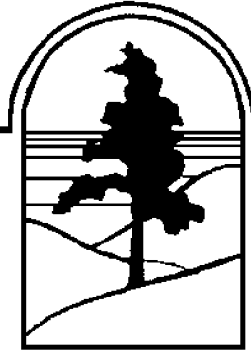


Tel: 508.636.1026 / Fax 508.636.1034
Monday—Friday 8:30 am—4:00pm

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



**Westport
Council
On Aging**

**75 Reed Road
Westport
MA 02790**

EVERGREEN

November 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 MEMBERS

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

The Best on Earth: A Veteran's Day Tribute

If someone has done military service,
They earn the title "veteran," and more;
They earn our deep respect and admiration;
That they are special no one can ignore.

They sacrificed the comforts we enjoy;
The list is long of all the things they gave.
Our veterans are extraordinary people;
They're loyal, dedicated, true and brave.

When terror and invasion were real threats,
They showed us they could handle any storm.
We owe our freedoms and our very lives
To our veterans, who served in uniform.

Our veterans should be celebrities;
They're exceptional; no other group compares.
We're grateful for the many things they've done;
They're always in our hearts and in our prayers.

We owe our veterans support and friendship;
Let no one ever question what they're worth.
These men and women served us and our country,
Our veterans--the very best on earth.

By Joanna Fuchs

Veteran's Day Breakfast

A breakfast will be held at the WCOA to honor our veterans and their spouses on November 6 at 9:00 a.m. Please call 508-636-1026 for reservations.



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, November 13, 2014, 1:00 pm at the Dartmouth Senior Center 628 Dartmouth St., Dartmouth, MA
Topic: "Dentistry and its effects on Parkinson's."
Please Join us!

LEGAL CORNER

November 19, 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 Friends of the Westport Council on Aging

November is the month when we think of special people and things for which we are thankful. Our Board of the Friends of the Westport Council on Aging is thankful for the Westport Senior Center. The Senior Center helps the seniors in Westport stay healthy, active, and involved. We appreciate the dedicated staff and volunteers that make all the programs and activities run smoothly. We thank all our loyal supporters who send us their memberships and donations every year. We send a big thank you to the Westport Educational Foundation who partnered with us to sponsor the Walk for Westport and we thank everyone who walked, sponsored, and volunteered on that beautiful day. The event was a wonderful success. Special appreciation goes to Lees Market for their generous Community Partnership donations.

The FWCOA sends our thanks to everyone in Westport who helps us in our continuing support of the Westport Senior Center. We wish everyone a very Happy Thanksgiving!

The SHINE Program

If you are in need of assistance, a Shine representative will be accepting appointments at the Westport Council on Aging. Please call us at 508-636-1026 for the next available appointment.

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.



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. Please call for information. All levels are welcome.

Soup & Sandwich Nov. 19th
Homemade Squash Soup
And open faced Thanksgiving sandwich
Call to reserve your seat



Meet and Greet Representative Paul Schmid

Representative Paul Schmid will be at the Westport Senior Center, 75 Reed Road, Westport, MA on November 3 **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.




CHEF ON A SHOESTRING IS BACK!!!!

There will only be five classes in the fall so sign up early if you want a space.
Classes are Fridays October 24, 31, November 7, 14, 21.
10:00am—12:00pm.

SENIOR HAPPENINGS CALENDAR

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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: Meatballs and Penne Pasta 12:45 Multi-level Chair Yoga Did you remember to set your clocks back on November 2!	8:30 Social Day 8:30 Toning/Stretching 8:45 Walking / Hiking Group 9:30 Games / Billiards 11:30 Lunch: Oven Roasted Chicken 1:00 Knitting Circle <div style="border: 1px solid black; padding: 5px; text-align: center;"> Election Day!  </div>	8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games / Billiards 9:30 Flu Shots 9:45 Osteoporosis 11:00 Multi-level Chair Yoga 11:30 Lunch: Ground Beef Patty with Onion Gravy 12:15-2:00 The Second Half: Book Club for Mind and Soul (Group 2) 12:45 Multi-level Chair Yoga 1:30 Poetry Writing	<div style="text-align: center;"> Veteran's Day Breakfast 9:00 a.m.  No Morning Activities </div> 11:30 Roast Pork with Apple Sauce Gravy 12:30 Bingo, Cards, etc. 1:00 Quilting	8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 10:00—12:00 Chef on a Shoestring 11:30 Lunch: American Chop Suey 12:00 Chair Massage using Trager Technique 12:30 T'ai Chi-Advanced 1:30 T'ai Chi – Intermediate
10	11	12	13	14
8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 11:00 Multi-level Chair Yoga Lunch: Chicken Chow Mein 12:45 Multi-level Chair Yoga	VETERAN'S DAY Center Closed	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: BBQ 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: Grilled Chicken 12:30 Bingo, Cards, etc. 1:00 Quilting	8:30 Social Day 8:30 Aerobics 9:30 Games / Billiards 9:45 Osteoporosis 10:00—12:00 Chef on a Shoestring 11:30 Lunch: Meatloaf 12:30 T'ai Chi-Advanced 1:30 T'ai Chi – Intermediate
17	18	19	20	21
8:30 Social Day	8:00 WCOA Board Meet	8:30 Social Day	8:30 Social Day	

