

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

December 2013

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.

Christine Quinn LMHC, CCM, Director

COUNCIL ON AGING BOARD MEMEBERS

Marsha Liggin - *Board Chair* Karin Bergeron - *Vice Chair*
Cathy Davis - *Secretary* William Gifford - *Treasurer*
Bruce Belling Virginia Routhier

FRIENDS of WESTPORT COUNCIL ON AGING -OFFICERS

Elizabeth Brinkerhoff - *President* Linda Olsen - *Vice President*
Ruth Bourns - *Secretary* Rose Rego - *Treasurer*

Come join us for the
Holiday
Ham Dinner
Wednesday,
December 18th

We will be serving a Ham dinner
at the Westport Senior Center at
11:30 AM. for the first 60 guests
who make reservations.

\$3.00 per person.

Advanced registration required.
508-636-1026

Entertainment by Ed Theberge



Congratulation's Red Sox
Photo from the WCOA Aerobics Group



PROGRAMS FOR MIND BODY AND FITNESS

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

AEROBICS

Monday, Wednesday & Friday. 8:30 AM-9:30AM
Punch cards will be available for purchase 10 visits for \$30.00 (\$3.00/ Class) led by Wendy Sperduti-Ray.

TONING & STRETCHING

Tuesday & Thursday 8:30AM-9:30AM

Multi-level Level Yoga \$3.00 a class

Yoga classes lead by Joan Davignon will be offered on Monday and Wednesdays from 11:00-12:00 (lower level) and 12:45-1:45 (upstairs). Classes will be adapted for participants from beginner to more advanced with some students remaining in the chair and others progressing to the floor. All of our classes at the senior center share the same goal; to help seniors to "age in place." Yoga provides many benefits, including, but not limited to improving balance and flexibility, strengthen bones, reduces chronic neck and back pain, also, reduces anxiety and much more. We hope you will take advantage of this special offer!

OSTEOPOROSIS

Mondays, Wednesday and Fridays 9:45 AM - 11:00 AM

An exercise 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. A physician's form filled out by the 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.

T'AI CHI

Classes are on Fridays 12:30 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 \$5.00 per session or \$25.00 for 6 weeks. The instructor is Nikolas Ukleja.

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.

CHAIR MASSAGE

The first Friday, Dec. 6, 2013 12:00-2:00 PM ~ With Karen using the Trager Technique



BLOOD PRESSURE CLINIC

Available on December 11, 2013 from 10:00 AM to 11:00 AM with **Nurse Danielle**
from Amedisys Home Care. No Fee.
3rd. Monday of each month 11:00 am - 12:00 with **Nurse Corrina** from Bayada. No Fee.



PARKINSON'S DISEASE SUPPORT GROUP

Our next meeting will be our **Annual Christmas Party** to be held on Thursday, December 12, 2013 at 1:00 pm at the End Zone on Coggeshall St., New Bedford, MA. Choice of: Chicken Parmesan with linguine, garlic bread; Sirloin Tips or Broiled Scrod with vegetable, mash potato, coffee/tea, dessert-choice of grape nut pudding or cheesecake. Lunch \$25.00 p/p (tax & Tip included) Call Judy Medeiros@ 508-997-0907 for reservations.

PODIATRY CLINIC

at Dr. Spiri's office in Somerset **Thursday Jan. 2, 2014 at 10.15.** For an appointment call the WCOA



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



Greetings from the FWCOA

The Board of the Friends of Westport Council on Aging welcomed Laura Gifford as a new member at their October meeting. Laura has long roots in Westport. In her short time on the board she has been busy and helpful. Other newer members of our Board, Susan Read and Ruth Bourns, worked hard all summer for the Walk for Westport. We are fortunate to have so many wonderful willing workers helping us to provide programs and equipment for the Center.

The new "My Senior Center" Program, funded by the FWCOA is helping the staff keep track of the comings and goings and it will facilitate the compiling of mandatory reports from the Center. The FWCOA also subsidized the Holiday luncheon in late November. Proceeds from our food and art sale on the day of the luncheon will allow us to direct funds where they are needed. Thanks go to the Quilting group for offering a quilt and to local artists, several of whom are members of our board, for donating paintings and a carving for our raffle.

