

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

September 2013

Christine Quinn LMHC, CCM, Director

Marcia W. Liggin, 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.

**Sunday ~ September 29, 2013**

12:00 pm  
Registration

Post Race  
Family  
Fun Event!

**Walk  
For  
Westport**

Third  
Annual!

Walk at Your Leisure

Rain  
or  
Shine

**Pick up a Registration form today!**

forms available @ The COA/Council on Aging (Reed Rd)  
or  
register online @ [www.WalkForWestport.org](http://www.WalkForWestport.org)

A community walk-a-thon sponsored by the Westport Education  
Foundation and the Friends of the Westport Council on Aging  
to benefit the youth and seniors of Westport

 **FRIENDS**  
of the Westport COA

 **Westport**  
Education  
Foundation

**A Big Thank You to all the volunteers who donated their time to help  
with Magnolia Night and Picnic, they were a huge success!!**

**We will be closed labor day!**

**NEW! Gentle Chair Yoga** with Joan Davignon starting September 9th, 2013. Classes  
held on Monday and Wednesday 10:00 AM to 11:00 AM and 1:00 P.M. to 2:00 P.M.  
\$3.00 per class.



Coming in October **Chef on a shoestring.** More information to follow.

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

### **AEROBICS**

Monday, Wednesday & Friday. 8:45AM-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 8:45AM-9:30AM

### **GENTLE CHAIR YOGA**

Monday & Wednesday 10:00 AM to 11:00 AM and 1:00 PM to 2:00 PM. Starting Sept. 9, 2013. led by Joan Davignon (\$3.00/ Class)

### **CHAIR MASSAGE**

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



### **"Food for Friends" Food Pantry**

Thursdays 10:00AM - 1:00 PM

Third Saturday of each month - 9:00 AM –12:00PM (Sept. 21, 2013)

### **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, Sept. 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



### **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 benefi-

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

Thursday Sept. 12, 2013 at the Dartmouth Senior Center 628 Dartmouth St., Dartmouth, MA  
Topic: Good nutrition in Parkinson's Disease

### **PODIATRY CLINIC**

at Dr. Spiri's office in Somerset Thursday October 31 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**

**It's Walking Time Again!**

As August slips by, plans for **"Walk for Westport"** are being made for a very successful event. This year we have chosen Sunday, Sept. 29, 2013 at 12:00 noon. With this change, we hope to avoid all activities usually planned for Saturdays throughout the fall.

The route will be the same as the last two years, starting at the Howland Beach Club and ending at Elephant Rock Beach Club. Hot dogs, pizza, water and juice will be available after the walk.

Fun times are planned at the end of the walk at the beach club. Plan on staying for lunch & music, a magician and kids crafts.

As this is our major annual fund raiser, the Friends are relying on a big turnout. Please enlist friends and neighbors to sponsor you in the "walk". Let's top the \$5000 we made last year! See you on Sept. 29 @ 12:00 noon.

**POETRY WRITING**

**Wednesdays at 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 PM**

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 at 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.

**PAINTING WITH WATERCOLOR**

**Wednesdays at 9:00—11:30 AM**

This group is for those who are interested in learning and sharing the joy of watercolor painting. Artists of all levels are welcome.

**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.

## HEALTH & WELLNESS

### SOS

### SENIOR OUTREACH SERVICE

There will be six 30-minute programs addressing areas that are critical to independent living for seniors.

**Fall Prevention: Sept 9, 2013**

**Nutrition: Sept. 13, 2013**

**Physical Activity: Sept. 23, 2013**

**Positive Mental Health: Sept. 27, 2013**

**Medication Management**

**Health & Advocacy**

**Participants who complete all 6 will receive follow-up mailings with additional educational materials. Raffle prizes will be awarded at each session.**

## Meet and Greet Representative Paul Schmid

**Monday Sept. 9 at 9:00 AM**

be



what you appreciate about the workings of the Commonwealth.

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

### 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  |
|---|--|---|---|---|
| 2   | 3  | 4   | 5   | 6   |
| CLOSED FOR<br>LABOR DAY   | 8:30 Social Day<br>8:45 Toning & Stretching<br>8:45 Walking / Hiking Group<br>9:30 Games / Billiards<br>11:30 Lunch: Hot Dog<br>1:00 Knitting Circle                               | 8:30 Social Day<br>8:45 Aerobics<br>9:00 Watercolor workshop<br>9:30 Games / Billiards<br>9:45 Osteoporosis<br>11:30 Lunch: Herbed Chicken<br>1:30 Poetry Writing                         | 8:30 Social Day<br>8:45 Toning & Stretching<br>9:30 Games / Billiards<br>11:30 Lunch: Fiesta Fish<br>1:00 Quilting<br>1:00 Bingo, Cards, etc. | 8:30 Social Day<br>8:45 Aerobics<br>9:30 Games / Billiards<br>9:45 Osteoporosis<br>11:30 Lunch: Beef Stroganoff<br>12:00 Chair Massage using Trager Technique<br>12:30 T'ai Chi-Advanced<br>1:30 T'ai Chi -Intermediate |
| 9   | 10   | 11  | 12  | 13  |
| 8:30 Social Day<br>8:45 Aerobics<br>9:00 Paul Schmid<br>9:00 SHINE by appointment only<br>9:30 Games / Billiards<br>9:45 Osteoporosis<br>10:00 Yoga<br>11:30 Lunch: Sloppy Joe<br>1:00 Yoga | 8:00 WCOA Board Mtg.<br>8:30 Social Day<br>8:45 Toning & Stretching<br>8:45 Walking / Hiking Group<br>9:30 Games / Billiards<br>11:30 Lunch: Chicken Salad<br>1:00 Knitting Circle | 8:30 Social Day<br>8:45 Aerobics<br>9:00 Watercolor Workshop<br>9:30 Games / Billiards<br>9:45 Osteoporosis<br>10:00 Yoga<br>11:30 Lunch: Wild Salmon<br>1:00 Yoga<br>1:30 Poetry Writing | 8:30 Social Day<br>8:45 Toning & Stretching<br>9:30 Games / Billiards<br>11:30 Lunch: BBQ Pork<br>1:00 Quilting<br>1:00 Bingo, Cards, etc.    | 8:30 Social Day<br>8:45 Aerobics<br>9:30 Games / Billiards<br>9:45 Osteoporosis<br>11:30 Lunch: Roast Turkey<br>12:30 T'ai Chi-Advanced<br>1:30 T'ai Chi -Intermediate  |
| 16  | 17   | 18  | 19  | 20  |

