

# Living Well



June  
2022  
Newsletter

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

## “AN APARTMENT COMMUNITY”

I bought my first and only home in Laurel Park, Northampton in 1999. Living in one of 110 houses on a comparatively small plot of land was overwhelming to me. It didn't help that my previous abode had been in the middle of the woods!

As time went by, I began to know people and became involved in activities. For me, an aging adult now 78, it couldn't be better. I live alone and yet there are other adults and children all around me. I started to think about other similar and affordable living situations.

Since it's in our area, I decided to talk to some of the tenants at 7 Nash Hill Place. This is a privately-owned, rent-assisted 28-unit apartment building built in 1989, located near the center of Williamsburg. Bob Copley, who lives there, stopped in at the Senior Center recently. I asked if Nash Hill is a place where people benefit from living close to others. Bob used the phrase “an apartment community” which I like so much, it's what I named this article. He showed me some pictures he'd taken of the lush flower and vegetable gardens behind the apartment building.

The management company gave permission for tenants to use that area for gardening. These gardens provide a huge benefit to those living there. In addition to food and beauty, they provide a gathering place for conversation, the sharing of seeds, tools, starts, and ideas. It's also a lovely place to meet your neighbors whether you garden or not.

Joan Donovan has lived at Nash Hill for 13 years. One of her sisters lived there in the past and another of Joan's sisters lives there now. Joan says that both she and her sister benefit by living in the same building. As they age, they can more easily help one another. Joan is an active and involved woman. She gardens at Nash Hill and appreciates being able to do it where she lives.

I asked about the sense of community: “Most people are generous to their neighbors when needed.” This became clearer during COVID. Fortunately, few tenants at Nash Hill were infected. Still, for those who were ill, someone always offered to help.

Joan hopes that potlucks and monthly birthday celebrations restart. However, “...it's impossible to get all tenants to agree on anything.” Isn't that the truth everywhere regardless of the size of a group? “Unique people live here” and unique people have minds of their own.


As difficult as it is for those of us aging adults to imagine leaving the places we now live, it seems that affordable housing offers often-overlooked benefits. Socializing if and when you want to, engaging in activities (or not), getting help if you need it, and helping others when you can. It's too bad there aren't more places like this so everyone has the chance to live easier and better lives.

Tryna Hope, Staff

(See Bob's pictures in color by visiting [www.burgy.org](http://www.burgy.org), click on departments, click on Senior Center. In the left column, click on the Living Well newsletter.)



Photos by Bob Copley—more inside

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\*  **“Ladies who Lunch” is Back!** \*  
\* See Page 2 for details \*  
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Williamsburg Senior Center – 141 Main Street, P.O. Box 193, Haydenville, MA 01039  
Phone: 268-8407 or 8410 ~ Hours: Mon - Thurs, 8:30 - 2:00 ~ Email: [seniorcenterdirector@burgy.org](mailto:seniorcenterdirector@burgy.org)

## SHINE

For Medicare and Medicare-related insurance issues, **SHINE** can help. If you want to speak to a SHINE agent, call the Senior Center to make an appointment. Leave your name and phone number and we'll have an agent contact you.

### Veteran's Service Officer

There are no longer office hours in the Town Offices, but the VA office is open and available. Our representative, **Robert Vigneault** may be reached at his office at **413-587-1299** for appointments.

### Brown Bag: Food for Elders

Get a free bag of healthy groceries to eligible seniors once a month at the Senior Center. Call the Food Bank at **413-247-9738** or **800-247-9632** or download an application at <https://www.foodbankwma.org>. (Click on the Get Help tab and select Brown Bag.) Send applications to: The Food Bank of Western Massachusetts, P.O. Box 160, Hatfield, MA 01038.

### Highland Valley Meals

**Congregate meals are being served in the Senior Café Mondays—Thursdays. Fridays will be delivery only.** We are accepting new folks for these meals. **Contact Tamar at 268-8419.**

### Take and Eat

Two area churches are providing freshly made meals delivered every Saturday. Contact the senior center to find out more or to sign up.

### Foot Nurse

Piper Sagan is doing foot care at the Senior Center **June 14th** and on second Tuesdays every other (even) month. Call us (**268-8407**) to make an appointment, (\$50). Piper can also do foot care in your home, (\$80). Call her at **413-522-8432** for an appointment.

