

WESTPORT COUNCIL ON AGING

75 Reed Road, Westport, MA 02790



EVERGREEN

December 2015

MISSION STATEMENT: The primary function of the Westport Council on Aging is to identify and meet the needs of Westport's elder population and the community of available services.

Director: Beverly Bisch

COUNCIL ON AGING BOARD MEMBERS

Marcia Liggins-*Board Chair* Karin Bergeron-*Vice Chair*
Cathy Davis-*Secretary* William Gifford-*Treasurer*
Virginia Routhier Muriel Kokoska

FRIENDS of WESTPORT ON AGING-OFFICERS

Elizabeth Brinkerhoff & Susan Read-*Co-Presidents*
Linda Olsen-*Vice President*
Ruth Bourns-*Secretary* Rose Rego-*Treasurer*



Wendy's Warriors

Wendy's Warriors of the Council on Aging recently received a plaque from A Wish Come True raising \$890 in funds after making gift baskets for the Rock, Rhythm & Blues Festival Sept 11, 2015.

They helped make memorable "WISHES" come true for many courageous children with life threatening illnesses.

Dreams are only A WISH away

PROGRAMS FOR MIND BODY AND FITNESS

Call for space availability and fees-508-636-1026

SENIOR CENTER CLOSING POLICY

If the Westport Community Schools announce closings due to weather emergencies, the Senior Center will close for classes, transportation, and other activities. The COA office may operate for routine administrative operations only.

Aerobics and Stretch and Tone

**\$35.00/month for Aerobics \$25.00/month for Stretch and Tone.
Checks preferred payable to Town of Westport**

OSTEOPOROSIS

Mondays, Wednesdays, and Fridays 9:45 AM—11:00AM

An exercise for people with or at risk for Osteopenia/Osteoporosis or those who simply wish to remain strong. Participants will learn about Osteoporosis and everyday activities that will improve their day to day lives. Physician authorization forms are available at the COA and are required prior to taking the class. There are openings in the Monday, Wednesday & Fridays sessions. For more information contact the WCOA.

WALKING-HIKING GROUP

Every Tuesday starting at 8:45AM the group leaves from the Westport COA. Are you interested in walking/hiking with others who love the outdoors? Have you wanted to walk some of the wonderful trails in our area but have some reservations about heading out alone? Come to the WCOA on Tuesday morning and join the group.



STROLLING GROUP

****Stroll your way to fitness****

Join us at the COA at 9a.m. on Thursday mornings if you would like to walk short distances at a relaxed pace with a group.

BLOOD PRESSURE CLINIC

2nd Tuesday of every month from 10:00AM to 11:00AM with a Nurse from Gentiva Home Health. NO FEE

The SHINE Program

**SERVING THE HEALTH INFORMATION
NEEDS OF ELDERS**

If you are in needs of assistance with answers to
your insurance questions, supplements, etc.,
Appointments available.

Please call the center at 508.636.1026

SUPPORT GROUPS

Parkinson's Disease

Support Group meeting

Thursday December 10th @ 1:00pm for our annual
Christmas Party. It will be held at the End Zone,
218 Coggeshall St. New Bedford Ma
Choice of Lunch \$25.00

Call Judy Mederios@508-997-0907
for reservations

Scleroderma

Support Group meets on the 3rd Tuesday each
month @ 6:30 p.m. at Stop & Shop, 2nd floor Con-
ference Room, 501 Rodman St.,
Fall River, MA.

Grandparents Raising Grandchildren

Support Group meets the 3rd Tuesday of every
month @ 6-8 p.m. at 181 Hillman Street, Lower
Level, New Bedford, MA.

Awaken the Artist Within Join us for Art Classes at the COA

Wednesday 9 a.m.—12 p.m.

Hosted by Robert Abele. Robert is a graduate of the School of Visual Arts. His paintings have appeared in numerous publications including the Washing Post and the New York Times.

This class is designed as a workshop where all the mediums are welcome. Watercolor, oil and colored pencil are just a few of the mediums used by students. Each student is given personal instruction and guidance based on the subject they are working on. **Classes are \$40.00 per month or \$15.00 per single class.** Come in and release the Artist Within You.

LEGAL CORNER

**2015 from 10:00AM to 11:30AM
by appointment only.**

A local attorney will be meeting individuals for 30 minute appointments. The Attorney is experienced in a broad variety of legal areas with expertise in Basic Estate Planning, including Living Trusts and Wills.



