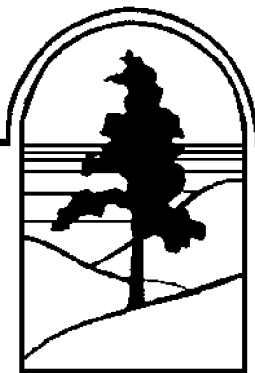


Tel: 508.636.1026 / Fax 508.636.1034
Monday—Friday 8:30 am—4:00pm

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

Westport
Council
On Aging

75 Reed Road
Westport
MA 02790



EVERGREEN

APRIL 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 Judy Turner Muriel Kokoszka

FRIENDS of WESTPORT COUNCIL ON AGING -OFFICERS

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

**Don't Forget to Vote
Westport Town Election
April 14,2015
Polls will be open
10AM-8PM**

*April 12-18 is National Volunteer Appreciation Week
The Staff at the WCOA
Thanks all of you from the bottom of our hearts for sharing your
Love , Time and Talents
With your Community
And for being an inspiration to us all !!!*

***WCOA Social Day celebrated St. Patrick's Day at the
Fairhaven Senior Center***



PROGRAMS FOR MIND BODY AND FITNESS

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

***South coast Center for Cancer Care is holding free head and neck cancer screenings
Tuesday, April 14, 2015 9am-3pm The Southcoast Wellness Van will be at
114 McArthur Boulevard in New Bedford.***

****Stroll your way to Fitness****

Join us at the COA at 9am on Thursday mornings if you would like to walk short distances at a relaxed pace with a group. We will walk outdoors weather permitting on paved level walking paths or quiet areas in and around Westport. First stroll begins April 9th.

Multi-Level Chair Yoga **Monday & Wednesday's**

12:45-1:45

12 classes for \$36.00
Make checks payable to
the Town of Westport



T'AI CHI

Classes are on Fridays

12:30 for Advanced

1:30 Intermediate

T'ai Chi is the Chinese system of slow meditative physical exercise designed for relaxation and balance and health. The fee is \$8.00 per session or \$40.00 for 6 weeks. The instructor is Nikolas Ukleja.

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 filled out by your doctor that states this would be beneficial is required. There are openings in the Monday, Wednesday & Friday sessions. For more information contact the WCOA. The instructor is Florence Wypych.

WALKING-HIKING GROUP

Every **Tuesday starting 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.



Bingo Volunteer Needed
Joe is unable to
join us on Thursday
afternoons. If you
have some free time
and have experience
organizing
calling bingo please contact the COA.

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

PARKINSON'S DISEASE SUPPORT GROUP

Thursday April 9, 2015 @1pm
at the Dartmouth Senior Center 628 Dartmouth St., South Dartmouth,
MA. Topic: "Come Chat, Share and Learn."

Yoga to follow with Kat—\$3 p/p

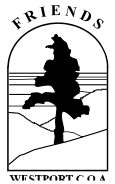
LEGAL CORNER

2014 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

Like most Westport residents, the Board of Friends of Westport Council on Aging looks forward to the sunny warm days of spring and summer.

Spring is the perfect time to learn a new skill or craft. At the Senior Center there are many excellent classes to choose from. Knitting and Crocheting, Quilting, Watercolor Workshop, and Poetry are just a few of them. Come to the Center and try them out!

Summer will bring the opportunity to join the Westport Education Foundation to sponsor the fifth annual Walk For Westport to take place in September. This joint fund raiser brings young and old together to support Westport Schools and the FWCOA. Look for more information soon!

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.,

Please call the center for an appointment May 11th 1-3pm

508-636-1026

Country Travelers

May 28, 2015-Lobster Feast in Holyoke with Buddy Holly and the Crickets Tribute show \$76.00pp.

May 31-June 5, 2015-Myrtle Beach, So Carolina, Ocean front rooms at Beach Colony Resort, 5 Breakfasts/5 Dinners, 2 shows \$800pp/Double

Contact : Veronica Beaulieu 508-636-4889

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

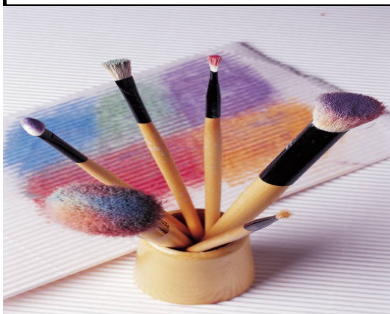
Preserve the art of quilting by gathering together to share quilting ideas and techniques. We create group quilts and assist one another with personal quilts & share ideas. The group is led by Valerie Schofield.



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, April 6th 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 Commonwealth.



