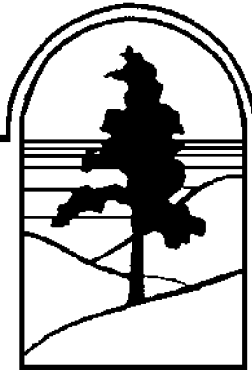


Tel: 508.636.1026 / Fax 508.636.1034
Monday—Friday 8:30 am—4:00pm

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



Westport
Council
On Aging

75 Reed Road
Westport
MA 02790

EVERGREEN

January 2015

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.

COUNCIL ON AGING BOARD MEMEBERS

Marcia Liggin - *Board Chair* Karin Bergeron - *Vice Chair*
Cathy Davis - *Secretary* William Gifford - *Treasurer*
Virginia Routhier Judy Turner Muriel Kokoszka

FRIENDS of WESTPORT COUNCIL ON AGING -OFFICERS

Elizabeth Brinkerhoff & Judy Swan Co- *Presidents*
Linda Olsen - *Vice President*
Ruth Bourns - *Secretary* Rose Rego - *Treasurer*

2015

As we ring in the new year, we would all like to wish joy, peace, health, and happiness to you and your entire family.

It's been said that 'Laughter IS the Best Medicine.' Nothing works faster or is more dependable to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. So here's to living a longer and healthier life. Enjoy!!

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!' The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?' The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'



PROGRAMS FOR MIND BODY AND FITNESS

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

AEROBICS

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

*** Please note that the Aerobics class is currently full. Please call the Center to be put on a waiting list.**

TONING & STRETCHING

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

Multi-level Level Yoga \$3.00 a class

Yoga classes lead by Joan Davignon are offered on Monday and Wednesdays from **11:00-12:00 chair yoga with floor postures. 12:45-1:45 chair yoga.** Classes are adapted for participants from beginner to advanced. 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, strengthening bones, reduces chronic neck, and back pain, and also, reduces anxiety and much more. We hope you will take advantage of this special program!

T'AI CHI

Classes are on Fridays
12:30 for 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 \$8.00 per session or \$40.00 for 6 weeks. The instructor is Nikolas Ukleja.

OSTEOPOROSIS

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

An exercise for people with or at risk for Osteopenia/Osteoporosis or those who simply wish to remain strong. Participants will learn about osteoporosis and everyday activities that will improve their day to day lives. A physician form filled out by your 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.

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.



FREE CHAIR MASSAGE

The first Friday of the Month 12:00-2:00 PM ~ With Karen using the Trager Technique.



BLOOD PRESSURE CLINIC

2nd Tuesday of every month from 10:00 AM to 11:00 AM with Nurse Jacqui from Gentiva Home Health. NO FEE

PARKINSON'S DISEASE SUPPORT GROUP

Thursday, January, 2015, 1:00 PM at the Dartmouth Senior Center 628 Dartmouth St., Dartmouth, MA

Topic: Eating Healthy in the New Year

Speaker: Barbara Canuel, registered Dietitian from Community Nurse & Hospice Care Inc.

LEGAL CORNER

January 21, 2014 from 10:00 to 11:30 a.m. by appointment only.

A local attorney will be meeting individuals for 30 minute appointments. The Attorney is experienced in a broad variety of legal areas with expertise in Basic Estate Planning, including Living Trusts and Wills.



***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 Friends of the Westport Council on Aging would like to thank all of you for the wonderful donations of baked goods and handmade items received for our annual bake sale and raffle. Because of you we had a successful fund raiser for the needs of the Senior Center.

We now have the 2015 DINNER FOR TWO dine out book for sale. The cost is \$29.95. They can be purchased at the Westport Council on Aging office. Checks should be made out to the FWCOA. Proceeds for this fundraiser will benefit the Westport Council on Aging.

WE HOPE EVERYONE HAD A GOOD 2014 AND WILL HAVE A EVEN BETTER 2015.

