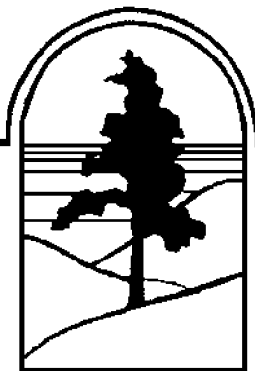


Tel: 508.636.1026 / Fax 508.636.1034  
Monday—Friday 8:30 am—4:00pm

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

September 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 **FWCOA ,Volunteers, and Donors** for all their participation and hard work on making **Magnolia Night and Senior Picnic** a huge success.

**Raffle and Food Donations**

Westport Apothecary	Westport Lobster Co.
Marguerite's	Perry's Bakery
Caddy Shack	Holiday Lanes
Westport Kartway	Oriental Pearl Rest.
Bruce's Saw Shop	LePages Seafood Rest.
Nick's Pizza	Four Elements Salon & Spa
Chef Jeff's	Scottee's Bicycle
Lee's <b>Liquor Dept.</b>	Westport Liquor
Grums Restaurant	Country Dog Pet Foods
Kathy's Coffee Shop	Westport Barber Shop
Partners Village Store	Dunkin Donuts
Linda MacCoy	White's Galley Grille
Sherri Massa	Nancy White
Kozy Nook	Janets Country Store
Gold Medal Bakery	

# **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.



## **PLEASE BEWARE!!!!!!!!!!!!!!!!!!!!!!**

The Fairhaven Police have received a call regarding a female with red hair and a chin piercing who had been going door to door asking elderly residents about medications and whether or not they live alone. The female stated she worked with the Community Nurse and Hospice Care and had a shirt for this company but she does not work for them. This female has not yet been identified. Please be vigilant. As a reminder, never provide anyone with personal information. Please call the police department if you see anyone suspicious or have any other information pertaining to this female.

## **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 September 10th @1pm**

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

**Topic: Flu Clinic and Speaker**

**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**  
**Come one come all!**



*Bring your family, gather your co-workers or friends to join the "walk".  
October 4th is the big day for our fifth annual "Walk for Westport" event which benefits the FWCOA  
And the Westport Education Foundation.*

*Whether you walk or only join us for the festivities following it will surely be a fun day.  
The day will be filled with food, activities for the children and fun all the while enjoying the beautiful vistas of  
Westport Harbor*

*The event starts at noon at the corner of Howland and Atlantic Avenue and ends at elephant  
Rock Beach Club.*

*You may register on line at [www.walkforwestport.org](http://www.walkforwestport.org) or obtain a form at the Senior Center..*

**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.,  
Our shine counselor is here every second & fourth Monday of each month. Appointments available **10/13 & 10/26**  
**Please call the center at 508-636-1026**

**Veronica Beaulieu 508-636-4889**

**Country Travelers**

**vfb0859@aol.com**

Sept 17th –20th Niagara Falls/Toronto \$475 dbl/\$550 sgl.

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, 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.



*Save the date  
WCOA Health Fair  
Join us for an interesting  
informational afternoon  
October 13, 2015 12 noon  
at  
The Westport Council on  
Aging 75 Reed Rd, Westport*

**Make your reservation  
September 16 th  
At 11:30  
SOUP AND SANDWICH  
HOT DOGS AND BEANS  
Call the Center to reserve your seat  
508-636-1026**

# S E P T E M B E R

**Flu Shots  
With Luisa Edward  
Rite Aid Pharmacy  
Here at the WCOA  
September 23  
@ 11:15  
Stop by and pick up in-  
surance form in advance  
At reception desk**

**1**  
8:30 Social Day  
8:30 Toning &  
Stretching  
8:45 Walking / Hik-  
ing  
9:00 Blood Pressure  
Clinic  
9:30 Games / Bil-  
liards  
11:30 Lunch- Spa-  
ghetti/sauce  
1:00 Knitting Circle

8:30 Social Da  
8:30 Aerobics  
9:00 Watercol  
9:30 Games / I  
9:45 Osteopor  
11:30 Lunch- B  
Noodle  
12:45 Yoga  
1:00 Computer  
1:30 Poetry W

**Center Closed  
Labor Day**

**7**  
**8**  
8:30 Social Day  
8:30 Toning &  
Stretching  
8:45 Walking / Hik-  
ing  
9:00 Blood Pressure  
Clinic  
9:30 Games / Bil-  
liards  
11:30 Lunch- Sweet  
Potato Fish  
1:00 Knitting Circle

8:30 Social Da  
8:30 Aerobics  
9:00 Watercol  
9:30 Games / I  
9:45 Osteopor  
11:30 Lunch-B  
12:45 Yoga  
1:00 computer h  
1:30 Poetry W

