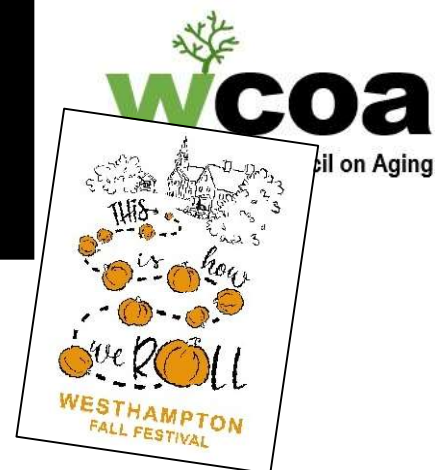


Moving Forward

Activities and Services for Residents 60+



October 2026

INSIDE ...

Meet Dan Ingram, the new COA Coordinator – Page 2

Library News – Page 3

In the Hilltowns – Page 4

Important News about this Newsletter – Back Cover

Do not miss:

Upcoming Programs

Fall Festival

Regional News/Trips

Colleen's Award-Winning Pumpkin Cake Recipe

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

Join the email reminder list!

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

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

**Dan Ingram
COA Coordinator**

413-203-9808

coa@westhamptonma.gov

Monday	Tuesday	Wednesday	Thursday	Friday
September 28 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	30 Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm	October 1 Chair Yoga WW 10-11 am	2 Learn the Words to the Great Pumpkin Roll today at WES 8:45 Fall Festival Sunday October 4 noon to 4:00
5 Library Closed Fall Festival Cleanup	6 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library	7 Wellness Clinic Public Health Nurse 10:30 am, Library Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm	8 *Luncheon Fire Safety Church Noon Chair Yoga WW 10-11 am	9
12 Library Closed Indigenous People's Day	13 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library	14 Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm	15 Chair Yoga Church Dining Room 10-11 am HVES Hot Meal Pickup WW Noon	16 *Artist Reception Steve Allen Saturday October 17 from 11 to 12:30 Library
19 Knitting Group 6 pm Library Yoga 6pm, Library	20 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library	21 Wellness Clinic Public Health Nurse 10:30 am, Library Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm	22 Chair Yoga WW 10-11 am TechConnect 2-4 pm (Call ahead)	23 *Beatles Singalong with Daniel Johnson 11:00 – 12:30 Library
26 Computer Help Library 10-12 Knitting Group 6 pm Library Yoga 6pm, Library	27 Fitness w/Friends Town Hall 11:30 – 12:30 Games 1:45–3 pm, WW Scrabble 2 pm, Library *Book Club – Library with Author Catherine Cliff	28 Coffee and Chat 10-12, Library Mahjong WW, 1:30 – 3 pm	29 Chair Yoga WW 10-11 am *Pumpkin Carving Workshop with Jo Martin 6 – 8 pm	30 Halloween Saturday October 31 Center of Town

* See more Information inside in the Newsletter.

October Luncheon: Fire Safety

Our October Potluck Luncheon will feature delicious food and timely information on Fire Safety.

According to the National Fire Protection Association (NFPA), "Knowing what to do in the event of a fire is particularly important for older adults. At age 65, people are twice as likely to be killed or injured by fires compared to the population at large. And with our numbers growing every year - in the United States and Canada, adults age 65 and older make up about 12 percent of the population - it's essential to take the necessary steps to stay safe."

Here in Westhampton we rely on Chief Antosz and his staff and volunteer firefighters and EMTs to keep us safe. Please come to learn the many ways you can keep yourself safe – especially as winter sets in.



Learn how to avoid cooking accidents, stay safe from falls and keep your fire extinguishers and smoke alarms in working condition. File of Life forms will also be

provided.

Meet Daniel Ingram, our New COA Coordinator

Greetings, everyone! My name is Dan Ingram, and I am the new Town of Westhampton Council On Aging Coordinator. Over the recent years I have worked with our wonderfully wiser folks in Hampden and Hampshire counties. I taught nutrition, exercise, and overall wellness as a community educator. As a group, we would play versions of various games such as Bingo, prepare recipes together, and, of course, enjoy them! Most of my experience is in the realm of health and wellness. I am also educated on food and sustainability.