The SHINE Program

SERVING THE HEALTH INFORMATION NEEDS OF ELDERS

If you are in need of assistance with answers to your insurance questions, supplements, etc.,

No Appointments February ,March and April 2015

Vaccinations

If you missed our recent flu, shingles, and pneumonia clinic, you can always stop by **Westport Apothecary** to receive a vaccination with no appointment necessary! (508-636-5957) Vaccines offered includes: influenza, tetanus, diphtheria, pertussis (Td/Tdap), varicella, human papillomavirus (HPV) Zoster, measles, mumps, rubella (MMR) pneumococcal polysaccharide vaccine (PSV23), meningococcal, hepatitis A, hepatitis B, inactivated polio vaccine (IPV). Special thank you to the Westport Apothecary for sponsoring our recent clinic!

KNITTING & CROCHETING

Tuesday 1:00 PM

If you're new to knitting/crocheting, this class is a great way to pick up new tricks and to always have someone ready to help you through difficult parts of patterns. This class is for knitters & crocheters of all skill levels. Committing to a group is a great way of making time for the craft and hopefully you will stick with it. The class is led by Gertrude Vigeant.

QUILTING

Thursdays at 1:00

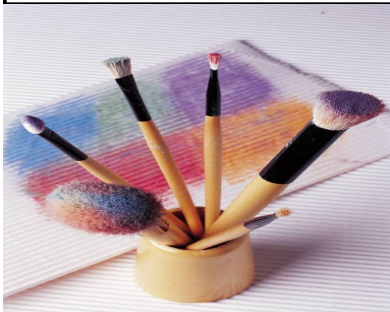
Preserve the art of quilting by gathering together to share quilting ideas and techniques. We create group quilts and assist one another with personal quilts & share ideas. The group is led by Valerie Schofield.



Awaken the Artist Within Join us for Art Classes at the COA

Wednesday 9:00—12:00

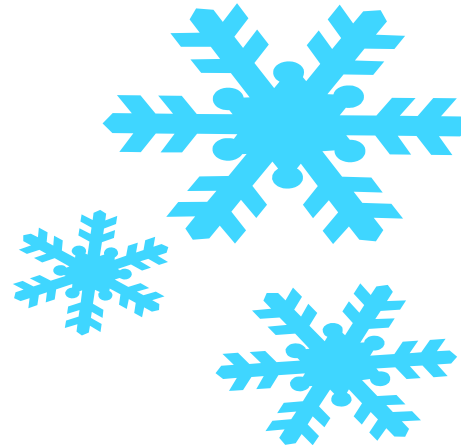
Hosted by Robert Abele. Robert is a graduate of the School of Visual Arts. His paintings have appeared in numerous publications including the Washington Post and the New York times. This class is designed as a workshop where all mediums are welcome. Watercolor, oil and colored pencil are just a few of the mediums used by students. Each student is given personal instruction and guidance based on the subject they are working on. **Classes are \$40.00 per month or \$15.00 for a single class.** Come in and release the Artist within You.



Meet and Greet Representative Paul Schmid

Monday, January 5 at 9:00 AM

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



**Make your reservation
JANUARY 21
SOUP AND SANDWICH
at
11:30**

Pea Soup and Ham Salad Sandwich

**Nutrition lesson and food safety at home
With Bristol Elders nutritionist Sarah Grinnell
Immediately following Lunch**

SENIOR HAPPENINGS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				Center Closed
5	6	7	8	9
8:30 Social Day 8:30 Aerobics 9:00 Paul Schmid 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga 11:30 Lunch: Meatball Sub 12:45 Multi Level Chair Yoga (Downstairs)	8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:00 Blood Pressure Clinic 9:30 Games / Billiards 11:30 Lunch: Chicken a La King 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 11:30 Lunch: BGBQ Beef Rib 12:45 Multi Level Chair Yoga 1:30 Poetry Writing	8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Chicken Parmesan 12:30 Bingo, Cards, etc. 1:00 Quilting	8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Apple Cider Beef Stew 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
12	13	14	15	16

