

Moving Forward

Activities and Services for Residents 60+



July 2026

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*Important News about
this Newsletter –
Back Cover*

Do not miss:

Upcoming Programs
Regional News/Trips
COA Newsletter 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
29 Knitting Group 6 pm Library Yoga 6pm, Library	30 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm	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 Library Closed Saturday for July 4 *Bell Ringing at 2:50 Saturday Church
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 Ice Cream and Wound Care Program Noon, Church Chair Yoga WW 10-11 am	10 *Field of Dreams July 10th – Zydeco Connec- tion
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20 Knitting Group 6 pm Library Yoga 6pm, Library *The Black Experience of the Revolution” 7 PM Online	21 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library Book Club – Library	22 Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm	23 Chair Yoga WW 10-11 am TechConnect 2-4 pm	24 *Field of Dreams July 24th – Little House Blues
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* See more Information inside in the Newsletter.

July Ice Cream Social and Wound Care Program

Come enjoy some delicious ice cream and meet with members from New England Wound Care. As you age, you become more susceptible to wounds. Learn about how to prevent and manage different common wounds like diabetic wounds, pressure wounds, and more. You'll also learn about ostomy care. Bring your questions!

A little more about New England Wound Care:

New England Wound Care is a specialized wound and ostomy care clinic with offices in Easthampton, Florence, Amherst, Westfield and Greenfield. We treat a variety of wounds including diabetic wounds, pressure wounds, venous wounds, surgical wounds, and more. We are also one of the only places in Western Massachusetts which specializes in ostomy care. This year marks our ten-year business anniversary.

Website: <https://newenglandwoundcare.com/>

The luncheon will take place on Thursday, July 9th at 12:00 p.m. at the Church.



valued at five dollars each, for a total of \$25 per coupon booklet. We expect the booklets to be the same this year.

The qualifications last year were to be 60 years or older and have a household income at or below 185% of Federal poverty level (Household of one \$28,953/yr; Household of two \$39,128/yr). We expect the qualification levels to be similar to last year.

If you are interested in receiving these coupons, please contact Lorraine Galica at 413-387-3960 or lagfjord@comcast.net. If we don't have booklets for all, then names will be drawn at random. Anyone not drawn will be put onto a waitlist. Last year we were able to request more booklets, and everyone that wanted coupons did receive them. The coupon books will be delivered to you once they are available.

The Farmers' Market Coupon booklets are part of the Farmers' Market Nutrition Program which follows the Non-Discrimination Statement at the following link: <http://www.fns.usda.gov/sites/default/files/cr/Nondiscrimination-Statement.pdf>.

FARM SHARES AVAILABLE IN 2026

The Farm Share program will be available again this summer. A Farm Share consists of a small box of fresh organically grown vegetables, grown and picked by Intervale Farm in Westhampton. The shares will be available once a week, from July to September, to be picked up at Intervale Farm. There will be 12 Farm Shares available this summer. The recipients of the shares will be chosen based on the order of the request. If you are interested in receiving a farm share, please contact Lorraine Galica by phone at 413-387-3960 or by email at lagfjord@comcast.net. For anyone that does not have a means of collecting their own, the share will be delivered to you by volunteers. Each recipient will be phoned with the final details on dates and pick up time.

This program is supported through ARPA funding for Food Security and Nutrition Assistance.

Monthly Hot Meal Pickup

The Westhampton COA hosts an ongoing Hot Meal Program sponsored by Highland Valley Elder Services (HVES) for residents 60 and over. There is no income eligibility to register for this program but a voluntary contribution of \$4 per meal is asked of those that can afford it. The meals are freshly made by HVES under Serve-Safe Certification, and packaged into a sealed tray. They are available on the 3rd Thursday of each month at Unit F of Westhampton Woods (13 Main Road) at 12:00 noon. To register, please contact Lorraine Galica at lagfjord@comcast.net or call at 413-387-3960. Registration must be done at least 8 days in advance of the monthly meal. For anyone that desires a meal and does not drive, someone else can pick it up for you, or you can ask us to make arrangements for delivery by one of our volunteers.



Food, Glorious Food

The COA is proud to participate in several food programs for Westhampton residents. Our Farm Shares are available with Intervale Farm and the Farmers Market Coupons are available. Both are on a first come first serve basis, so don't sit on these great opportunities for fresh local food this summer!

FARMERS MARKET COUPONS 2026

We expect Farmers' Market Coupons to be available again this summer (best guess is July). This program is sponsored by the Commonwealth of Massachusetts Dept of Agriculture and intended to support the nutrition of seniors. Last year each coupon booklet was for 5 coupons



Heads Up – COA Budget Cuts Will Effect this Newsletter

The Town contribution to the COA Budget was cut by 46% at Town Meeting. The reduction in funds will impact our ability to continue monthly mailings to over 430 homes with a resident aged 60+. Check out the box on the back cover for more information.

