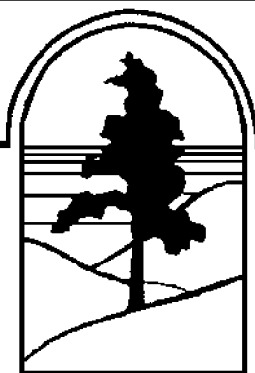


Tel: 508.636.1026 / Fax 508.636.1034  
Monday—Friday 8:30 am—4:00pm

councilonaging@westport-ma.gov  
Website: [www.westport-ma.gov](http://www.westport-ma.gov)

Westport  
Council  
On Aging

75 Reed Road  
Westport  
MA 02790



# EVERGREEN

July-August 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*

## **MAGNOLIA NIGHT FAMILY PICNIC AND CAR CRUISE**

***Tuesday, August 18, 2015***

***6 p.m. to 8 p.m.***

***75 Reed Rd. Westport***

Join us for an enjoyable evening under the tent or  
lounging on the lawn listening to the magical sounds of  
the Band "Magnolia"

**FREE ADMISSION!**

Bring a picnic basket

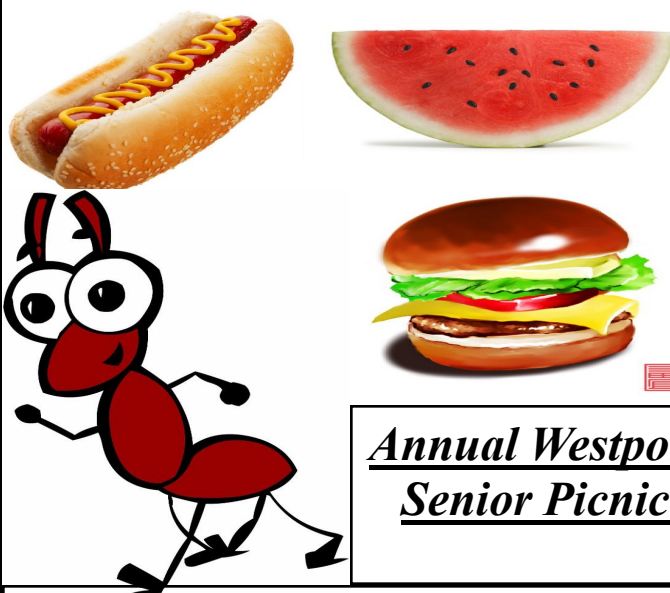
Hot dogs, Hamburgers and snacks will be  
available to purchase .

Don't forget your folding chairs, blankets and insect  
repellant . Volunteers will be on hand running children's  
games, crafts and face painting free of charge.

Quilt Raffle

**Bring your antique car or custom hot rod!**

VIP parking and compete for prizes



## **Annual Westport Senior Picnic**

***Wednesday August 19, 2015***

***12 noon***

***at the Westport Council on Aging  
75 Reed Road Westport***

***Join us for great food and fun***

***Entertainment : One Bad Ant (Gary Duquette)***

***Reserve your seat by calling the center***

***508-636-1026***

# **PROGRAMS FOR MIND BODY AND FITNESS**

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

*The Council on Aging is Completely Air Conditioned  
Join us for Lunch*

*Or just come in and read a book in the cool comfort of our comfortable Library area*

**\*\*\*\*Attention all Aerobics and Stretch and Tone participants\*\*\*\***

**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 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.



## **ATM SKIMMING**

4 ways to protect yourself

- ♦ Cover your password with your hand  
Hidden cameras pick up your password.
- ♦ Use familiar ATM's and limit your visits  
Stay away from retail stores or restaurants.
- ♦ Check bank balances frequently there  
Is a two-day window for reporting fraud. If you don't report fraud within 60 days, you have unlimited liability.
- ♦ Observe the ATM Look at the card slot  
Make sure it's legitimate not tacked on.

## **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 July 9, 2015 @1pm**

**Dartmouth Senior Center 628 Dartmouth St., South Dartmouth, MA.**

**We will break out into 2 BREAKOUT GROUPS :**

**Parkinson's Group & Caregiver Group.**

**Come to discuss issues and seek solutions.**

**Yoga to follow with Kat—\$3 p/p**

## **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. **No Appointments in August**



**FRIENDS OF THE WESTPORT  
COUNCIL ON AGING, INC.**  
*Supporting the Senior Center*  
P. O. Box N-192  
Westport, MA 02790



**Greetings from the FWCOA**  
**“Walk for Westport” time Again!**

The Fifth annual “Walk for Westport” will be held Sunday, October 4, 2015. Registration is at 12:00 pm. The route will be the same as the last three years, starting at the Howland Beach Club and ending at Elephant Rock Beach Club. Hot dogs, pizza, water and juice will be available after the walk.

