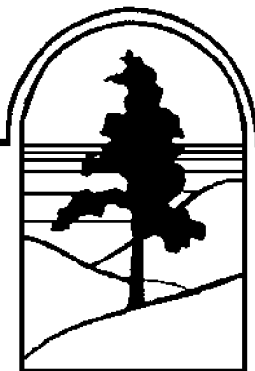


Tel: 508.636.1026 / Fax 508.636.1034
Monday—Friday 8:30 am—4:00pm

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

Westport
Council
On Aging

75 Reed Road
Westport
MA 02790



EVERGREEN

May 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*

Dear Family and Friends of The Westport Council on Aging:

My name is Beverly Bisch and it is my pleasure to introduce myself to you as the new Director of the Council on Aging in Westport. I am humbled to have the privilege to lead this organization. There is no doubt that this is an exciting time for the COA as we begin a new chapter in our history.

In my role as Director , it will be my pleasure to work with our dedicated staff to increase the number of people we serve, grow the number of volunteers who help the COA provide support, to raise funds and awareness necessary to help elders 60 years of age and over to access our services.

My background includes: Bachelor's of Art in Psychology and a minor in Chemistry from Rhode Island College. I have used my degree to manage Residential and Adult Day Programs, Family Support, Intensive Family Support Programs for The MA Dept. Of Development Services and the MA Dept of Mental Health. I have also worked for the Veterans Administration and the MA Commission for the Blind.

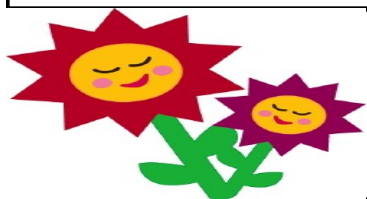
I welcome your ideas as well as your support. Please feel free to contact me with your comments, suggestions or concerns.

Baking Supplies needed

*cake mix, frosting and brownie mix
to be used at our monthly soup and
sandwich luncheons. Donation box in
the reception area*

Volunteering is good for your health

*Come join our team of volunteers
Receptionist and Kitchen help needed
Please call Susan at 508-636-1026
For more information*



HAPPY
MOTHERS
DAY

The Center will be Closed
on Monday May 25
Memorial Day

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.



SCAM ALERT

Phone calls from companies offering "Free Inspections for Home Improvements" These phone calls should be disregarded. Our Westport Building Inspector has Suggested that you contact his office for a local referral if you are in need of these types of services. The Office of Consumer Affairs can be phoned also for verification of business licensing.

Consumer Hotline
888-283-3757

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 May 14, 2015 @1pm
at the Dartmouth Senior Center 628 Dartmouth St., South Dartmouth,
MA. Topic: "Let's have an Open Conversation."**

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

Spring has finally arrived and it is so great not to see snow. In June every household will be receiving a yellow membership brochure with a white envelope enclosed. We hope that our present members will renew and non members will join. The funds derived from this drive are used totally for the Senior Center.

We appreciate Lees Market Community Partners Program as the Friends receive a check for a percentage of the total of Lees register tapes submitted to us after having been placed in the collection box in the foyer.

A goal of the friends this year is to provide support for the Social Day program and continue to maintain an Emergency Fund for the Director of the Senior Center to have for needy elders.

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

June 10, "Some Like It Hot and Some Like It Over Ice" at Whites of Westport w/choice of Boneless Breast of Chicken Or Baked Scrod Pay't due no later than Wed. 5/6/15 \$49.00

June 25-26, Stowe Vt. Green Mt. Inn w/Dinner & B/Fast inc. Ben & Jerrys' tour w/Sightseeing/Shopping \$260/\$360
Contact: Veronica Beaulieu 508-636-4889 for more information.

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

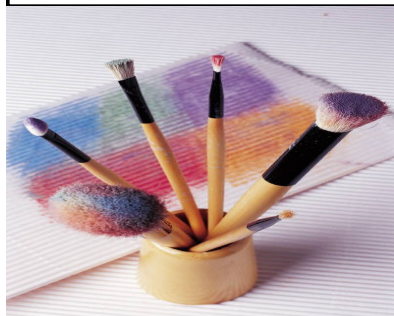
Preserve the art of quilting by gathering together to share quilting ideas and techniques. We create group quilts and assist one another with personal quilts & share ideas. The group is led by Valerie Schofield.



