

Living Well



Newsletter
February
2018

Williamsburg Senior Center: Programs & Services for Active Living at 60+

February Events Calendar

Mondays:

- Veterans' Agent, 2-4 pm
- Monday Meals, every Mon, 11:45 am

Tuesdays:

- SHINE Rep, 11-2 (call for appointment)
- Congregate Meal, 11:45 am
- Intergenerational Bag Sew (see Pg 3) 3:15 pm
- Yoga for You, 6 pm
- Basic Computer Class 6-7 pm

Wednesdays:

- Congregate Meal, 11:45 am
- **Feb 21: Advisory Board Meeting**, 12:15 pm

Thursdays:

- Tai Chi, 9:30-10:30 am
- Gentle Chair Yoga, 10:45 am
- Congregate Meal, 11:45 am
- Healthy Bones & Balance, 4 pm
- Love Your Body (see article on right) 6 pm
- **Feb 8: Brown Bag**, 10 am
- Blood Pressure Clinic 11:30 am
- **Feb 15: Men's Group, Snack Bar**, 8 am

Fridays:

- Hadley Mall (see above right) Dates & time to be determined.

Saturdays:

- Winter Farmers' Market (see above right) Dates & time to be determined by interest

*Offices will be closed for holiday on
Monday, 2/19*

February Trips Being Scheduled Now! Suggested Trips This Month:

- **Hadley Mall &/or Movie**, Date to be determined. Have lunch, shop, take a stroll in the warmth of the mall, shop at Trader Joe's or see a movie!
- **Winter Farmers' Market**, Saturdays, open 9 am - 2 pm, The Winter Market is at the Northampton Senior Center. Use your SNAP benefits (ask us how to sign up).

Let us know if you'd like to go on either of these trips. If we can get two or more folks interested, we'll set a date, get a driver and off you'll go. *It could become a regular event.* You would be picked up and delivered to your homes. Trips are funded by Highland Valley Elder Services.



Love Your Body! Thursdays 6-7 PM, beginning Feb. 1 Feldenkrais, Awareness Through Movement, taught by Michelle Wolk.

Feldenkrais is a verbally-led movement class designed to relax and re-pattern extraneous effort in one's being by a gentle series of small movements in your comfort range. You'll need a mat or blanket and warm loose clothing that you can move in.

We need at least five people in order to hold the class. Invite a friend. Fulfill your New Year's goals and resolutions by loving your body!

Please contact the Senior Center (below) to register.

To sign up for any of our programs, call us at 268-8407. If you'd like to include lunch on a particular day, please call at least two days before the event.

****Please Note:** The Senior Center's office hours may fluctuate during the winter months. Call ahead to be sure the office is open after 1:30 pm through March.

Williamsburg Senior Center - 141 Main Street, P.O. Box 193 - Haydenville, MA 01039
Phone: 268-8407 - Fax: 268-8409 - Hours: Mon & Wed 8:30-1:30, Tue & Thu 8:30-7:00

FOOD PROGRAMS

Monday Meals **Mondays, 11:45**

Meals are made fresh at the Senior Center with healthy ingredients, and include bread donated from Bread Euphoria Bakery, plus dessert by Linda Manor. Eat in, pick up or have them delivered. \$3 per meal. Please call by Thursday to reserve your meal!

- 2/5: Mushroom Bourguignon, side salad
- 2/12: White Bean and Kale Soup, toast points
- 2/19: Closed—no meal
- 2/26: Winter Squash Gnocchi, side salad

Congregate Meals **Tues, Wed, & Thurs, 11:45**

Meals provided by Highland Valley Elder Services. *Call at least two days ahead to make your reservations. We must have a reservation to feed you.* Most programs are before or after these meals—see schedule on pg 1.

Brown Bag Program **Wed, Feb 7, 10:00**

The Food Bank of Western Mass. sponsors the Brown Bag Program, in which eligible seniors can get a **FREE** supplemental bag of groceries each month. Call **268-8407** to apply.

SERVICES

Veterans' Service Officer **Mondays, 2-4**

Stop in to see Tom Geryk for answers to your questions about Veteran's benefits and other issues.

