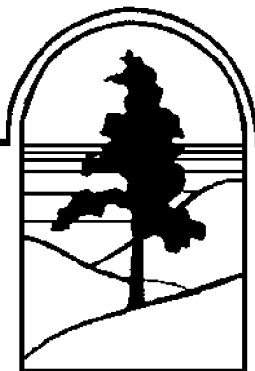


Tel: 508.636.1026 / Fax 508.636.1034
Monday—Friday 8:30 am—4:00pm

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

Westport
Council
On Aging

75 Reed Road
Westport
MA 02790



EVERGREEN

March 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*

Reminder

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

Meet with the Candidates

March 18,2015

*Join us for lunch and meet with the candidates
Westport town election to be held on April 14,2015*

Westport residents will be voting for

*Two Selectmen, one Assessor, One board of health,
Two School Committee, One fish Commissioner, Two Trustees of Free Public
Library, Two Landing Commissioner, One Commissioner of Trust, One Housing
Authority, One Planning board, Treasurer*

*Available Candidates will be at the Council on Aging 11:30-1pm
Please call to reserve a seat for lunch*

Winter heating Safety Tips

Courtesy of: Mass Emergency Management Agency

Portable heaters Only use portable heaters from a recognized testing laboratory.

Make sure the heater has an automatic shut off.

Plug portable heaters directly into outlet.

Turn heaters off when going to bed or leaving the room.

Keep a glass or metal screen in front of fire place to prevent
embers or sparks from jumping out.

Do not burn paper in the fireplace.

Put the fire out before going to sleep or leaving the home.

Put ashes in metal container with a lid, outside.

Have the chimney inspected and cleaned each year.

Make sure the wood stove is three feet a way from flammables.

Do not burn paper in the wood stove.

Put the stove out before going to sleep or leaving the home.

Carbon Monoxide Install a carbon monoxide detector.

Wood Stoves

Fireplaces

PROGRAMS FOR MIND BODY AND FITNESS

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

Aerobics /Stretch &Toning

Classes are full
Call the center to be put on the wait list

Multi-Level Chair Yoga \$3.00 a class

Monday and Wednesday
11-12noon and
12:45-1:45

You Can't Believe Everything you read in the papers

Dermot McCann opened the morning newspaper and was dumbfounded to read in the obituary column that he had died. He quickly 'phoned his best friend Reilly'.

'Did ye see the paper?' asked Dermot. 'they say I died.'

'Yes, I saw it.' replied Reilly. 'Where are ye callin' from?'

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.



Country Travelers ***Trip to Vermont***

May 13, 2015 Weston, Vt, visit the
Country Store, the big Christmas Store,
lunch at the Bryant House
\$42 w/o Lunch \$60 includes lunch
Contact :Veronica Beaulieu
316 Old County Rd
Westport, Ma 02790
508-636-4889

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, March 12, 1:00 PM at the Dartmouth Senior Center 628 Dartmouth St., South Dartmouth, MA. Topic: "Living well with Parkinson's Disease AND Current treatments."

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

It is hoped that by now Mother Nature has calmed down and we are heading into a lovely Spring and Summer. The Friends of the Westport Council on Aging continues to contribute to the Senior Center in all sorts of important ways—providing funds for the purchase of vehicles, computers, furnishings and equipment to enhance the comfort and services that the Senior Center is able to provide Westport's older population. Over the years, the Friends have purchased many things that would not be possible or covered by the funds the Town provides for the Council on Aging. The Senior Center costs the Town very little and that is due in no small measure to the funds provided by the Friends. If you are not a member of the Friends, we urge you to become a member—watch for the yellow with green print mailing in mid-June.

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

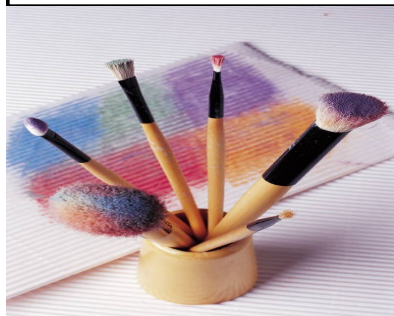
Preserve the art of quilting by gathering together to share quilting ideas and techniques. We create group quilts and assist one another with personal quilts & share ideas. The group is led by Valerie Schofield.