### Podiatry

Dr. Coby has appointments available on **July 12th**, and the second Tuesday of every other (odd) month. He accepts insurance for payment. Call us (**268-8407**) for an appointment.

### Hilltown Elder Network

Also known as the **HEN Program**, is available from the Hilltown Community Development Corporation. for housekeeping and other duties. Williamsburg/Haydenville residents can call the coordinator, **Fran**, at **268-7411** for more info.

### Medical Rides

The Senior Center drivers are available for your medi-

cal rides. **Call us at least 3 days ahead** and we will provide a driver. (You can still use PVRTA for medical rides in their vans with **Dial-A-Ride Services, (413) 739-7436.**)

### Carpool Rides\*

Rides for shopping/errands can be scheduled through our **Carpool Program. Call us at least 3 days ahead** and we will provide a driver.

### Companion Program\*

Would you or someone you know benefit from a friendly visit now and then? Contact us for more info.

\* *These two programs are provided by a Title III Grant through Highland Valley Elder Services*

### Wellness Calls

The Williamsburg Senior Center is still making friendly calls. If you are feeling lonely, or would like check-up calls, we'll add you to our call list. (**268-8407**)

### Modern/Contemporary Dance

Susan Waltner's very popular dance class is happening on Wednesdays at 10:00 am in the auditorium. Contact Susan at [swaltner@smith.edu](mailto:swaltner@smith.edu) if you would like to join.

### Tai Chi

Instructor Marty Phinney is offering Tai Chi outside or in the auditorium, **Tuesdays, 9:30-10:30 am.** Members or interested others can contact her at **413-268-3228.**

### Yoga for You

Yoga classes by Michelle Morales are led on Zoom **Tuesdays at 6 pm.** You can reach Michelle at [morales.wolk@gmail.com](mailto:morales.wolk@gmail.com).

### Strength and Cardio Workouts

**Joan Griswold** is leading workouts via Zoom **Thursdays at 10:15 am.** Visit her at [www.bybhealth.com](http://www.bybhealth.com) to sign up.

### Men's Group

Meets at the **Williamsburg Snack Shack** (or Zoom) on **3rd Thursdays at 8:30 am (June 16th).** To join, email Larry West ([landwest3315@yahoo.com](mailto:landwest3315@yahoo.com)), and become one of the "guys!"

### Ladies who Lunch

We'll meet at the **Williamsburg Snack Shack** on **3rd Fridays at 11:30 am (June 17th).** Please call **268-8407** (or email [sloomis@burgy.org](mailto:sloomis@burgy.org)) to reserve your spot at the tables. See you there!



## Farm Share News!

Prospect Meadow's Senior Farm Share program will begin on June 14th. We will send out payment notices in a few weeks. You may pay **\$161 up front** or pay weekly -- **\$9 a week for 19 weeks.** If you have questions or want to sign up, please call Tamar at **413-268-8419** or e-mail [tsmith@burgy.org](mailto:tsmith@burgy.org) and please include your phone number.

## Elder Law Education Program - 2022

Local seniors can learn about Elder Law issues at a free event (in person) hosted by the Williamsburg Senior Center on June 16th at 3:00 pm at the Town Office Building, 141 Main St. in Haydenville. The event is part of the statewide Elder Law Education Program sponsored by the Massachusetts Bar Association.

Among the topics this year are Veteran Affairs Financial Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes, COVID-19 resources, and alternatives to nursing home care. The Law Offices of Bacon Wilson, P.C. (with offices in Springfield, Northampton, and Amherst) will be presenting.

You must register in advance for this event by calling the Senior Center at 268-8410 or emailing [senior-centerdirector@burgy.org](mailto:senior-centerdirector@burgy.org).



Joan's Chair, photo by Bob Copley

## Thank You from the Williamsburg Senior Center!

The Williamsburg Senior Center relies on donations from the community to support some of our best-loved programs and events. If you would like to donate, there are three ways to contribute:

1. Donate online via Unipay at [www.burgy.org/senior-center](http://www.burgy.org/senior-center);
2. Drop off your donation in person during business hours;
3. Mail a donation to Williamsburg Senior Center, PO Box 193, Haydenville, MA 01039.

### 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 Us Support Our Neighbors!**

## A Cure for Isolation and Loneliness

When I applied for the job as Nutrition Coordinator for the Williamsburg Senior Center, I assumed that partly, I would be continuing to do what I had done as a volunteer which was to serve lunch in The Senior Café. But the job came available in the middle of the first year of Covid and The Senior Café was shuttered and closed. Therefore a significant part of my job was delivering meals to about 15-20 households.