SHINE Representative **Tuesdays 11-2**

Need help with insurance issues? Wayne Glaser, SHINE Rep., is available to help. Call **268-8407** for an appointment in the office or in your home.

Basic Computer Class **Tuesdays & Thursdays, 6-7**

Alan Estes teaches the basics. Small class size ensures individual help. Call to reserve your spot. Free!

Companion Program **Are you bored at home? Do you want to get out and meet people but don't drive anymore?** The Companion Program can match you to a peer for social time, companionship, running errands and more.

Medical Drivers Call ahead to schedule rides to your medical appointments.

Benefit and Options Counseling The Senior Center can help you find the resources you need to:

- Make informed decisions
- Create short and long-term plans for services
- Identify resources that will facilitate your continued independence
- Plan for support to ensure your ability to age in your home or help you determine what other options you may want to consider
- Help you sign up for Fuel Assistance & Snap programs

HEALTH

Blood Pressure Clinic **Thurs, Feb 8, 11:30**

Hope Nurse, Robyn LaFerriere, will be available for blood pressure monitoring during Brown Bag Thursday.

Foot Care Nurse, Oni **Wed, Feb 28, 9-2**

Oni, Williamsburg's foot care nurse, comes on fourth Wednesdays every other month. This is self-pay at \$30 per visit. (Home visits, \$40.) Call **268-8407** for an appointment.

Podiatry, Dr. Coby **Tues, Mar 13, 9:30-1**

Routine foot care every other month in the Town Office building. Call **268-8407** for an appointment. Dr. Coby does medical billing—bring your insurance card.

OTHER GROUPS

Third Thursday Men's Group **Feb 15, 8 am**

"The guys" meet on the third Thursday of every month at the Williamsburg Snack Bar. Join them!

Trip Program

Trips are being scheduled now. See front page. Where would you like to go in February?

FITNESS

Yoga for You—Adult Yoga **Tuesdays, 6pm**

Taught by Michelle Wolk, this class is geared for active adults. Any adult can join. Class is \$12 or 6 classes for \$60. Call to register. Small fee per class.

Modern/Creative Dance Class **Wednesdays, 10am**

Contemporary dance for adults, taught by Susan Waltner. Call to register. You may contact Susan with questions at swaltner@smith.edu.

T'ai Chi Classes **Thursdays, 9:30am**

Taught by Marty Phinney, T'ai Chi provides simple exercises that help build energy, power and flexibility. Call to register. Small fee per class.

Gentle Chair Yoga **Thursdays, 10:45am**

Led by Alexandra Mello, features seated and standing exercises. Good for beginners-intermediate. All ages are welcome. \$10/class.

Healthy Bones & Balance **Tuesdays, 10:30am**

and Thursdays, 4pm

Fun, low impact exercise designed to increase strength, mobility, flexibility and balance. Call to register and fill out a medical clearance form. Class is **free**.

HB&B class formerly at the Williamsburg Congregational Church will now be held at the Senior Center - taught by Susan Glenn.

Visit the Town of Williamsburg Website:
www.burgy.org
Facebook page: Williamsburg Senior Center

Intergenerational Bag Sew

*Tuesdays, 3:15-5:15 pm

Join us!

Help sew bags for the Bagshare Project!

Learn to sew, sort fabric, cut tags. Lots of jobs are needed. No sewing ability necessary—Refreshments are provided! Grandparents, parents and children (children under 10 must be accompanied by an adult.) are welcome! High school students can fulfill Community Service Project hours and anyone in the Northern Hilltowns can earn Community Credits to redeem for other services (ask us how to sign up). Call the Senior Center (M-Th) or email coa@burgy.org.

Remember: Only YOU can reduce plastic bag use!
www.thebagshare.org

Here is a sampling of some of the bags made to-date:



Benefits of Volunteering

Perhaps the first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country.

The intangible benefits alone—such as pride, satisfaction, and accomplishment—are worthwhile reasons to serve. In addition, when we share our time and talents, we solve problems, strengthen communities, improve lives, connect to others, and transform our own lives.

There is also a growing body of research that indicates volunteering provides individual health benefits in addition to social ones. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.

Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, whether because they are more likely to face higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing.

