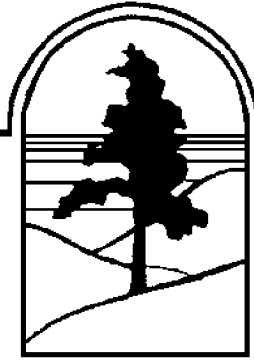


Tel: 508.636.1026 / Fax 508.636.1034  
Monday—Friday 8:30 am—4:00pm

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

January 2013

Mary Ellen Gomes, Director

Virginia Routhier, Board Chair

**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.

## Farewell to all

The Bible tells us “For everything there is an appointed time, and an appropriate time for every activity on earth.” January 16, 2013 is the appropriate time for my retirement as Director of Westport Council on Aging. These last almost five years, have been wonderful. There were old friendships renewed and many new friendships made.

Watching the Adult Day Care grow and thrive would have been joy enough, but there is so much more that happens in this wonderful agency. Itemizing the successes and the struggles would make this a very long article but believe me when I say that it has been an honor to come back to the job I love and serve for these additional years. Soon a new Director will take the helm and I am sure you will give him/her a warm welcome and continue to support this agency because it does so much for Westport.

Thank you to all of you for your support and for the love you have shown for the elders of this community and also to me.

*Mary Ellen Gomes*



## **PROGRAMS FOR MIND BODY AND FITNESS**

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

### **AEROBICS**

**Session I:** Monday, Wednesday & Friday. 8:45AM-9:30AM      **Session II:** Tuesdays 8:45AM-9:30AM  
The cost is \$2.50 per class. Class is being led by Wendy Sperduti-Ray.

### **BLOOD PRESSURE CLINIC**

1st Wednesday, January 9, 2013, 10:30 – 11:30 AM with Guardian Homecare

3<sup>rd</sup> Tuesday, January 15, 2013 1:30 – 2:30 PM with Nurse Kathy



### **CAREGIVER SUPPORT GROUP w/ Phyllis**

*Meeting Tuesday, January 15, 2013 1:30-3:00*

### **CHEF ON A SHOESTRING**

**Fridays 10:00AM - Noon**

Michael Makuch of Johnson & Wales University will be teaching a series of 6 classes beginning January 11, 2013 at the Westport Council on Aging. The cost will be \$5 for the complete 6 week series. Call 508-636-1026 to reserve your spot in the class.



### **CHAIR MASSAGE**

The first Friday , January 4, 2013 12:00-2:00 PM ~ With Karen using the Trager Technique



### **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 committing to a group is a way of making time for it that hopefully you will stick with. The class is led by Gertrude Vigeant.

### **LEGAL CORNER**

**Wednesday, January 16, 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



### **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 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.

### **PARKINSON'S DISEASE SUPPORT GROUP**

**Thursday January 10, 2013 at 1:00pm** at the Dartmouth Senior Center 628 Dartmouth St., Dartmouth, MA

Topic: Dysphagia with demonstrations on Eating safely & tastefully w/ PD a/w/a: &

Tips to Avoid Aspiration & Malnutrition

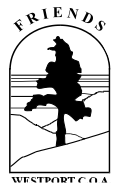
Speakers : Kari Starr & Kelly Couci, Speech Therapists

### **PODIATRY CLINIC**

*at Dr. Spiri's office in Somerset* Thursday February 21st at 10:30. 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**

Sadly the FWCOA bids farewell to Mary Ellen Gomes, our wonderfully dedicated COA Director, who will be retiring on January 16th, 2013. Having worked with Mary Ellen over the past five years we have seen a fantastic growth at the Senior Center due to Mary Ellen's dedicated service. Through her efforts many new volunteers and staff have been added to the center, which was necessary to grow and maintain the many programs that are now offered. Adult Day Care only had three participants when Mary Ellen became the Director in 2008. It now has over thirty active members with an average of fourteen per day who enjoy the socialization and activities. Eighty seven is the median age of the participants who might otherwise be sitting at home with little or no stimulation. She has also been instrumental in growing the many other programs and activities provided in the center.

Mary Ellen will begin her retirement by travelling to Aruba with her family for a week and later in the winter she will be traveling to Florida where she will spend a month or so for a well deserved vacation. She will be greatly missed by all of us in the FWCOA. We thank her for all that she has done for the Senior Center and we wish her all the best in her retirement.

**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.

**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.

**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 Friday of the month** to answer your insurance questions about Medicare, supplements & Mass Health. Call to schedule an appointment.

**T'AI CHI**

**Classes are on Fridays Advanced 11:30-12:30 Intermediate 12:30-1:30 Basic 1:30 - 2:30.**

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.

