

**WESTPORT
COUNCIL ON AGING**
75 Reed Rd Westport, Ma 02790

Council on Aging Board Members

Marcia Liggin-Board Chair
Karin Bergeron –Vice Chair
Cathy Davis-Secretary
William Gifford-Treasurer
Virginia Routhier
Muriel Kokoszka

Friends of Westport

Council on Aging

Officers:

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



Director: Beverly Bisch

EVERGREEN
February 2016

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.

2015 Westport Men and Women of the Year

2015 Walk for Westport committee members have been named **Men and Women of the Year**

This past October, the 5th annual **Walk for Westport** raised \$17,000.00. The walk was the brain child of Rosemary Lenrow, past president of the FWCOA who passed away in 2011. Thanks to her vision and the hard work of committee members, \$70,000 has been raised in the past 5 years. Money raised by the walk helps the Westport Education Foundation fund programs for Westport Students and provides funds to Friends of Westport Council on Aging for the seniors of Westport.

Walk for Westport committee members include:

Fellow Committee Members:

Co-Chairs

Diane Baron
Sarah Gifford
Susan Read

Cheryl Abrams	Buzzy Baron	Tanya Bernard
Elizabeth Brinkerhoff	Gretchen Whipple	Laura Gifford
Judy Swan	Ken Sullivan	Linda Olsen
Marilyn Packard-Luther	Ruth Bourns	Maureen Sullivan
Kathryn Flanagan	Ron Knapp	

Tax help available by appointment at the Westport Council on Aging 508-636-1026

AARP Volunteers are available

Feb. 4th at 3:00pm, Feb. 11th at 3:00pm, Feb. 18th 1-3:00pm, Feb. 25th 1-3:00pm
March 3, 10, 17, 24, 31 Between 1-3:00pm, April 4, and 11 between 1-3:00 pm

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 WCOA office may operate for

PROGRAMS FOR MIND BODY AND FITNESS

Call for space availability -508-636-1026 Fees see page 6

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Aerobics and Stretch and Tone

\$35.00/month for Aerobics \$25.00/month for Stretch and Tone.
Checks are 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. A physician authorization form is available at the WCOA that states this would be beneficial is required. There are openings in the Monday, Wednesday & Fridays sessions. For more information contact the WCOA.

Instructor: Florence Wypych

WALKING-HIKING GROUP

Every Tuesday starting at 8:45AM the group leaves from the WCOA. 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 WCOA 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 need of assistance with answers to your insurance questions, supplements, etc., appointments are available.

Please call the center at 508-636-1026

SUPPORT GROUPS

Parkinson's Disease

Support Group meeting

Thursday, February 11, 2016 @ 1:00 pm at the Dartmouth COA on Dartmouth St. S Dartmouth, MA.

Scleroderma

Support Group meets on the 3rd Tuesday each month @ 6:30 –8:30pm at Stop & Shop, 2nd floor Conference 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.

Alzheimer's & Dementia Caregivers

Family Resource Center
45 Rock St. Fall River, Ma
3rd Friday of each month
11:00am-12:30pm
508-775-5656

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

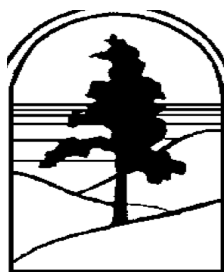
Wednesday 9 a.m.—12 p.m.

Hosted by Robert Abele. Robert is a graduate of the School of Visual Arts. His paintings have appeared in numerous publications including the Washington 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

**2016 from 10:00AM to 11:00AM
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



Once again we have published our annual **FWCOA** contributing-members listing in this month's issue of "Evergreen". Our sincere thanks to our members for their contributions and their support for our Senior Center. We hope non-members might take the opportunity to join the **Friends**.

We would welcome your membership.

For those of you not familiar with our group, the **Friends of the Westport Council on Aging** is a non-profit, independent, all-volunteer fundraising organization founded in the early 1980's. Funds are derived from membership income, memorial gifts, bequests, and fund-raisers. Money raised is used to help our senior center. All donations to the **Friends** are tax-deductible and can be made in the name of a family or loved one and ear-marked for a specific purpose. If you have any questions, or wish to join the "**Friends**", please contact us at the above address, or call Lillian Barresi, Membership Chairperson, (508-675-7635).

Again, thank you for your support. The board of the "**Friends**", and every senior who benefits from our Senior Center, truly appreciate your generosity

COUNTRY TRAVELERS

May 17-19, 2016

PA Dutch & "Samson" at Sight & Sound Theatre, Lancaster Hosts Resort and Conference Center, 4 meals/2 breakfast buffets/2 Dinners, visit to Kitchen Kettle Market place and farmers market \$310 pp d/t \$400 sgl reservations and minimum \$75pp deposit due by **March 1st balance due April 15th**. Minimum of 30 needed for this trip.

Are you ready for a storm?

The best and safest way to cope with a winter storm is to be prepared. Prepare for the possibility that you will need to stay in your home for several days. One way to do this is to create a winter storm kit that includes the following supplies:

- Flashlight, battery powered radio, and extra batteries;
- Extra blankets;
- Canned/no-cook foods and a non-electric can opener;
- One gallon of water per person per day to last at least 3 days;
- First Aid kit and essential medications;
- Extra medical supplies such as diabetic testing supplies;
- Be sure your smoke detector is equipped with fresh batteries;
- Rock salt to melt ice on walkways, sand to improve traction, and a shovel.

On the first Monday of every month come to:

**MEET & GREET
Representative
Paul Schmidt**


9am at the WCOA

Paul will be happy to discuss concerns you may have.

