

Moving Forward

Activities and Services for Residents 60+



September 2026

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

Join the email reminder list!

Did you know that if you
get your newsletter elec-
tronically, it will be in full
color?

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

Coordinator

413-203-9808

coa@westhamptonma.gov

Monday	Tuesday	Wednesday	Thursday	Friday
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28 Computer Help Library 10-12 Knitting Group 6 pm Library Yoga 6pm, Library	29 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library	30 Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm	Oct 1 Chair Yoga WW 10-11 am	Oct 2 Fall Festival Sunday October 4th

* See more Information inside in the Newsletter.

Breaking News!

New COA Coordinator Appointed

We're pleased to introduce Daniel Ingram, an accomplished health and wellness professional with more than two decades of experience in community health, nutrition education, fitness, program development, and relationship building, including work with senior centers and assisted living communities.

His background also includes extensive management, marketing, community outreach, and partnership-building experience, along with specialized training in nutrition, sustainability, and human services.

Daniel brings a strong commitment to healthy aging, community engagement, and improving quality of life, making him a welcome addition to the Westhampton community and a strong candidate for supporting the Council on Aging's mission.

In addition to the September Luncheon, we will be working on opportunities for you to welcome him in person.

Get Ready to Play:

A Unique Game Show Luncheon

**September Potluck Luncheon – Thursday September 10
Noon at the Church Dining Hall**

Mark your calendars for our upcoming September 10th luncheon, which promises to be an afternoon full of high energy, friendly competition, and plenty of laughs. We



are thrilled to welcome Kevin Richman, a self-proclaimed witty game show host who travels to senior centers bringing classic television fun directly to our

community. Attendees will have the chance to team up and play beloved trivia games like Jeopardy, Family Feud, Match Game, and Wheel of Fortune.

To ensure a completely stress-free and relaxed environment, all games will be played entirely in groups, meaning there is absolutely no pressure on any individual. It is the perfect opportunity to flex your brainpower, cheer on your neighbors, and share a wonderful meal together. Don't miss out on this incredibly unique luncheon experience—come ready to win some great prizes and share a smile!

Support for the Journey:

An “All In” Talk About Dementia

Caring for a loved one with dementia is a deeply meaningful journey, but navigating the daily challenges and systemic hurdles can often feel overwhelming. To

support our local caregivers, the Westhampton Council on Aging invites you to a comprehensive program, **An “All In” Talk About Dementia, on Saturday, September 19th, from 10:30 AM to 12:30 PM at the Westhampton Library.**

This supportive discussion will offer practical guidance on managing brain changes and common daily challenges, while also addressing essential legal, financial, and healthcare navigation strategies. The session will be led by Heidi Zahra, MSN RN, a faculty member at the Elaine Marieb College of Nursing at the University of Massachusetts and an RN case manager at Cooley Dickinson Hospital.

Caregivers are encouraged to bring their questions to this open, collaborative session. It truly takes a village to care for a loved one with dementia, and this program is a reminder that you do not have to walk this path alone. All are welcome.

“Acceptance doesn’t mean resignation; it means understanding that something is what it is and that there’s got to be a way through it.” -
Michael J Fox

Fall Festival – Save the Date

Fall Festival 2026 will be held on Sunday, October 4th from noon to 4:00 pm, culminating in the Great Pumpkin Roll.



If you are interested in volunteering, please contact Charlene Cross at charlenebishopcross@gmail.com.

Note: The library will be open on October 4th and then closed on Monday, October 5th as well as Monday, October 12th. The Library apologizes for any inconvenience this may cause.

Wanted! Pie Bakers!

Support the Friends of the COA with Pie(s)!



Sign up to bake/buy pies for the Friends of the Council on Aging upcoming Annual Pie Sale at this year's Fall Festival.

To arrange a pie donation, reach out to Marion Miller at her email frankfdmiller@comcast.net or call 413-527-2264

Please plan to drop off your pies on Saturday, October 3rd, between 11:00 and noon in the kitchen at the church so they can be cut and prepared for the

sale. However, if necessary, they may also be dropped off

on the day of the Fair beginning at 10:00 a.m. at our booth. Please keep in mind that the only restriction imposed on our sale is that none of our pies can require refrigeration.

