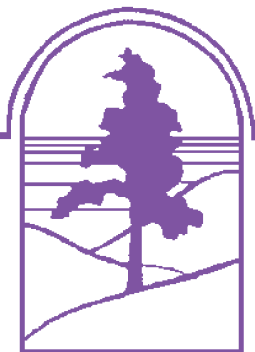


Tel: 508.636.1026 / Fax 508.636.1034
Monday-Friday 8:30 a.m. - 4:00 p.m.

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

Westport
Council
On Aging



75 Reed Road
Westport
MA 02790

EVERGREEN

MARCH 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

COUNCIL ON AGING BOARD MEMEBERS

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

FRIENDS of WESTPORT COUNCIL ON AGING -OFFICERS

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

Westport Council on Aging welcomes Robert Abele as the new Watercolor Instructor

Robert Abele was born in 1969. He has spent his life making images of the New England landscape. His paintings are done from life in the tradition of Corot and Monet capturing the changing effects of light and atmosphere. Often regarded as a painter's painter. Many of his works have won national awards. Robert graduated from New York's School of visual Arts.

Robert is inspired to paint what he calls a vanishing history of America's past. This on going life's passion to preserve the gentle New England coast is his passion as his dialog with this subject matter will continue to challenge him visually. To view Robert's available work, please visit addisonart.com or call 508-255-6200.

How Scam Artists Target Their Prey. The Five Common Cons You Should Avoid

Charity

When help is needed, older people are often among the first to open their hearts and wallets. This helps make them the group most vulnerable to scams feigning aid for veterans, needy or sick children, or victims of a recent disaster.

Home Repair

Unscrupulous contractors arrive unexpected at your front door, claiming to have noticed necessary repairs while driving by.

Health Care

The come-on may be an offer of free medical supplies, a threat of losing Medicare coverage or a promise low-cost on medication.

Family & Loss

After gathering names and other details about family members from obituaries, social media and ancestry websites, scammers call, often in the wee hours.

Investment

These come in many forms: Some are free-lunch seminars hawking questionable financial products or legitimate ones with long "hold" periods that are unsuitable for older investors.

Others are pitches from cold-calling telemarketers for "no risk" investments in precious metals or penny stocks.

Upcoming Events Please call to Register

Join us for an afternoon with the Candidates **March 26th at 12:30 pm** at the Westport Council on Aging (see insert)

Hearing Loss, Hearing aid and Better Communications Presented by Eugene Antonell, BC-HIS **April 11th at 10am**

Mr. Antonell will be available to check and clean hearing aids and answer any questions after the presentation

Naturalist John Root will be here **April 22nd at 1:30pm** Learn how to recognize songbirds of the Northeast by their songs and calls and discover information about these birds' behavior

PROGRAMS FOR MIND, BODY, AND FITNESS

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

AEROBICS

Mondays, Wednesdays, Fridays. 8:30 a.m. - 9:30 a.m.

Punch cards are available for purchase-10 visits for \$30.00 (\$3.00 per class) led by Wendy Sperduti-Ray.

TONING & STRETCHING

Tuesdays & Thursdays, 8:30 a.m.-9:30 a.m.

MULTI-LEVEL CHAIR YOGA - \$3.00 per class

Yoga classes, led by Joan Davignon, will be offered on Mondays and Wednesdays from 11:00 a.m.-12:00 p.m. (lower level) and 12:45 pm – 1:45 p.m. (upstairs). Classes will be 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 share the same goal—to help seniors to “age in place”. Yoga provides many benefits: including, but not limited to, improving balance and flexibility, strengthen

OSTEOPOROSIS

Mondays, Wednesdays, Fridays - 9:45 - 11:00 a.m.

An exercise for people with or at-risk for osteopenia or osteoporosis. Participants will learn about osteoporosis and everyday activities that will improve their day-to-day lives. A required form filled out by your physician stating this would be beneficial is a pre-requisite. There are openings in the Monday, Wednesday, and Friday sessions.

The instructor is Florence Wypych. For more information contact the WCOA.

T'AI CHI

Classes are on Fridays-Advanced at 12:30 p.m. and Intermediate at 1:30 p.m.

T'ai Chi is the Chinese system of slow, meditative physical exercise designed for relaxation, 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 at 8:45 a.m.** the group leaves from the Senior Center. 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 mornings and join the group.

