

WESTPORT COUNCIL ON AGING

75 REED RD WESTPORT, MA 02790

Council on Aging Board Members

Marcia Liggin-Board Chair
Karin Bergeron –Vice Chair
William Gifford-Treasurer
Muriel Kokoszka
Cathy Davis
Ed Thadeu
Beth Easterly

Director: Beverly Bisch



EVERGREEN NEWSLETTER MARCH 2018

MISSION STATEMENT: The primary function of the Westport Council on Aging is to identify and meet the needs of Westport's elder population and the community of available services.



March 11-



Daylight Savings
Time Begins!
Set your clocks
one hour ahead.

March 21- Soup and Sandwich - Cost \$4

Call the WCOA to reserve your seat at 508-636-1026.

Presentation - Brookdale- Joint Health and Memory Support

March 29- BLOOM TOURS bus trip leaving from the Council on Aging, will be going to Eataly and a wine tasting at the Boston Winery. Cost is \$77.00. Bus leaves promptly from the WCOA at 8:30. Returns to the WCOA at 5:00 PM. Limited seating.

For more information and to reserve your space call Wendy at 508-678-0218.



UPCOMING EVENTS

April 3-Meet the Candidates 10-11:30AM

April 18-Soup and Sandwich—Cost \$4

Presentation- Westport Police Department discussing Senior Safety.

In April- Bloom Tours- 2 day trip going to Turning Stone Casino in New York. For more information contact Wendy at 508-678-0218.

April 15–21 Volunteer Appreciation Week

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 center office may operate for routine administrative operations only.

Monday-Friday 8:30AM-4:00PM Tel: 508-636-1026 / Fax 508-636-1034

Visit us on Facebook: Wcoa Council

If you would like to view the Evergreen on line, go to: Ourseniorcenter.com

PROGRAMS FOR MIND,BODY AND FITNESS

There is a waiting list for Aerobics and Stretch & Tone. Please give your name at the office.

*Aerobics: Monday, Wednesday and Friday 8:30-9:30AM
 *Stretch & Tone: Tuesday and Thursday 8:30-9:30AM
 T'ai Chi: Friday, Advanced 12:30PM Intermed. 1:30PM
 Yoga: Monday 2:15-3:15 and Wednesday 12:45-1:45 PM
 Watercolor: Wednesday, 9:00 AM-12 Noon
 *Men's Exercise Class: Mon.,Wed., Fri. 10:00-11:00

\$30.00/month due the 25th of the month
 \$25.00/month due the 25th of the month
 \$8.00/Class
 \$5.00/ Class
 \$10.00/Class plus your own supplies
 \$30.00/month due on the 25th of the month

* Instructor approval and a physician medical form, which is available at the COA, is required.

OSTEROPOROSIS

Monday, Wednesday, and Friday 9:45 AM—11:00AM

An exercise program for people with or at risk for Osteopenia/ Osteoporosis. Participants will learn about osteoporosis and everyday activities that will improve their day-to-day lives. An authorization form, which is available at the WCOA, must be completed by your physician for this class.

For more information, contact the WCOA.

WALKING-HIKING GROUP

Every **Tuesday**, starting at 8:45AM, the group leaves from the WCOA. 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 a Tuesday morning and join the group.

STROLLING GROUP

Stroll your way to fitness

Join us at the WCOA at 9 AM on Thursday mornings, if you would like to walk short distances at a relaxed pace with a group.

YOGA

New Instructor and Time on Mondays

Come meet **Nanci Winterhalter**-Mondays from 2:15-3:15 PM

LEES COMMUNITY PARTNER'S PROGRAM

The WCOA is a recipient of this program. Drop off your Lees Market register receipts in the box at the front entrance of the WCOA.

Thank you for your participation.



24/7 SAFE DISPOSAL OF EXPIRED OR UNUSED MEDICATION

A free medication disposal box, to safely dispose of your expired or unused drugs, is located in the Westport Police Station lobby at 818 Main Rd. For additional information, contact the Westport Police Department at 508-636-1122



LOCATION FOR THE FOOD PANTRY

The **Westport Food Pantry** is located at the rear entrance of the former

Westport Middle School

400 Old County Rd

Westport, MA. 774-201-0566

TUESDAY 1:30—5:30 PM

Proof of residency is required.