Thank you in advance for your help in making this year's pie sale the huge success it's been in the past.

Town Clerk

Welcome Daniel Gilbert, our new Town Clerk!

While looking for a part-time position to complement his custom electronics design and development business, Daniel Gilbert noticed that Westhampton was seeking a Town Clerk.

A resident of Easthampton, Dan has seen firsthand the important contribution a Town Clerk can make to a municipality. He became deeply involved in the complexities of local elections, successfully advocating for ranked-choice voting in Easthampton and playing a close role in its implementation.

Beyond the election responsibilities of the Town Clerk position, Dan is particularly focused on the role of town archivist. He has already begun collecting and organizing documents, including agendas, minutes, and other public records.

In Massachusetts, the Town Clerk oversees all aspects of voting and elections. Dan's work on ranked-choice voting in Easthampton brought him into close contact with former Easthampton Town Clerk Barbara LaBombard, who recently retired after 41 years of service to the city. LaBombard continues to serve as a mentor and friend to Dan as he learns the ins and outs of the position.

Town Clerk Duties

All Town records, both vital and historical. The Town Clerk conducts this through vital records (Births, Marriages, and Deaths) along with the Department of Public Health and the Division of Vital Records and Statistics.

To be the **Chief Election Official** overseeing all aspects of elections – town, state, or Federal elections.

Licenses – The Town Clerk oversees licenses, such as marriage licenses, dog licenses and business (DBA) licenses.

The Town Clerk also conducts the annual **Town Census**. They also administer oaths of office, track committee tenures, post notices and generally keep Westhampton in compliance with state laws.

Office Hours and Contact Information

Dan Gilbert will be in the office:

- Tuesday noon – 6:00 pm
- Wednesday noon – 6:00 pm

Town Hall, 1 South Road, Westhampton, MA 01027
(413) 527-0463
mail@westhamptonma.gov

Meeting Notices

In order to offer residents access to posted meeting agendas, there is now an outdoor notice board on the right outdoor wall of Town Hall.

Newsletters Mailed to Your House ...

Starting with the November newsletters, the COA will reduce the number of households receiving this newsletter via the Postal Service. Please look at the back cover and decide if you want to continue receiving it by mail.

Newsletters can always be accessed on the COA webpage <https://westhamptonma.gov/coa/council-on-aging/#more-information>

Watching the Roads

School time means school buses and teenage drivers.



Westhampton Elementary School starts on August 27th and the Regional High School starts classes on Tuesday September 1st.

Remember all lanes stop for school buses. Be especially cautious when on the road with Teenage drivers.

Friends of the COA Needing Friends

The Friends is the fund-raising arm of the Council on Aging. If you have enjoyed a piece of pie at the Fall Festival, that was due to the hard work of the Friends. The Friends board is a small group of easy-going people dedicated to the elder population of Westhampton. If you are interested in joining our board, contact Colleen Basile at 413-237-9162 or cb1211@verizon.net.

Did You Sign Up for the December Storrowton Trip?

Charlotte Wood asked that you pay for the trip by September 15th!

Cooley Dickinson Medicare Advantage – Coverage Changes

Recent coverage in *The Daily Hampshire Gazette* may have some Westhampton residents concerned about their healthcare insurance. This is the best information available (from internet searches) if you think your coverage may have changed:

What Patients Should Do

Patients affected by the Cooley Dickinson–Blue Cross Blue Shield of Massachusetts Medicare Advantage network change should take these steps:

- **Call their insurance company first.** Ask whether their specific Medicare Advantage plan will remain in-network with their Cooley Dickinson primary-care provider after **October 1, 2026**, and what their out-of-pocket costs would be if they continue seeing the provider.
- **Ask about transition-of-care protections.** Patients who are undergoing treatment for a serious or complex condition may have additional protections. Their insurance company can explain whether they qualify. ([Mass General Brigham](#))
- **Contact Cooley Dickinson if they need help with a hospital-related concern.** Cooley Dickinson Patient and Family Relations can be reached at **413-582-4970** or cdhpfr@mgb.org. ([Mass General Brigham](#))
- **Consider speaking with a SHINE counselor.** Massachusetts' SHINE program provides free, unbiased

Medicare counseling and can help beneficiaries compare plans and understand their options. The statewide number is **1-800-243-4636**. ([Mass General Health Plan Resources](#)) or call **Caroline Soland, the Highland Valley SHINE Counselor** at **(413) 586-2000**.

