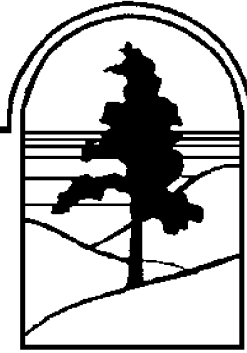


Tel: 508.636.1026 / Fax 508.636.1034
Monday—Friday 8:30 am—4:00pm

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

Westport
Council
On Aging



75 Reed Road
Westport
MA 02790

EVERGREEN

July/August 2014

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.

Christine Quinn LMHC, CCM, Director

The Senior Center is fully air-conditioned for your comfort.

COUNCIL ON AGING BOARD MEMBERS

Marsha Liggin - *Board Chair* Karin Bergeron - *Vice Chair*
Cathy Davis - *Secretary* William Gifford - *Treasurer*
Virginia Routhier

FRIENDS of WESTPORT COUNCIL ON AGING -OFFICERS

Elizabeth Brinkerhoff - *President* Linda Olsen - *Vice President*
Ruth Bourns - *Secretary* Rose Rego - *Treasurer*

MAGNOLIA NIGHT FAMILY PICNIC AND CAR CRUISE

Tuesday, August 12th - 6 p.m. to 8 p.m.

Please join us for an enjoyable evening under the tent listening to the magical sounds of "Magnolia". **FREE ADMISSION!** Bring a picnic basket or buy hot dogs, hamburgers and snacks. Bring your folding chairs, blankets, and insect repellent. We look forward to seeing you then!

Bring your antique car or custom hot rod!

Get special VIP parking and compete for prizes, including cash and gift cards! Come one, come all!



ANNUAL WESTPORT SENIOR PICNIC

Wednesday, August 13, 12:00 noon. Great fun and food! Our entertainment this year is by The Blues Crew! Come join us for this enjoyable annual summer event! Advanced registration is required. (508) 636-1026.

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.

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.

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 (lower level) and 12:45-1:45 (upstairs)**. Classes are adapted for participants from beginner to more advanced with some students remaining in the chair and others progressing to the floor. 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!

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 ses-

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.

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



LEGAL CORNER

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. If you would like to make an appointment call the WCOA at 508-636-1026.



PARKINSON'S DISEASE SUPPORT GROUP

Thursday, July 10, 2014 at 1:00 PM, Dartmouth COA, 628 Dartmouth Street, South Dartmouth.

Speaker: Richard Johnson-Proprietor of a "A Perfect Fit". Have feet and balance problems? Come to the meeting.

PODIATRY CLINIC

Thursday, July 24 at 10:00 am. 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



“Walk for Westport” time Again!

The Fourth annual “Walk for Westport” will be held Sunday, September 28, 2014. Registration is at 12:00 pm. 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.

Please plan on staying for lunch, music and fun times after the walk at the beach club. Please note, this is our major annual fund raiser, and the Friends are relying on a big turnout. Please enlist friends and neighbors to sponsor you for the walk!! See you on September 28 at 12:00 noon!

Pick up a registration today! Registrations are available at the Council on Aging (Reed Road) or register on line at www.WalkForWestport.org

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

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.

**Care givers Support Group with Phyllis
Monday, August 18, at 1pm**

The SHINE Program

If you are in need of assistance, we are happy to announce that a Shine representative will be accepting appointments at the COA, July 2, 16, and 30th from 9:00am to 11:00am. Please call the Center at 508-636-1026.

KNITTING & CROCHETING

Tuesday 1:00 PM

If you're new to knitting/crocheting, this class is a great way to learn new tricks and to always have someone ready to help you through difficult parts of a pattern. 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 then 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 and share ideas. The group is led by Valerie Schofield.

WATERCOLOR WORKSHOP

Wednesday 9:00—11:30 AM

The Watercolor Workshop is for those creative spirits who are interested in learning and sharing ideas about the joy of watercolor painting. Please call for information. All levels are welcome.

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.

Reminder!

There will be no Soup and Sandwich in July, but we look forward to seeing **EVE-RYONE** at our annual **Magnolia Night, August 12 from 6PM to 8PM!** We also look forward to seeing you at our **Annual Senior picnic on Wednesday, August 13 at 12 noon.** Please call to reserve a spot as space is limited.

Meet and Greet Representative Paul Schmid

Monday July 7th at 9:00 AM




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

COFFEE WITH CHRISTINE

Our director, Christine Quinn, would like to invite everyone to "Coffee with Christine" on July 14, 09:15 am to 09:45 am in the library area.



