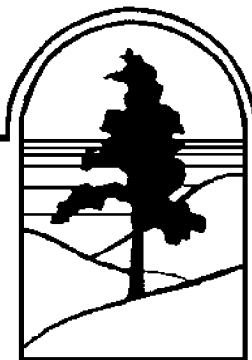


Tel: 508.636.1026 / Fax 508.636.1034
Monday—Friday 8:30 am—4:00pm

councilonaging@westport-ma.gov
Website: www.westport-ma.gov

Westport
Council
On Aging



75 Reed Road
Westport
MA 02790

EVERGREEN

May 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.



REMINDER

ANNUAL TOWN MEETING

TUESDAY MAY 7TH

7PM AT

WESTPORT HIGH SCHOOL

New Program

Coming to Terms With Aging: Small Group Discussion

Tuesday's 3:00-5:00 PM
Beginning May 21, 2013

6 sessions for individuals and couples who want to reflect
about the challenges of aging and how to address them.

Discussion facilitator: Peter Lenrow, PH.D., local psychologist, painter and poet.
Group minimum 5 maximum 8. Call 508-636-1026 to reserve your spot.

Stop by the Westport Council on Aging and say hello.

We are open Monday - Friday 8:00am - 4:00pm.
There is always **FREE** coffee and great conversation!

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, May 1, 2013, 10:30 – 11:30 AM with Guardian Homecare
3rd Tuesday, May 21, 2013 1:30 – 2:30 PM with Nurse Kathy



CAREGIVER SUPPORT GROUP w/ Phyllis

Meeting Tuesday, May 21, 2013 at 1:30-3:00

CHAIR MASSAGE

The first Friday , May 3, 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 (May 18, 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, May 15, 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.

PARKINSON'S DISEASE SUPPORT GROUP

Thursday May 9, 2013 at the Dartmouth Senior Center 628 Dartmouth St., Dartmouth, MA

Topic: Come & Share your Hobbies

PODIATRY CLINIC

at Dr. Spiri's office in Somerset **Thursday May 9th at 10:15** For an appointment call the WCOA

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.



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



Greetings from the FWCOA

**On Tuesday, May 7th, 2013 – just NEXT WEEK – there is a very IMPORTANT Town Meeting
at the High School at 7 P.M.**

Please mark your calendars for Tuesday, May 7th to attend this Town Meeting.

The Senior Center is used more than any other building in the Town of Westport. It receives a fraction of its operating costs from the Town of Westport.

A COA Director is to be appointed by the Board of Selectmen but some of the present candidates may not accept the position – this happened in March of this year....UNLESS a very reasonable adjustment in the salary of the COA Director is voted at this Town Meeting.

The Article asks that the salary of the COA Director be raised by \$10,000 per year, putting it more in line with the salaries that all other area COA Directors are paid. This is a fulltime, highly sensitive and important position which surely deserves compensation in line with other Town salaries for positions that are not as demanding, sensitive or critical to all the older citizens of Westport.

PLEASE ATTEND THE TOWN MEETING ON MAY 7th, AT 7 P.M. AT THE HIGH SCHOOL

The Friends of the Westport Council on Aging continue to supplement the programs of the Senior Center as we have since the beginning, and we ask for your vote on this important matter on May 7th.

FRIENDS OF THE WESTPORT COUNCIL ON AGING

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 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, MAY 15

We will be serving Tuna Sandwiches and Clam chowder 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 May 6 at 9:00 AM

Representative Paul Schmid will be at the Westport Senior Center, 75 Reed Road, Westport, MA on **Monday, May 6 th 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: American Chop Suey	8:30 Social Day 8:45 Aerobics Session II 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Sweet & Sour Chicken 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: Pier 17 Fish 12:00 TSH Book Club Gr II 1:30 Poetry Writing	8:30 Social Day 9:30 Games / Billiards 11:30 Lunch: Cheese Lasagna 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: Spanish Chicken 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
6	7	8	9	10

13
 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: Italian Meatballs

14
 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 Salad
 1:00 Knitting Circle

15
 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: Clam chowder
 Tuna Sandwiches
 12:00 TSH Book Club Gr I
 1:30 Poetry Writing

16
 8:30 Social Day
 9:30 Games / Billiards
 11:30 Lunch: Fish Florentine
 1:00 Quilting
 1:00 Bingo, Cards, etc.

