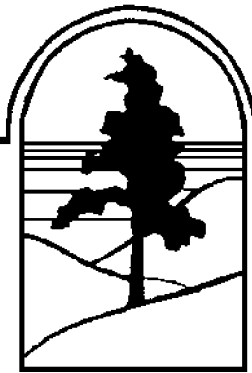


Tel: 508.636.1026 / Fax 508.636.1034
Monday—Friday 8:30 am—4:00pm

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

Westport
Council
On Aging

75 Reed Road
Westport
MA 02790



EVERGREEN

June 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*

**COUNTRY TRAVELERS ON THE ROAD
AGAIN**

July and August Trips Contact Veronica Beaulieu
316 Old County Rd. Westport, Ma 02790
508-636-4889 vfb0859@aol.com

July 8th Historic Plymouth with Lunch @ Isaac's,
Seafood Medley or Prime rib au Jus \$50.00

July 26th & 27th Lake George & Saratoga Springs
2 days/1 night (4 meals) evening Entertainment,
Paddle Wheel Cruise, Saratoga race Course
\$310ppdouble/\$330single

August 12th Maine Lobster Bake York, ME
Or 1/2 BBQ Chicken with entertainment \$92.95

Baking Supplies

Or store bought baked goods needed
cake mix, frosting and brownie mix to
be used at our monthly soup and
sandwich luncheons.

Extra time on your hands

Share your time and talent with us.

*Magnolia family Picnic Preparation has
begun (August 18, 2015)*

*We are in need of some enthusiastic
volunteers to help organize Kids games, car
show contest, Food tent, set up & clean up.*

Evergreen delivery drivers needed

*Monthly Soup and Sandwich prep. help
needed every 3rd week of the Month*

Light yard work help for town seniors

Please contact the Senior Center

This month to volunteer

508-636-1026

Stay Hydrated with Strawberries and coconut water

1 cup coconut water

1 cup hulled/sliced strawberries

3 Tablespoons sugar syrup (Boil 1 part water 3 parts sugar until thickened) Store in refrigerator

Blend all ingredients serve over ice

PROGRAMS FOR MIND BODY AND FITNESS

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

**Attention all Aerobics and Stretch and Tone participants:
As of April 24, 2015 the cost for classes will be \$4.00/class
Cards will now be \$40.00/10 classes and \$80.00/20
Checks only! payable to the Town of Westport**

T'AI CHI

Classes are on Fridays
12:30 for Advanced
1:30 Intermediate
\$8.00 per session or \$40.00 for 6weeks
Make checks payable to the Town of Westport

*Multi-Level Chair Yoga
Monday & Wednesday's
12:45-1:45
12 classes for \$36.00
Make checks payable to
the Town of Westport*



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.



Strolling Group

This new group is growing
We stroll around town on Thursday
Mornings
30 minutes of slow paced walking on flat
surfaces with great views and good
conversation.

Join us at 8:45am at the Council on Aging



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 June 11, 2015 @1pm
at the Dartmouth Senior Center 628 Dartmouth St., South Dartmouth, MA. Topic: "Keeping Elders Safe" and offering free Caregiver Bracelets.
Speaker: Jennifer Dias-Rezendes, Protective Services / Clinical Mgr @ Bristol Elder Services
Yoga to follow with Kat—\$3 p/p

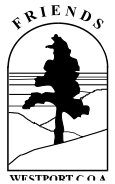
LEGAL CORNER

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.



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



Greetings from the FWCOA

The Friends of the WCOA continue to support and contribute to the COA/Senior Center in all sorts of ways. Including our special volunteer, Ted Johnson, who has spent many hours this Spring, making the gardens at the Senior Center look beautiful.

Some dates to note on your calendar:

June 15, 2015 - Annual Meeting of the Friends-Senior Center - 10 A.M. All Members of the Friends are welcome and invited to this meeting which follows our FWCOA monthly Board Meeting.

August 18th - Tuesday evening - the Band "Magnolia" at the Senior Center

August 19th - Wednesday noon - Senior Picnic at the Senior Center.

The FWCOA invites all members of the community to join our Board. Our purpose is to support and enhance the services and programs of the Senior Center. We meet once a month (except July and August) and welcome your participation.

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 508-636-1026

Mahjong Any one ? Call the Center if you have an interest.
Summer Bridge is Fridays at 12noon all welcome

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

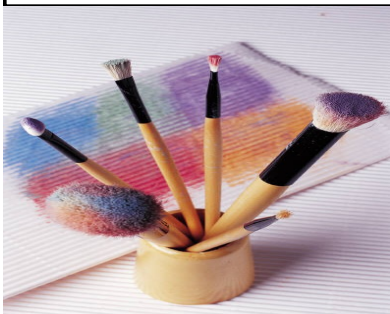
Preserve the art of quilting by gathering together to share quilting ideas and techniques. We create group quilts and assist one another with personal quilts & share ideas. The group is led by Valerie Schofield.



