

# WESTPORT COUNCIL ON AGING

## 75 REED RD WESTPORT, MA 02790

### Council on Aging Board Members

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

### Friends of Westport

### Council on Aging

### Officers:

Elizabeth Brinkerhoff– President  
Susan Read-Co-President  
Linda Olsen-Vice President  
Ruth Bourns-Secretary  
Rose Rego-Treasurer

**Director: Beverly Bisch**



### EVERGREEN—APRIL 2016

**MISSION STATEMENT:** The primary function of the Westport Council on Aging is to identify and meet the needs of Westport's elder population and the community of available services.



Thank you to all our Volunteers

April 10-16th is National Volunteer Week

We are fortunate to have so many wonderful volunteers to assist with the day to day operations of the Council on Aging. Some serve as Board members others help meet the needs of our community by assisting in various ways from office duties, Social Day program helpers, Outreach visits to shut-ins, Kitchen helpers, Landscaping, Newsletter preparation and delivery, Instructors, Data entry, Medical Insurance and Tax help. You all are very important to us and the Westport Community.

*Thank you  
for being our Greatest Natural Resource*

### **CHEF ON A SHOESTRING IS BACK**

**April 1, 8, 22, 29. May 6, 13**  
Please call 508-636-1026  
to reserve your space  
**Fee \$16.00**

**Don't Forget to Vote  
Town Election April 12, 2016  
Transportation to the Polls  
Is available  
Call the Center to make  
arrangements  
for a ride  
508-636-1026**

**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.

# **PROGRAMS FOR MIND BODY AND FITNESS**

## **Program Fees**

<i>Aerobics: Monday, Wednesday and Friday 8:30-9:30 am</i>	<i>\$35.00/month due the 25th of the month</i>
<i>Stretch &amp; Tone : Tuesday &amp; Thursday 8:30-9:30am</i>	<i>\$25.00/month due the 25th of the month</i>
<i>T'ai Chi: Friday Advanced 12:30pm Beginner 1:30pm</i>	<i>\$8.00/Class</i>
<i>Yoga: Monday &amp; Wednesday 12:45-1:45 pm</i>	<i>\$5.00/Class</i>
<i>Watercolor: Wednesday 9am-12pm</i>	<i>\$10.00/Class</i>

### **OSTEOPOROSIS**

**Mondays, Wednesdays, and Fridays 9:45 AM—11:00AM**

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 authorization form is available at the COA that states this would be beneficial is required. There are openings in the Monday, Wednesday & Fridays sessions. For more information contact the WCOA.

Instructor: Florence Wypych

### **WALKING-HIKING GROUP**

Every Tuesday starting at 8:45AM the group leaves from the WCOA. **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.



### **STROLLING GROUP**

**\*\*Stroll your way to fitness\*\***

Join us at the WCOA at 9a.m. on Thursday mornings if you would like to walk short distances at a relaxed pace with a group.

### **BLOOD PRESSURE CLINIC**

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

### ***Calling all bingo players***

***Join us every Thursday 12:30 –2:30***

***At the Westport Council on Aging***

***75 Reed Rd Westport, Ma***

***Coffee and Pastry served at the break***

### **SUPPORT GROUPS**

#### **Parkinson's Disease**

Support Group meeting

Thursday, April 8, 2016 @ 1:00 pm at the Dartmouth COA on Dartmouth St. S Dartmouth, MA.

#### **Scleroderma**

Support Group meets on the 3rd Tuesday each month @ 6:30 –8:30pm at Stop & Shop, 2nd floor Conference Room, 501 Rodman St., Fall River, MA  
Christine T. Maroney 508-675-4152

#### **Grandparents Raising Grandchildren**

Support Group meets the 3rd Tuesday of every month @ 6-8 p.m. at 181 Hillman Street, Lower Level, New Bedford, MA.