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# T E M B E R

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|  |  |   |  |  |
|--|--|---|--|--|
| 8:30 Social Day<br>8:45 Aerobics<br>9:30 FWCOA Board Meeting<br>9:30 Games / Billiards<br>9:45 Osteoporosis<br>10:00 Yoga<br>11:30 Lunch: Swedish Meatballs<br>1:00 Yoga               | 8:30 Social Day<br>8:45 Toning & Stretching<br>8:45 Walking / Hiking Group<br>9:30 Games / Billiards<br>11:30 Lunch: Potato Crunch Fish<br>1:00 Knitting Circle<br>1:30 Blood Pressure Clinic With Kathy<br>1:30 Caregiver Support Group | 8:30 Social Day<br>8:45 Aerobics<br>9:00 Watercolor Workshop<br>9:30 Games / Billiards<br>9:45 Osteoporosis<br>10:00 Yoga<br>10:00 Atty. Jennifer Heald by Appointment<br>11:30 Lunch: Chicken Cacciatore<br>1:00 Yoga<br>1:30 Poetry Writing | 8:30 Social Day<br>8:45 Toning & Stretching<br>9:30 Games / Billiards<br>11:30 Lunch: Beef Marsala<br>1:00 Quilting<br>1:00 Bingo, Cards, etc.             | 8:30 Social Day<br>8:45 Aerobics<br>9:30 Games / Billiards<br>9:45 Osteoporosis<br>11:30 Lunch: Bean, Rice & Cheese Empanada<br>12:30 T'ai Chi-Advanced<br>1:30 T'ai Chi –Intermediate |
| 23<br>8:30 Social Day<br>8:45 Aerobics<br>9:30 Games / Billiards<br>9:45 Osteoporosis<br>10:00 Yoga<br>11:30 Lunch: Lasagna<br>1:00 Yoga   | 24<br>8:30 Social Day<br>8:45 Toning & Stretching<br>8:45 Walking / Hiking Group<br>9:30 Games / Billiards<br>11:30 Lunch: Teriyaki Chicken<br>1:00 Knitting Circle  | 25<br>8:30 Social Day<br>8:45 Aerobics<br>9:00 Watercolor Workshop<br>9:30 Games / Billiards<br>9:45 Osteoporosis<br>10:00 Yoga<br>11:30 Lunch: Egg Salad<br>1:00 Yoga<br>1:30 Poetry Writing   | 26<br>8:30 Social Day<br>8:45 Toning & Stretching<br>9:30 Games / Billiards<br>11:30 Lunch: Orange Ginger Beef<br>1:00 Quilting<br>1:00 Bingo, Cards, etc. | 27<br>8:30 Social Day<br>8:45 Aerobics<br>9:30 Games / Billiards<br>9:45 Osteoporosis<br>11:30 Lunch: Meatball Sub<br>12:30 T'ai Chi-Advanced<br>1:30 T'ai Chi –Intermediate           |
| 30<br>8:30 Social Day<br>8:45 Aerobics<br>9:00 SHINE by appointment only<br>9:30 Games / Billiards<br>9:45 Osteoporosis<br>10:00 Yoga<br>11:30 Lunch: Turkey Ham Sandwich<br>1:00 Yoga |  |   |  |  |

**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 elderly and disabled Westport residents 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 Fuel Assistance, Food Stamps, and Mass Health. The Outreach Workers also assist elders in crisis, they are mandated reporters for suspected elder abuse, neglect, and financial exploitation.

Outreach Workers are happy to include family members in meetings if the elderly or disabled individual agrees. Outreach Workers and all Council on Aging staff are bound by strict confidentiality laws and are not allowed to release any information without permission.

Outreach Workers receive referrals from many different sources including family members, police and fire, health professionals, community agencies, hospitals, nursing homes, and the individuals themselves.

If you would like to make a referral, 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 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 disabled adults.  
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*

To make an appointment, please call us as soon as possible as ***space is limited***. Have the exact business or doctor name, street address, telephone number and approximate duration of your appointment (pick up time) when you call.

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

### **Medicare Advantage and Medicare Part D (prescription drug coverage)**

Each year, you have a chance to make changes to your Medicare Advantage or Medicare prescription drug coverage for the following year. The next enrollment period is: **October 15–December 7**.

(Changes will take effect on January 1.)

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan.
- Drop your Medicare prescription drug coverage completely.

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



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