LEGAL CORNER 2018

The 3rd Wednesday of each month from 10:00AM to 11:30AM by appointment only

Jennifer Heald, a local attorney, will be meeting individuals for 30 minute appointments every month. The Attorney is experienced in a broad variety of legal areas with expertise in Basic Estate Planning, including Living Trusts and Wills.



BLOOD PRESSURE CLINIC

Every 2nd Tuesday of the month from 10:00AM to 11:00AM with a Nurse from

SUPPORT GROUPS

Alzheimer's & Dementia Caregivers-Hope Health

Family Resource Center 45 Rock St, Fall River, MA. **1st and 3rd Friday** of each month 11:00-12:30 PM
 Must register, please call (508) 775-5656.

OR

2nd Tuesday of each month from 12:30 –2:00 PM and

4th Tuesday of each month from 6:00-7:30 PM

Catholic Memorial Home 2446 Highland Ave. Fall River, MA.

Caregiver Support Group

2nd Tuesday of every month from 1:30-3:00 PM

St. Julie Billiart Church 494 Slocum Rd. N. Dartmouth, MA.

Grandparents Raising Grandchildren

Meets the **3rd Tuesday** of every month, 6-8 PM

at 181 Hillman Street, Lower Level, New Bedford, MA.

Parkinson's Disease

Meets the **2nd Thursday** of every month, 1:00 PM

at the Dartmouth COA on Dartmouth St. S Dartmouth, MA.

Scleroderma

Meets on the **3rd Tuesday** of each month 6:30–8:30 PM

at Stop & Shop, 2nd floor conference room, 501 Rodman St.

Fall River, MA. Donna Bernier, 774-488-6775

Visually Impaired People

Meets **Tuesdays** from 11:00 AM to 12:00 PM

St. Peter's Episcopal Church, 351 Elm St, Dartmouth, MA .

**Friends of Westport
Council on Aging**

Officers:

Susan Read-President
Elizabeth Brinkerhoff-Vice President
Margie Zeller-Secretary
Rose Rego-Treasurer

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

GREETINGS from the FWCOA



So far we have had a little nicer than normal winter. With spring hurrying towards us put a 'spring' in your step and join one of the many classes that are offered at the Center. Exercise your body or your mind and have fun with other folks. We thank Toni Keavy for donating, in memory of 2 of her dear friends, the hanging system in the entry hall. The painting class is now able to exhibit a rotating display for everyone's enjoyment as they enter the building, without putting many holes in the wall. We thank John for patching said holes and repainting the wall.

By being a member of the Friends of the COA, you help provide funds for the needed equipment that the town cannot cover. Please consider becoming a member or continuing your membership this June, when you receive the yellow and green mailing. We all thank you in advance.

The WCOA wishes you a beautiful warm and healthy spring.

TRANSPORTATION

Transportation is available for any Westport elder or disabled person and Supportive Day Program attendees from local towns. Call to schedule an appointment.

The donation is \$3.00 one way \$5.00 round trip.

Monday– Friday 10:00PM-2PM

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.



WESTPORT FREE PUBLIC LIBRARY

OUTREACH TO THE HOMEBOUND HOME DELIVERY SERVICE

Know of a relative, friend, or neighbor who is homebound and has no access to our local library?

The Westport Free Public Library now offers a Home Delivery Service of library books (some in **LARGE PRINT**), audio books, DVDs, and more to homebound Westport residents. **Call 508-636-1100.**

NEW MEDICARE CARDS

The Centers for Medicare & Medicaid Services (CMS) will begin mailing out new cards to beneficiaries in April. The cards will automatically be mailed to all 58 million current beneficiaries. You don't need to do anything special to receive one.

The new cards will feature a randomly assigned Medicare Beneficiary Identifier (MBI) made up of 11 letters and numbers. Removing Social Security numbers strengthens fraud protection for about 58 million Americans. Your **benefits won't change** under the new MBI.

Scams relating to the new card are already surfacing. Some Medicare recipients report getting calls from scamsters who tell them that they must pay for the new card and then ask them for their checking account and Medicare card numbers.

DON'T GIVE OUT EITHER NUMBER. In the case of CMS, they will never need you to tell them what your Medicare card number is because they already know it.