SENIOR HAPPENINGS CALENDAR

February 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>1</i></p> <p>8:30 Social Day 8:30 Aerobics 9:00 Meet with Representative Paul Schmidt 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga</p> <p><i>National Freedom Day National Baked Alaska Day National Serpent Day</i></p>	<p><i>2</i></p> <p>8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 11:30 Lunch 1:00 Knitting</p> <p><i>National Groundhog Day National Heavenly Hash Day</i></p>	<p><i>3</i></p> <p>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</p> <p><i>National Day the Music Died National Carrot Cake Day</i></p>	<p><i>4</i></p> <p>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 Tax Prep by appointment</p> <p><i>National Thank a Mailman Day National Homemade Soup Day</i></p>	<p><i>5</i></p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 Bridge 12:30 Tai Chi-Advanced 1:30 Tai Chi -Intermediate</p> <p><i>National Weatherperson's Day National Wear Red Day</i></p>
<p><i>8</i></p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis FWCOA board meeting 11:30 Lunch 12:45 Yoga</p> <p><i>National Boy Scout Day National Kit Flying Day National Clean Out Your Computer Day</i></p>	<p><i>9</i></p> <p>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</p> <p><i>National Pizza Day National Toothache Day National Bagel Day</i></p>	<p><i>10</i></p> <p>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</p> <p><i>National Umbrella Day National Cream Cheese Brownie Day</i></p>	<p><i>11</i></p> <p>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</p> <p><i>National Make A Friend Day National Don't Cry Over Spilled Milk Day National White Shirt Day National Shut-In Visitation Day</i></p>	<p><i>12</i></p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games/billiards 9:45 Osteoporosis 11:30 Lunch 12:00 Bridge 12:30 Tai Chi-Advanced 1:30 Tai Chi-Intermediate</p> <p><i>National Plum Pudding Day Abraham Lincoln's Birthday</i></p>
<p><i>15</i></p> <p>Center Closed</p>	<p><i>16</i></p> <p>8:00 WCOA board Mtg. 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 11:30 Lunch</p>	<p><i>17</i></p> <p>8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Legal Assistance</p>	<p><i>18</i></p> <p>8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling Group 9:30 Games /Billiards 11:30 Lunch 12:30 Bingo,Cards,etc.</p>	<p><i>19</i></p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 Bridge</p>

	11:30 Lunch 1:00 Knitting <i>National Almond Day</i> <i>National Do A Grouch A Favor Day</i>	10:00 Legal Assistance 11:30 Soup and Sandwich 12:45 Yoga 1:30 Poetry Writing <i>National Random Acts Of Kindness Day</i> <i>National Cabbage Day</i>	12:30 Bingo,Cards,etc. 1:00 Quilting <i>National Battery Day</i> <i>National Drink Wine Day</i> <i>National Crab Stuffed Flounder Day</i>	12:00 Bridge 12:30 Tai Chi-Advanced 1:30 Tai Chi-Intermediate <i>National Lash Day</i> <i>National Chocolate Mint Day</i>
<div>22</div> 8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga <i>National Margarita Day</i> <i>National Cook a Sweet Potato Day</i>	<div>23</div> 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 11:30 Lunch 1:00 Knitting <i>National Banana Bread Day</i> <i>National Dog Biscuit Day</i> <i>National Spay Day</i>	<div>24</div> 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games/Billiards 9:45 Osteoporosis 12:45 Yoga 1:30 Poetry Writing <i>National Tortilla Chip Day</i>	<div>25</div> 8:30 Social Day 8:30 Toning/Stretching 9:30 Games/Billiards 8:45 Strolling Group 11:30 Lunch 12:30 Bingo,Cards,etc. 1:00 Quilting <i>National Chocolate Covered Nut Day</i> <i>National Clam Chowder Day</i> <i>National Chili Day</i>	<div>26</div> 8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 Bridge 12:30 Tai Chi -Advanced 1:30 Tai Chi -Intermediate <i>National Pistachio Day</i> <i>National Tell a Friend a Fairy Tale Day</i>
<div>29</div> 8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga <i>Rare Disease Day</i> LEAP YEAR		Anyone wishing to attend our Soup & Sandwich must make reservations. Call the center 508-636-1026 The price is now \$4.00		

OUTREACH INFORMATION

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

Our Outreach staff meet 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 to 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, Linda or Cindy at 508-636-1026.

The WCOA has a "loan closet" with durable medical equipment (wheelchairs, canes, etc.) for Westport elderly and disabled individuals.



Westport's Supportive Day Program

The supportive day program provides a safe, structured environment for seniors who are isolated, experiencing memory loss, recovering from personal illness or injury, or have 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 Council on Aging Center, 75 Reed Road, Westport, MA 02790



Aerobics	Stretch & Tone	T'ai Chi	Yoga	Watercolor
Mon, Wed, Friday	Tues & Thursday	Friday	Mon & Wed	Wednesday
\$35.00/month	\$25/month	\$8.00/Class	\$5.00/class	\$15/class or
Due the 25th	Due the 25th			\$40.00/month

All Payments must be made by check payable to The Town of Westport

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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 lineated availability.

Important information you maybe eligible for help with prescription drugs

Prescription Drug Costs too High?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still *potentially* qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center.

Extra Help	Monthly Income Limit	Asset Limit
Individual	\$1,491/month	\$13,640
Couple	\$2,011	\$27,250

Social Security contact information: **1-800-772-1213** or apply online at www.socialsecurity.gov/extrahelp.

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

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.