

**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 Kokoska

**Friends of Westport**

**Council on Aging**

**Officers:**

Elizabeth Brinkerhoff-President  
Susan Read-co-President  
Linda Olson-Vice President  
Ruth Bourns-Secretary  
Rose Rego-Treasurer



**Director: Beverly Bisch**

**EVERGREEN**  
**JANUARY 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.



Santa and Mrs. Claus  
Stopped by the Council on Aging  
During our monthly Soup and Sandwich  
On December 16th.

A merry time was had by all.  
After lunch the Seniors listened to the  
Story of the Christmas pickle !

Santa sat for pictures and listened  
To everyone's Christmas lists  
Thank you to the Goulart's for making this  
possible

Next soup and Sandwich January 20,2016



**AARP Volunteers will once again be at the  
Westport Council on Aging to help with your taxes. We will have appointments  
available soon.**

**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.

# **PROGRAMS FOR MIND BODY AND FITNESS**

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

## **SENIOR CENTER CLOSING POLICY**

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### **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. A physician authorization form is available at the COA 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 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 January 14 @ 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 p.m. 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 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 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**

**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.



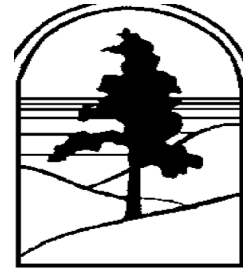
**FRIENDS OF THE WESTPORT  
COUNCIL ON AGING, INC.**

*Supporting the Senior Center*

*P.O. Box N-192*

*Westport, MA 02790*

**Greetings from the FWCOA**



*HAPPY NEW YEAR to you from the board of the FRIENDS OF THE WESTPORT COUNCIL ON AGING. We hope you enjoyed the holidays.*

*Please continue to drop off your Lee's Market receipts at the Westport Council on Aging. With your help we can continue in the Lee's Community Partnership Program. With the successful Walk for Westport and the ongoing yearly membership drive we are currently able to fund a monthly day trip for the Westport Council on Aging Social Day Program planned by the wonderful staff of our Senior Center.*

*We now have the 2016 DINNER FOR TWO dine out books available for sale. The cost is \$29.95 each. They can be purchased at the Westport Council on Aging office between the hours of 9 a.m. and 4 p.m. Please make checks payable to the FWCOA.*

*Proceeds for this fundraiser will benefit the Westport Council on Aging.*

**WE HOPE EVERYONE HAD A GOOD 2015 AND WILL HAVE AN EVEN BETTER 2016.**

We would like to wish a warm welcome  
to our new employees

**Jacalyn Saulnier Transportation**  
**Cindy Kinnane Outreach**  
**William Conlon Driver**  
**Roger Fortier Driver**



**A POEM BY JOHN B.  
CARON**

**A Change Of Heart**

We've been taught to love and  
care.

To help each other and to share.

And I agree whole heartedly.

That's the way it ought to be.

I try to live that way, I do!

You help me and I'll help you.

But, I admit it's kind of funny.

**The Golden Years**


Remember, old folks are worth a fortune with silver in their hair and gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs. I have become a little older since I saw you last and a few changes have come into my life since then. Frankly, I have become quite a frivolous old gal. I am seeing five gentlemen every day. As soon as I wake up Will Power, helps me get out of bed. Then I go to see John. Then Charlie Horse comes along and when he is here, he takes a lot of my time and attention. When he leaves, Arthur Rites shows up and stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day, I'm really glad to go to bed with Ben Gay. What a life ! ! ! !

P.S. The preacher came to call the other day. He said at my age I should be thinking about the hereafter. I told him, "Oh, I do, all the time. No matter where I am, in the parlor, upstairs, in the kitchen, or down in the basement. I ask myself, "What am I here after?"



# SENIOR HAPPENINGS CALENDAR

## January 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*****</p> <p><b>Please see Fees for activities on page 6 !</b></p>		 <p><b>Soup and Sandwich Will be \$4.00 as of January 2016</b></p>		<p><b>1</b></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 <i>New Year's Day</i></p>
<p><b>4</b></p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games/ billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga</p> <p><i>National Spaghetti Day National Trivia Day</i></p>	<p><b>5</b></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 Bird Day National Whipped Cream Day</i></p>	<p><b>6</b></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 Bean Day National Shortbread Day</i></p>	<p><b>7</b></p> <p>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</p> <p><i>National Bubblehead Day National Tempura Day</i></p>	<p><b>8</b></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 <i>National Argyle Day National Bubble Bath Day National English Toffee Day</i></p>
<p><b>11</b></p> <p>8:30 Social Day 8:30 Aerobics 9:00 FWCOA Mtg. 9:30 Games/ billiards 9:45 Osteoporosis 11:30 Lunch</p>	<p><b>12</b></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 1:00 Knitting</p>	<p><b>13</b></p> <p>8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games/billiards 9:45 Osteoporosis 11:30 Lunch 12:30 <b>TSH Book Club</b></p>	<p><b>14</b></p> <p>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.</p>	<p><b>15</b></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</p>