- **Mark the Medicare enrollment dates.** The Annual Enrollment Period for 2027 coverage runs from **October 15 through December 7, 2026**, with new coverage generally beginning January 1. The Medicare Advantage Open Enrollment Period runs from **January 1 through March 31, 2027**. ([Mass General Brigham](#))

Patients should not assume that every Blue Cross Medicare Advantage member is affected in the same way. Coverage and out-of-pocket costs depend on the specific plan and circumstances, so patients should verify their individual situation directly with their insurer before making changes to their care. (Information assembled with assistance from ChatGPT, an AI tool)

Library News

September Library Programs

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

The Library is Closed on Tuesday September 7th for Labor 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 – with Bob Miller - 2nd and 4th Mondays from 10am to 12pm

Knitting and Crocheting 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 – August 27th *Please call ahead to ensure that Tech Connect is meeting.

Kids' Thursday afterschool programs and Teen Craft Night resume in October.

In the Community Room Gallery

The Hilltown Plein Air Painters exhibit is up through the end of September. This group of local artists has been

painting together since 2003, exploring the Hilltowns and beyond. Weekly outings are planned for morning paint outs with helpful support, critiques, and friendship. Plein air painting in a natural setting captures the beauty of this area that continues to inspire our work.

Special Programs

Myco Marty's Mushroom Mania - A Fun Guy Shares His Wisdom

Thursday, September 17th at 6pm

Easthampton's Marty Klein is a wild mushroom expert, with decades of experience foraging, identifying, learning and teaching about these amazing organisms. An award winning photographer and artist, Marty's stunning images of fungi will be projected throughout the talk.



Topics will include:

Some notable local species, the lives of mushrooms and their ecological roles, foraging, edibility/toxicity, tips for beginners. The talk will be followed by a Q&A session. (Pick my brain but leave my mushrooms alone!)

**COA Dementia Program – See article on Page 2
Saturday, September 19th at 10:30am**

**Community Silent Reading Party
Thursday, September 24th from 6pm - 8pm**

Please join us for a peaceful evening of reading for pleasure at the library! Bring a book or check one out from our collection. All ages are welcome and audiobooks are

reading too—just be sure to bring headphones. Tea, hot cocoa, and snacks will be provided.

*According to a recent study by the National Institute of Health reading for pleasure amongst the aged 15+ population in the United States has declined by about 3% per year between 2003 and 2023. The study's introduction reports that more significant declines have occurred amongst young adults aged 17–18 in the nationally representative Monitoring the Future survey, with the proportion

who read a book or magazine every day decreasing from 60% in the late 1970s to 16% by 2016.

*Bone, Jessica K, et al. "The Decline in Reading for Pleasure over 20 Years of the American Time Use Survey." *iScience*, Cell Press, Aug. 2025, pp. 113288–88,

<https://doi.org/10.1016/j.isci.2025.113288>. Accessed 4 Aug. 2026.

UMASS Entomology Collection Visit

Saturday, September 26th from 10:30am - 12:30pm

Have you ever held a praying mantis in your hand? Now is your chance! See a sampling of live and preserved insects up close. UMASS students will be on hand to share information about the bugs and answer questions.



Save the Date – October Author's Visit

Local author **Catherine Cliff** has agreed to visit us in October to discuss her new book "**Miss Bates: Emma Revisited**". She will be coming from the Berkshires, so she would like to start at 6pm.

Mark your calendars for Tuesday, October 27th at 6pm.