I volunteer on an organizing team that offers mutual aid and regenerative agriculture solutions through our Farm Friends network to farmers here in the Pioneer Valley. My other interests are food security and community building. I enjoy volunteering on the farm for the Food

Bank of Western Massachusetts, and I also cycle each year in the Will Bike 4 Food event to raise funds for The Food Bank of Western Massachusetts. I am looking forward to meeting town residents and hope to enhance our intergenerational program opportunities.

Fall Festival – Sunday October 4

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.

The Council on Aging will have an information table. Please stop by and learn more about the COA and meet our new Coordinator and our Board Members.

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.

See more information about featured events in the Library Section, page 3.

Special Invite to WES – Learn the Words to *The Great Pumpkin Roll*

Join us at 8:45 a.m. on Friday, October 3, at Westhampton Elementary School to watch a new group of young people learn the lyrics to *The Great Pumpkin Roll* from singer-songwriter and neighbor Jim Armenti. It's a great way to get into the Fall Festival spirit!

Wanted! Pie Bakers!

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



Forgot to sign up to donate a pie? It's not too late to 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 10:00 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.

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/wton-coa_newsletter_latest/

Colleen Basile – Star Baker at the Three County Fair

Colleen Basile, star baker of Westhampton and COA Board Member, won two first prizes at the 2026 Three County Fair with her recipes for Pumpkin Bread and Whoopie Pies. Here is her pumpkin bread (maybe plan to stand at the bottom of Stage Road after the Great Pumpkin Roll and grabbing a free pumpkin – if you can wrangle it from a kid).

PUMPKIN BREAD

3-1/2 CUPS FLOUR

2 TSP. BAKING SODA

1-1/2 TSP. SALT

1 TSP. CINNAMON

1 TSP. NUTMEG

1 TSP. ALLSPICE

3 CUPS SUGAR

1 CUP VEGETABLE OIL

4 EGGS

2/3 CUPS WATER

1 15 OZ. CAN PUMPKIN PUREE

1 PKG MINIATURE SEMI-SWEET CHOCOLATE CHIPS

1-1/2 CUPS WALNUTS

MIX FLOUR, BAKING SODA, SALT, CINNAMON, NUTMEG, ALLSPICE AND SUGAR

IN A LARGE BOWL. MAKE A WELL IN THE CENTER AND ADD OIL, EGGS, WATER

AND PUMPKIN. MIX WELL. STIR IN THE CHOCOLATE CHIPS AND NUTS.

DIVIDE BETWEEN 3 GREASED LOAF PANS AND BAKE AT 350 DEGREES FOR 1

HOUR OR UNTIL DONE.

THIS BREAD FREEZES WELL. WRAP IN FOIL AND STORE IN ZIP LOCK BAG.



Library News

October Library Programs

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

Library closed:

Monday, October 5th - Day after Fall Festival

Monday, October 12th - Indigenous Peoples' 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 – 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.

Book Group - 4th Tuesdays *Our October meeting is on October 27th at 6PM. We will be joined by local author, Catherine Cliff, to discuss her new novel "Miss Bates: Emma Revisited".

Please contact Meaghan at mschwelm@cwmar.org to be added to the Book Group email list.

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

19th Annual Westhampton Fall Festival

**Sunday, October 4th from
12pm - 4pm**

Westhampton Town Center- great food and fun!

10AM Interfaith Church Service

Steeple Tours with Valley Views - Axe Throwing & Lumberjack Demo - Blacksmith Demo - History Museum - Corn Husking - Cider Making - Sledge Hammer Throw - Skillet Toss - Cow Pie Bingo - Potato Cannons - Giant Pumpkin Competition - Scavenger Hunt - Farm Animals - Haybale Maze - Lawn Games - Children's Games & Crafts - Donkey - Pedal-powered Tractor Pull...and much more!