**14**  
8:30 Social Day  
8:30 Aerobics  
9:30 Games / Billiards  
9:45 Osteoporosis  
11:30 Lunch- Beef Patty W/gravy  
Shine: By appointment  
12:45 Yoga

**15**  
8:00 WCOA Board  
Mtg.  
8:30 Social Day  
8:30 Toning &  
Stretching  
8:45 Walking / Hik-  
ing  
Group  
9:30 Games / Bil-  
liards  
11:30 Lunch-  
Chicken Stew  
1:00 Knitting Circle

8:30 Social D  
8:30 Aerobics  
9:00 Watercol  
9:30 Games / I  
9:45 Osteopor  
10:00 Atty.Jenn  
appointm  
**11:30 Lunch-S  
wich**  
12:45 Yoga  
1:00 Computer  
1:30 Poetry W

**21**  
8:30 Social Day  
8:30 Aerobics  
9:30 Games / Billiards  
9:45 Osteoporosis  
11:30 Lunch- Wild Salmon  
12:45 Yoga  
1:00 Shine by appointment

**22**  
8:30 Social Day  
8:30 Toning &  
Stretching  
8:45 Walking / Hik-  
ing Group  
9:30 Games/  
Billiards  
11:30 Lunch- Mac  
and Cheese  
1:00 Knitting Circle

8:30 Aerobics  
9:00 Watercol  
9:30 Games / I  
9:45 Osteopor  
**11:15 Flu Shot**  
11:30 Lunch-B  
12:45 Yoga  
1:00 Computer  
1:30 Poetry W

**28**  
8:30 Social Day  
8:30 Aerobics

**29**  
8:30 Social Day  
8:30 Toning &

8:30 Social D  
8:30 Aerobics

ay or Workshop Billiards osis eef Burgundy/ es  Help with Don riting	2	8:30 Social Day 8:30 Toning & Stretching 8:45 Strolling Group 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch-Beef/peppers in Casserole 12:30 Bingo, Cards, etc. 1:00 Quilting	3	8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch-Baked Chicken 12:00 Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate	4
ay or Workshop Billiards osis BQ Chicken  help with Don riting	9	8:30 Social Day 8:30 Toning & Stretching 8:45 Strolling Group 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch-Spinach/Cheese Omelet 12:30 Bingo, Cards, etc. 1:00 Quilting	10	8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch-Pork Tetrazzini 12:00 Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate	11
ay s or Workshop Billiards rosis ifer Heald by nent <b>Soup and Sand-</b>  Help with Don riting	16	8:30 Social Day 8:30 Toning & Stretching 8:45 Strolling Group 9:30 Games / Billiards 10::00 Cribbage 11:30 Lunch- Baked Chicken 12:30 Bingo, Cards, etc. 1:00 Quilting	17	8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch-Swedish Meat balls 12:00 Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi- Intermediate	18
or Workshop Billiards osis s aked Chicken  Help with Don riting	23	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-Meatloaf W/ Gravy 12:30 Bingo, Cards, etc. 1:00 Quilting	24	8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch-Roast Pork 12:00 TSH Bridge 12:30 T'ai Chi-Advanced 1:30 T'ai Chi - Intermediate	25
ay s	30				

2015

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## **OUTREACH INFORMATION**

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

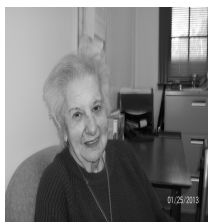
Our Outreach staff meet with the elderly and disabled Westport residents either in their home or in the office to assess the individual's needs, explain community programs and benefits, and assist with applications for programs such as Fuel Assistance, Food Stamps and other benefits. The Outreach Workers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

Maggy McGee

Maggy McGee, Maggy McGee-

Maggy is Madly in love with me.

Maggy McGee, Maggy McGee-

She just can't keep her paws off of me.

Maggy McGee, Maggy McGee-

I've never had a dog such as she!

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

### Prescription Drug Take Back

**FRIDAY 25, 2015**

DEA collected 617,150 pounds (309 tons) of unwanted medication in 2014. Representatives of the Westport Police Department will be available September 25, 2015 from 9:00 a.m. through 1:00 p.m. in the library area at the Westport Council on Aging.



### **FLU & PNEUMONIA VACINE**

will be offered on **Sept 23, 2015**

Louisa Edward from Rite Aid Pharmacy

Will be at the Westport Council on Aging

At 11:15am Please bring insurance info or stop by the center for insurance forms prior to the 23rd. at the reception desk

### **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**