SENIOR HAPPENINGS CALENDAR

MARCH 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				
				
8:30 Social Day 5 8:30 Aerobics 9:00 Rep. Paul Schmid 9:00 Games/Billiards 9:45 Osteoporosis 10:00 Men's Exercise 11:30 Lunch 12:00 Mahjong 2:15 Yoga	8:30 Social Day 6 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Bridge/Intermediate 9:30 Games/Billiards 11:30 Lunch 1:00 Knitting	8:30 Social Day 7 8:30 Aerobics 9:00 Watercolor Class 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Men's Exercise 11:30 Lunch 12:45 Yoga AARP Tax Appointments only	8:30 Social Day 8 8:30 Toning/Stretching 8:45 Strolling group 9:30 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	8:30 Social Day 9 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Men's Exercise 11:30 Lunch 12:00 Bridge/ Int. Plus 12:30 Tai Chi-Adv 1:30 Tai Chi-Int
8:30 Social Day 12 8:30 Aerobics 9:00 Games/Billiards 9:45 Osteoporosis 10:00 Men's Exercise 11:30 Lunch 12:00 Mahjong 2:15 Yoga	8:30 Social Day 13 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Bridge/Intermediate 9:30 Games/Billiards 10:00 Blood Pressure 11:30 Lunch 1:00 Knitting	8:30 Social Day 14 8:30 Aerobics 9:00 Watercolor Class 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Men's Exercise 12:45 Yoga 2:00 Poetry Writing AARP Tax Appointments only	8:30 Social Day 15 8:30 Toning/Stretching 8:45 Strolling Group 9:30 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	8:30 Social Day 16 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Men's Exercise 11:30 Lunch 12:00 Bridgr/ Int. Plus 12:30 Tai Chi-Adv 1:30 Tai Chi-Int
8:30 Social Day 19 8:30 Aerobics 9:00 Sen. Michael Rodrigues 9:00 Games/Billiards 9:45 FWCOA Meeting 9:45 Osteoporosis 10:00 Men's Exercise 11:30 Lunch 12:00 Mahjong 2:15 Yoga	8:00 WCOA Meeting 20 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 9:30 Bridge/Intermediate 11:30 Lunch 1:00 Knitting	8:30 Social Day 21 8:30 Aerobics 9:00 Watercolor Class 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Legal Asst./Appt. only 10:00 Men's Exercise 11:30 Soup & Sandwich 12:00 TSH Book Club 12:45 Yoga AARP Tax Appointments only	8:30 Social Day 22 8:30 Toning/Stretching 8:45 Strolling Group 9:30 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	8:30 Social Day 23 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Men's Exercise 11:30 Lunch 12:00 Bridge/Int. Plus 12:30 Tai Chi-Adv 1:30 Tai Chi-Int
8:30 Social Day 26 8:30 Toning/Stretching 8:45 Strolling Group 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Men's Exercise 11:30 Lunch 12:00 Mahjong 2:15 Yoga	8:30 Social Day 27 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 9:30 Bridge/Intermediate 11:30 Lunch 1:00 Knitting	8:30 Social Day 28 8:30 Aerobics 9:00 Watercolor Class 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Men's Exercise 11:30 Lunch 12:00 TSH Book Club 12:45 Yoga 2:00 Poetry Writing AARP Tax Appointments only	8:30 Social Day 29 8:30 Toning/Stretching 8:45 Strolling Group 9:30 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards, etc. 1:00 Quilting	8:30 Social Day 30 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Men's Exercise 11:30 Lunch 12:30 Tai Chi-Adv 1:30 Tai Chi-Int

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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, to 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 strive 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.

Referrals come from many different sources including family members, police and fire departments, health professionals, community agencies, 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, Cindy or Susan at 508-636-1026.

OUR OUTREACH DEPARTMENT IS IN NEED OF GRABBERS or REACHERS, SOCK AIDES, BLADDER PADS (not pull-ups) FOR MEN AND WOMEN, BED RAILS, SHOWER CHAIRS AND BENCHES, WHEEL-CHAIRS AND WALKERS.



The WCOA has a durable medical equipment “loan closet” with wheelchairs, canes, commodes, shower chairs, etc., for Westport elderly and disabled individual. We would like to thank our many generous donors for the equipment we are able to loan the Westport Community. We accept clean, gently used medical equipment and unopened supplies. Without your generosity, we would not be able to sustain this program

Our Outreach workers are looking for donations of cat food, dog food and bird seed for their client's pets.