***FRIENDS OF THE WESTPORT
COUNCIL ON AGING, INC.***

Supporting the Senior Center

P.O. Box N-192

Westport, MA 02790

Greetings from the FWCOA



The FWCOA and the Westport Education Foundation had the fifth very successful Walk for Westport in early October and the funds raised for both groups help sustain the programs and provide equipment and needs at the COA and courses and enrichment in the Westport School system. We count on your membership and this fund raiser to help us do this. We were so fortunate to have the sponsorship of many businesses in town. The staff at the COA were very helpful and gave much time and energy and the committee from both the WEF and FWCOA boards worked hard to have a successful Walk.

After a week of rain we were blessed with a sunny day!

Thank you to all who helped us do this.

Judy Swan



Computer Help available with Don
On Wednesday morning
9-10am at the Council on Aging
Please bring your tablet or laptop
Or general questions



A NOTICE FOR OUR MEDICAL CLIENTS

We **WILL NOT** be providing transportation on these dates:

Thursday, December 24, 2015, Christmas Eve

Friday, December 25, 2015, Christmas Day

Thursday, December 31, 2015, New Year's Eve

Friday, January 1, 2016, New Year's Day



*Happy Holidays and Happy New Year
from All of Us at
The Westport Council on Aging*

SENIOR HAPPENINGS CALENDAR

DECEMBER 2015

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/billiards 11:30 Lunch 1:00 Knitting	2 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:00 Computer Help 9:30 Games/billiards 9:45 Osteoporosis 11:30 Lunch 12:00 TSH Book club 12:45 Yoga 1:30 Poetry Writing	3 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling group 9:30 Games/billiards 11:30 Lunch 12:30 Bingo,Cards,etc. 1:00 Quilting	4 8:30 Social Day 8:30 Aerobics 9:30 Games/billiards 9:45 Osteoporosis 10:00 Chef on a Shoestring 11:30 Lunch 12:00 TSH Advanced Bridge 12:30 T' ai Chi-Advanced 1:30 T'ai Chi-Intermediate
7 8:30 Social Day 8:30 Aerobics 9:30 Games/billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga	8 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/billiards 10:00 Blood Pressure Clinic 11:30 Lunch 1:00 Knitting	9 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games/billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga 1:30 Poetry Writing	10 8:30 Social Day 8:30 Toning/Stretching 9:30 Games/billiards 8:45 Strolling group 9:30 Games/billiards 11:30 Lunch 12:30 Bingo,Cards,etc. 1:00 Quilting	11 8:30 Social Day 8:30 Aerobics 9:30 Games/billiards 9:45 Osteoporosis 10:00 Chef on a Shoestring 11:30 Lunch 12:00 TSH Advanced Bridge 12:30 T' ai Chi-Advanced 1:30 T'ai Chi-Intermediate
14 8:30 Social Day 8:30 Aerobics 9:00 FWCOA Mtg. 9:30 Games/billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga	15 8:00 WCOA board Mtg. 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/billiards 11:30 Lunch 1:00 Knitting	16 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games/billiards 9:45 Osteoporosis 11:30 Soup and Sandwich Minestrone soup/Ham salad	17 8:30 Social Day 8:30 Toning/Stretching 9:30 Games/billiards 8:45 Strolling group 9:30 Games/billiards 11:30 Lunch 12:30 Bingo,Cards,etc.	18 8:30 Social Day 8:30 Aerobics 9:30 Games/billiards 9:45 Osteoporosis 11:30 Lunch 12:00 TSH Advanced Bridge

12:45 Yoga	1:00 Knitting	Minescone soup/ Ham salad sandwich 12:45 Yoga 1:30 Poetry Writing	12:30 Bingo, Cards, etc. 1:00 Quilting	Bridge 12:30 T' ai Chi-Advanced 1:30 T' ai Chi-Intermediate
21 8:30 Social Day 8:30 Aerobics 9:30 Games/billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga	22 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/billiards 11:30 Lunch 1:00 Knitting	23 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games/billiards 9:45 Osteoporosis 11:30 Lunch 12:00 TSH Book club 12:45 Yoga 1:30 Poetry Writing	24 8:30 Social Day 8:30 Toning/Stretching 9:30 Games/billiards 8:45 Strolling group 9:30 Games/billiards Center Closing at 12 noon	25 Center Closed Merry Christmas
28 8:30 Social Day 8:30 Aerobics 9:30 Games/billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga	29 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/billiards 11:30 Lunch 1:00 Knitting	30 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games/billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga 1:30 Poetry Writing	31 8:30 Social Day 8:30 Toning/Stretching 9:30 Games/billiards 8:45 Strolling group 9:30 Games/billiards Center Closing at 12 noon	

OUTREACH INFORMATION

Are you or anyone you know in the need of assistance?