Bell Ringing for 250!

Westhampton Church Bells Will Ring for 250th

The National Bell Festival has invited bells and bell towers across America to ring out together on Independence Day, creating a canopy of sound over our nation. Cathedrals and churches, community organizations and historical structures, national parks and memorials, and people from coast to coast are encouraged to gather and contribute to the sound.

This symbolic gesture of ringing bells together celebrates our commitment to community, honors our nation's incredible past, and inspires the next generation of American patriots. Westhampton Church will join other bells across the nation on July 4, 2026. So that we can all ring together, the starting time for bells to ring will be at 2:50pm.

If you're close enough to the center of town, listen for the church bell ringing as we raise a patriotic clangor from sea to shining sea! <https://www.bells.org/blog/bell-ringing-guidelines-americas-250th>

Bring Your Cowbells

All bells are welcome and invited to participate, from a single handheld bell on a front porch to a grand carillon in a multistory tower. If you're looking for guidance on how many tolls to ring or for how long you should ring, consider following this schedule:

Rope-Pulled Tower & Handheld Bells: 13 tolls, referencing the original 13 colonies that composed the United States.

Electronically-Sounded Bells: 250 tolls, one for each year of our nation's history (at 13-second intervals, prepare for ringing to last up to an hour).

Several Peal Bells: Ring for 20 minutes – or as long as comfortable for you to pull the rope!

Change Ringing Bells: A full peal.

Carillons, Chimes, & Handbells: A recital of patriotic hymns and melodies.

**No Lunch Program
In August**

Have a Bike to Donate?

Bikes for All Can Help



Emptying Your Garage? Clearing Your Shed?

Friends of Northampton Trails (FNT) wants everyone to have access to our area's vital bike trails and infrastructure. Bikes For All (B4A) volunteer mechanics repair donated adult and children's bicycles, then donate them back to people who might otherwise not be able to afford them. Recipients are matched and fitted to bikes, given helmets, locks, lights, and instructions for safe riding.

Since 2020, through our Bikes For All program, FNT has provided hundreds of bikes to grateful and delighted people.

Bicycle Donations

Would you like to donate a bike to B4A? Email us at sean@fntrails.org. Let us know what you have (and a picture of the bike could help us determine if the bike meets our criteria). We pick up the bike, repair it, and then find its new home. **If you live in Westhampton, contact Ray Fontaine @ rayfontaine@comcast.net**

Need a Bike?

Email us at northamptonbikesforall@gmail.com, or call/text us at [413-247-4186](tel:413-247-4186). We'll set up an appointment to match and fit you to your new bike. We will also supply you with a new helmet, lock, and lights, and we'll pass on tips for safe riding.

Free Repair Events

B4A also holds regular summer bike repair events in a variety of community locations. People can bring in their bikes for free basic repairs and adjustments, learn about FNT's programs, and perhaps pick up a few bike maintenance tips.

B4A's Allies | We Love Our Partners!

- Many individual bike donors
- MassBike
- Northampton Housing Authority
- Northampton Public Schools
- Friends of Northampton Trails
- Northampton Cycle Club
- Our team of volunteer mechanics

"Westhampton" in 1776

In 1776, Westhampton did not yet exist as an independent town. The area was a remote, rugged western outpost of Northampton known as "Long Division" or "Shirkshire". As the Revolutionary War raged, its residents were busy clearing land, petitioning for their own governance, and taking up arms for the patriot cause.

Life and Community

First Settlement: The area was first settled in 1762. Families survived by farming, clearing heavily wooded land, and setting up small mills.

Travel and Geography: The primary connection to the outside world was the wide "Shirkshire Road" (which roughly follows modern Route 66), blazed through the wilderness to connect Northampton to settlements further west.

Religion: Because the community lacked a formal church, early residents opened their homes for religious worship led by circuit-riding ministers.

Role in the American Revolution

Local Minutemen: Despite being a small settlement, "Long Division" answered the call. Local farmers left their fields to fight; for example, residents like Pliny Pomeroy marched as Minutemen in 1775.

The Hale Connection: Though they arrived in Westhampton a bit later, the town's early history is deeply tied to the Revolution. Its first minister, Reverend Enoch Hale (who settled here when the town officially incorporated in 1778), was the brother of the famed American spy Nathan Hale.

Formation of the Town

Secession: In 1776, the "inhabitants of Long Division" petitioned Northampton Town Meeting to be set off into their own distinct town, noting their population was growing and they wanted to support their own minister.