In the meantime I was reading articles in the New York Times about isolation in the elder population. Even those seniors who had active lives and connections to their communities prior to Covid, were forced to isolate, the very thing that contributes to increased illness and depression.

We started working against the isolation by holding coffee hours outside during periods when the virus was calmed down. We had an ice cream social which was attended by many. Still, the staff of The Senior Center is positively delighted see the resumption of congregate meals, and judging by the response of the crowd that is coming in to eat, many of our seniors are equally happy!

To date we have about 15-20 participants coming in to dine and the conversation is animated and energetic. We welcome anyone who wants to come in. **Please register by calling \*Tamar Smith at 268-8419 and come join in the fun!**

\*\*\*\*\*  
\* **Volunteers Needed to assist with** \*  
\* **Monday Meals at the Senior Center Café.** \*  
\* Set tables, wash dishes, clean-up and some \*  
\* food preparation. 2-3 hours between 10-1:00 \*  
\* on Mondays. **Contact Tamar, above\*.** \*  
\*\*\*\*\*

**A Big Thank You to Pause & Pivot Farm** for the donated greens that Williamsburg seniors are enjoying! We distribute the greens at our congregate meals in the Senior Center Café. **If you would like to attend a congregate lunch, call Tamar at 413-268-8419.**

**And Thanks to Volunteers!**

On April 30th, **Technology Day**, sponsored by the Senior Center and Meekins Library, was able to help seniors learn how to better access and use their technology device. The event was part of an effort to address the digital divide, especially as it affects older adults.

We give a shout-out to the volunteers who made this possible. Our tech folks: David Martin, Collin Black, Peg Whalen, Sarah Aftab, & Terry Dawson. They did such a fantastic job! And also shout outs to Bev Bullcock and the library staff, and Miana Hoyt-Dawson. It is the generosity of their time that made this possible.

We want to continue to work with older adults to help them use technology. **Please contact the Senior Center or email [seniorcenterdirector@burgy.org](mailto:seniorcenterdirector@burgy.org) with questions or assistance you need with technology.** We hope to build on the success of this event to create a program to address technology needs among older adults in our community. Stay tuned!



Norma's Garden, photo by Bob Copley

\* \* \* \* \*  
 \* Any man can be a FATHER, \*  
 \* but it takes someone special \*  
 \* to be a DAD! \*  
 \* \* \* \* \*



**Stay Up-to-Date! Visit the Town Website: [www.burgy.org](http://www.burgy.org)**



**& Facebook Group: [Williamsburg Senior Center](#) for the Latest News & Announcements!**

**To subscribe or unsubscribe from this newsletter or receive this newsletter by email only, contact us, leaving your name, address and phone number at 268-8407, or [sloomis@burgy.org](mailto:sloomis@burgy.org).**

**Williamsburg's 250th Celebration:  
July 17th Parade**

The Senior Center will have a contingency of folks participating in the Parade!

**We need parade walkers and Trolley riders!** (Trolley bus provided by PVT.A.)



The parade route is 2.1 miles from the center of Haydenville to the center of Williamsburg. **Find more information online at: <https://www.burgy250th.com/about>.**

Please contact the Senior Center at 268-8410 or e-mail [sloomis@burgy.org](mailto:sloomis@burgy.org). We must let the organizers know how many folks will be marching or riding in the parade. Please let us know ASAP. Thank you. **Come and Join the parade! Let's make this fun!**

**"Our Town-2021"**

**Our Town-2021**, a book of memories, interviews and pictures about living in Haydenville & Williamsburg is available now! To purchase a copy, please **contact one of the folks listed below.** The price is about \$30 per copy plus shipping if needed. Enjoy the stories of your fellow townsfolk!