Pumpkin Roll at 4:15pm

**In the Community Room Gallery
Steve Allen Art Reception**

Saturday, October 17th from 11am - 12pm

Enjoy paintings by local artist, Steve Allen, in the community room gallery. Allen's work is informed by the local landscape and time spent in nature. This exhibit will be on view during the months of October and November.

Beatles Singalong

Saturday, October 24th from 11am to 12:30pm

If you like singing Beatles songs, you're in the right place!

Join us for Beatles Singalong with Daniel Johnson and friends at the library! We all need a little joy in our week. Bring your voice and a sense of fun. Instrumentalists, bring your instruments. This is a no judgment zone. We provide the lyrics and guitar & piano accompaniment.

**Pumpkin Carving Workshop with Jo Martin
Thursday, October 29th from 6pm to 8pm**

Take your pumpkin carving skills to the next level! TO REGISTER please email westhampton@cwmares.org or call 413-527-5386.

This workshop is for all ages and is limited to 10 participants.

Children must be supervised at all times by a responsible parent or guardian as sharp tools will be used.

Please bring:

~ 1 pumpkin (any size is great)

~ 2 additional small pumpkins or gourds (optional)

~ Any tools you will want to use including loop tools, scrapers, etc. You can get tools from Amazon and the instructor will have some to share too. A big thank-you to Jo for volunteering her time and creative skills!

SAVE THE DATES: Death Cafes with Chris Lafond

Session 1: Thursday, November 5th from 6pm - 7:30pm

Session 2: Thursday, November 12th from 6pm - 7:30pm

A Death Café is an opportunity to talk about death. With cake! There is no agenda, and no presentation when using this model. It's simply a time to come together, share refreshments, and talk about death, with the topics arising from the group gathered. While it is not a question-and-answer session, there will be some takeaway information and follow up available.

Recommended for adults of all ages. 15+ welcome with accompanying adult. Registration is requested. Please email westhampton@cwmares.org or call 413-527-5386 to register.

Facilitator:

Chris LaFond is a certified Death Midwife who loves talking about death and getting others to talk about it, too. He is available for consultations about advance planning, spiritual counseling, home services, clergy services, and more.



Out and About in the Hilltowns

BlueCross Brigham and Women's Coverage Issue

Last month, there were news articles and letters about the BlueCross Blue Shield HMO/PPO Advantage plan changes regarding Mass General Brigham and Woman's primary care provider (PCP) coverage. As of October 1st,

Primary Care Providers are unable to bill the BlueCross Advantage plan, and consumers with BlueCross PPO's can expect to pay higher fees for their PCP visits.

Fortunately the **October 1st deadline for coverage has been extended to December 31st**. This extension allows for continuity of care, giving consumers time to make changes to their coverage.

If you have a BlueCross HMO Advantage plan, or a BlueCross PPO plan, you should call the customer service number on the back of your insurance card. And during Medicare Open Enrollment (October 15th - December 7th) you should consider switching to coverage that your PCP can bill.

Here are your options:

- You can disenroll from your Advantage plan by enrolling in a Medicare D plan. (Enrolling in a D plan will automatically cancel your Advantage Plan)
- You can enroll in another/different Medicare Advantage plan.
- You can go back to "original Medicare" and enroll in a Medicare D plan so you have Rx coverage

(Any of these changes would take effect January 1st)

If you go back to original Medicare with a D plan, remember you can enroll in a Medex-type supplement any time during the year if you need more coverage than original Medicare provides. **Still have questions? BlueCross customer service can help, or your SHINE counselor, or the Medicare help line at 1-800-633-4327.**

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

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. Room still available.

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.

Multi Day Trip October 17- 23 Chicago, 7 days, 6 nights. The partial itinerary includes a tour of Chicago, a skyline cruise on Lake Michigan, a visit to a historic Navy Pier and museums. Includes hotels, breakfasts and 4 dinners.



SCAM ALERT!

Look out for possible scams on social media!

- Shopping scams offering high-priced items for cheap. Sometimes orders never arrive or are not what was ordered.
- Investment scams using ads and testimonials offering fool-proof investments.
- Romance scams where they build a love connection then invent problems and ask for money.

