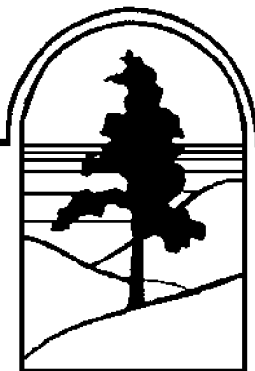


Tel: 508.636.1026 / Fax 508.636.1034
Monday—Friday 8:30 am—4:00pm

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

Westport
Council
On Aging

75 Reed Road
Westport
MA 02790



EVERGREEN

February 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.

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*



AARP Volunteers will be preparing
tax returns **By appointment only**
On Tuesdays from 1-3 PM
February 3rd through April 14th
At the Westport Council on Aging

Call to make an appointment
508-636-1026

You will need to bring with you

- ♦ 2014 Federal & State Tax returns
- ♦ All tax documents you receive in the mail
- ♦ W2 forms, 1099 forms, etc.
- ♦ Copies of paid real estate tax bills and any paid water/sewer bills
- ♦ Proof of health insurance coverage if other than Medicare
- ♦ Proof of payment for any deductions, i.e. medical and dental expense, charitable contributions, mortgage interest, auto excise tax
- ♦ Proof of payment related to education expense, or residential energy savings.
- ♦ Personal identification

PROGRAMS FOR MIND BODY AND FITNESS

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

Aerobics /Stretch &Toning Christmas party

Classes are full

Call the center to be put on wait list

Multi –Level Chair Yoga \$3.00 a class
Monday and Wednesday
11-12noon
And
12:45-1:45



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, Wednesday 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.



FREE CHAIR MASSAGE

**The first Friday of
the Month 12:00-
2:00 PM ~ With
Karen using the
Trager Technique.**



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, February 12, 1:00 PM at the Dartmouth Senior Center 628
Dartmouth St., South Dartmouth, MA.**

Yoga to follow with Kat—\$3 p/p

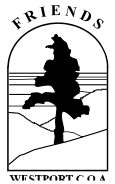
LEGAL CORNER

**2014 from 10:00 to 11:30 a.m. by ap-
pointment 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 earmarked for a specific purpose. If you have any questions, or wish to join the **Friends**, please contact us at the above address, or call the Council on Aging (508-636-1026) and leave us a message.

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

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.,

No Appointments February, March and April 2015

Vaccinations

If you missed our recent flu, shingles, and pneumonia clinic, you can always stop by **Westport Apothecary** to receive a vaccination with no appointment necessary! (508-636-5957) Vaccines offered includes: influenza, tetanus, diphtheria, pertussis (Td/Tdap), varicella, human papillomavirus (HPV) Zoster, measles, mumps, rubella (MMR) pneumococcal polysaccharide vaccine (PSV23), meningococcal, hepatitis A, hepatitis B, inactivated polio vaccine (IPV). Special thank you to the Westport Apothecary for sponsoring our recent clinic!

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

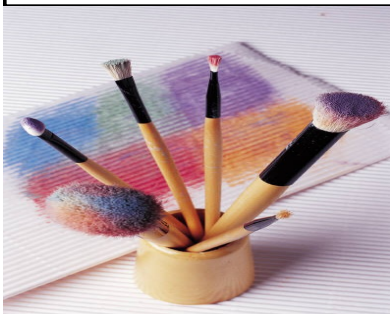
Preserve the art of quilting by gathering together to share quilting ideas and techniques. We create group quilts and assist one another with personal quilts & share ideas. The group is led by Valerie Schofield.



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.



Make your reservation

SOUP AND SANDWICH
February 11, 2015

at
11:30

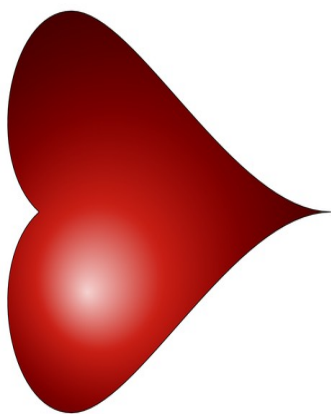
Creamy Tomato Soup

&

Grilled Cheese Sandwich

Entertainment by:

Billy Couto



Meet and Greet Representative Paul Schmid

Monday, February 2 at 9:00 AM

Representative Paul Schmid will be at the Westport 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 workings of the Commonwealth.



