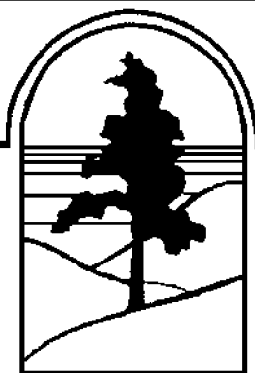


Tel: 508.636.1026 / Fax 508.636.1034
Monday—Friday 8:30 am—4:00pm

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

Westport
Council
On Aging

75 Reed Road
Westport
MA 02790



EVERGREEN

October 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 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*

S.H.I.N.E.

**Serving the Health Insurance Needs of
Everyone**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to review, understand and save this information.*

During **Medicare Open Enrollment, from October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is able to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment with a SHINE counselor, call your senior center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor by telephone. Call 508-222-1399. For an appointment, call the Westport Council on Aging at 508-636-1026.

The Westport Council on Aging would like to thank the quilting group for their donation in honor of Mary (Candido) Murphy. The Quilters Club was pleased to offer Mary's quilt for the summer raffle at the Magnolia Night and Senior Picnic events held in August. Mary completed the top and the quilters group, pictured below finished the quilt. Thank You Again!!!!!!



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.



SUPPORT GROUPS

Parkinson's Disease

Thursday, October 8, 2015 @ 1p.m.

Dartmouth Senior Center, 628 Dartmouth St.
S. Dartmouth, MA

Scleroderma

Support Group meets on the 3rd Tuesday each month @ 6:30 to 8:30 p.m.at Stop & Shop 2nd floor Conference Room, 501 Rodman St, Fall River,MA.

Grandparents Raising Grandchildren

Support group meets the 3rd Tuesday of every month @ 6-8 p.m at 181 Hillman St., Lower Level, New Bedford,MA

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

Join us for

“Estate Planning made Simple”

And

“How to Age at Home with Ease”

Thursday, October 8, 2015

From 4:00pm-6:00 pm

Westport Council on Aging

75 Reed Rd. Westport, Ma 02790

**Please RSVP to Attorney Patricia Bloom-McDonald, J.D. Esq.
At (508)636-6097**

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



Now that the lazy days of summer have gone by, it may be time to think about some new activities. We hope you participated and enjoyed the Walk for Westport on October 4th which supports both the Friends (FWCOA) and the Westport Education Foundation. Our crisp fall days are the perfect time to join the walking and hiking group. Every Tuesday morning an energetic group sets out to explore nearby parks and reservations. Or you could capture some autumn vistas by joining the Wednesday morning watercolor/oil painting workshop.

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.,
Appointments available.

Please call the center at 508-636-1026

Veronica Beaulieu 508-636-4889

Country Travelers

vfb0859@aol.com

October 14, 2015— Hart's Turkey Farm, Meredith, NH \$45

October 17, 2015—New York City \$45

December 10, 2015—"Rockn'Round the Christmas Tree, Holyoke, MA \$76

KNITTING & CROCHETING

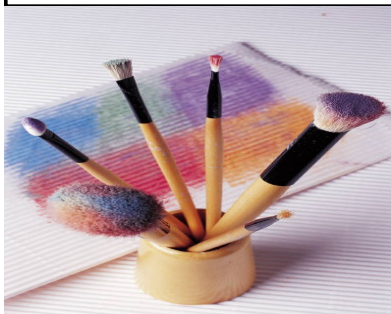
Tuesday 1:00 PM

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 October 5th, 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

October 21, 2015

SOUP AND SANDWICH

Call the Center to reserve your seat

508-636-1026

SENIOR HAPPENINGS CALENDAR

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Monday	Tuesday	Wednesday	Thursday	Friday
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			8:30 Social Day 8:30 Toning & Stretching 8:45 Strolling Group 9:30 Games / Billiards 9:30 TSH Knitting 10:00 Cribbage 11:30 Lunch 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 12:00 TSH Advanced Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
5	6	7	8	9
8:30 Social Day 8:30 Aerobics 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga	8:30 Social Day 8:30 Toning/Stretching 8:45 Walking / Hiking 9:00 Blood Pressure Clinic 9:30 Games/Billiards 11:30 Lunch 1:00 Knitting Circle	8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Game / Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 TSH Book Club 12:45 Yoga 1:00 Computer help w/ Don 1:30 Poetry Writing	8:30 Social Day 8:30 Toning / Stretching 8:45 Strolling Group 9:30 TSH Knitting 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch 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 12:00 TSH Advanced Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
12	13	14	15	16

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8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga	8:00 WCOA Board Mtg. 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking / Hiking 9:00 Shine by apmt. 9:30 Games/Billiards 11:30 Lunch 12:00-4:00 Health Fair 1:00 Knitting Circle	8:30 Social Day 8:30 Aerobics 9:00 Watercolor Work shop 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 TSH Book Club 12:45 Yoga 1:00 Computer help with Don 1:30 Poetry Writing	8:30 Social Day 8:30 Toning / Stretching 8:45 Strolling Group 9:30 TSH Knitting 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch 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 12:00 TSH Advanced Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
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19	20	21	22	23
8:30 Social Day 8:30 Aerobics 9:00 FWCOA Meeting 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga	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 1:00 Knitting Circle	8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Atty. Jennifer Heald by appointment 11:30 SOUP& SANDWICH 12:00 TSH Book Club 12:45 Yoga 1:00 Computer help with Don 1:30 Poetry Writing	8:30 Social Day 8:30 Toning / Stretching 8:45 Strolling Group 9:30 Games / Billiards 9:30 TSH Knitting 10:00 Cribbage 11:30 Lunch 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 12:00 TSH Advanced Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi -Intermediate

26	27	28	29	30
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OUTREACH INFORMATION

Are you or anyone you know in need of assistance?

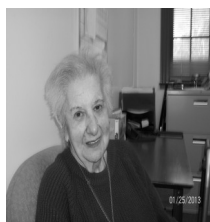
Our Outreach staff meet with the elderly and disabled Westport residents either in their home or in the office to assess the individual's needs, explain community programs and benefits, and assist with applications for programs such as Fuel Assistance, Food Stamps and other benefits. The Outreach Workers 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 **Linda** 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 is October 15, 2015 @10:15

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.



A Poem by **JOHN B. CARON**

A HAPPY HEART

If from my heart, you always know,
That kind and loving thoughts do flow,
If in your heart I'll always be,
Then that's a life fulfilled for me.

Mr. Caron is one of the poets that meet on Wednesday's at the Westport Council on Aging. Come check them 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