Make your reservation

SOUP AND SANDWICH

Turkey sandwich and vegetable soup

at

11:30

&

Karaoke with Rick Ferreira 12-1:30pm

SENIOR HAPPENINGS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga 11:30 Lunch: Sloppy Joes 12:00 TSH Book Club 12:45 Multi Level Chair Yoga 1:30 Poetry Writing	8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Chicken Marsala 12:30 Bingo, Cards, etc. 1:00 Quilting	Center closed Good Friday
6	7	8	9	10
8:30 Social Day 8:30 Aerobics 9:00 Paul Schmid 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga 11:30 Lunch: Low Sodium Hot Dog 12:45 Multi Level Chair Yoga	8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking 9:00 Blood Pressure Clinic 9:30 Games / Billiards 11:30 Lunch: Roast Pork 1:00-3:00 Taxes by appointment 1:00 Knitting Circle	8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga 11:30 Lunch: Baked Chicken 12:00 TSH Book Club 12:45 Multi Level Chair Yoga 1:30 Poetry Writing	8:30 Social Day 8:30 Toning & Stretching 9:00 Strolling see pg. 2 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Penne pasta and Meatballs 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: Roasted Turkey 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
13	14	15	16	17
8:30 Social Day	8:30 Social Day	8:30 Social Day		8:30 Social Day

8:30 Aerobics 9:30 FWCOA Meeting 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga 11:30 Lunch: Cheese Omelet With Broccoli 12:45 Multi Level Chair Yoga	8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Beef and Cabbage Casserole 1:00-3:00 Taxes by appt. 1:00 Knitting Circle	8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga 11:30 Soup and Sandwich 1:30 Poetry Writing	8:30 Social Day 8:30 Toning & Stretching 9:00 Strolling 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Chicken Piccata 12:30 Bingo, Cards, etc. 1:00 Quilting	8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Beef Stir Fry With Broccoli 12:00 TSH Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
20 Patriot's Day Center Closed	21 8:00 WCOA Board Meeting 8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Potato Breaded Fish 1:00 Knitting Circle	22 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Atty. Jennifer Heald by Appointment 11:00 Multi Level Chair Yoga 11:30 Lunch: American Chop Suey 12:00 TSH Book club 1:30 Poetry Writing	23 8:30 Social Day 8:30 Toning & Stretching 9:00 Strolling 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Roast Pork with plum sauce 12:30 Bingo, Cards, etc. 1:00 Quilting	24 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Meatloaf with Rosemary gravy 12:00 TSH Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi -Intermediate
27 8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga 11:30 Lunch: Chicken a la King 12:45 Multi Level Chair Yoga	28 8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Beef Patty w/Gravy 1:00 Knitting Circle	29 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Atty. Jennifer Heald by Appointment 11:00 Multi Level Chair Yoga 11:30 Lunch: Shaved Steak 12:00 TSH Book club 1:30 Poetry Writing	30 8:30 Social Day 8:30 Toning & Stretching 9:00 Strolling 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Rigatoni Pasta w/ Meat Sauce 12:30 Bingo, Cards, etc. 1:00 Quilting	

Space Reserved For Advertisers

OUTREACH INFORMATION

Are you or anyone you know in need of assistance?

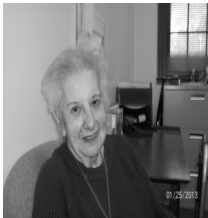
Our Outreach staff meet with the elderly and disabled Westport residents either in their home or in the office to assess the individual's needs, explain community programs and benefits, and assist with applications for programs such as Fuel Assistance, Food Stamps and other benefits. The Outreach Workers 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, Phyllis or Julie 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 Treasure'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 AEROBICS AND TONING CLASS INFORMATION

The Monday, Wednesday, and Friday aerobics classes are currently full. However, if interested, you may place your name on the waiting list to be contacted for any future openings. Please see the volunteer at the sign-in desk to be put on the waiting list. Westport residents will be given first priority. The Tuesday and Thursday Stretch and Toning classes also have limited openings. If you are interested, you may sign up now. **Please have your medical clearance forms completed before attending the class.** These classes are extremely popular, and we know that there are many people who wish to participate. However, time and space are limited. The volunteer at the desk and class participants have no ability to make an 'exception' to this rule. Also, please be on time for these classes. **No one will be allowed in any of these classes if more than five minutes late due to safety concerns.** Thank you for your patience.



Three old ladies were discussing the trials and tribulations of getting older. One said, "Sometimes I catch myself with a jar of mayonnaise in my hand while standing in front of the refrigerator, and I can't remember whether I need to put it away or start making a sandwich." The second lady chimed in with, "Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down." The third one responded, "Well, ladies, I'm glad I don't have that problem, knock on wood," as she rapped her knuckles on the table and then said, "That must be the door, I'll get it!"

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