Out and About in the Hilltowns

Sharing and Caring - A Memory Café

This October, the Goshen Council on Aging is launching a supportive social group for people with memory loss and their care partners. "Sharing and Caring" will be run by two local speech-language pathologists who will provide education, strategies, and support to participants. The group will meet every first Thursday of the month from 1:00 to 2:30 at Goshen Town Hall to connect over afternoon activities and refreshments. Skilled facilitators will be available to help participants with Dementia and Mild Cognitive Impairment as they engage in the group. Are you interested? Reach out to Kerry Normandin at the Goshen CoA at 413-268-8237 x 118 or coa@goshen-ma.us to learn more and register.

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 September 28, Monday. The Big E. an annual favorite, with free entertainment at The Court of Honor Stage. Frankie Avalon performs his hits. Cost \$18 for Northampton Seniors, all other seniors \$20. **Make your check payable to Francine Frenier and mail to the**

address above. Due Now. NO REFUNDS due to bargain price. The bus leaves from Sheldon Field.

NEW Day Trip Monday October 12th Worthington COA Fall Foliage Bus Trip. Hudson River Narrated Cruise aboard the Rip Van Winkle II, choice of gourmet boxed lunch on board, and Market stop. Discounted price for Worthington Seniors over 60 and \$140 for other seniors. Call Phyllis 413-238-5962 or email coa@worthington-ma.us for details and to reserve a seat by September 1st.

Trips in 2027

Multi Day Trip April 25 - May 1 Savannah, Jekyll Island and Beaufort, SC. Seven days, six nights. Visit Savannah, "The Belle of Georgia," Magnificent Beaufort, SC "The queen of the Carolina Sea Islands," and Port Royal Sound Maritime Museum and more. Includes hotels, breakfasts and 4 dinners. Price \$987 per person, double occupancy. A \$25 discount is given if paid in full by January 25, 2027. Sign up NOW and pay later. Make the check payable to Diamond Tours and mail to the address

above after the first of the year.

****3-day/2 nights trip to Baltimore to see the Red Sox** play a game against the Baltimore Orioles along with some sightseeing. Waiting for the 2027 MLB schedule to come out in December to determine dates.



****Seven day trip to Chicago, partial itinerary includes a tour of Chicago, a skyline cruise on Lake Michigan, visit a historic Navy Pier and museums. Possible date: October 17, 2027.**

TechConnect Help for September



**TechConnect Technology
Help for September**

TechConnect will be offering Q&A style classes this fall on the second Tuesday of the month at the Chesterfield COA offices. Bring your questions and contributions to our roundtable discussion. Hosted by Lizzy Canady from 1-2pm on the following dates:

- 9/8/2026: Artificial Intelligence: Trends and Topics
- 10/13/2026: Digital Legacy: Putting your digital house in order
- 11/10/2026: TBD 12/8/2026 TBD

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. If you are looking for a free refurbished laptop, 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, 8/20
- Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 8/27 (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, 6/11
- Worthington tech support - contact Eileen Daneri eadaneri@gmail.com.

Sept 2026 Seniors Aware of Fire Education

September is Fall Prevention Month, a great reminder to take steps to reduce the risk of falls. As first responders, we receive many calls each year to assist older adults who have fallen. While some falls result in only minor injuries, others can lead to broken



bones, head injuries, or a loss of independence. The good news is that many of these incidents can be prevented with a few simple changes.

To help reduce your risk:

- Keep walkways, stairs, and entryways free of clutter.
- Secure or remove loose rugs.
- Improve lighting throughout your home, especially at night.
- Install and use handrails on stairs and grab bars in bathrooms.
- Wear sturdy, slip-resistant shoes and avoid walking in socks on smooth floors.
- Have your vision and hearing checked regularly.
- Stay active with exercises that improve strength, flexibility, and balance.

A few minutes spent making your home safer today can help you remain independent, active, and confident for years to come. If you have concerns about fall hazards in your home, don't hesitate to ask a family member, friend, or caregiver for assistance.

Have a safe start to autumn!