**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. The six week sessions consist of four instructional classes led by Carol Lynn Hall and two peer workshops. The membership consists of artists just beginning their journey with watercolor to experienced artists who willingly offer encouragement and motivation to one another. Class size is limited. Please call for information.

**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.

**SOUP & SANDWICH LUNCHEON**

**WEDNESDAY, January 16**

We will be serving Chow Mein Sandwiches and Chicken & Rice Soup at the Westport Senior Center. Lunch will be served at 11:30 a.m. for the first 60 guests who make reservations--all for the bargain price of \$3.00 per person. **Entertainment to be announced- 12:00**

**Advance registration is required**  
**(508) 636-1026**

**Meet and Greet Representative Paul Schmid**

**Monday January 7 at 9:00 AM**

Representative Paul Schmid will be at the Westport Senior Center, 75 Reed Road, Westport, MA on **Monday, January 7 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.



**Westport Food For Friends Food Pantry**

**Top 10 Things We Need**

- Can Fruit
- Pasta & Pasta Sauce
- Can Veggies
- Hearty Soup
- Snacks
- Canned Tuna or Chicken
- Rice
- Cereal

**Drop Off Points**

Westport COA  
Lees  
Westport Library  
Or call the COA at  
508-636-1026

# SENIOR HAPPENINGS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Social Day 8:45 Aerobics Session I 9:00 Paul Schmid 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Tortellini for home delivery & Stuffed Pizza for on site	<b>1</b> <b>CLOSED</b>  <b>HAPPY NEW YEAR!</b>	<b>2</b> 8:30 Social Day 8:45 Aerobics Session I 9:00 Watercolor workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Turkey a la King 1:30 Poetry Writing	<b>3</b> 8:30 Social Day 9:30 Games / Billiards 11:30 Lunch: Salmon Boat 1:00 Quilting 1:00 Bingo, Cards, etc.	<b>4</b> 8:30 Social Day 8:45 Aerobics Session I 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Beef Marsala 11:30 T'ai Chi-Advanced 12:00 Chair Massage using Trager Technique 12:30 T'ai Chi-Intermediate 1:30 T'ai Chi -Basics
<b>7</b> 8:30 Social Day 8:45 Aerobics Session I 9:00 Paul Schmid 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Tortellini for home delivery & Stuffed Pizza for on site	<b>8</b> 8:00 WCOA Board Mtg. 8:30 Social Day 8:45 Aerobics Session II 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Chicken Piccata 1:00 Knitting Circle	<b>9</b> 8:30 Social Day 8:45 Aerobics Session I 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 10:30 Blood Pressure Clinic with Guardian Home Care 11:30 Lunch: Cheeseburger 1:30 Poetry Writing	<b>10</b> 8:30 Social Day 9:30 Games / Billiards 11:30 Lunch: Cranberry Glazed Pork 1:00 Quilting 1:00 Bingo, Cards, etc.	<b>11</b> 8:30 Social Day 8:45 Aerobics Session I 9:00 SHINE by appointment only 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Fiesta Fish 11:30 T'ai Chi-Advanced 12:30 T'ai Chi-Intermediate 1:30 T'ai Chi -Basics

8:30 Social Day  
 8:45 Aerobics Session I  
 9:30 Games / Billiards  
 9:45 Osteoporosis  
 11:30 Lunch: Beef Bourguignon  
 11:30 T'ai Chi-Advanced  
 12:30 T'ai Chi-Intermediate  
 1:30 T'ai Chi -Basics

8:30 Social Day  
 9:30 Games / Billiards  
 11:30 Lunch: Fish Sandwich  
 1:00 Quilting  
 1:00 Bingo, Cards, etc.

8:30 Social Day  
 8:45 Aerobics Session I  
 9:00 Watercolor Workshop  
 9:30 Games / Billiards  
 9:45 Osteoporosis  
 10:00 Atty. Jennifer Heald by Appointment  
 11:30 Lunch: Chicken Soup & Chow Mein Sandwich  
 1:30 Poetry Writing

8:30 Social Day  
 8:45 Aerobics Session II  
 8:45 Walking / Hiking Group  
 9:30 Games / Billiards  
 11:30 Lunch: Vegetarian Chili  
 1:00 Knitting Circle  
 1:30 Blood Pressure Clinic  
 With Kathy  
 1:30 Caregiver Support Group

8:30 Social Day  
 8:45 Aerobics Session I  
 9:30 FWCOA Board Meeting  
 9:30 Games / Billiards  
 9:45 Osteoporosis  
 11:30 Lunch: BBQ Pork Riblet

8:30 Social Day  
 8:45 Aerobics Session I  
 9:00 SHINE by appointment only  
 9:30 Games / Billiards  
 9:45 Osteoporosis  
 11:30 Lunch: Roast Pork  
 11:30 T'ai Chi-Advanced  
 12:30 T'ai Chi-Intermediate  
 1:30 T'ai Chi -Basics

8:30 Social Day  
 9:30 Games / Billiards  
 11:30 Lunch: Italian Herbed Chicken  
 1:00 Quilting  
 1:00 Bingo, Cards, etc.