CHAIR MASSAGE

1st Friday, March 7, 12:00-2:00 p.m. Karen uses the Trager Technique.



BLOOD PRESSURE CLINIC

To be announced call the Center for next available clinic.

NO FEE



LEGAL CORNER

Wednesday, March 19, 10:00 to 11:30 a.m. by appointment only.

A local attorney will be meeting individuals for fifteen-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 with the attorney, call the WCOA at 508-636-1026.



PARKINSON'S DISEASE SUPPORT GROUP

Thursday, March 13 at 1:00 pm at the Dartmouth Senior Center, 628 Dartmouth Street, S. Dartmouth, MA.

This month's topic: "The Founding of Dartmouth by the Quakers".

PODIATRY CLINIC

Dr. Spiri's office in Somerset, Thursday, March 6, 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***



Greetings from the FWCOA

It has been a very long, snowy, frigid winter. During these wintery days we invite you to come to the Senior Center to meet a friend and to participate in the many interesting and fun activities that go on daily. There is always a friendly face to greet you.

The Friends of the Westport Council on Aging (FWCOA) raises funds to support the many programs and the physical plant at the Senior Center. We appreciate all of the loyal members and donors and encourage everyone in Westport to join our efforts. We also thank everyone who has supported our fund raising efforts. We extend a special thank you to Lees Market for their Community Partnership donations.

This June when our yellow membership envelope arrives in your mailbox, please become a member of the FWCOA and join us in helping our many seniors in Westport.
Think Spring!

Chef on a Shoestring Spring Schedule

Fridays April 11,18, 25 May 2, 9, 16
Call the Center to register

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 Mondays of each month** to answer your insurance questions about Medicare, Supplements and MassHealth. Call to schedule an appointment.

KNITTING & CROCHETING

Tuesdays at 1:00 p.m.

If you are new to knitting or crocheting, it is a great way to pick up new tricks and 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 can be fun. The class is led by Gertrude Vigeant.

QUILTING

Thursdays at 1:00 p.m.

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 Valorie Schofield.

WATERCOLOR WORKSHOP

Wednesdays, 9:00 - 11:30 a.m.

The Watercolor Workshop is a group for those who are interested in learning and sharing more about the joy of watercolor painting. Instructor: Robert Abele Please call for information and fees.

POETRY WRITING

Wednesdays, 1:30 p.m.

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.

SOUP & SANDWICH LUNCHEON

WEDNESDAY, March 12th. We will be serving Corned Beef Sandwiches and Salad 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 By: Gary Farias

Advance registration is required
(508) 636-1026

Meet and Greet Representative Paul Schmid

Monday March 3, at 9:00 AM



Representative Paul Schmid will be at the Westport Senior Center, 75 Reed Road, Westport, MA on **Monday, March 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 8:30 Aerobics 9:00 Paul Schmid 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi-Level Chair Yoga 11:30 Lunch: Stuffed Shells with meat sauce 12:45 Multi-Level Chair Yoga	8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Chicken w/ Stuffing 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: Fish 12:45 Multi-Level Chair Yoga 1:00 Taxes by appointment 1:30 Poetry Writing	8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 9:30 Knitting TSH 11:30 Lunch: Beef Tips and Rice 1:00 Quilting 1:00 Bingo, Cards, etc.	8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Chef on Shoestring 11:30 Lunch: Cheese Omelet w/ O'Brien Potatoes 12:00 Chair Massage using Trager Technique 12:30 T'ai Chi 1:30 T'ai Chi
10	11	12	13	14
8:30 Social Day 8:30 Aerobics 9:00 Shine by appointment 9:30 Games / Billiards 9:30 FWCOA Board Mtg 9:45 Osteoporosis 11:00 Multi-Level Chair Yoga 11:30 Lunch: Chicken Penne Primavera 12:45 Multi-Level Chair Yoga	8:00 WCOA Board Mtg. 8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 10:00 Blood Pressure 11:30 Lunch: Sloppy Joe 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: Corned Beef Sandwich and Salad 12:15 TSH Book Club 12:45 Multi-Level Chair Yoga 1:00 Taxes by appointment	8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 9:30 Knitting TSH 11:30 Lunch: Corned Beef and Cabbage 1:00 Quilting 1:00 Bingo, Cards, etc.	8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 10:00 Chef on Shoestring 11:30 Lunch: Potato Crunch Fish 12:30 T'ai Chi 1:30 T'ai Chi