17
 8:30 Social Day
 8:45 Aerobics Session I
 9:30 Games / Billiards
 9:45 Osteoporosis
 11:30 Lunch: Pork w/Gravy
 11:30 T'ai Chi-Advanced
 12:30 T'ai Chi-Intermediate
 1:30 T'ai Chi -Basics

20
 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 Chicken

21
 8:30 Social Day
 8:45 Aerobics Session II
 8:45 Walking / Hiking Group
 9:30 Games / Billiards
 11:30 Lunch: Cheeseburger
 1:00 Knitting Circle
 1:30 Caregiver Support Group
 1:30 Blood Pressure Clinic With Kathy

22
 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
 12:00 TSH Book Club Gr II
 1:30 Poetry Writing

23
 8:30 Social Day
 9:30 Games / Billiards
 11:30 Lunch: Orange Ginger Beef
 1:00 Quilting
 1:00 Bingo, Cards, etc.

24
 8:30 Social Day
 8:45 Aerobics Session I
 9:30 Games / Billiards
 9:45 Osteoporosis
 11:30 Lunch: Potato Crunch Fish
 11:30 T'ai Chi-Advanced
 12:30 T'ai Chi-Intermediate
 1:30 T'ai Chi -Basics

27
**CLOSED FOR
 MEMORIAL
 DAY**

28
 8:30 Social Day
 8:45 Aerobics Session II
 8:45 Walking / Hiking Group
 9:30 Games / Billiards
 11:30 Lunch: Tortellini
 1:00 Knitting Circle

29
 8:30 Social Day
 8:45 Aerobics Session I
 9:00 Watercolor Workshop
 9:30 Games / Billiards
 9:45 Osteoporosis
 11:30 Lunch: Herbed Chicken
 12:00 TSH Book Club
 1:30 Poetry Writing

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

31
 8:30 Social Day
 8:45 Aerobics Session I
 9:30 Games / Billiards
 9:45 Osteoporosis
 11:30 Lunch: Roast Beef au Jus
 11:30 T'ai Chi-Advanced
 12:30 T'ai Chi-Intermediate
 1:30 T'ai Chi -Basics

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.

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

Denial a Common Emotion for Family Caregivers

Caring for aging parents can put siblings at odds. Check out these tips about communicating with family members. And go to www.4070talk.com and www.solvingfamilyconflict.com to learn more.

Q. My siblings seem to be in some kind of denial and refuse to discuss the fact that our parents, who are both approaching 80, need more help at home. Is this common and what can I do?

What you and your siblings are experiencing is very common. In a Harris Interactive® poll conducted for the Home Instead Senior Care® network, nearly half (46 percent) of people surveyed who expect to eventually be caring for an elderly loved one had not taken any action to plan for this care. In addition, 70 percent had not spoken with the parent or relative they anticipate needing to care for about what their wishes might be.

And a whopping 76 percent had not discussed the issue of caring for elderly relatives with other family members.

Denial seems to be a prevailing emotion when it comes to the care of senior loved ones. But refusing to address the issue won't prevent the unexpected from happening. That's why it's important to talk with your parents and siblings as soon as possible and plan for the future.

If your parents are of sound mind, ask them what they would want to do if the time comes for them to need special care in their lives. Ask specific questions such as: "If you fell and were injured, where would you want to go to rehabilitate?" If the answer is "home," which is where most seniors prefer to be, then look into the types of services that can help your loved ones remain where they live. Discuss whether your parents would benefit from these services now. Many home health care companies are available in communities of all sizes to provide medical caregivers at home.

Oftentimes, a non-medical caregiver also is well-equipped to help seniors at home.

If you're in a smaller community, check into the services that are available through your Area Agency on Aging.

The important first step is to plan a family meeting with your parents and siblings. Try to arrange one as soon as possible.

(Retrieved from <http://www.caregiverstress.com/family-communication/solving-family-conflict/denial-a-common-emotion-family-caregivers/#>)

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 coa-clerk@westport-ma.gov including your full name & telephone number.



**Find us on
Facebook
Westport COA**