Our Outreach staff meets with the elderly and disabled Westport residents either in their home or in the office to assess the individual's needs to explain community programs and benefits, and assist with applications for programs such as Fuel Assistance, Food Stamps and other benefits. The Outreach Workers also assist elders in crisis; they are mandated reporters for suspected elder abuse, neglect and financial exploitation.

The Outreach Workers are happy to include family members in meetings if the elder or disabled individual agrees.

The Outreach Workers and all Council on Aging staff are bound by strict confidentiality laws and are not allowed to release any information without permission.

The Outreach Workers receive referrals from many different sources including family members, police and fire, health professionals, community agencies, nursing homes, and the elders and disabled themselves.

If you would like to make a referral to the Council on Aging Outreach Workers, please contact **Andrea or Linda** at 508-636-1026.



Westport's Supportive Day Program

The supportive day program provides a safe, structured environment for seniors who are isolated, experience memory loss, recovering from personal illness or injury, or have a certain physical restrictions because of age related disabilities

This community care program allows elders to remain in their homes, providing much needed respite for caregivers. These services are provided in a non-medical facility.

Our program includes

Trained Professional Staff	Therapeutic Games
Daily structured and supervised activities	Day Trips
Morning/afternoon snacks	Health Clinics
Nutritious Lunch	Sing-a-longs
Educational Programs	Gentle Exercise
Current Events	Creative Activities
Transportation is Available	Financial Aid is Available

Located in the Westport Center, 75 Reed Road, Westport, MA 02790

A QUOTE FROM JOHN

I went to the ear, nose and throat doctor and he told me I was going deaf. He said his wife has been telling him that for years and it didn't cost him a thing.

Santa and Mrs. Claus will be at the Center on December 16,th at noon
Join us at the Soup and Sandwich Minestrone soup and ham sandwich
Call the center to reserve your seat 508-636-1026



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TRANSPORTATION

Transportation is available for Westport elders and handicapped persons of all ages by appointment only.

The cost is \$3.00 one way \$5 round trip.

Monday– Friday 10:00am-2pm

Medical Appointments Local Grocery Stores

Local Shopping Centers Pharmacies

When you make your appointment, call us immediately to schedule a ride, Please have the exact business or doctor's name, street address, telephone number and approximate duration of your appointment (pick up time) when you call.

Please try to schedule two weeks in advance due to limited availability.

*****BEWARE*******ANOTHER SCAM**

We have received notice that the MA Department of Public Utilities(DPU) is warning customers/ consumers about a phony “solar developer” scam.

The caller will appear to be from the MA DPU main telephone number (617-305-3500) on caller ID systems. The caller may inform you that you owe money to the DPU (or other entity): this is also a phone SCAM. You are advised NOT TO provide the caller with any personal information and immediately hang-up. You are encouraged to report the scam to the DPU'S Consumer Division at (617)737-2836 or 1-877-886-5066 (toll free)

Fuel Assistance Betterment Fund

Funding is needed
For the Fuel Assistance
Betterment Fund at the
Town Treasurer's Office.

This fund will not be
Replenished by the Town.

Due to rising fuel costs, this fund has been almost totally depleted. Anyone wishing to donate to this fund may turn in a check to our clerk in the main office. Please make the check out to the **TOWN OF WESTPORT, noting on the check that the money is to be used for the FUEL Assistance Betterment Fund.**

Thank you to the citizens of Westport for all of your donations to this extremely needed fund.

IMPORTANT NOTICE FOR SENIORS

The Westport Council on Aging Outreach Department creates an Emergency Call List for use during inclement weather.

Andrea and Linda will call Seniors before and during a storm to ensure they are aware and prepared for the storm.

The list is shared with the Westport Police Department to make them aware of seniors who may be in need of some assistance.

Please feel free to contact the Outreach Department

At 508-636-1026 to be placed on the list or if you would like more information.

**Elder Abuse is a Serious Issue**

If you have cause to believe that you or someone you know who is 60 or older is being abused, neglected, or exploited, call Bristol Elder Services at 508-675-2101 to file a confidential report. After normal business hours, reports may be filed with the statewide Elder Abuse Hotline at 1-800-9222275.

If you would like to receive the Evergreen by E-mail send a request to coaclerk@westport-ma.gov including your full name & telephone number.