8:30 Social Day
 8:30 Aerobics
 9:30 FWCOA Board Meeting
 9:30 Games / Billiards
 9:45 Osteoporosis
 11:00 Multi-level Chair Yoga
 11:30 Lunch: Fish Nuggets
 12:45 Multi-level Chair Yoga

8:00 WCOA Board Meeting
 8:30 Social Day
 8:30 Toning/Stretching
 8:45 Walking / Hiking Group
 9:30 Games / Billiards
 11:30 Lunch: Smoked Ham with Raisin 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 Soup and Sandwich:
 2:15-2:00 The Second Half:
 Book Club for Mind and Soul
 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: Mac and Cheese
 12:30 Bingo, Cards, etc.
 1:00 Quilting

8:30 Social Day
 8:30 Aerobics
 9:30 Games / Billiards
 9:45 Osteoporosis
 10:00—12:00 Chef on a Shoe-string
 11:30 Lunch: Roast Turkey with Gravy
 12:30 T'ai Chi-Advanced
 1:30 T'ai Chi – Intermediate

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8:30 Social Day
 8:30 Aerobics
 9:30 Games / Billiards
 9:45 Osteoporosis
 11:00 Multi-level Chair Yoga
 11:30 Lunch: Beef Chili with Vegetables
 12:45 Multi-level Chair Yoga

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8:30 Social Day
 8:30 Toning & Stretching
 8:45 Walking / Hiking Group
 9:30 Games / Billiards
 11:30 Lunch: Chicken Pot Pie
 1:00 Knitting Circle

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CENTER CLOSED
1/2 DAY

NO ACTIVITIES

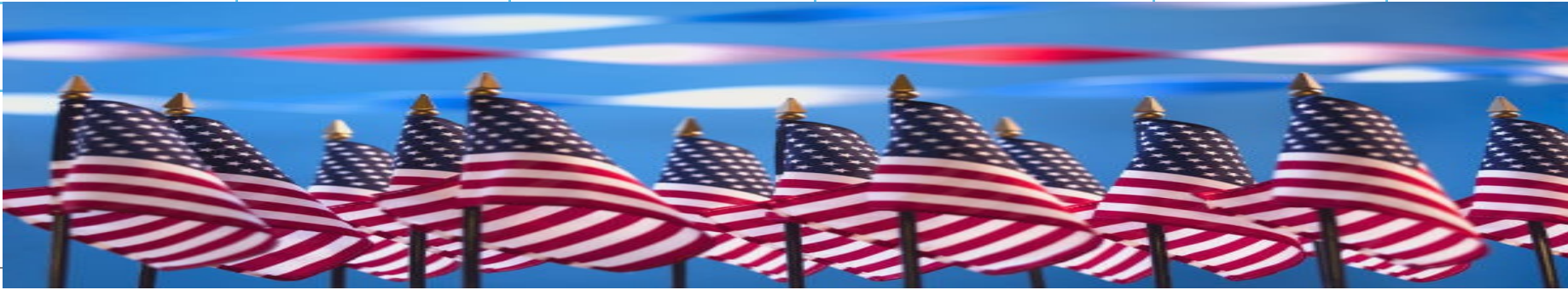
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HAPPY THANKSGIVING



28

CENTER CLOSED



Space Reserved For Advertisers

OUTREACH INFORMATION

Are you or anyone you know in need of assistance?