WESTPORT SUPPORTIVE DAY PROGRAM

This supportive day program provides a safe, structured environment for seniors who are isolated, experience memory 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
Daily structured and supervised activities
Morning/afternoon snacks
Nutritious Lunch
Educational Programs
Current Events

Therapeutic Games
Day Trips
Health Clinics
Sing-a-longs
Gentle Exercise
Creative Activities



Transportation is Available
Supportive Day Program Director– Connie McQuoid

Financial Aid is Available

Join us for a FREE Trial Day
Assistant Director-Catherine Lynch



Here to help

Elder Abuse is a Serious Issue

If you have cause to believe that you or someone you know who is 60 or older is being abused, neglected, or exploited, call the Elder Abuse Hotline at 1-800-922-275 to file a confidential report.

GIVE YOUR KIDNEYS A SECOND THOUGHT

Kidneys filter 200 liters of blood a day, help regulate blood pressure and direct red blood cell production. But they are also prone to disease; 1 in 3 Americans is at risk for kidney disease due to diabetes, high blood pressure or a family history of kidney failure. There are more than 30 million Americans who already have kidney disease, and most don't know it because there are often no symptoms until the disease has progressed. Working hard to filter out and prevent buildup of fluid and waste, your kidneys are your body's lifeline to good health. Besides acting as a filtration system, your kidneys play a key role in bone and heart health, as well as in the balance of acid and alkaline in your body. What happens when they start to fall short at performing these important tasks? Once damaged, kidneys have a difficult time sweeping away the waste and fluid formed from digestion and tissue turnover, causing a buildup in the blood stream. This leads to complications such as high blood pressure, anemia, weakened bones, declined nutritional status, as well as possible nerve damage. A gradual decline in kidney function is known as chronic kidney disease, and there are five stages depending on how well the kidneys are working. Because the kidneys are unable to filter out waste at full capacity, diet becomes extremely important. Those with chronic kidney disease may need to limit protein and fluids, in addition to restricting salt, phosphorus and potassium.

About The Kidneys:

The kidneys are two, fist-sized organs in your lower back. They maintain overall health through the following functions:

- Filtering waste out of 200 liters of blood each day
- Regulating of the body's salt, potassium and acid content
- Removing of drugs from the body
- Balancing the body's fluids
- Releasing hormones that regulate blood pressure
- Producing an active form of vitamin D that promotes strong, healthy bones
- Controlling the production of red blood cells



Quick Facts on Kidney Disease:

- Kidney disease is the 9th leading cause of death in the country.
- More than 30 million Americans have kidney disease, and most don't know it.
- There are over 95,000 people waiting for kidney transplants.
- More than 590,000 people have kidney failure in the US today.

Six Golden Rules for Kidney Health: (According to worldkidneyday.org.)

1. Keep regular control of your blood sugar. About 50% of people with Diabetes will develop kidney damage.
2. Keep fit and active. Staying active helps in many areas to keep your kidneys healthy as well as promotes positive mood and weight loss.
3. Eat healthy and keep your weight in check. Making good food choices will go hand in hand with staying active to reduce weight and encourage good health.
4. Water, water, water! Keeping hydrated is good for your skin as well as your kidneys. Staying hydrated flushes the toxins out of the kidneys and reduces the chance of kidney stones.
5. No Smoking! The chance of developing kidney cancer increases by 50% for smokers.
6. Stay away from over-the-counter medicine for chronic issues. Many over-the-counter medicines such as ibuprofen can harm your kidneys if taken regularly. It is ok to take for emergencies, but see a physician if you are having chronic pain for options that will not cause harm.

Working hard to filter out and prevent buildup of fluid and waste, your kidneys are your body's lifeline to good health. Besides acting as a filtration system, your kidneys play a key role in bone and heart health, as well as in the balance of acid and alkaline in your body. What happens when they start to fall short at performing these important tasks? Once damaged, kidneys have a difficult time sweeping away the waste and fluid formed from digestion and tissue turnover, causing a buildup in the blood stream. This leads to complications such as high blood pressure, anemia, weakened bones, declined nutritional status, as well as possible nerve damage. A gradual decline in kidney function is known as chronic kidney disease, and there are five stages depending on how well the kidneys are working. Because the kidneys are unable to filter out waste at full capacity, diet becomes extremely important. Those with chronic kidney disease may need to limit protein and fluids, in addition to restricting salt, phosphorus and potassium.