LEGAL CORNER

Wednesday, Dec. 18, 2013 from 10:00 to 11:30 a.m. by appointment only.

Attorney Jennifer Heald will be meeting individuals for fifteen minute appointments. Attorney Heald is experienced in a broad variety of legal areas with expertise in Basic Estate Planning including Living Trusts and Wills. If you would like to make an appointment with her call the WCOA at 508-636-1026



The SHINE Program

SERVING THE HEALTH INFORMATION NEEDS OF ELDERS

Ken Costa our Shine representative will be at the Westport Council on Aging the **second and fourth Monday of the month** to answer your insurance questions about Medicare, supplements & Mass Health. Call to schedule an appointment.

KNITTING & CROCHETING

Tuesday 1:00 PM

If you're new to knitting or crocheting, it's a great way to pick up new tricks & always have someone ready to help you through difficult parts of patterns or explain a new-to-you technique. For knitters & crocheters of all skill levels.

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

WATERCOLOR WORKSHOP

Wednesday 9:00—11:30 AM

The Watercolor Workshop is a group for those who are interested in learning and sharing more about the joy of watercolor painting. Please call for information.

POETRY WRITING

Wednesday 1:30 PM

Members bring a new poem they have written to the weekly Wednesday meeting and constructively critique one another's work. Class size is limited. Please call for information. Convener is Barbara Wicks.

HOLIDAY LUNCHEON

WEDNESDAY, December 18, 2013

We will be serving ham dinner at the Westport Senior Center. Lunch will be served at 11:30 a.m. for the first 60 guests who make reservations — \$3.00

Advance registration is required
(508 636-1026)

Meet and Greet Representative Paul Schmid

Monday Dec. 2 at 9:00 AM



Representative Paul Schmid will be at the Westport Senior Center, 75 Reed Road, Westport, MA on **Monday, Dec. 2 at 9:00** 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 workings of the Commonwealth.



SENIOR HAPPENINGS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
8:30 Social Day 8:30 Aerobics 9:00 Paul Schmid 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga (Down Stairs) 11:30 Lunch: Paprika Chicken 12:45 Multi Level Chair Yoga (Up Stairs)	8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Beef Chili 1:00 Knitting Circle	8:30 Social Day 8:30 Aerobics 9:00 Watercolor workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga (Down Stairs) 11:30 Lunch: Fish Sticks 12:45 Multi Level Chair Yoga (Up Stairs) 1:30 Poetry Writing	8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 11:30 Lunch: Roast Pork 1:00 Quilting 1:00 Bingo, Cards, etc.	8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Baked Ziti 12:00 Chair Massage using Trager Technique 12:30 T'ai Chi-Advanced 1:30 T'ai Chi -Intermediate
9	10	11	12	13
8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga (Down Stairs) 11:30 Lunch: WG Lasagna 12:30 Christmas Concert by The Key Notes 12:45 Multi Level Chair Yoga (Downstairs)	8:00 WCOA Board Mtg. 8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: BBQ Chicken 1:00 Knitting Circle	8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Blood Pressure 11:00 Multi Level Chair Yoga (Down Stairs) 11:30 Lunch: Swedish Meat balls w/ Egg Noodles 12:45 Multi Level Chair Yoga (Up Stairs) 1:30 Poetry Writing	8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 11:30 Lunch: Krunch Lite Fish w/ Lemon 1:00 Quilting 1:00 Bingo, Cards, etc.	8:30 Social Day 8:30 Aerobics 9:00 SHINE by appointment only 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Beef Teriyaki 12:30 T'ai Chi-Advanced 1:30 T'ai Chi -Intermediate