**For volunteer opportunities, contact us at
268-8407 or sloomis@burgy.org**

Thank You for ALL Your Donations!

Your donations help support programs such as the Companion Program; provide financial aid to lower fees for programs; and give us the flexibility to add new programs, classes & workshops to benefit our senior population. EVERY donation is important, as are all the VOLUNTEERS who donate their time to help out.

Please consider a tax deductible contribution. If you would like to contribute, please fill out the form below, send it with your check made out to **Town of Williamsburg** and write “Senior Center program support” in the memo line. We thank you for your continuing support!
—Marie Westburg, Director

The Williamsburg Senior Center counts on YOUR support to continue our programming for local seniors!

I would like to contribute to the Williamsburg Senior Center. My contribution of \$_____ is attached.
(Please write your check to **Town of Williamsburg** with “Senior Center program support” on the memo line.)

Name _____

Address _____

Thank You for Helping to Support Your Neighbors!
Williamsburg Senior Center/Council on Aging



Domestic Violence Advocate, Hilltown Safety at Home (HS@H) 413 559-8039
 If you need help in an emergency, call 911 or the Safe Passage hotline 888 345-5282
Elder Abuse Hotline 800 922-2275
First Call for Help Information and Referral Resources 800 339-7779
Fuel Assistance Application and Recertification 800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC) 413 296-4536
Veterans' Service Officer Tom Geryk 413 587-1299
 (Westhampton) Joe Henning 413 207-3541
 (Plainfield) Upper Pioneer Valley Veteran's Services District in Greenfield 413 772-1571
Regional Outreach Coordinator, Peg Whalen 413-404-4566
DO NOT CALL Registry 888 382-1222

Food Services:

Food Bank of Western Massachusetts Brown Bag Program 800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP) 413 552-5400
 For assistance call Fran @ Williamsburg COA 413 268-8407
Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director 413 268-7578 Wed 1-3; 3rd Wed 1-6
Meal Site Williamsburg Senior Center 413 268-8407
Meals on Wheels Highland Valley Elder Services (HVES) 413 586-2000 or 800 322-0551
Northampton Survival Center, 265 Prospect St. Northampton 413 586-6564
Salvation Army Emergency Food, Fuel or Medication Vouchers 413 586-5336/6564

Health Services:

Highland Valley Elder Services Intake referral for homecare, etc. 413 586-2000
Hilltown Community Health Center - Medical & Dental 413 238-5511, ext. 131
HOPE Nurse, Robin Laferriere, RN 413 238-5511, ext. 313
Janet Dimock, HealthWise Community Health Worker 413 238-5511, ext. 149
Podiatrist **Dr. Michael Coby**, call Williamsburg Senior Center 413 268-8407
 to schedule (Alternating months at the Senior Center)
Foot Care **Oni, RN**, foot care in Goshen, Call Liz Loven for appt. 413 268-7122
Oni, RN, foot care in Williamsburg or in-home visits 413 268-8407
Oni, RN, foot care in Plainfield or in-home visits 413-522-7219
Diane Roeder, foot care in Whamp & Chesterfield 413 374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage
Wayne Glaser Call your COA for appointment
Richard Bauman (Westhampton) 413 527-5240
Lorraine York-Edberg 413 773-5555, ext. 2275
Mass Health and New Health Coverage
John Bergeron, HCHC-Huntington 413 667-2203
Buliah Mae Thomas at Hilltown Comm. Health Center 413 667-2203

Transportation Services:

Cumington Neighbor to Neighbor Drivers 413 634-2262
Westhampton transportation appts or groc. shopping, Louise Jasionkowski 413 527-5134
Williamsburg Medical Rides Williamsburg Senior Center (to schedule) 413 268-8407
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center) 866 277-7741
FRTA Van Fran Goebel 413 296-4232

Local Councils on Aging:

Chesterfield COA, Janice Gibeau 413 296-4007
Cumington COA, Anne Parsons 413 634-2262
Goshen COA, Evelyn Culver 413 268-3316
Plainfield COA, Deborah Thibault 413 634-0275
Westhampton COA, Julia Lennen 413 537-9880
Williamsburg Senior Center, Marie Westburg 413 268-8407
Worthington COA, Sandra Epperly 413 238-5584



Regional News

Outreach in the Hilltowns: Progress to date

By Peg Whalen
Regional Outreach Coordinator for the
Northern Hilltowns Consortium of COAs

The Northern Hilltowns Consortium of COAs Service Incentive Grant supports COAs as they expand senior outreach in the hilltowns. We will be reporting outreach progress and the state of outreach in each town. This month we report on Plainfield.