Incorporation: After their initial petition was granted, the Massachusetts General Court officially passed the act of incorporation on September 29, 1778, establishing the Town of Westhampton.

(Written with the Help of AI)

ICYMI – In Case You Missed It

Lyn Keating Memorial Sculpture Dedication

Many family members and library patrons gathered on Saturday June 13th to honor and celebrate a very special librarian—Carolyn "Lyn" Keating, AKA "Library Lyn".

The crowd stretched along the footpath to the library for



the unveiling of a new sculpture created in Lyn's memory by local sculptor Wade Clement. "Stories Feed the Mind" is an elegant piece handcrafted in steel, copper and stone. It's a fitting tribute to a woman who was such a big part of our library's story.

We hope that folks will ask us "Who was Library Lyn?" if they were not fortunate enough to know her. And, we can then tell them the story of how Lyn, alongside many community members, fought so hard to create a beautiful, welcoming community space—Westhampton Public Library.

Peach Crisp

Preheat oven to 375.

Fruit Mixture:

- 28 oz canned peaches drained
- 2 tbsp sugar
- 1 tbsp corn starch
- 1 tsp cinnamon

Topping:

- 1 cup rolled oats
- ½ cup brown sugar
- 1/3 cup flour
- 1 tsp. cinnamon
- 1/3 cup butter softened

Instructions:

In a large bowl, toss together peaches, sugar, cornstarch and cinnamon. Transfer to an 8 x 8 baking dish.

In a large bowl, mix oats, brown sugar, flour and cinnamon. Cut in the butter until mixture resembles cookie dough. Crumble topping over peaches.

Bake in preheated oven for 25-30 minutes or until golden brown and bubbly.

Using Fresh Peaches? 🙋

Some websites recommend parboiling to remove the skins. Some suggest more sugar.

Library News

July Library Programs

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

Special Note: Library closed Saturday July 4th – Independence 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 – Summer recess

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 - from 2pm to 4pm -- July 23rd and August 27th *Please call ahead to ensure that Tech Connect is meeting.

Playgroup is back!

Tuesdays at 10:30am beginning July 14th

After a brief 3-week break our preschool playgroup will resume on Tuesday mornings with CFCE Playgroup Leader Kelly. Join Kelly for movement, play, and fun in the library community room or in the library yard when weather permits. Playgroup is recommended for preschool aged children and their family members **including grandparents!** Older siblings are always welcome.

Summer Reading 2026 "Plant a Seed, Read!" Plants versus Zom-bees

For the grandchildren – There is still time to sign up for summer reading and all ages are welcome to participate. Choose a side and earn points for your team! This year's teams are Plants vs. Zom-bees. As in previous years, you can track your reading on a traditional reading log or use a BINGO log which includes reading and activities. All children and teens will win a gift card for a free ice cream

cone at Mount Tom's. **The top kid and teen readers will win a free ice cream sundae at Mount Tom's, books, and a gift certificate to High Five Books.** The top adult reader will win a free ice cream sundae, books, and a gift card donated by Intervale Farm.

Special thanks to the Friends of Westhampton Public Library and the Lyn Keating Programming Fund for sponsoring Summer Reading 2026.

*Please email westhampton@cwmares.org or call 413-527-5386 to register for all programs that require registration.

Virtual-Celebrating America's 250th:

The Black Experience of the Revolution With Herstorian Gracia Collins Rich

Monday, July 20th at 7pm (Online)

Gracia Collins Rich, Independent Scholar, Author and Avid Reader will be discussing the extraordinary efforts of Black Americans whose invaluable contributions during



the Revolutionary War helped bring about American Independence. Gracia discusses ALL things history and all things on the origins of the United States even if it is uncomfortable because she believes that that is what leads to a better understanding of our shared history. We hope you can join us for this fascinating

and important conversation! This program is sponsored by the Friends of Ashland Public Library and co-hosted by a multitude of other MA libraries. PLEASE NOTE: This is a virtual program on Zoom. Email westhampton@cwmares.org for registration link.

Field of Dreams Concerts - Fridays at 6pm

The library's Concert Planning Committee is excited to announce our lineup of local bands for the 2026 Field of Dreams concert series. Concerts take place in the backyard of the library. Please bring a lawn chair or blanket. In the case of inclement weather, concerts will be held at Town Hall.

June 26th – The Wildcat O'Halloran Band

July 10th – [Zydeco Connection](#)
July 24th – [Little House Blues](#)
August 7th – [The O-Tones](#)
August 21st – [The Gaslight Tinkers](#)

Sponsored by:

Friends of Westhampton Library
Westhampton Cultural Council
Easthampton Savings Bank
Greenfield Cooperative Bank

Florence Savings Bank
Marek Builders, Inc.