SENIOR HAPPENINGS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	CLOSED FOR  FOURTH OF JULY
	8:30 Social Day 8:30 Toning / Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 1:30 Lunch: Salmon stir fry. 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: Salisbury Steak 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: Hawaiian Chicken 12:30 Bingo, Cards, etc. 1:00 Quilting	
7	8	9	10	11
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: Swiss cheese Omelet 12:45 Multi-level Chair Yoga	8:30 Social Day 8:30 Toning/Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 10:00 Blood Pressure Clinic 11:30 Lunch: American Chop Suey 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: Broccoli and Cheese Fish 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: Turkey and Swiss on Rye 12:00 Wellness Club in the Garden 12:30 T'ai Chi-Advanced 1:30 T'ai Chi-Intermediate
14	15	16	17	18

J U L Y

0 1 4

<p>8:30 Social Day 8:30 Aerobics 9:15 Coffee with Christine 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi-level Chair Yoga 11:30 Lunch: Sloppy Joe 12:45 Multi-level Chair Yoga</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: Chilled Marinated Chicken and Broccoli 1:00 Knitting Circle</p>	<p>8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Atty. Local attorney by Appointment 11:00 Multi-level Chair Yoga 11:30 Lunch: Meatballs with Pasta 12:45 Multi-level Chair Yoga 1:45 Poetry Writing</p>	<p>8:30 Social Day 8:30 Toning /Stretching 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Fish Sticks 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: BBQ Beef Rib 12:00 Wellness Club in the Garden 12:30 T'ai Chi-Advanced 1:30 T'ai Chi –Intermediate</p>
21	22	23	24	25
<p>8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi-level Chair Yoga 11:30 Lunch: Unstuffed Pepper Casserole 12:45 Multi-level Chair Yoga</p>	<p>8:30 Social Day 8:30 Toning / Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Cranberry Chicken 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: Mini Ravioli 12:45 Multi-level Chair Yoga 1:30 Poetry Writing</p>	<p>8:30 Social Day 8:30 Toning / Stretching 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Italian Pot Roast 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: Tuna Fish Salad 12:00 Wellness Club in the Garden 12:30 T'ai Chi - Advanced 1:30 T'ai Chi - Intermediate</p>
28	29	30	31	
<p>8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi-level Chair Yoga 11:30 Lunch: Mac and Cheese 12:45 Multi-level Chair Yoga</p>	<p>8:30 Social Day 8:30 Toning / Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Chicken Salad 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: Beef Stew 12:45 Multi-level Chair Yoga 1:30 Poetry Writing</p>	<p>8:30 Social Day 8:30 Toning / Stretching 9:30 Games / Billiards 10:00 Cribbage 11:30 Lunch: Roast Turkey with Stuffing and Gravy 12:30 Bingo, Cards, etc. 1:00 Quilting</p>	

Space Reserved For Advertisers

OUTREACH INFORMATION

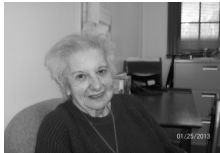
Are you or anyone you know in need of assistance?

The Council on Aging employs two Outreach Workers. Our 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 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 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

Pharmacy

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.

Every effort will be made to accommodate last minute appointments.

DAY TRIP!

WEDNESDAY, AUGUST 6, 2014

Come join the fun on August 6, 2014, as we travel to Milford, CT., where you won't be able to beat the water views from the Costa Azzurra Restaurant. Enjoy a great meal of your choice of sliced sirloin steak with pan gravy, filet of sole with seafood stuffing, or chicken parmesan. A repertoire of Rock n Roll and comedy will follow lunch. A stop in Old Mystic Village will complete our day. RESERVATIONS: lunch choice and payment of \$59 pp by July 27th. Please remit to Veronica Beaulieu, 316 County Road, Westport, MA. Further questions, please contact Veronica at Country Travelers (508) 636-4889.

COURTESY, PLEASE

Within the preceding months there have been several incidents reported around the building and grounds concerning discourteous behavior. The Senior Center is a very busy place with multiple uses and a wide range of ages participating in programs. We all well know that as we age some days the aches and pains or the trials of life in general can get us down. The parking lot is too small, and we all look forward to our program starting on time. The frustration of the work place trying to do too much with too little is also a sure fire way to aggravation. As a reminder to everyone, we would like to quote Maya Angelo:

“People will forget what you say to them, but they will never forget how you treated them.”

Please try your very hardest to be as courteous as possible to everyone you come in contact.
Thank you.

ATTENTION, PLEASE

We are in need of durable medical equipment, including shower chairs, tub/transfer benches, wheel chairs, and transfer chairs. Any and all donations will be greatly appreciated.

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