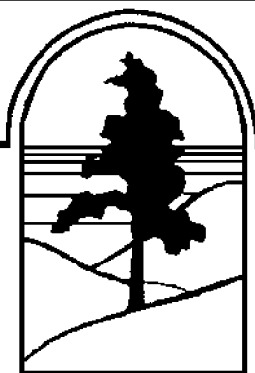


Tel: 508.636.1026 / Fax 508.636.1034
Monday—Friday 8:30 am—4:00pm

councilonaging@westport-ma.gov
Website: www.westport-ma.gov

Westport
Council
On Aging

75 Reed Road
Westport
MA 02790



EVERGREEN

November 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 to inform elders and the community of available services.

Director: Beverly Bisch

COUNCIL ON AGING BOARD MEMEBERS

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

S.H.I.N.E.

**Serving the Health Insurance Needs of
Everyone**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to review, understand and save this information.*

During **Medicare Open Enrollment, from October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is able to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment with a SHINE counselor, call your senior center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For an appointment, call the Westport Council on Aging at 508-636-1026
Or the Bristol County Shine office at 508-222-1399

THANK YOU ,OBRIGADO,MERCI,

MUCHAS GRACIAS, JENKOOJA,DANKESCON

In the past few months, we've received two very generous anonymous donations. Since they were anonymous, we can't thank the particular people who gave the money. This is a little frustrating for us, because we are very grateful and we'd like to thank someone.

In reflecting upon these donations, it occurred to me that an anonymous gift gives several times : it gives to us at the Westport Council on Aging so we can do things we couldn't otherwise afford with our very tight budget. It gives to you too, since you are the intended beneficiaries of all that these donations allow us to do.

And that brings up one more way that these gifts connect us to practice: through the act of expressing gratitude. Being grateful to everyone is an important practice in itself, and we welcome the opportunity to make that gesture. So, a bow to all of you for allowing us the privilege of serving this community:

*Thank you for this gift. Beverly Bisch
Director Westport Council on Aging*

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.

ATTENTION all Aerobics and Stretch and Tone participants as of July 1, 2015 the cost for classes will be \$35.00/ Month for Aerobics \$25.00/ month for Stretch and Tone
 (Cards are available in the office at the COA
Checks only no Cash pmts, payable to Town of Westport)
****** Membership must be purchased for each class to participate******

OSTEOPOROSIS

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

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 form available at the COA that states this would be beneficial is required. There are openings in the Monday, Wednesday & Friday 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.



SUPPORT GROUPS

Parkinson's Disease

Thursday, November 12, 2015 @ 1p.m.
 Dartmouth Senior Center, 628 Dartmouth St.
 S. Dartmouth, MA

Scleroderma

Support Group meets on the 3rd Tuesday each month @ 6:30 to 8:30 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 St., Lower Level, New Bedford, MA

Grief Share Seminar/Support Group

Sept 18—Nov 20, 2015

Friday 7:00-9:00

Fall River Church of Christ
 840 Rock St. Fall River, MA
 508-672-8538

Leaders: Ron & Louise Burnett

BLOOD PRESSURE CLINIC

2nd Tuesday of every month from 10:00 AM to 11:00 AM 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 available.

Please call the center at 508-636-1026

LEGAL CORNER

2015 from 10:00 to 11:30 a.m. 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



This November as Thanksgiving approaches we think of the many things for which we are thankful. The Board of the Friends of the Westport Council on Aging is thankful:

Thankful for our Senior Center with all its dedicated staff and volunteers.

Thankful for the Westport Educational Foundation and all the walkers and volunteers who helped to make the Walk for Westport so successful. We were also very grateful for the sunny day!!

Thankful to all our FWCOA members and benefactors for so generously answering our membership letter. This enables us to continue to support our Senior Center.

Thankful to Lee's Market for their generosity through their Community Partnership Program.

Thankful for all the many fun and interesting programs and activities at the Senior Center.

While we are being thankful, we are grateful for your participation and we wish you all a

HAPPY THANKSGIVING

**On November 5, 2015 at 9am
The Westport Council on Aging
will be serving our annual
Veterans Day breakfast
to Westport Veterans, in honor of their
military service to our country.
Please call the Center to reserve your seat
508-636-6632**



**Poem of the month
SPECIAL SCENT**

Smoke from a wood fire in the crisp air
Delicious with the taste of memories

Moments by the fire, dear ones now missing
Warm days gone, icy winds coming

"Fall" misses what's special, so we say "autumn"
To relish its embrace of somber and joyful
Peter Lenrow

KNITTING & CROCHETING

Tuesday 1:00 PM

If you're new to knitting/crocheting, this class is a great way to pick up new tricks and to always have someone ready to help you through difficult parts of patterns. This class is for knitters & crocheters of all skill levels. Committing to a group is a great way of making time for the craft and hopefully you will stick with it. The class is led by Gertrude Vigeant.