August/September Artist - Joan Ryan

Art Reception TBA

Our August/September artist, Joan Ryan, will be sharing her sumi ink landscapes in the community room. Please check social media and the town website for an announcement about her artist's reception.

Out and about in the Hilltowns

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 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 as soon as possible. **Just 8 more** 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. A few seats left (Westhampton Friends roster is full.)

TechConnect Technology Help for July

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, 7/16
- Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 7/23 (call ahead to check)
- 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, 2nd Tuesday, 7/14
- Worthington tech support - contact Eileen Daneri eadaneri@gmail.com.

Good News for July 2026!

This month we talk about nursing home care.

Something you don't want to know until you need to know. Statistics say for those of us 65 or older, 70 percent will need nursing home care in our lifetime. But only 20 percent will need long term placement. (The rest being short term rehab stays after a medical event.) What if you are part of that 20 percent?

How does a nursing home placement happen? Usually this starts with a hospitalization, perhaps after a 911 event, maybe after a planned surgery when you are discharged from the hospital to a nursing home for rehab. If you were admitted to the hospital and stayed the 3 midnights....Medicare pays for this short term rehab stay which is usually a few weeks at best. At some point the nursing home determines you have maxed out your Medicare rehab benefit and you need to be discharged. Home?

What if you are "not ready", and you or your family caregiver(s) feel it is "unsafe" for you to go home. You can stay in the nursing home, but switch from being a rehab patient, to being a long term resident, which means Medicare stops paying your monthly bill and you either pay the bill yourself or apply and get approved for MassHealth which pays most long term residents ongoing monthly bills.

What if you are home, and your situation has deteriorated to the point where you need to be a residential placement, a long term, not rehab nursing home

resident. How to you make the transition from home to nursing home without the 911 event or hospitalization? This is called a Community Admission.

You can contact the nursing home of your choice and make arrangements. They will need a medical summary from your doctor, and a payment source, either you plan to pay your bill yourself, or you complete and submit a MassHealth application.

If you already have MassHealth, this process is simpler in that you only need to file the long term supplement section which gives MassHealth current verification of your income and assets. If your countable assets are less than \$2,000 (and you haven't transferred or 'gifted' any significant assets in the past 5 years).....then you would be eligible for MassHealth to pay your ongoing nursing home bill. If your assets are more, you submit verifications and MassHealth will determine your "spend down" amount before becoming eligible.

Unlike a hospital discharge to a nursing home, a community admission takes longer, because we are waiting for an available bed in the nursing home of our choice. (With hospital discharges to nursing home....you take the first available bed, not necessarily the nursing home of your choice). With a community admission, the nursing home you choose, may put you on a waiting list when your

paperwork is complete and call you when a bed becomes available. You can accept the bed, or delay and ask to be kept on their waiting list for the next bed. This is sometimes common when caregivers feel they can postpone placement a little longer.

Getting the process started, getting on a waiting list is recommended if you wish to avoid the 911/hospitalization admission process. Another option is a short term nursing home stay, called a Respite placement. Respite is for caregivers providing 24/7 care where the person needing care is placed in a nursing home, giving the caregiver a "respite" break. These are usually at least 2 weeks, and depend on bed availability. Not all nursing homes offer Respite stays.

Check with the Highland Valley Ombudsman director, Michele Wolf, 413-588-5744. Michele provides oversight for the nursing homes in our area. She can give you a listing of all facilities and speak with you about which provide dementia care, or dialysis, or specialized rehab programs. She may also know nursing homes who have a VA contract.

Which brings us to how to pay for short term Respite stays which are not covered by Medicare. The VA contracts with a few facilities and may pay for short term placement for veterans, check with your veteran's agent. And

MassHealth may also pay for short term placement if you have MassHealth. Odds are, you won't need this information, but if you do, you might have a conversation with the Ombudsman program director at Highland Valley.

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 Whitney Chicioine

413-539-0559

whitneybchicoine@gmail.com

Newsletter mailings will be reduced starting with the November Issue

Due to the significant reduction in the COA budget, print newsletters will no longer be automatically mailed to every household with a resident aged 60+. This change will take place starting with the November 2026 issue.

We are moving to an "opt-in" model. Please note that all issues are available on the town website. We can also email you a link each month to the latest copy.

Starting with the November newsletter:

- Residents born in 1943 or earlier will continue to receive print newsletters through the mail with the option to opt-out.
- Residents born after 1943 who *need to continue* receiving the print issue through the mail, should let us know and we will continue mailing your newsletter.

Changes can be made at any time. Please note we will be assembling mailings mid-month prior to the issue date.

Contact Christine Blakelsey, COA Coordinator by email at

coa@wasthamponma.gov or call 413-203-9808 to discuss your options.