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, May 4th 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**

May 20, 2015

at

11:30

Alphabet Soup

And

Egg Salad Sandwich

SENIOR HAPPENINGS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Chef on shoestring 11:30 Lunch: Baked Chicken With Confetti Rice 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
4 8:30 Social Day 8:30 Aerobics 9:00 Paul Schmid 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Wild Salmon/whipped Potatoes & peas 12:45 Multi Level Chair Yoga	5 8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking 9:00 Blood Pressure Clinic 9:30 Games / Billiards 11:30 Lunch: Grilled Chicken/Black beans Broccoli 1:00 Knitting Circle	6 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Hot Dog/potato wedges 12:45 Multi Level Chair Yoga 1:30 Poetry Writing	7 8:30 Social Day 8:30 Toning & Stretching 9:00 Strolling see pg. 2 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Mac and Cheese 12:30 Bingo, Cards, etc. 1:00 Quilting	8 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Chef on a shoestring 11:30 Lunch: Roasted Turkey 12:00 TSH Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
11 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards	12 8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking	13 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop	14 8:30 Social Day 8:30 Toning & Stretching 9:00 Strolling	15 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards

**M
A
Y**

**2
0
1
5**

9:45 Osteoporosis 11:30 Lunch: Meatball Sub with Hash brown potatoes 12:45 Multi Level Chair Yoga 1:00 Shine by Appointment only	9:30 Games / Billiards 11:30 Lunch: Chicken Salad and tricolor pasta 1:00 Knitting Circle	9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Sheppard's Pie/ Glazed Carrots 12:00 TSH Book Club 12:45 Multi level chair yoga 1:30 Poetry Writing	9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: BBQ Chicken Breast/rice 12:30 Bingo, Cards, etc. 1:00 Quilting	9:45 Osteoporosis 10:00 Chef on a shoestring 11:30 Lunch: Pork Tetraz Zinnia/Spahgetti 12:00 TSH Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
<div>18</div> 8:30 Social Day 8:30 Aerobics 9:30 FWCOA Meeting 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Fish Sandwich/ Hot German Slaw 12:45 Multi Level Chair Yoga	<div>19</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: Broccoli and Cheese Omelet/hash Brown Potatoes 1:00 Knitting Circle	<div>20</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: Soup/Sandwich Alphabet Soup and Egg Salad Sandwiches 12:00 TSH Book club 12:45 Multi level chair yoga 1:30 Poetry Writing	<div>21</div> 8:30 Social Day 8:30 Toning & Stretching 9:00 Strolling 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Meatloaf/ rosemary gravy and whipped potatoes 12:30 Bingo, Cards, etc. 1:00 Quilting	<div>22</div> 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Chef on a shoestring 11:30 Lunch: Roast Pork/ Mint gravy and Del-monico potatoes 12:00 TSH Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi - Intermediate
<div>25</div> <div>Center Closed Memorial Day</div>	<div>26</div> 8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Cheese Tortellini with Alfredo sauce 1:00 Knitting Circle	<div>27</div> 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: BBQ Pork Patty/ Italian Penne Pasta 12:45 Multi level chair yoga 1:30 Poetry Writing	<div>28</div> 8:30 Social Day 8:30 Toning & Stretching 9:00 Strolling 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Honey Lime Chicken/whipped potatoes 12:30 Bingo, Cards, etc. 1:00 Quilting	<div>29</div> 8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Tuna Noodle Casserole 12:00 TSH 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?

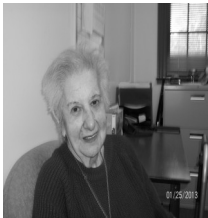
Our Outreach staff meet with the elderly and disabled Westport residents either in their home or in the office to assess the individual's needs, explain community programs and benefits, and assist with applications for programs such as Fuel Assistance, Food Stamps and other benefits. The Outreach Workers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

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.

Uncovering a Scam



The Senate is investigating deceptive sweepstakes practices. These companies target elderly and make them think they will receive a bunch of money. In reality they never see any of it. The most popular of these scams is Social Security.

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**