QUILTING

Thursdays at 1:00

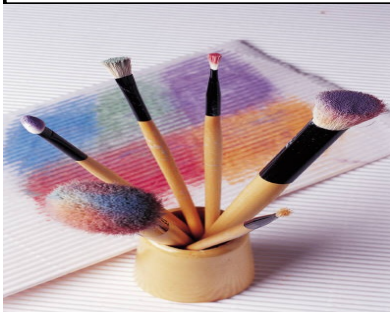
Preserve the art of quilting by gathering together to share quilting ideas and techniques. We create group quilts and assist one another with personal quilts & share ideas. The group is led by Valorie Schofield.



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

Wednesday 9:00—12:00

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 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 for a single class.** Come in and release the Artist within You.



Meet and Greet Representative Paul

Schmid

Monday November 4, at 9:00 AM

Representative Paul Schmid will be at the Senior Center, 75 Reed Road, Westport, MA on for a monthly Constituents informational session. This is your opportunity to meet with Rep. Schmid and bring him your concerns or to tell him what you appreciate about the working of the Common-



Make your reservation

November 18, 2015

SOUP AND SANDWICH

TURKEY SOUP & TURKEY SANDWICH


Call the Center to reserve your seat

508-636-1026

SENIOR HAPPENINGS CALENDAR

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Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
8:30 Social Day 8:30 Aerobics 9:00 Shine by appt. 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga	8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 11:30 Lunch 1:00 Knitting Circle	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 1:00 Computer help w/Don 1:30 Poetry Writing	8:30 Social Day 8:30 Toning & Stretching 8:45 Strolling Group 9:30 Games / Billiards 9:30 TSH Knitting 10:00 Cribbage 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting 9:00 Veterans Day Breakfast Call to reserve your seat 508-636-1026	8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch 10:00 Chef on a Shoestring 12:00 TSH Advanced Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
9	10	11	12	13
8:30 Social Day 8:30 Aerobics 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga	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 Circle	CLOSED 	8:30 Social Day 8:30 Toning / Stretching 8:45 Strolling Group 9:30 TSH Knitting 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch 10:00 Chef on a Shoestring 12:00 TSH Advanced Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
16	17	18	19	20

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<p>8:30 Social Day 8:30 Aerobics 9:00 FWCO Meeting 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga</p>	<p>8:00 WCOA Board Mtg. 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking / Hiking 9:00 Shine by appt. 9:30 Games/Billiards 11:30 Lunch 1:00 Knitting Circle</p>	<p>8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Atty. Jennifer Heald by appt. 11:30 SOUP&SANDWICH 12:00 TSH Book Club 12:45 Yoga 1:00 Computer help w/ Don 1:30 Poetry Writing</p>	<p>8:30 Social Day 8:30 Toning / Stretching 8:45 Strolling Group 9:30 Games / Billiards 9:30 TSH Knitting 10:00 Cribbage 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting</p>	<p>8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch 10:00 Chef on a Shoestring 12:00 TSH Advanced Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate</p>
<p>23</p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga</p>	<p>24</p> <p>8:30 Social Day 8:30 Toning /Stretching 8:45 Walking / Hiking Group 9:30 Games/Billiards 11:30 Lunch 1:00 Knitting Circle</p>	<p>25</p> <p>8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 12:00 TSH Book Club 12:45 Yoga 1:00 Computer help w/ Don 1:30 Poetry Writing</p>	<p>26</p> <p>CLOSED</p>	<p>27</p> <p>CLOSED</p>
<p>30</p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga</p>	<p><u>DONATIONS</u> <u>NEEDED FOR</u> <u>VETERANS</u> <u>BREAKFAST</u></p>	<p>Bisquick Sausages Pancake Syrup Cool Whip Orange Juice Decaf Coffee Regular Coffee Half & Half</p>		



OUTREACH INFORMATION

Are you or anyone you know in 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, 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, hospitals, 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.

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 or personal 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 Senior Center, 75 Reed Road, Westport, MA
Westport, MA 02790**

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.

TRANSPORTATION

Transportation is available for Westport elders and handicapped persons of all ages by appointment only.
The cost is \$3 one way \$5 round trip.

Monday - Friday 10:00am-2:00pm

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.

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 sixty 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 1-800-922-2275.



Evergreen is now available by E-mail.

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.



**Find us on
Facebook
Westport COA**

