

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

June 2013

Christine Quinn, Interim 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.

The Westport Council on Aging would like to extend a *Heartfelt* Thank you to The Friends of the Westport COA (FWCOA)

FWCOA is a nonprofit organization whose purpose is to raise charitable donations to enhance the Westport Council on Aging programs and services for Westport seniors.

Funds have been raised during the previous fiscal year (July 1, 2012-June 30, 2013) to help support COA program, which include, but are not limited to:

- Social Day Matching Fund helping to enable eligible Westport elders who participate in one day of the COA Social Day Program to receive an extra, free day per week. (Ongoing).
- Replace the fire alarms throughout the Senior Center.
- Financial and volunteer hours to support the Food Pantry at the Senior Center.
- “Magnolia” for Family Night and tent for the Annual COA Picnic.
- Maintenance of the beautiful Senior Center gardens.

New Purchase of “My Senior Center”-state of the art software which helps senior centers increase funding, streamline operations and attract boomers through easy-to-use technology.

Fund professional staff training to increase our staff's ability to do *an even better job* of serving Westport elderly and disabled residents!

We are so grateful for their ongoing support!

For more information about the Friends or to make a tax-deductible contribution, please contact The Friends the Westport Council on Aging, Inc. P.O. Box N-192, Westport, MA 02790

We are fully air conditioned....come and stay cool.

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, June 5, 2013, 10:30 – 11:30 AM with Guardian Homecare

3rd Tuesday, June 18 2013 1:30 – 2:30 PM with Nurse Kathy



CAREGIVER SUPPORT GROUP w/ Phyllis

Meeting Tuesday, June 18, 2013 at 1:30-3:00



CHAIR MASSAGE

The first Friday , June 7, 2013 12:00-2:00 PM ~ With Karen using the Trager Technique

“Food for Friends” Food Pantry

Thursday 10:00AM - 1:00 PM

Third Saturday of each month - 9:00 AM –12:00PM (June 15, 2013)
For Westport residents 18 years of age and over - Proof of Residency Required

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, June 19, 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 June 13, 2013 1:00 at the Dartmouth Senior Center 628 Dartmouth St., Dartmouth, MA

Topic: Azitect Support Solutions

Speakers :Alicia Manocchio, Teva Neuroscience

PODIATRY CLINIC

at Dr. Spiri's office in Somerset Thursday August 1st 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

June is the month of the blooming flowers and trees and the first day of summer. The month of June is also the annual membership drive of the Friends of the Westport C.O.A. During this month you will receive in the mail out yellow form with green print which is our membership brochure. It lists what the Friends have provided for the Senior Center this past year and what we hope to accomplish this coming year, July 1, 2013 through June 30, 2014. Please join or renew your membership. Your support is greatly appreciated. Our Annual Meeting will be held on Monday June 17th at 10:30 AM at the Westport Senior Center, 75 Reed Road.

On Sunday September 29th at 1:00 PM we will be taking part in the third annual Westport Walkathon. This walk will be in conjunction with the Westport Educational Foundation. It is a three and one half mile walk around Westport Harbor. The walk will end at the Elephant Rock Club where there will be a raffle, food, music and entertainment for all ages. Please join us.

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 Monday 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 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.

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.

Remember to vote!

The 2013 United State special election in Massachusetts will be held on June 25, 2013, in order to fill the Massachusetts Class 11 United States Senate Seat for the remainder of the term ending January 3, 2014.

Meet and Greet Representative Paul Schmid



Monday June 3rd at 9:00 AM

Representative Paul Schmid will be at the Westport Senior Center, 75 Reed Road, Westport, MA on **Monday, June 3rd 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
3	4	5	6	7
8:30 Social Day 8:45 Aerobics Session I 9:00 Paul Schmid 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Fish w/Crumb Topping	8:30 Social Day 8:45 Aerobics Session II 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Hot Dog on a Bun 1:00 Knitting Circle	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: Macaroni and Cheese 1:30 Poetry Writing	8:30 Social Day 9:30 Games / Billiards 11:30 Lunch: Garlic Chicken 1:00 Quilting 1:00 Bingo, Cards, etc.	8:30 Social Day 8:45 Aerobics Session I 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Beef Stir Fry 12:00 Chair Massage using Trager Technique 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
10	11	12	13	14
8:30 Social Day 8:45 Aerobics Session I 9:00 SHINE By Appointment 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Baked Chicken with Gravy	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: Turkey-Ham and Am. Cheese 1:00 Knitting Circle	8:30 Social Day 8:45 Aerobics Session I 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Swedish Meatballs 1:30 Poetry Writing	8:30 Social Day 9:30 Games / Billiards 11:30 Lunch: Cheese Omelet 1:00 Quilting 1:00 Bingo, Cards, etc.	8:30 Social Day 8:45 Aerobics Session I 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Roasted Turkey w/Maple Gravy 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
17	18	19	20	21

<p>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 Beef Patty</p>	<p>8:30 Social Day 8:45 Aerobics Session II 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Lemon Pepper Fish 1:00 Knitting Circle 1:30 Blood Pressure Clinic With Kathy 1:30 Caregiver Support Group</p>	<p>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: Stuffed Shells w/Meat Sauce 1:30 Poetry Writing</p>	<p>8:30 Social Day 9:30 Games / Billiards 11:30 Lunch: Sweet & Sour Pork 1:00 Quilting 1:00 Bingo, Cards, etc.</p>	<p>8:30 Social Day 8:45 Aerobics Session I 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Cranberry Chicken 12:30 T'ai Chi-Advanced 1:30 T'ai Chi –Intermediate</p>
<p style="text-align: right;">24</p> <p>8:30 Social Day 8:45 Aerobics Session I 9:00 SHINE By Appointment 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Cheese Lasagna W/ Meat Sauce</p>	<p style="text-align: right;">25</p> <p>8:30 Social Day 8:45 Aerobics Session II 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Lemon Dijon Chicken 1:00 Knitting Circle</p>	<p style="text-align: right;">26</p> <p>8:30 Social Day 8:45 Aerobics Session I 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Egg Salad 1:30 Poetry Writing</p>	<p style="text-align: right;">27</p> <p>8:30 Social Day 9:30 Games / Billiards 11:30 Lunch: Steak & Cheese 1:00 Quilting 1:00 Bingo, Cards, etc.</p>	<p style="text-align: right;">28</p> <p>8:30 Social Day 8:45 Aerobics Session I 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Krutch Lite Fish 12:30 T'ai Chi-Advanced 1:30 T'ai Chi –Intermediate</p>

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
Pharmacies
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.

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

SHINE

Staying Healthy with Medicare

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:

- **Colorectal cancer screening (including colonoscopies)**
- **Pap tests and pelvic exams**
- **Bone mass measurements**
- **Flu and pneumonia shots**
- **Depression screening**
- **Mammograms**
- **Prostate cancer screening**
- **Cardiovascular screening**
- **Alcohol misuse screening and counseling**
- **Obesity screening and counseling**

There are very specific rules which state when state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

Trained SHINE (Serving Health Information Needs of Elders) volunteers can help you! They offer free counseling on all aspects of health insurance to anyone on Medicare. Call your senior center at 508-636-1026 and ask for a SHINE appointment. You can also call 1-800-243-4636, then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

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 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.



**Find us on
Facebook
Westport COA**