Capt. Steve Estelle,

SAFE Educator Goshen Fire Department

SEPTEMBER GOOD NEWS

Deb Hollingworth From time to time, I get questions about MassHealth's "Estate Recovery" from folks who might be eligible for MassHealth benefits but are worried that "MassHealth will take my house" or any and all other assets. Eligibility rules for MassHealth are different depending on whether you are dead.....or alive.

If you are alive..... and want MassHealth benefits your countable assets must be less than \$2,000.

- Countable is the key word here. MassHealth does not count a car if you have one registered in your name, or a prepaid funeral contract, or term life insurance or your home if it is your primary residence.
- MassHealth does count a car if you have more than one... does count a home if you do not live in it, does count a whole life insurance policy if it has a cash surrender value, does count savings, and retirement investments. (IRAs are uncountable if you are still actively contributing to them)

Excess Assets

If you have more than the allowed \$2,000 in countable assets, you may be able to transfer excess assets out of your name. As of this writing 2026, you can transfer \$160,000 of countable assets to your spouse. If your assets are more than that, or you own assets jointly with other family members, or friends.... you should probably do asset preservation work with an elder law

attorney. MassHealth will count the asset if you are able to access it..... if you no longer own the asset, or can not access it in your life time....the asset becomes uncountable.

Asset Transfers

If you are not dead....but want MassHealth to pay your nursing home bill, the infamous 5 year look back rule applies. Which means MassHealth looks at any/all asset transfers for the 5 years prior to your entering a nursing home.

- If you are married, MassHealth allows you to transfer up to \$160,000 of countable assets to your spouse. This asset limit changes/increases each year.

- Remaining countable assets will be used to pay your nursing home bill until you have "spent down" to the \$2,000 asset limit.
- If yours is the only name on the deed to your home, MassHealth may put a lien on your property which would be paid when sold.

If you are deadand have an Estate that will go through Probate....MassHealth will present a bill to Probate for services rendered during the last 10 years of your lifetime. MassHealth starts keeping track of your "bill" after you turn 55, and does not bill Estates of less than \$25,000.

For more detailed information you might Google MassHealth Estate Recovery.

FALL VACCINE CLINIC

Cummington Community House

33 Main St, Cummington, MA 01026

Wednesday
October 21, 2026
10:00am – 1:00pm



OR REGISTER ONLINE:

northamptonma.gov/2219/vax



Hampshire Public Health
Shared Services Collaborative
Prevent. Promote. Protect.



FLU VACCINE
Regular (6mos +)
High Dose (65+)



COVID Vaccine
Pfizer (65+)
18+ & considered high risk.

*If you are 18+ and unsure about getting a COVID vaccine, talk with your primary care provider. If they recommend vaccination, we can provide it at our clinic after you complete a vaccine eligibility screening questionnaire.



NEED HELP REGISTERING?
Call: 413-587- 4903
nurses@northamptonma.gov

- Please bring your insurance card, vaccines are free to you
- Limited Walk-ins, pre-registering is recommended



HOMEBOUND VACCINE PROGRAM

Amherst, Chester, Chesterfield, Cummington, Easthampton, Granby, Hadley, Hatfield, Huntington, Middlefield, Northampton, Plainfield, Southampton, Worthington



SCAN THE QR CODE



OR REGISTER ONLINE

northamptonma.gov/2219/vax



Hampshire Public Health
Shared Services Collaborative
Prevent. Promote. Protect.



NEED HELP REGISTERING?
Call: 413-587- 4903



COVID VACCINE
Pfizer



FLU VACCINE
Regular and High Dose
(available during flu season)

• Homebound visit available for Covid, Flu vaccine for ADULTS only

• Homebound includes persons with limited mobility and/or difficulty getting out of the home and their caretakers.

• Please have your insurance card available



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

Westhampton COA

Dan Ingram,
Coordinator

Julia Lennen, Chair

Colleen Basile, Secretary

Ray Fontaine

Lorraine Galica

Dave Goddard

Chuck Horn

Lillian Baxter,
HEN Representative

Need a ride?
Contact 413-203-9808

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 the COA Coordinator by email at coa@wasthamponma.gov or call 413-203-9808 to discuss your options.