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<p>8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga 11:30 Lunch: Fish Nuggets 12:45 Multi Level Chair Yoga</p>	<p>8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:00 FWCOA Meeting 9:30 Games / Billiards 9:45 Joint meeting FWCOA and WCOA 11:30 Lunch: Mini Cheese Ravioli 1:00 Knitting Circle</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 11:30 Lunch Herb Baked Chicken 1:30 Poetry Writing</p>	<p>8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Ground Beef Patty 12:30 Bingo, Cards, etc. 1:00 Quilting</p>	<p>8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Roast Turkey 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate</p>
<p style="text-align: right;">19</p> <p style="text-align: center;">MARTIN LUTHER KING, JR. DAY</p> <p style="text-align: center;">CENTER CLOSED</p>	<p style="text-align: right;">20</p> <p>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: Pork Lo Mein 1:00 Knitting Circle</p>	<p style="text-align: right;">21</p> <p>8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Atty. Jennifer Heald by Appointment 11:00 Multi Level Chair Yoga 11:30 Soup and Sandwich: Nutrition and food safety with Sarah Grinnell 1:30 Poetry Writing</p>	<p style="text-align: right;">22</p> <p>8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Hawaiian Chicken 12:30 Bingo, Cards, etc. 1:00 Quilting</p>	<p style="text-align: right;">23</p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Low Sodium Hot Dog 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate</p>
<p style="text-align: right;">26</p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi Level Chair Yoga 11:30 Lunch: Teriyaki Salmon 12:45 Multi Level Chair Yoga</p>	<p style="text-align: right;">27</p> <p>8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Roasted Chicken 1:00 Knitting Circle</p>	<p style="text-align: right;">28</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 11:30 Lunch: American Chop Suey 12:45 Multi Level Chair Yoga 1:30 Poetry Writing</p>	<p style="text-align: right;">29</p> <p>8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Roasted Pork 12:30 Bingo, Cards, etc. 1:00 Quilting</p>	<p style="text-align: right;">30</p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Meatloaf 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate</p>

Space Reserved For Advertisers

OUTREACH INFORMATION

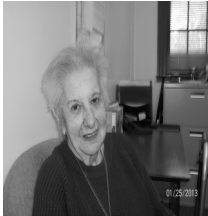
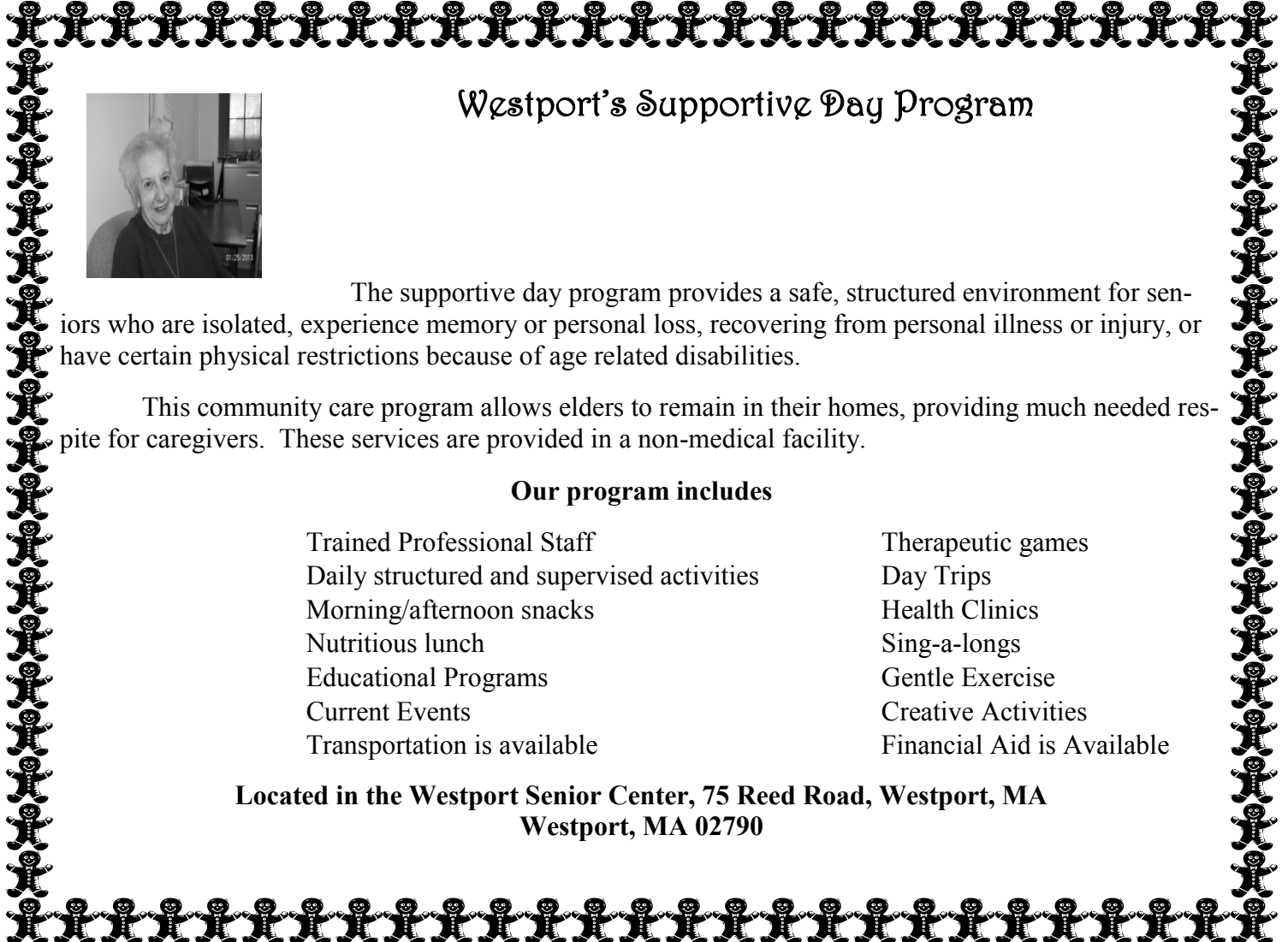
Are you or anyone you know in need of assistance?