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.



Meet and Greet Representative Paul Schmid

Monday, March 2nd 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 working of the commonwealth.



Make your reservation

SOUP AND SANDWICH

**at
11:30**

Irish Bacon and Cabbage Soup

&

Corned beef on Rye Sandwich

Meet with the Candidates following lunch

SENIOR HAPPENINGS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
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 Tetrizzini 12:45 Multi Level Chair Yoga	3 8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking 9:00 Blood Pressure Clinic 9:30 Games / Billiards 11:30 Lunch: Swedish Meatballs 1:00 -3:00 Taxes by Appointment 1:00 Knitting Circle	4 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: Vegetarian Chili 12:45 Multi Level Chair Yoga 1:30 Poetry Writing	5 8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Honey Lime Chicken 12:30 Bingo, Cards, etc. 1:00 Quilting	6 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Wild Salmon 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate Don't forget to change your clocks this weekend
9 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga 11:30 Lunch: Pork Lo Mein 12:45 Multi Level Chair Yoga	10 8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking 9:00 Blood Pressure Clinic 9:30 Games / Billiards 11:30 Lunch: Chicken Marsala 1:00-3:00 Taxes by appointment 1:00 Knitting Circle	11 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: American Chop Suey 12:45 Multi Level Chair Yoga 1:30 Poetry Writing	12 8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Roasted Pork 12:30 Bingo, Cards, etc. 1:00 Quilting	13 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Cheese Tortellini 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
16 8:30 Social Day 8:30 Aerobics 9:30 EWCOA Meeting	17 8:00 WCOA Board Mt. 8:30 Social Day 8:30 Toning & Stretching	18 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop	19 8:30 Social Day 8:30 Toning & Stretching	20 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards

2015

9:30 FWCOA Meeting 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga 11:30 Lunch: Meatloaf 12:45 Multi Level Chair Yoga	8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Sliced Corned Beef 1:00-3:00 Taxes by appt. 1:00 Knitting Circle	9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga 11:30 Soup and Sandwich 12:00 Meet the candidates 12:15 TSH Book club 1:30 Poetry Writing	8:30 Toning & Stretching 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Chicken La Orange 12:30 Bingo, Cards, etc. 1:00 Quilting	9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Sweet Potato Fish 12:00 TSH Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
23 8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga 11:30 Lunch: Shepherds Pie 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: Low Sodium Hot dog 1:00-3:00 Taxes by Appointment 1:00 Knitting Circle	25 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: Baked Chicken 12:15 TSH Book club 1:30 Poetry Writing	26 8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Italian Style Penne 12:30 Bingo, Cards, etc. 1:00 Quilting	27 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Mac and Cheese 12:00 TSH Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi - Intermediate
30 8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga 11:30 Lunch: Toasted Turkey 12:45 Multi Level Chair Yoga	31 8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Chicken Stew 1:00-3:00 Taxes by Appointment 1:00 Knitting Circle	Donations Please We are in need of women's pull ups; small and medium Also, we need bladder pads for men and women. Thank you!		

Space Reserved For Advertisers

OUTREACH INFORMATION

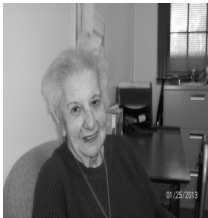
Are you or anyone you know in need of assistance?

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 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.

***Think Spring time to change the clocks
on March 8 spring ahead 1 hour
March is also time for pruning fruit trees***

While you're pruning flowering trees, such as crab apple and plum, cut some 2-foot sections of pruned limbs with flower buds on them (flower buds are larger than leaf buds) for forcing. The best way to hydrate the stems is to lay them down in a bathtub of water overnight. If anyone in your house objects, just recut the stems, place them in a bucket of warm water, and keep them in a cool place for a week or so. When flowers begin to open, bring them into your living room and your house will smell of spring even though the snow may still be flying outdoors.

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**