The Plainfield Council on Aging and the town-based Plainfield Cares organization are serving roughly 250 town seniors. The Plainfield Council on Aging has added three board members including two from Plainfield Cares. Plainfield Cares is a volunteer organization created in 2016 and continues into a third year of support for residents. Plainfield COA nutrition outreach continues with Plainfield’s COA luncheon twice a month – the only northern hilltown offering meals and social contacts twice a month.

Plainfield Cares offers short-term/transitional assistance for people returning to town after illness, injury or surgery. Care includes coordinating meals, helping with basic tasks, arranging company, doing pet care, and meeting other time-limited needs. Volunteers also are available to take residents to medical appointments, treatment, and meet other needs for rides. Additionally, the organization supports library use like rides to the library, book return or reading pickup. Outreach includes volunteers calling every senior to talk or meet and arrange delivery of information seniors need for safely ageing-in-place in Plainfield. Several residents have enjoyed conversations with callers and gotten detailed Plainfield-specific information and resource packets. There are enough information packets for seniors of any age.

Packets also are available for viewing at the library.

The COA urges residents to request an information packet, attend lunch, or talk with a volunteer by phone or at a convenient home visit. Even if you don’t need assistance yourself, you can become an informed neighbor or friend able to share information or offer suggestions to people you quietly watch out for or already are helping.

FY18 Housing Rehab Program

Hilltown CDC will be submitting a grant application for FY18 to continue the Housing Rehab Program for the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, and Worthington. If you have used the Housing Rehab Program in the past or would like to use it in the future, we’d like to hear from you.

We welcome your ideas, suggestions, or input about the design of the program and how we could improve the overall effectiveness of our services. Please call or email your comments no later than February 9, 2018. We look forward to your input. If you’re interested in applying for the Housing Rehab Program, please be sure to request an application when calling or emailing.

Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email paulab@hilltowncdc.org for more information or an application to the program.

Funding is provided by the US Dept. of HUD/DHCD and MA CDBG Programs.

Surely I don’t really need to check...

Here is one more credit report note, then I promise I’ll change topics. For a while.

I’ve had a couple people ask if they really need to check their credit report if they don’t use a credit card or they aren’t going to make a big purchase. Short answer – yup.

Long answers – A credit report may contain items other than credit cards such as some debit or gas cards, mortgages, car loans, medical accounts, telephone plans, public records, and who is accessing your report. Keeping up with your credit reports can help you avoid identity theft, assure a family member hasn’t messed you up, fix errors, and learn how to improve your credit score. With a better score, you may be able to get or negotiate lower rates (insurance, loans, rentals) or get a higher credit limit to help fund a small business.

Here’s a shocker: if a thief gets ahold of your identity and charges his family’s phone plan to it, or her medical bills, it won’t be him or her who has to straighten out the mess. The mess can be straightened out, but the process is not something you will enjoy doing.

Another shocker – long ago, when I was learning how to be an adult, there was no need to know about credit reports and scores! Life is different now. As always, if what I write can help you help someone else, feel free to use these notes.

Cheers,
Jean O’Neil, TRIAD Committee Member
413-268-2228, jeanoneilmass@gmail.com

Become a VITA Volunteer!

Volunteer Income Tax Assistance (VITA) program

The Hilltown CDC is partnering with the Berkshire County United Way to bring VITA to the Hilltowns of Western Massachusetts, and is seeking volunteers to help low-to-moderate income individuals in preparing tax returns.

VITA offers FREE basic tax return preparation by IRS-certified individuals, with electronic filing to qualified households that make \$54,000 or less. By volunteering for just a few hours a week from early February to mid April, you could help to provide THOUSANDS OF DOLLARS in benefits for working, income-eligible individuals and families in Western Massachusetts. The VITA Program offers **free tax help** to income eligible individuals to build assets and gain access to financial resources that will enrich their lives.