8:30 Social Day  
 8:45 Aerobics Session I  
 9:00 Watercolor Workshop  
 9:30 Games / Billiards  
 9:45 Osteoporosis  
 11:30 Lunch: Potato Crunch Fish  
 12:00 TSH Book Club Movie  
 1:30 Poetry Writing

8:30 Social Day  
 8:45 Aerobics Session II  
 8:45 Walking / Hiking Group  
 9:30 Games / Billiards  
 11:30 Lunch: Sloppy Joe  
 1:00 Knitting Circle

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**CLOSED**  
**MARTIN LUTHER KING, JR. DAY**

8:30 Social Day  
 8:45 Aerobics Session I  
 9:30 Games / Billiards  
 9:45 Osteoporosis  
 11:30 Lunch: Roast Pork  
 11:30 T'ai Chi-Advanced  
 12:30 T'ai Chi-Intermediate  
 1:30 T'ai Chi -Basics

8:30 Social Day  
 9:30 Games / Billiards  
 11:30 Lunch: Roast Turkey  
 1:00 Quilting  
 1:00 Bingo, Cards, etc.

8:30 Social Day  
 8:45 Aerobics Session I  
 9:00 Watercolor Workshop  
 9:30 Games / Billiards  
 9:45 Osteoporosis  
 11:30 Lunch: Vegetable Omelet  
 1:30 Poetry Writing

8:30 Social Day  
 8:45 Aerobics Session II  
 8:45 Walking / Hiking Group  
 9:30 Games / Billiards  
 11:30 Lunch: Hot Dog  
 1:00 Knitting Circle

28  
 8:30 Social Day  
 8:45 Aerobics Session I  
 9:30 Games / Billiards  
 9:45 Osteoporosis  
 11:30 Lunch: Chicken Coq au Vin



Space Reserved For Advertisers

## OUTREACH INFORMATION

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

**Do you know that the Westport Council On Aging Outreach Department provides assistance with the following:**

- Home Visits
- Help with applications
- Information and Referrals
- Vision Impaired Support
- Can help you obtain Food Stamps
- Loans medical Equipment
- Can help you obtain Fuel Assistance
- Caregiver Support

**S.N.A.P. - Supplemental Nutrition Assistance Program** - helps low income individuals and families buy healthy, nutritious food. Contact the Outreach department to see if you are eligible!!

Please call our Outreach office for **INFORMATION AND REFERRAL** to the network of services available to Westport residents, 60 years of age and over. WCOA is open Monday - Friday from 8:30 a.m. until 4:00 p.m. and ask for Andrea or Phyllis for any service request at 508-636-1026.



### 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 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  
Pharmacy's  
Local shopping Centers*

*Local Grocery Stores  
Hairdresser Appointments*

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.*

### **Salvation Army Offers Heating Assistance to Massachusetts Families in Need**

The Salvation Army provides up to \$350 for eligible households in Massachusetts during the winter from money raised in its 'Give the Gift of Warmth' campaign.

The Salvation Army, the administrator of the 2012--13 Massachusetts Good Neighbor Energy Fund campaign, announces that as of Monday, Dec. 3, the Fund will be available to households on an emergency basis due to the "urgency of need" throughout the state.

The Fund will open to all qualified candidates on Wednesday, Jan. 2. A cooperative effort between the state's energy companies, their customers and The Salvation Army, the Fund helps households in temporary crisis who do not qualify for federal or state assistance with the payment of their energy expenses. The Fund's 28th Annual "Give The Gift of Warmth" campaign's goal is to raise \$650,000 and help more than 2,000 households.

For more information contact Andrea or Phyllis in the Westport Council on Aging Outreach Dept 508-636-1026

#### **Tech Corner**

If anyone has an Ipad, an Iphone, or a computer Joan is available on Friday for individual lessons.

Call 508-636-1026 to schedule an appointment.



*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.*

*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 [coavolunteers@westport-ma.gov](mailto:coavolunteers@westport-ma.gov) including your full name & telephone number.



**Find us on  
Facebook  
Westport COA**