To avoid scams on social media:

- Limit who can see your posts and contacts on social media.
- Never let someone you met on social media direct investment decisions.
- Before you buy, check out the company. Search online for its name plus "scam" or "complaint."

Northwestern District Attorney's Consumer Protection Unit

Northampton
(413) 586-9225

Greenfield
(413) 774-3186

Working in cooperation with the Office of the Massachusetts Attorney General

NORTHWESTERN DISTRICT ATTORNEY
DAVID E. SULLIVAN

Price \$946 per person, double occupancy. A \$25 discount is given if paid in full by July 17, 2027. Sign up NOW and pay later. Make the check payable to Diamond Tours and mail to the address above.

Please email Francine NOW so she can see if there is enough interest to make the Baltimore trip a go:

****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.

TechConnect Help for October



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:

- 10/13/2026: Digital Legacy: Putting your digital house in order
- 11/10/2026: Medical Portals, taught by Peg Whalen
- 12/8/2026: Artificial Intelligence: Trends and Topics

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, 10/15
- Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 10/22 (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, 10/13
- Worthington tech support - contact Eileen Daneri eadaneri@gmail.com.

Sept 2026 Seniors Aware of Fire Education

Senior SAFE October



October is Fire Safety Month, making it a good time to take a few minutes to review your family's home escape plan. Fires can spread quickly, and having a plan ahead of time can make a big difference.

- Know two ways out of every room.
- Keep hallways, doorways, and stairs clear.
- Practice your escape plan with everyone in your household.
- Keep glasses, keys, medications, and a phone where they can be easily reached.
- Choose a meeting place a safe distance from your home.
- When a smoke alarm sounds, get out and stay out. Call 911 from a safe location.
- A few minutes of planning today can help protect you and your loved ones when every second counts.

Stay SAFE this Fire Safety Month!

Capt. Steve Estelle
SAFE Educator
Goshen Fire Department

- Chesterfield David Hewes 413-296-4049

- Cumington Adam Dragon 413-634-0333
- Goshen Steve Estelle 413-268-7161
- Plainfield Dennis Thatcher 413-634-5566
- Westhampton Dave Antosz 413-529-7181
- Williamsburg Jason Connell 413-268-7233
- Worthington Michael Dondiego 413-238-4445

October Good News!

Open Enrollment is here again...October 15th - December 7th where we have an opportunity to switch our health insurance.

For those of us with Medicare Advantage plans (HMOs or PPOs) and those of us who have a Medicare D plan for our Rx coverage, this is the time each year when we can review our coverage, check out any changes...and see if what we have, is what we want to keep for next year. If we don't do anything...our coverage will automatically renew January 1st for next year.

Here are the things we can do during Open Enrollment:

1. Enroll in a Medicare D plan, or switch your D plan
2. Enroll in a Medicare Advantage plan, or switch Advantage plans

3. Enroll in a Medicare Advantage plan for the first time
4. Or drop your Medicare Advantage plan and switch back to original Medicare with a Medicare D plan

If you need help figuring all this out...you can contact **your SHINE counselor, Caroline Solan at Highland Valley 586-2000 and make an appointment to see her in person, or email her with your questions and she can help that way. csolan@lifepathma.org.**

Caroline works Wednesdays, but will have Tuesday appointments as well during Open Enrollment. Last year all

SHINE appointments across the State were booked up quickly. If this happens again (as expected) you can also get help through Medicare by calling 1-800-633-4327..... 24 hours x day, 7 days a week!

I have heard good reports from folks using the Medicare help line, and all you night owls can catch them when phone lines are perhaps less busy. If you are using the Medicare help line, they will encourage you to set up a Medicare.gov account which is a personalized tool that allows you to see the activity on your Medicare coverage. The Medicare.gov

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

Prsrt Std
US Postage
PAID
Permit 183
Greenfield MA

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

Want to make sure your newsletter is mailed to your home?

Starting with the NEXT issue –

Newsletters will no longer be mailed to your home unless you

- **were born in 1943 or earlier or**
- **you contact the COA Coordinator to get on the new (smaller) mailing list.**



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