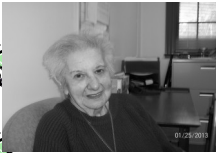
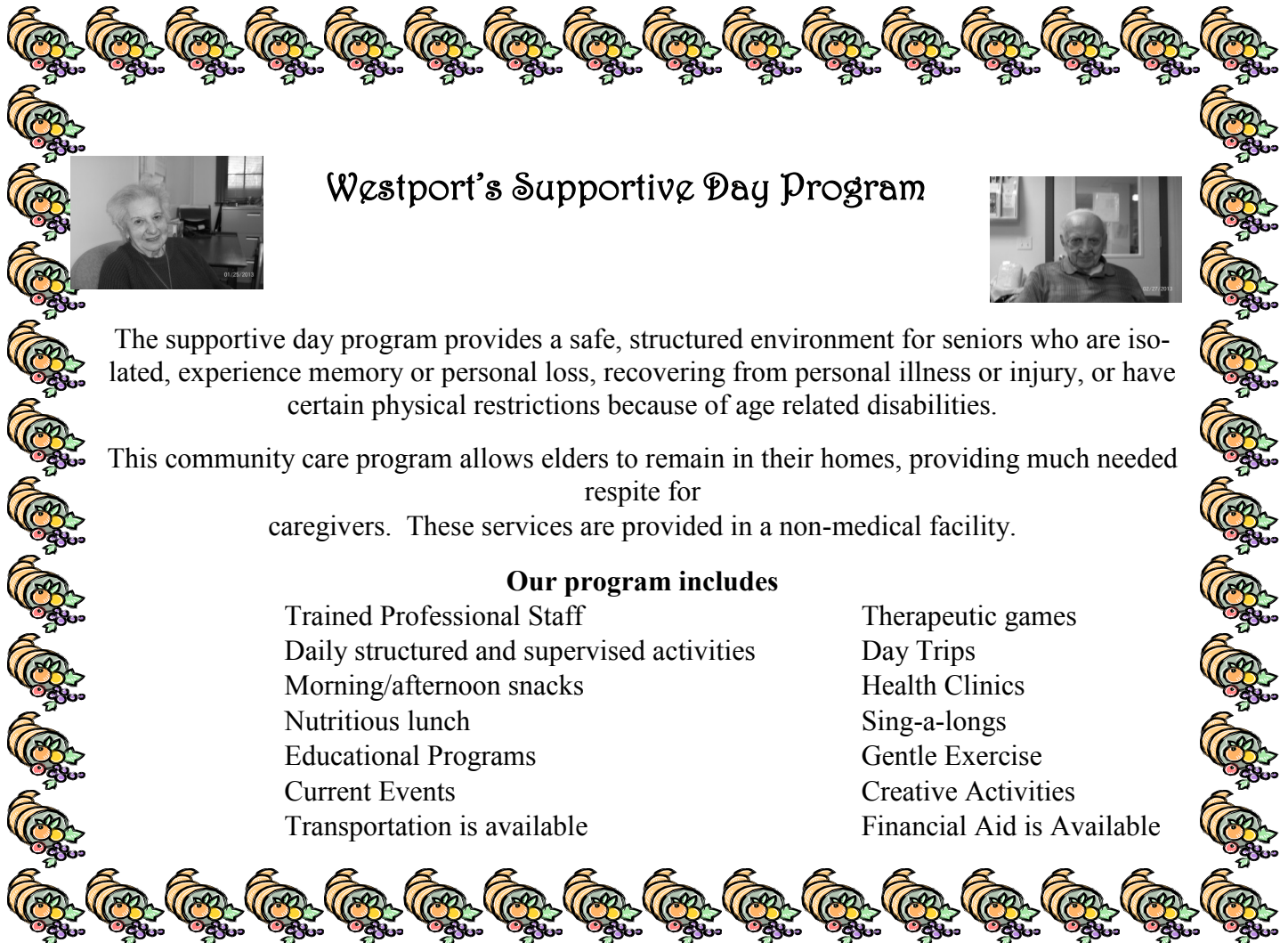
Our Outreach staff meet with the elderly and disabled Westport residents either in their home or in the office to assess the individual's needs, explain community programs and benefits, and assist with applications for programs such as Fuel Assistance, Food Stamps and other benefits. The Outreach Workers 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 |

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.



Instruments for Students

New Bedford Public Schools needs your help to make sure that there is a musical instrument for every child who wants to play in school. The need and interest far surpass the amount of instruments that we can loan.

If you have a gently used instrument that is no longer being used, please consider donating it by contacting Lieutenant John Bell at the Westport Police Station, 508-636-1122.



POETRY CLASS WEDNESDAYS 1:30 PM



Our poetry class is for the lover of poetry who would like to appreciate the art even more. Come join us and explore and enjoy the vast and inspiring world of poetry. Develop your talent, try new styles or just sit back and relax listening to the melodic rhythm and inspirational words of poetry.

ACORN STAIR LIFT

The Westport Council on Aging has a 4 foot length stair lift available free to anyone in need. The stair lift must be picked up, and you must install it yourself. Please call us at 508-636-1026 if you are interested.

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!

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.



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