Please plan on staying for lunch, music and fun times after the walk at the beach club. Please note, this is our major annual fund raiser, and the Friends are relying on a big turnout. Please enlist friends and neighbors to sponsor you for the walk!! See you on October 4, 2015 at 12:00 noon!

Pick up a registration today! Registrations are available at the Council on Aging (Reed Road) or register on line at [www.WalkForWestport.org](http://www.WalkForWestport.org)

*A community walk-a-thon sponsored by the Westport Education Foundation and the Friends of Westport Council on Aging to benefit the youths and seniors of Westport.*

**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 July 20th 1-3pm**

**508-636-1026**

**Veronica Beaulieu 508-636-4889**

**Country Travelers**

**vfb0859@aol.com**

August 18, 2015 Aqua Turf Club, CT, Hollywood Musical Memories lunch, Salad/Pasta/Chicken Francais/Pan Seared Salmon/Vegetable/Dessert/Coffee \$62.95

September 3&4, 2015-Overnight at The Hamptons, 2meals, scenic ferry crossings, wine tasting and tour of the Batting Hallow Farm Vineyard and horse rescue \$315.00pp double, \$405 single

**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**

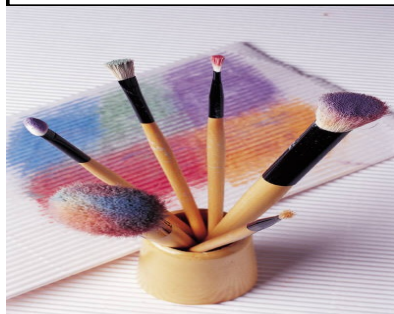
Preserve the art of quilting by gathering together to share quilting ideas and techniques. We create group quilts and assist one another with personal quilts & share ideas. The group is led by Valorie Schofield.



**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, July 6th and August 3rd 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**  
**Clam Chowder and Seafood Salad Sandwich**  
**Meet with Veterans Agent Brad Fish**  
**Ice Cream Social to follow**  
**Sponsored by Sara Brayton Nursing Center**  
**Call the Center to reserve your seat**  
**508-636-1026**

## SENIOR HAPPENINGS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>August reminder</u>  <u>No Activities</u>  <u>On August 19th</u>  <u>Senior Picnic</u>  <u>Westport Seniors</u>  <u>Call the center to reserve your seat</u></p>		<p>1</p> <p>8:30 Social Day  8:30 Aerobics  9:00 Watercolor Workshop  9:30 Games / Billiards  9:45 Osteoporosis  11:30 Lunch: Grilled Chicken  1:30 Poetry Writing</p>	<p>2</p> <p>8:30 Social Day  8:30 Toning &amp; Stretching  8:45 Strolling Group  9:30 Games / Billiards  10:00 Cribbage  11:30 Lunch: Sheppard's Pie  12:30 Bingo, Cards, etc.  1:00 Quilting</p>	<p>3</p> <p><b>Center Closed</b></p>
<p>6</p> <p>8:30 Social Day  8:30 Aerobics  9:00 Paul Schmid  9:30 Games / Billiards  9:45 Osteoporosis  11:30 Lunch: BBQ Chicken</p>	<p>7</p> <p>8:30 Social Day  8:30 Toning &amp; Stretching  8:45 Walking / Hiking  9:00 Blood Pressure Clinic  9:30 Games / Billiards  11:30 Lunch: American Chop Suey  1:00 Knitting Circle</p>	<p>8</p> <p>8:30 Social Day  8:30 Aerobics  9:00 Watercolor Workshop  9:30 Games / Billiards  9:45 Osteoporosis  11:30 Lunch: Veggie Omelet  1:30 Poetry Writing</p>	<p>9</p> <p>8:30 Social Day  8:30 Toning &amp; Stretching  8:45 Strolling Group  9:30 Games / Billiards  10:00 Cribbage  11:30 Lunch: Honey Mustard Chicken  12:30 Bingo, Cards, etc.  1:00 Quilting</p>	<p>10</p> <p>8:30 Social Day  8:30 Aerobics  9:30 Games / Billiards  9:45 Osteoporosis  10:00 Chef on a shoestring  11:30 Lunch: Low Sodium Hot Dog  12:00 Bridge  12:30 T'ai Chi-Advanced  1:30 T'ai Chi-Intermediate</p>
<p>13</p> <p>8:30 Social Day  8:30 Aerobics  9:30 Games / Billiards  9:45 Osteoporosis</p>	<p>14</p> <p>8:30 Social Day  8:30 Toning &amp; Stretching  8:45 Walking / Hiking Group</p>	<p>15</p> <p>8:30 Social Day  8:30 Aerobics  9:00 Watercolor Workshop  9:30 Games / Billiards</p>	<p>16</p> <p>8:30 Social Day  8:30 Toning &amp; Stretching  8:45 Strolling Group  9:30 Games / Billiards</p>	<p>17</p> <p>8:30 Social Day  8:30 Aerobics  9:30 Games / Billiards  9:45 Osteoporosis</p>