- Mary Bisbee - 413-268-3225  
[mbisbee52@hotmail.com](mailto:mbisbee52@hotmail.com)
- David Bickford - 413-586-3662  
[davidbickford945@gmail.com](mailto:davidbickford945@gmail.com)
- Delia Crocker - [bookforburgy@hotmail.com](mailto:bookforburgy@hotmail.com)
- Daria D'Arienzo - [ddarienzo@me.com](mailto:ddarienzo@me.com)
- Larry West - [landlwest315@yahoo.com](mailto:landlwest315@yahoo.com)  
(95 Main Street, Haydenville, MA 01039)

**Observance of Flag Day**



The week of June 14 (June 12–18, 2022) is designated as "National Flag Week." During National Flag Week, the president will issue a proclamation "urging the people to observe the day as the anniversary of the adoption on June 14, 1777, by the Continental Congress of the Stars and Stripes as the official flag of the United States of America." The flag should be displayed on all government buildings. Many Americans celebrate Flag Day by displaying the Red, White and Blue in front of homes and businesses. **The day commemorates the adoption of the Stars and Stripes as the official flag of the United States.**

Seniors Aware of Fire Education

It is that time of year again. Our lawns are growing. So, here are my annual tips on gasoline and lawn mowers:

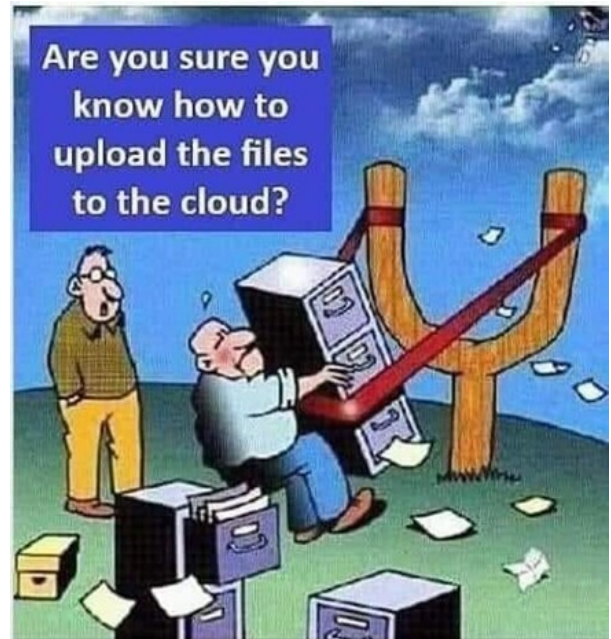


- ⇒ Remember, gasoline vapors are highly flammable. They stay on your clothing and can ignite if you light a match for any reason.
- ⇒ Store gasoline only in approved containers. Store them outside or in a building not attached to your house. Never keep gasoline inside your house.
- ⇒ Keep gasoline away from all heat sources such as grills, campfires, fire pits and smoking materials.
- ⇒ Never fuel a lawn mower while it is hot. Let it cool off first.
- ⇒ Do not use gasoline to start a cooking fire, camp fire or pit fire.
- ⇒ Keep hands and feet away from a mower while it is running. If you have to clean grass out from under the mower, detach the spark plug wire and wait for the mower to cool down before up ending it to get the grass out.

Have a SAFE mowing season!

--Worth Noyes, SAFE Educator  
Williamsburg & Cummington Fire Departments

*The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. of Fire Services.*



**Would you like to receive your newsletter, in color, by email instead of snail mail?**

If so, please email Kristen at [regionalcoanews@gmail.com](mailto:regionalcoanews@gmail.com) to be put on the email list. Include your address so I will know which mailing list to take you off of. Thanks!

**What DOES my POA do?**

You know how I nag on the Big Five... Let's say I am in a coma and unable to take care of anything in my life. Or both arms got broken so I can't use my hands, or I have a tick-borne disease with total brain fog. Or here's an option: I won a four-month world cruise and will be going! What happens to my business / routine part of life? Happily, I arranged for a trusted friend to have my Durable Power of Attorney (POA) and I make sure that is activated before I go.

What does the POA do to benefit me? Let me count the ways. They can:

- ⇒ pick up my mail and read my email.
- ⇒ pay the bills that come in the mail.
- ⇒ monitor my bank account to make sure that automatically-paid bills are in fact paid and paid correctly.
- ⇒ monitor my bank account for anything that looks wrong.
- ⇒ file my taxes.
- ⇒ receive the notice that a CD is coming due and either cash it in or invest it again, depending on what they know my wishes are.
- ⇒ renew my house and car insurance policy.
- ⇒ watch my medical bills to make sure that charges are valid.
- ⇒ keep an eye on my benefits programs such as Medicare.
- ⇒ go online at [annualcreditreport.com](http://annualcreditreport.com) once a quarter and check my credit reports for anything that looks wrong.