FEBRUARY

Monday

Tuesday

2

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: Turkey Stew
12:45 Multi Level Chair Yoga

3

8:30 Social Day
8:30 Toning & Stretching
8:45 Walking / Hiking Group
9:00 Blood Pressure Clinic
9:30 Games / Billiards
11:30 Lunch: Spaghetti & Meatballs
1:00 -3:00 Taxes by Appointment
1:00 Knitting Circle

9

8:30 Social Day
8:30 Aerobics
9:30 Games / Billiards
9:45 Osteoporosis
11:00 Multi Level Chair Yoga
11:30 Lunch: Breaded Fish/ Tartar sauce
12:45 Multi Level Chair Yoga

10

8:30 Social Day
8:30 Toning & Stretching
8:45 Walking / Hiking Group
9:00 Blood Pressure Clinic
9:30 Games / Billiards
11:30 Lunch: Beef Patty/ Onion Gravy
1:00-3:00 Taxes by appointment
1:00 Knitting Circle

16

**CENTER CLOSED
FOR PRESIDENT'S
DAY**



Photo Credit: William Milner/Shutterstock.com

17

8:00 WCOA Board Meeting
8:30 Social Day
8:30 Toning & Stretching
8:45 Walking / Hiking Group
9:00 FWCOA Meeting
9:30 Games / Billiards
11:30 Lunch: Baked Ham/ raisin sauce
1:00-3:00 Taxes by appt.
1:00 Knitting Circle

23

8:30 Social Day
8:30 Aerobics
9:30 Games/Billiards
9:45 Osteoporosis
11:00 Multi Level Chair Yoga
11:30 Lunch: Roasted Chicken
12:45 Multi Level Chair Yoga

24

8:30 Social Day
8:30 Toning & Stretching
8:45 Walking / Hiking Group
9:30 Games / Billiards
11:30 Lunch: Grilled Chicken
1:00-3:00 Taxes by Appointment
1:00 Knitting Circle

Don't forget to look for this months joke



Wednesday	Thursday	Friday
	5	6
0 Social Day 0 Aerobics 0 Watercolor Workshop 0 Games / Billiards 5 Osteoporosis 00 Multi Level Chair Yoga 30 Lunch: Beef Burgundy 45 Multi Level Chair Yoga 0 Poetry Writing	8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 10::00 Cribbage 11:30 Lunch: Baked Chicken 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: Beef & Cabbage Casserole 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
11	12	13
0 Social Day 0 Aerobics 0 Watercolor Workshop 0 Games / Billiards 5 Osteoporosis 00 Multi Level Chair Yoga 30 Soup and Sandwich 45 Multi Level Chair Yoga 0 Poetry Writing	8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 10::00 Cribbage 11:30 Lunch: Cheese Ravioli/Tomato Basil Sauce 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: Roast Turkey &Gravy 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
18	19	20
0 Social Day 0 Aerobics 0 Watercolor Workshop 0 Games / Billiards 5 Osteoporosis 00 Multi Level Chair Yoga 30 Lunch Mac Cheese/ Tomatoes Broccoli 15 TSH Book club 0 Poetry Writing	8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 10::00 Cribbage 11:30 Lunch: Sloppy Joe 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: Tuna Nooddle Casserole 12:00 TSH Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate Country travelers Mohegan Sun see page 7 for details
25	26	27
0 Aerobics 0 Watercolor Workshop 0 Games / Billiards 5 Osteoporosis 00 Atty. Jennifer Heald by Appointment 00 Multi Level Chair Yoga 30 Lunch: Low Sodium Hot- dog 15 TSH Book club 0 Poetry Writing	8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 10::00 Cribbage 11:30 Lunch: Meatloaf & Gravy 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: Cheese Ome- let 12:00 TSH Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi - Intermediate
Donations Please We are in need of women's pull ups; small and medium Also, we need bladder		

2015

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OUTREACH INFORMATION

Are you or anyone you know in need of assistance?

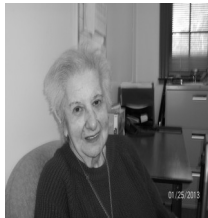
Our Outreach staff meet with the elderly and disabled Westport residents either in their home or in the office to assess the individual's needs, explain community programs and benefits, and assist with applications for programs such as Fuel Assistance, Food Stamps and other benefits. The Outreach Workers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

COUNTRY TRAVELERS ON THE ROAD AGAIN

Contact Veronica Beaulieu 508-636-4889 vfb0859@aol.com
April 21, 2015 Neil Sedaka at Mohegan Sun Casino Reservations due by **Feb. 20, 2015**
\$89 includes show, lunch, bus & gratuity

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.

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool... After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?' 'No,' he replied, 'Arthritis.'



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**