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<p>16</p> <p>8:30 Social Day 8:30 Aerobics 9:30 FWCOA Board Meeting 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga (Down Stairs) 11:00 Blood Pressure 11:30 Lunch: Hot Dog on a Bun 12:45 Multi Level Chair Yoga (Up Stairs)</p>	<p>17</p> <p>8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Greek Chicken 1:00 Knitting Circle</p>	<p>18</p> <p>8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga (Down Stairs) 10:00 Atty. Jennifer Heald by Appointment 11:30 Holiday Luncheon 1:30 Poetry Writing</p>	<p>19</p> <p>8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 11:30 Lunch: Meatball Sub 1:00 Quilting 1:00 Bingo, Cards, etc.</p>	<p>20</p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Potato Crunch Fish 12:30 T'ai Chi-Advanced 1:30 T'ai Chi -Intermediate</p>
<p>23</p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga (Down Stairs) 11:30 Lunch: Turkey Ham & Cheese on Rye 12:45 Multi Level Chair Yoga (Up Stairs)</p>	<p>24</p> <p>CLOSED 11:30 AM NO ACTIVITIES</p>	<p>25</p> <p>CHRISTMAS DAY CLOSED</p> 	<p>26</p> <p>8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 11:30 Lunch: Cranberry Chicken 1:00 Quilting 1:00 Bingo, Cards, etc.</p>	<p>27</p> <p>8:30 Social Day 8:30 Aerobics 9:00 SHINE by appointment only 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Macaroni & Cheese Broccoli 12:30 T'ai Chi-Advanced 1:30 T'ai Chi -Intermediate</p>
<p>30</p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga (Down Stairs) 11:30 Lunch: Orange Chicken 12:45 Multi Level Chair Yoga (Up Stairs)</p>	<p>31</p> <p>8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Turkey A La King 1:00 Knitting Circle</p>	<p>TSH Book Club Wednesdays 12pm-2:00pm</p>		

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TO DO LIST!
 1) need an oil change
 2) get a hair cut
 3) find a plumber
 Anything else?

**Find businesses that support your community
 at SeekAndFind.com**

OUTREACH INFORMATION

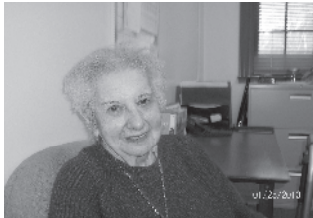
Are you or anyone you know in need of assistance?

The Council on Aging employs two Outreach Workers. Our Outreach Workers 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 Mass Health, Fuel Assistance and Food Stamps. The Outreach Workers also assist elders in crisis; they are mandated reporter 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 or Phyllis 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

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. A \$5.00 donation is suggested a round trip, \$3.00 for one-way transport

Monday - Friday 10:00am-2:00pm

Medical Appointments

Local Grocery Stores

Pharmacy's

Hairdresser Appointments

Local shopping Centers

When you make your appointments, call us immediately to schedule a ride. Have the exact business or doctor name, street address, telephone number and approximate duration of your appointment (pick up time) when you call.

Please plan at least two weeks in advance due to limited availability.

Every effort will be made to accommodate last minute appointments

Service Area includes Westport, Dartmouth, New Bedford & Fall River

THANK YOU

- ◆ WCOA would like to thank Grum's Restaurant for the Turkey dinners they prepared and donated.
- ◆ The Westport Community Schools for donating the non-perishable food items that were used in the Thanksgiving Food Baskets.
- ◆ Chef Jeff's for catering the Thanksgiving Luncheon.
- ◆ BJ's Wholesale for donating the desserts for the Thanksgiving Luncheon.
- ◆ Lees Supermarket for all they contribute throughout the year.
- ◆ Stop and Shop for donating bread every day.
- ◆ Local farmer's for the donation of all the fresh vegetables that were donated throughout the year.
- ◆ Honey Dew Donuts for delivering the yummy donuts everyday.
- ◆ Cumberland Farms, Westport, MA
- ◆ Westport Apothecary
- ◆ Walmart Dartmouth, MA
- ◆ Westport Land Trust
- ◆ To all who baked and donated their time and talent to make the annual food and art sale a great success.

Thank you to all the businesses, patrons and endless volunteers for all their help.

"Food for Friends" Food Pantry

Thursday 10:00AM - 1:00 PM

Third Saturday of each month - 9:00 AM - 12:00PM

(Dec.21, 2013)

For Westport residents 18 years of age and over - Proof of Residency Required

Stop by and play a game of scrabble or work on a puzzle.

For those of you who would like to play a few games of pool or cards, stop in around 9:30 every morning, unless it's warm enough for golf, come & join us!



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.



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