J  
U  
L  
Y

2  
0  
1  
5

11:30 Lunch: Wild Salmon w/ rice  	9:30 Games / Billiards 11:30 Lunch: Baked Chicken/ mashed potatoes 1:00 Knitting Circle	9:45 Osteoporosis 10:00 Atty.Jennifer Heald by appointment <b>11:30 Soup and Sandwich Meet veterans agent</b> 12:30 <b>Ice cream social</b> 1:30 Poetry Writing	10::00 Cribbage 11:30 Lunch: Cheeseburger 12:30 Bingo, Cards, etc. 1:00 Quilting	10:00 Chef on a shoestring 11:30 Lunch: Beef Chili 12:00 Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
<div>20</div> 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Chicken Stew 1:00 Shine by appointment	<div>21</div> 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: Meatball Stroganoff over Noodles 1:00 Knitting Circle	<div>22</div> 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Pork LoMein 1:30 Poetry Writing	<div>23</div> 8:30 Social Day 8:30 Toning & Stretching 8:45 Strolling Group 9:30 Games / Billiards 10::00 Cribbage 11:30 Lunch: Meatloaf/ gravy and whipped potatoes 12:30 Bingo, Cards, etc. 1:00 Quilting	<div>24</div> 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Chef on a shoestring 11:30 Lunch: Baked Chicken 12:00 Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi - Intermediate
<div>27</div> 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Breaded Fish	<div>28</div> 8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: BBQ Patty 1:00 Knitting Circle	<div>29</div> 8:30 Social Day 8:30 Aerobics 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: BBQ Patty 1:00 Knitting Circle 1:30 Poetry Writing	<div>30</div> 8:30 Social Day 8:30 Toning & Stretching 8:45 Strolling Group 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Mac and Cheese 12:30 Bingo, Cards, etc. 1:00 Quilting	<div>31</div> 8:30 Social Day 8:30 Aerobics 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Chicken Divan 12:00 Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate

Space Reserved For Advertisers

## **OUTREACH INFORMATION**

### **Are you or anyone you know in need of assistance?**

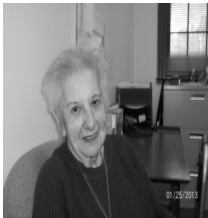
Our Outreach staff meet with the elderly and disabled Westport residents either in their home or in the office to assess the individual's needs, explain community programs and benefits, and assist with applications for programs such as Fuel Assistance, Food Stamps and other benefits. The Outreach Workers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

**Next appointment open with Podiatrist Dr. Spiri July 23, 2015**

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.



**Quilt Raffle** Tickets available at the COA. (drawing on August 19th) We are pleased to offer one of Late Mary Murphy's quilts. Her daughter Helen Souza has donated her uncompleted projects and fabrics. The COA quilters put together and bound one of her unfinished quilts.

Mary was a long time crafter and enjoyed Westport and her friends here and her daughter knew she wanted to give back to the town.



***There will also be more offerings in the Fall at the FWCOA Holiday Fare***



Two old men in a retirement village were sitting in the reading room

and one said to the other, "How do you feel? I mean, your 72 years old,

I mean how do you honestly feel?"

"Honestly, I feel like a new born baby. I've got no hair, no teeth, and I just wet myself."

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



**Find us on  
Facebook  
Westport COA**