In short, they keep my life going until I get back to it! There are several types of POAs, so a person should read further before assigning one. This note is about the financial POA, stay tuned for the health POA.

All is well!  
Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## June's Good News

By Deb Hollingworth

Are you thinking about housing options? House too big, or are you feeling isolated in your apartment? Are you thinking about your homeowners property taxes, or the price of heating oil, or whether you want to be at the beck and call of your wood stove? Maybe it's time to think about moving to a less demanding, more socially interesting living situation. If you are concerned about health issues, ready to downsize and never want to move again, an assisted living residence might be a good choice. An assisted living residence is an apartment with support services which usually include: meals, housekeeping, laundry service, personal care and social activities. We have a number of them (over two dozen) in our area. Cost is a determining factor, but food, social activities, and the sense of community are key issues that usually influence the decision to move.

Let's talk about cost.

Assisted living apartments are expensive until you begin to add up what your current monthly overhead is. What if you didn't have to pay homeowners insurance, or utilities, or taxes, or the grocery bill? Would the monthly assisted living rent seem that expensive by comparison?



Many folks sell their home in order to finance several years rent in an assisted living. But what if you don't have a home to sell? Or your home has a mortgage that has to be paid and the remains of your sale might be meager? Some assisted living apartments are subsidized by MassHealth. There's also a VA benefit if you are a veteran or were married to a veteran, and most Long Term Care insurance policies also will pay a portion of your rent in an assisted living.

To determine which assisted living residences offer subsidized apartments, or to see if you might qualify for any of these subsidies, you might call your Senior Center for a start, or call Highland Valley Elder Services and ask to speak to their Options counselor. (413-586-2000).

Let's talk about other factors that influence your decision where and when to move, such as food and social activities.

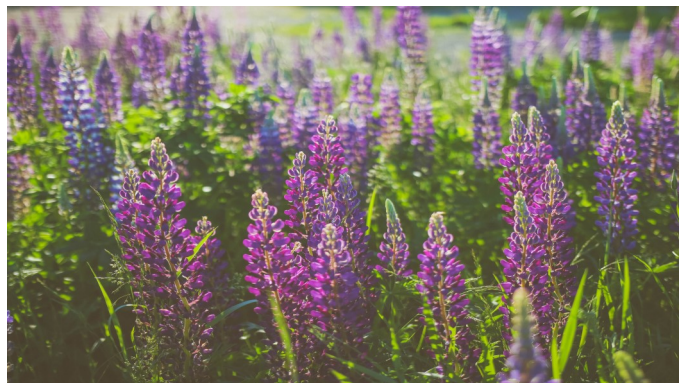
I had a volunteer work in my department for 20 years. He started when he turned 70 and "retired"

at 90. His wife died before then and the house they had lived in seemed empty. While it was well kept and in a good neighborhood, it began to need more attention. And he had to find someone to plow the driveway in winter, mow the lawn in summer, replace the water heater, put in the air conditioner. Life wasn't getting less complicated, so he sold his home and moved to an assisted living. Shortly after that, he invited me to lunch. The menu had two choices for entrees with a good selection of vegetables. Meals were sensibly sized. The dessert menu, however, had 24 choices. I approved because when you reach a certain age, the tough decisions should be about what to have for dessert.

Moving is a Big decision. And often is predicated by deteriorating health, loss of spouse or concern about becoming isolated and not having much mental stimulation. Assisted living residences might be the answer.

## The COA newsletters roll for one more year!

Everyone is pleased and relieved to know that the Executive Office of Elder Affairs has approved our request to extend the Service Incentive Grant to cover the cost of keeping up the production of the newsletter that goes to over 2400 households in seven Hilltowns for one more year, allowing us to keep the written word alive. We are grateful and appreciative of support from not only EOEa but from so many people who made this possible -- each of you who wrote letters about the importance of receiving hard copies every month; the COA Coordinators from each town who advocate and work hard to reduce the isolation that comes when access to important information is not accessible; all of the COA board members who made their voices heard; support from the Hilltown CDC and other nonprofit organizations in exploring options; and especially our state representatives, Lindsey Sabadosa and Natalie Blais, whose strong support led to the decision to keep the written word alive and our rural towns "Hilltown Strong".