No experience necessary – All volunteers will receive training and materials appropriate for their position. Specific training dates will take place beginning in January of 2018. **No risk**- Volunteers are

covered under the Volunteer Protection Act and are not accountable for tax returns filed to the IRS.

Volunteer Positions available:

- **Greeters**

As a Greeter, you will create a welcoming atmosphere at VITA sites while also helping to check in families and individuals accessing VITA services. While tax training is not required for greeters, a positive attitude is critical to being effective in this important role.

- **Tax Preparers**

Are you good with numbers, computers, and forms? Tax preparers work with filers to prepare their federal and state income tax returns. Volunteers receive free, in-depth training and must pass an IRS certification test.

Helping with the VITA program can be rewarding while serving a vital role in our community. To find out more, please leave a message for Program Coordinator Assistant, Lisa Westervelt, at the Hilltown CDC at 413-296-4536, extension 100, or email at LisaW@hilltownCDC.org

Need help with your housing repairs?

Hilltown CDC received funding for the FY17 Housing Rehab Program, and we're currently applying for the FY18 Housing Rehab Grant. We're accepting applications from homeowners who live in **Chesterfield, Cummington, Goshen, Plainfield, Peru, and Worthington** who need help with their housing repairs. Here's a sample of some the work that can be performed under the Housing Rehab Program:

HOUSEHOLD INCOME GUIDELINES/

LIMITS:

<u>Household Size</u>	<u>Gross Annual Income</u>
1	\$44,800
2	\$51,200
3	\$57,600
4	\$64,000
5	\$69,150
6	\$74,250
7	\$79,400
8	\$86,750

Possible Repairs:

Siding	Roofs and Chimneys
Windows, Doors, and Siding	Floor Joists, Flooring
Insulation, Walls, Ceilings	Foundation Work
Septic Systems and Sewer Tie-in's	
Handicap Accessibility Work	
Plumbing and Electrical	
Wells, Pumps, and Hot Water Tanks	
Lead Paint Removal	
Asbestos Removal	

These are **NO interest/NO payment loans** which may be entirely forgiven, and all repair work is completed by a licensed contractor of your choice. Please don't delay, funding is available and you may be surprised to find out you qualify! Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email paulab@hilltowncdc.org for more information and an application.



Funding is provided by the US Dept. of HUD/DHCD and MA CDBG Programs.

On the Go!

The Northampton Senior Center has arranged the following outings, and you are welcome to join!



Please make your reservations early as these trips fill up fast! **Call Francine Frenier at the Northampton Senior Center: 413-587-1228.**

April 20– Friday: Polish Center of Discovery & Learning, a unique museum filled with 10 rooms of Polish history, emigration and culture. Located in Chicopee. Enjoy a German-fare lunch on your own at the Munich House prior to the museum stop. Sign up early, seats are limited. Cost is \$36.

April 26- Thursday: Sister Act, a musical comedy, will be performed at Westchester Theater in Elmsford, NY. A full luncheon is included. Cost is \$125. There is a \$10 discount if paid in full by March 15.

May 8- Tuesday: Maggiano's Cooking Demo & Lunch, and JFK Library Centennial Celebration. Learn tricks of the trade and enjoy a 3 course family-style luncheon. Then visit the JFK Library for its 100th celebration exhibit. Cost is \$114. There is a \$10 discount if paid in full by March 27.

May 25-June 4 : Mt. Rushmore and the Black Hills of South Dakota, 11 days, via bus, \$950 with double occupancy. Roommates available. Fourteen attractions and sites galore. Pay in installments or pay in full by Feb. 1 and receive a \$25 discount. \$100 Deposit. Trip insurance available.

June 21-Thursday: The Gilded Age of the Berkshires. Tour Ventfort Hall and The Mount. Buffet lunch on terrace at The Mount. Cost is \$112. There is a \$10 discount if paid in full by May 7.