Our Outreach staff 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 Fuel Assistance, Food Stamps and other benefits. The Outreach Workers also assist elders in crisis; they are mandated reporters 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, Phyllis or Julie 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
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

Local Grocery Stores

Local Shopping Centers

Pharmacies

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

Please try to schedule two weeks in advance due to limited availability.

Fuel Assistance Betterment Fund

Funding is needed for the Fuel Assistance Betterment Fund at the town Treasure's Office. This fund will not be replenished by the town. Due to rising fuel costs, this fund has been almost totally depleted. Anyone wishing to donate to this fund may turn in a check to our clerk in the main office. Please make the check out to the **Town of Westport**, noting on the check that the money is to be used for the **Fuel Assistance Betterment Fund**. Thank you to the citizens of Westport for all of your donations to this extremely needed fund.



IMPORTANT AEROBICS AND TONING CLASS INFORMATION

The Monday, Wednesday, and Friday aerobics classes are currently full. However, if interested, you may place your name on the waiting list to be contacted for any future openings. Please see the volunteer at the sign in deck to be put on the waiting list. Westport residents will be given first priority. The Tuesday and Thursday Stretch and Toning classes also have limited openings. If you are interested, you may sign up now. **Please have your medical clearance forms completed before attending the class.** These classes are extremely popular, and we know that there are many people who wish to participate. However, time and space are limited. The volunteer at the desk and class participants have no ability to make an 'exception' to this rule. Also, please be on time for these classes. **No one will be allowed in any of these classes if more than five minutes late due to safety concerns.** Thank you for your patience.

DONATIONS PLEASE!

We are in need of men's and women's pull ups; small and medium..

Also, we need bladder pads for men and women.
Thank you!

Elder Abuse is a Serious Issue

If you have cause to believe that you or someone you know who is sixty or older is being abused, neglected, or exploited, call Bristol Elder Services at 508-675-2101 to file a confidential report. After normal business hours, reports may be filed with the statewide Elder Abuse Hotline at 1-800-922-2275.

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 morn-



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