## On the Road Again...



### 2022 Trip Lineup

These are the bus trips being planned for 2022 with various travel groups. Most trips are limited to 36 passengers. *Friends of Northampton Senior Center* is helping with the cost of some trips. Contact Francine Frenier if interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com.

**Day Trip June 15. Encore Boston Harbor Casino.** Cost is \$37 which includes \$20 free slot play. Meals on your own. Meet the bus at Sheldon Field, Old Ferry Rd, Northampton at 7 a.m. \*time subject to change. Make payment to Francine Frenier and mail to: Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096. Due NOW.

**Day Trip June 23. Zooma Trattoria** with pasta demonstration and Little Italy Tour in Providence RI. Includes lunch: Chicken Piccata and lots of Italian sides. \$94 due NOW. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096 Flyer available.

**Day Trip July 28. Winnepesaukee Railroad** luncheon and train ride. Turkey dinner aboard the train catered by Hart's Turkey Farm. \$102 due by June 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096 Flyer available. WAIT LIST ONLY.

**Day Trip August 20.** Red Sox Triple A affiliate, **Woo Sox** vs Rochester Red Wings in Worcester, MA. Tentative Date Saturday 8/20/22. Private buffet for our group included. Cost to be determined.

**Day Trip August 25. Lobster Luncheon at George's of Galilee and Shopping in Newport.** Includes 1.25 lb. lobster at Georges of Galilee Waterfront Seafood Restaurant. \$101 due by July 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available.

**Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour.** 3 days. Lobster meal included. Nice relaxing sightseeing trip. Cost \$359. Payment due NOW. Flyer available.

**Day Trip Aug 10. The Jersey Tenors,** a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes lunch: Chicken Parmesan & Broiled Scrod. Cost \$114, \$10 discount if paid by June 30th. Flyer Available.

**Day Trip September 10.** Thomaston, Connecticut. **Naugy Scenic Train Ride.** Stop at Fascia's Chocolate Factory. \$120.00. \$10 discount if paid by July 30. Lunch entrée choices: Chicken Marsala, Salmon or Pork Tenderloin at Black Rock Tavern. New Date Saturday, 9/10/22.

**Day Trip Sept. The Big E.** Free Entertainment at Court of Honor Stage. Date & Cost TBD.

**Day Trip September 22. Norman Rockwell Museum & Studio** tour with Lunch at Red Lion Inn. Lunch choice: Chicken Pot Pie or Jack's Meatloaf or Fish & chips. \$100 due by August 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available.

**Day Trip Late Sept.** Wareham, MA. **Cranberry Bog Tour.** Date & Cost TBD.

**Day Trip Oct 4. Octoberfest!** The Schnitnel Brothers perform. Self Drive to the Log Cabin. Luncheon and Cost to be determined.

**Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame**—10 days. \$1,205, \$25 discount if paid by July 2nd. Flyer available. Only a few seats remain.

### 2023

**Multi Day April 24-30. Myrtle Beach Show Trip.** 7 days. Cost \$TBD, \$25 discount if paid early.

**Multi Day October. Mt. Rushmore & Devils Tower.** 11 days. Cost \$TBD, \$25 discount if paid early.

## YOU'RE INVITED LAURA WETZLER RETURNS



**Sunday, June 5th at 2pm  
Chesterfield Community Center**

**Singer, Songwriter, Guitarist Laura Wetzler  
Songs of Resistance, Hope & Love**

*Partly funded by  
Highland Valley Elder Services*

**Williamsburg Senior Center**  
**141 Main Street**  
**P.O. Box 193**  
**Haydenville, MA 01039**

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&  
Our Many Volunteers

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

# HOME IMPROVEMENT



**If you're going to hire a Home Improvement Contractor...**

- Make sure they're registered or licensed with the state  
888-283-3757 [www.mass.gov/consumer](http://www.mass.gov/consumer);
- Make sure the payment schedule is broken into 3 payments: 1/3rd at the start of the project, 1/3rd in the middle and 1/3rd when the work is complete;
- Make sure the contractor takes out the building permit in their name;
- Make sure you check the contractor's references;
- Make sure you have a written contract;
- Make sure you have a copy of the contractor's insurance;
- Make sure you check to be sure there are no complaints against the contractor.

*If you have a  
consumer problem or  
question, contact the*

**Northwestern  
District  
Attorney's  
Consumer  
Protection Unit**

Greenfield  
(413) 774-3186  
Northampton  
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