June 26-28: Three Day Tour to Lancaster, PA. Two shows, *Jesus* at Sight & Sound Theater and *The Wizard of Oz* at Dutch Apple Dinner Theater and more. \$434 with double occupancy. Pay in installments or pay in full by April 5th and receive a \$25 discount. \$50 Deposit. Trip insurance available.

July 10 – Tuesday: Tour of Mark Twain Home and Wickham Gardens. Lunch at Promenade Shops on your own. Cost is \$74. There is a \$10 discount if paid in full by June 1.

July 24 – Tuesday: Best of Boston. Duck Boat Tour, lunch on your own at Quincy Market and

New England Aquarium. Cost is \$109. There is a \$10 discount if paid in full by June 12.

August 7 –Tuesday: Tour of Fenway Park and Lunch at Cheers. Enjoy some free time in Boston. Cost is \$123. There is a \$10 discount if paid in full by July 1.

Sept. 7-11: Washington D.C., 5 days, via bus, \$540 with double occupancy. Full day at the Smithsonian. Pay in installments or pay in full by June 1 and receive a \$25 discount. \$100 Deposit. Trip insurance available.

Dec. 10- Monday: White Christmas Big Band show and luncheon at Aqua Turf, Plantsville, CT. Rob Zappulla and his 13-piece Big Band will perform holiday favorites. Cost is \$102. There is a \$10 discount if paid in full by October 30.

Dec. 17- Monday: The nostalgic holiday favorite, A Christmas Carol is performed at The Bushnell. A pre-show luncheon at Aqua Turf, Plantsville, CT. is included. The all-inclusive price is \$106. There is a \$10 discount if paid in full by October 30.

Coming to the Bushnell Hartford, Ct.
HAMILTON--date to be determined.
(probably late 2018 early 2019)

Spa Days at Smith Vocational

Come enjoy some pampering! Smith Voc seniors from the Cosmetology program are offering the following:

- Shampoo, cut & style \$5.00
- Manicure \$4.00
- Pedicure \$8.00
- Basic Facial \$8.00



Spa Days will be on the following Fridays: **Feb. 9, Mar. 16, Apr. 13 and May 18**, in Room 124 of Building A at the school. To enable the students to prepare for the specific services, **please call 413-296-4007 to make an appointment.** Each appointment takes about an hour and are scheduled for 9 am and 10 am. Following the Spa Day, enjoy lunch at the Oliver Smith Restaurant!

Would you like to receive your newsletter by email instead of snail mail?

If so, please email Kristen at regionalcoanews@gmail.com to be put on the email list.

Williamsburg Senior Center
P.O. Box 193
Haydenville, MA 01039

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This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

Out and About in February

Thurs. Feb 15th at 2pm
Snow date Thurs. Feb 22nd at 2pm
Need a Ramp?

Easthampton Council on Aging
19 Union St. Easthampton



Do you need a ramp to get in and out of your home? Do you know someone who does? For many, the expense and effort of hiring a contractor are daunting. Stavros's Home Sweet Home program is designed to help seniors and people with limited mobility have ramps installed. Home Sweet Home program staff assess needs, provide help with financing, and oversee installation. Come to the Easthampton Council on Aging to hear a presentation by Home Sweet Home program director Lois Brown, who will talk about the best way to contact her program, financing options, and more, with time for questions afterwards. **RSVP: 413-527-6151.**

Sun. Feb 18th at 2pm
Contemplating Common Creatures
by Fran Ryan
Chesterfield Comm. Center, 400 Main Rd.
Chesterfield, MA

In this Horizon Production presentation, environmental educator, Fran Ryan, will reveal the secret lives of the Eastern chipmunk, the Eastern gray squirrel and the meadow vole. We will discuss their characteristics, behaviors, lifecycles and shed some light on these creatures with whom we share our world.

While many of us know a little something about those "charismatic species," like bears, big cats, wolves and whales - the big stars of the wild kingdom - these little guys just don't get a lot of press. Their stories, however, are just as fascinating.



Come and get a peek into the lives of these interesting furry neighbors and see what makes them tick, and how best to live happily along side them.

Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA, which coordinates these programs in partnership with: the Westhampton COA, Chesterfield Public Library, CFCEs of Westhampton and Chesterfield, Davenport Childcare, and New Hingham PTO.