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, June 1st 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**

June 17, 2015

**at
11:30**

**Vegetable soup
And tuna Sandwich**

SENIOR HAPPENINGS CALENDAR

**J
U
N
E**

**2
0
1
5**

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 Social Day 8:30 Aerobics 9:00 Paul Schmid 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Beef Chili/Corn Muffin 12:45 Multi Level Chair Yoga	2 8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking 9:00 Blood Pressure Clinic 9:30 Games / Billiards 11:30 Lunch: Herb Baked chicken 1:00 Knitting Circle	3 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Swedish Meatballs 12:30 TSH book club Movie 12:45 Multi Level Chair Yoga 1:30 Poetry Writing	4 8:30 Social Day 8:30 Toning & Stretching 8:45 Strolling see pg. 2 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Roast Pork/ Bliss potatoes 12:30 Bingo, Cards, etc. 1:00 Quilting	5 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Chef on shoestring 11:30 Lunch: American Chop Suey 1 2:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
8 8:30 Social Day 8:30 Aerobics 9:00 Paul Schmid 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Turkey a la King 12:45 Multi Level Chair Yoga	9 8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking 9:00 Blood Pressure Clinic 9:30 Games / Billiards 11:30 Lunch: Italian style spaghetti 1:00 Knitting Circle	10 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Pork Tetrazzini 12:45 Multi Level Chair Yoga 1:30 Poetry Writing	11 8:30 Social Day 8:30 Toning & Stretching 8:45 Strolling see pg. 2 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Chicken A L'Orange 12:30 Bingo, Cards, etc. 1:00 Quilting	12 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Chef on a shoestring 11:30 Lunch: Cold Plate/ Tuna Salad, Pasta salad 12:00 Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
15 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:30 FWCOA Board meeting	16 8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group	17 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards	18 8:30 Social Day 8:30 Toning & Stretching 8:45 Strolling 9:30 Games / Billiards	19 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis

9:45 Osteoporosis 11:30 Lunch: Mini Beef patty/ mushroom gravy 12:45 Multi Level Chair Yoga 1:00 Shine by Appointment only	9:30 Games / Billiards 11:30 Lunch: Low Sodium Hot dog 1:00 Knitting Circle	9:45 Osteoporosis 11:30 Soup and Sandwich Vegetable soup/ Tuna sand- wich 12:45 Multi level chair yoga 1:30 Poetry Writing	10:00 Cribbage 11:30 Lunch: Mac and Cheese 2:30 Bingo, Cards, etc. 1:00 Quilting	10:00 Chef on a shoestring 11:30 Lunch: Roast Turkey / gravy 12:00 Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi- Intermediate
<div>22</div> 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Sloppy Joe 12:45 Multi Level Chair Yoga	<div>23</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: Chicken and Broccoli Alfredo 1:00 Knitting Circle	<div>24</div> 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Atty. Jennifer Heald by Appointment 11:30 Lunch: BBQ Pork Patty 12:45 Multi level chair yoga 1:30 Poetry Writing	<div>25</div> 8:30 Social Day 8:30 Toning & Stretching 8:45 Strolling 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Chicken Piccata 12:30 Bingo, Cards, etc. 1:00 Quilting	<div>26</div> 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Chef on a shoestring 11:30 Lunch: Stir Fried Beef 12:00 Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi - Intermediate
<div>29</div> 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Breaded Fish Sandwich 12:45 Multi Level Chair Yoga	<div>30</div> 8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Cheese Tor tellini 1:00 Knitting Circle			

Space Reserved For Advertisers

OUTREACH INFORMATION

Are you or anyone you know in need of assistance?

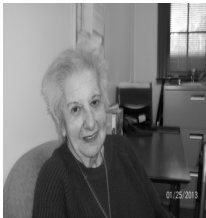
Our Outreach staff meet with the elderly and disabled Westport residents either in their home or in the office to assess the individual's needs, explain community programs and benefits, and assist with applications for programs such as Fuel Assistance, Food Stamps and other benefits. The Outreach Workers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



The new employee stood before the paper shredder, looking confused. "Need some help?" a passing secretary asked. "Yes," the new man replied. "How does this thing work?" "It's easy," the secretary said, taking the report from his hands and feeding it into the shredder. Puzzled, the man said, "Thanks. But where do the copies come out?"

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