12:45 Yoga <i>National Milk Day</i> <i>National Clean Off Your Desk Day</i>	<i>National Pharmacist Day</i> <i>National Curried Chicken Day</i> <i>National Marzipan Day</i>	12:45 Yoga 1:30 Poetry Writing <i>National Sticker Day</i> <i>National Peach Melba Day</i>	1:00 Quilting  <i>National Dress Up Your Pet Ratification Day</i>	1:30 Tai Chi-Intermediate <i>National Hat Day</i> <i>National Strawberry Ice Cream Day</i>
<b>18</b> 8:30 Social Day 8:30 Aerobics 9:30 Games/billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga <i>National Winnie the Pooh Day</i> <i>Martin Luther King Day</i>	<b>19</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/billiards 11:30 Lunch 1:00 Knitting  <i>National Popcorn Day</i>	<b>20</b> 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games/billiards 9:45 Osteoporosis 11:30 <b>Soup &amp; Sandwich</b> 12:45 Yoga 1:30 Poetry Writing <i>National Butter crunch Day</i> <i>National Cheese Lover's Day</i>	<b>21</b> 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 <i>National Hugging Day</i> <i>National Granola Bar Day</i>	<b>22</b> 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 Blonde Brownie Day</i> <i>Celebration of Life Day</i>
<b>25</b> 8:30 Social Day 8:30 Aerobics 9:30 Games/billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga  <i>National Opposite Day</i> <i>National Irish Coffee Day</i>	<b>26</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/billiards 11:30 Lunch 1:00 Knitting  <i>National Spouses Day</i> <i>National Peanut Brittle Day</i>	<b>27</b> 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  <i>National Chocolate Cake Day</i>	<b>28</b> 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  <i>National Have Fun At Work Day</i> <i>National Kazoo Day</i> <i>National Blueberry Pancake Day</i>	<b>29</b> 8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 Bridge 12:30 Tia Chi-Advanced 1:30 Tai Chi -Intermediate  <i>National Puzzle Day</i> <i>National Corn Chip Day</i>



## **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 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 COA 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, 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**



<b>Aerobics</b>	<b>Stretch &amp; Tone</b>	<b>T'ai Chi</b>	<b>Yoga</b>	<b>Watercolor</b>
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 limited availability.**

**Podiatrist Visit for this month  
is on  
JANUARY 21, 2016  
AT 10:30 a.m. with  
Dr. Spiri  
Call the center for a ride**

**The flower of the month  
CARNATION**



**The Birthstone of the month  
GARNET**



### **Town of Westport-New Electricity Purchase Program**

You may have already received a letter in the mail from the Town of Westport with the Town Seal on it, along with a postcard. **THIS IS NOT A SCAM.** Recently the Town of Westport joined 22 other towns and cities in a regional effort to purchase electricity for our residents at a lower cost. After a competitive bid process ConEdison Solutions, the low bidder, was selected and signed a two-year contract to run from January 2016 to January 2018 meter readings. The price for the electricity is .09490/kWh. This rate will not go up for two years. Your bill is broken up into two parts. One portion of the billing is the cost for the transmission and delivery of your electricity by National Grid or Eversource. It runs about 3 or 4 cents per kWh. The second part of your bill is for the actual electricity generated and used by you. Your electricity generator/supplier may be from one of many different firms (Direct Energy, Constellation, New Energy etc). To determine if you will save money look at your current electric bill from National Grid or Eversource. Compare the kWh price shown on the second part of your bill to the price of 0.09490/kWh (through ConEdison). If you are paying a higher cost per kWh and want to go with the lower price being offered, you do not have to do anything. You will be automatically enrolled. If it is higher than what you are paying, you will have the option to opt-out by using the postcard that is supplied with the letter. Anyone who has solar may want to opt-out. Should you later find a lower cost you can opt-out of ConEdison Solution at any time without any penalties. There will be no change in your billing except for the supplier. You will continue to receive one bill from your utility and make payment to the same utility. You will also continue to contact your utility company during emergencies and outages.

For more information go to the link: <http://masscea.com> or call **844-627-7232** to talk to a real person. If you still have questions, please feel free to contact the Selectmen's Office at 508-636-1003.



### **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](mailto:coaclerk@westport-ma.gov) including your full name & telephone number.