.)

Out and about in the Hilltowns

Strength In Numbers

A Fall Prevention Program will be a six week program starting on May 4 at the Goshen Town Hall at 1:30-2:30pm. Taught by Physical and Occupational Therapists from the Cooley Dickinson VNA, this free program covers topics including determining our own risk of falling, strength and balance activities to do at home, managing medications, visual concerns and age-related changes, and home safety recommendations. Practical items will be distributed free of charge to participants. To reap the full benefits of the program, participants are asked to commit to all six sessions if possible.

We will meet on six consecutive Mondays with the exception of Memorial Day on May 25. This program is free thanks to grants from the Eversource Energy Foundation and the Roy Foundation. Please contact Kerry Normandin at atcoa@goshen-ma.us or call 268-8236 x118 to sign up by April 29- we welcome and encourage older adults from all the Hilltowns to attend.

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 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.

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. Wait list only.

Day Trip July 12, 13, 14 or 15 Tall Ships in Boston. Contact First Choice Tours 1-413-665-9090. Also, Southampton Senior Center has a trip scheduled for July 13 th . \$157. Departs at 6am. Call 413-529-2105 to sign up.

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. 19 passengers are needed for this trip to go.

Day Trip September TBD Big E.

Day Trip December 8th Merry Christmazz Holiday Variety Show. Jimmy Mazz performs seasonal traditional and contemporary tunes from various artists. Yankee Pot Roast lunch and show at Storrowton's Carriage House, W. Springfield. A drive through Bright Nights follows. Make an \$80 check payable to Francine Frenier and mail to address above by October 6, 2026.

TechConnect Technology Help for May

TechHub workshops and tech support sessions

Chesterfield workshops are one hour beginning at 10:30 am and technical support will follow from 11:30-1:30. Sessions will be held at 400 Main St., Chesterfield,  downstairs. Classes are free and there is no need to register. **Meekins Library will also host TechHub for workshops and tech support sessions.**

Workshops in Chesterfield

- 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

Workshops at Meekins Library (Workshop at 1:30 followed by 1 hour of tech support)

- May 11 Google Workspaces
- June 1 Cloud Basics

Tech Support home visit is available by appointment
Call or message 413-296-5080 to arrange a home visit.

Devices for you: Refurbished PC laptops and iPads
If you are looking for a free refurbished laptop or iPad, please call 413-296-5080 and leave us a message. We will offer free devices while our supply lasts. If you have received a device and are not using it, please call our number to arrange a return so someone else can use it.

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, 5/21
- Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 5/28
- Williamsburg
 - Meekins Library Drop-In tech support (call library for latest information)
 - Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2 nd Tuesday, 5/14
- Worthington tech support - contact Eileen Daneri eadaneri@gmail.com.

and MassHealth, and may have contracts with the Va or State Home Care agencies like Highland Valley. Which means there may be help paying for the services you need.

Unregulated companies are most likely to be private pay only. Cost of care varies depending on where you live, what you need and how many hours x day, or a week you need. One good thing in favor of the private pay providers.... the customer is always right, because if you're not happy, you can take your business elsewhere, so these home care providers are highly motivated to please. While the regulated, certified providers must meet standards of care, they sometimes have issues when it comes to customer service.

So there's a trade off. Let me say that there are many Certified/regulated home care providers that provide excellent customer service and understand the importance of maintaining a reputation for same. You might look for well-established companies who have been in business long enough to establish a reputation for excellence.

Good News!

Looking for Home Health Care?

May 2026 When looking for home care help, it's important to understand that Massachusetts does not regulate these businesses unless they have contracts with MassHealth, other State agencies, or are certified Medicare home care providers.

Being regulated means they have to meet standards of care in order to keep their certification. Of the approximately 400 home care companies in Massachusetts, only about 1/3 of them are subject to regulation.

Standards of care include CORI checking their employees, when hired, supervising them on the job, and providing ongoing training to insure a level of skill. So that's a good thing. But odds are, you are more likely to find a company that is not regulated.

Does it matter if your home care company is not regulated?

Depends on what kind of help you need, and perhaps how long you expect to need it. Because home care help is expensive and regulated companies can bill Medicare,

Where do you go to look for these providers? You might start with the Medicare.gov web site. This site lists certified Medicare providers and starts by asking your zip code to narrow the search for those companies near you. The Massachusetts Home Care Aide Council also has a helpful web site. This is a non-profit association of home care agencies that provides training opportunities as well as guidelines for standards of care. Mass PCA Directory helps those who would like to become a PCA worker, those looking for PCA training.... and those looking to hire a PCA worker.

You might also speak with your doctor's office, hospital or rehab for a recommendation.... especially if you think Medicare might pay for services. To get you started.... Your senior center may be able to recommend several home care providers. A lot will depend on what kind of help you need, and whether or not there are ways to get help paying for it. Next month we'll explore who pays for home care help and whether or not you might qualify for MassHealth benefits.

***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 Christine Blakesley
413-203-9808**

Thank You
to the Highway Department
for delivering sand to
Westhampton residents!