A R C H

0 1 4

		1:30 Poetry Writing		
17	18	19	20	21
8:30 Social Day 8:30 Aerobics 9:30 Games / Billiard 9:45 Osteoporosis 11:00 Multi-Level Chair Yoga 11:30 Lunch: Eggplant Parmesan w/ Rice 12:45 Multi-Level Chair Yoga	8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Swedish Meatballs w/ Egg Noodles 1:00 Knitting Circle 1:30 Caregiver Support Group	8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi-Level Chair Yoga 10:00 Legal by Appointment 11:30 Lunch: Greek Chicken 12:15 TSH Book Club 12:45 Multi-Level Chair Yoga 1:00 Taxes by appointment 1:30 Poetry Writing	8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 9:30 Knitting TSH 11:30 Lunch: Orange Almond Pork with Garlic Mashed Potatoes 1:00 Quilting 1:00 Bingo, Cards, etc.	8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Fish Florentine with Roasted Sweet Potatoes 12:30 T'ai Chi 1:30 T'ai Chi
24	25	26	27	28
8:30 Social Day 8:30 Aerobics 9:00 Shine by appointment 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi-level Chair Yoga 11:30 Lunch: Sweet 'n Sour Chicken w/ Lemon Brown Rice 12:45 Multi-Level Chair Yoga	8:30 Social Day 8:30 Toning & Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Lasagna with w/ Meat Sauce 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: Beef Marsala w/ Sweet Potatoes 12:30 Meet the Candidates 1:00 Taxes by appointment 12:45 Multi-level Chair Yoga 1:30 Poetry Writing	8:30 Social Day 8:30 Toning & Stretching 9:30 Games / Billiards 9:30 Knitting TSH 11:30 Lunch: Roast Turkey w/ Roasted Potatoes 1:00 Quilting 1:00 Bingo, Cards, etc.	8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:30 Lunch: Egg Salad on Oatmeal Bread 12:30 T'ai Chi 1:30 T'ai Chi
31				
8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi-Level Chair Yoga 11:30 Lunch: Meatloaf w/ Gravy and Mashed Potatoes 12:45 Multi-Level Chair Yoga				



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OUTREACH INFORMATION

Are you or anyone you know in need of assistance?

The Council on Aging employs two Outreach Workers. Our staff meets with elderly and disabled Westport residents either in their home or in our office to assess the individual's needs, explain community programs and benefits, and assist with applications for programs, such as MassHealth, Fuel Assistance, and Food Stamps. 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 by appointment only.
The cost is \$3.00 per one-way trip, \$5:00 per round trip.

Monday - Friday, 10:00 a.m.—2:00 p.m.

Medical Appointments

Local Grocery Stores

Pharmacy Visits

Hairdresser Appointments

Local Shopping Centers

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

Please plan at least two weeks in advance due to limited availability.

Every effort will be made to accommodate last minute appointments

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

NATIONAL NUTRITION MONTH® - MARCH 2014

Enjoy the Taste of Eating Right" is the theme for National Nutrition Month® 2014. Consumer research confirms that taste tops nutrition as the main reason why one food is purchased over another. While social, emotional and health factors also play a role, the foods people enjoy are likely the ones they eat most. This year's key messages for NNM will focus on how to combine taste and nutrition to create healthy meals that follow the Dietary Guidelines recommendations.

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. For more information contact Academy at nnm@eatright.org.

Staying fit means you have a better chance for a higher quality of life, and perhaps a longer one, too.

When you are fit, you:

- Improve your mood, reduce your stress, and increase your energy.
- Reduce your risk for heart disease, cancer, and diabetes.
- Can look and feel your best.
- Have the physical strength and endurance to do the things you want to do.



"Food for Friends" Food Pantry

Thursdays, 10:00 a.m. - 1:00 p.m.

Third Saturday of each month - 9:00 a.m. – 12:00 p.m.

- **(March 22, 2014)**

*For Westport residents 18 years of age and over.
Proof of residency is required.*

**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 a.m. weekday mornings, unless it is
warm enough for golf!**

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 and telephone number.



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