(continued on page 7)

A few small lifestyle changes can have a very big impact on your kidney health. The steps below should become part of your regular routine, right along with brushing your teeth!

1. Increase physical activity.

This can be accomplished simply by walking more and taking the stairs, especially at a brisk pace to make it more aerobic (moving to the point where you get out of breath in order to have a better workout for your heart, lungs, and kidneys). Recent studies have found that people who sit for too long and do not engage in regular physical activity are more likely to develop kidney disease. Physical activity, especially aerobic activity, increases blood flow to major organs, including the kidneys. This allows for more efficient delivery of oxygen and nutrients for optimal body function. Aerobic activity also leads to reduced risk, or even improvement, in diabetes and high blood pressure, the two main causes of kidney disease! Any weight loss that results from aerobic activity is also of benefit for those who are obese or overweight because these conditions alone are known risk factors for kidney disease.

2. Try to treat minor pain symptoms without medication.

Common pain medications such as ibuprofen, naproxen, and aspirin (non-steroidal anti-inflammatory drugs, or NSAIDs) can be damaging to the kidneys if used on a regular basis. Try topical approaches to pain relief such as heating pads and ice. Be aware that some over-the-counter pain relief patches also contain an NSAID and you can still absorb it through your skin. Prevention is always best, and a good warm up before any type of exercise may help avert pain. Massaging a sore area can be very effective, and headache pain can be alleviated by a cold pack, aromatherapy, and sometimes just by eating if you are hungry or drinking if you are dehydrated.

3. Read food and medication labels.

High sodium intake can lead to increases in blood pressure, so be aware of the sodium content in your food, especially in packaged foods such as chips, processed cheese, luncheon meats, frozen meals and canned foods. Depending on what your healthcare provider recommends, your intake of sodium should most likely be between 1500 to 2000 milligrams (mg) per day. Read medication labels for sodium in medications such as those used for heartburn, and also check with your healthcare provider regarding cold and cough medications ingredients that can raise blood pressure. The other food additive in processed foods that should *not* be consumed in large quantity is phosphorus. So check labels for ingredients like sodium phosphate – even meat may be treated with phosphate additives.

Colorectal Cancer

Colorectal cancer, cancer of the colon or rectum, is the fourth most common cancer in the United States. Of cancers affecting both men and women, it is the second leading cancer killer in the United States. Colorectal cancer affects people in all racial and ethnic groups and is most often found in people age 50 and older. The risk increases with age. It starts out with polyps, or small growths, in the colon. These growths can turn into cancer. Colorectal polyps and early stage cancers don't always cause symptoms, especially at first. That is why getting screened regularly for colorectal cancer is so important. The disease is highly preventable, through screening. Screening test can find precancerous polyps so they can be removed before they turn into cancer. Screening also finds colorectal cancer early, when treatment works best. The best way to prevent colorectal cancer is to get screened regularly starting at age 50 to age 75. If you are between the ages of 76 to 85, ask your doctor if you should be screened. There are often no signs or symptoms of colorectal cancer – that's why it's so important to get screened. People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke, or have a family history of colorectal cancer. The good news? If everyone age 50 and older were screened regularly, it is estimated that 6 out of 10 deaths from colorectal cancer could be prevented.

You may be at risk for colorectal cancer if:

- You or a close relative have had colorectal polyps or colorectal cancer
- You have inflammatory bowel disease, Crohn's disease, or ulcerative colitis
- You have a genetic syndrome, such as familial adenomatous polyposis (FAP), or hereditary non-polyposis colorectal cancer (Lynch syndrome)

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50 and encourage your family and friends over age 50 to get screened.
- Exercise may help reduce the risk of colorectal cancer.
- Quit smoking and stay away from secondhand smoke.
- Get plenty of physical activity and eat healthy.

Want to eat healthier to help reduce your risk of colorectal and other cancers? Shop the outer edges of the grocery store. That's where the freshest foods are found: fruits and vegetables, dairy, meat and fresh breads. As always, remember to choose low-fat dairy, lean proteins and whole grains.

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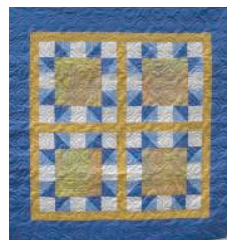


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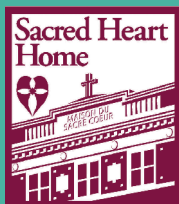
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