#### **Alzheimer's & Dementia Caregivers**

Family Resource Center  
45 Rock St. Fall River, Ma

### **Awaken the Artist Within Join us for Art Classes at the WCOA**

**Wednesday 9 a.m.—12 p.m.**

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 the 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 \$10.00 per class.**





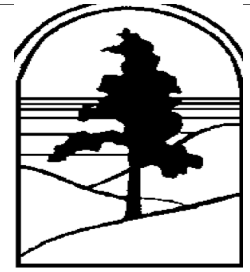
***FRIENDS OF THE WESTPORT  
COUNCIL ON AGING, INC.***

*Supporting the Senior Center*

*P.O. Box N-192*

*Westport, MA 02790*

**Greetings from the FWCOA**



Like most Westport residents, the Board of the Friends of the Westport Council on Aging looks forward to the sunny, warm days of spring and summer.

Spring is the perfect time to learn a new skill or craft. The Senior Center can make this possible with the many excellent classes they offer. There is Knitting and Crocheting, Quilting, Watercolor Workshop, and Poetry just to name a few.

In addition the Center offers Aerobics Classes, and Stretch an Tone Classes. Stop by the Center and try them out!

Planning for the Annual Walk For Westport will soon begin. This multi-generational fund raiser will take place in September and brings young and old together to support the Westport schools through the Westport Education Foundation as well as the Westport Senior Center through The Friends of The Westport Council on Aging.

**Westport Free Public Library  
HOME DELIVERY SERVICE**

Know of a relative, friend or neighbor who is homebound and has no access to our local library?

**Introducing:**

**OUTREACH TO THE HOMEBOUND**

The Westport Free Public Library now offers a Home Delivery Service of library books ( some in **LARGE PRINT**), audio books, DVDs, and more to homebound Westporters.

The Library Home Delivery Service is available to Westporters unable to get to the library. For more information, please contact:

**The Westport Free Public Library**

**LEGAL CORNER**

**2016 from 10:00AM to 11:30AM**

**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.






**Podiatry**

**Appointments available with Dr. Spiri  
at his office in Somerset, Mass  
on April 28, 2016 at 10 am  
Transportation available  
(call the center at 508-636-1026)**

# SENIOR HAPPENINGS CALENDAR

## APRIL 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MEET &amp; GREET</b>  <b>Representative</b>  <b>Paul Schmid</b>                      The First Monday each                      Month 9-10 am at the                      Center</p> 	<p><i>April 10-16</i>  <b>National Volunteer</b>                      week</p> <p><b>WE</b>   <b>VOLUNTEERS</b></p>			<p>1</p> <p>8:30 Social Day                      8:30 Aerobics                      9:30 Games/Billiards                      9:45 Osteoporosis                      10:00 Chef on a Shoestring                      11:30 Lunch                      12:00 Bridge                      12:30 Tai Chi                      1:30 Tai Chi</p> <p><i>Sourdough Bread Day</i>  <i>APRIL FOOLS DAY</i></p> 
<p>4</p> <p>8:30 Social Day                      8:30 Aerobics                      9:00 Representative Schmid                      9:30 Games/Billiards                      9:45 Osteoporosis                      10:00 <b>Lyme Disease Basics</b>                      11:30 Lunch                      12:45 Yoga</p> <p><i>Walk Around Things Day</i>  <i>Chicken Cordon Bleu Day</i></p>	<p>5</p> <p>8:30 Social Day                      8:30 Toning/Stretching                      8:45 Walking/Hiking                      9:30 Games/Billiards                      11:30 Lunch                      1:00 Knitting</p> <p><i>Go For Broke Day</i>  <i>Caramel Day</i>  <i>Raisin and Spice Bar Day</i>  <i>Deep Dish Pizza Day</i></p>	<p>6</p> <p>8:30 Social Day                      8:30 Aerobics                      9:00 Watercolor Workshop                      9:30 Games/Billiards                      9:45 Osteoporosis                      11:30 Lunch                      12:00 TSH Book Club                      12:45 Yoga                      1:30 Poetry Writing</p> <p><i>Sorry Charlie Day</i>  <i>Teflon Day</i>  <i>Walking Day</i></p>	<p>7</p> <p>8:30 Social Day                      8:30 Toning/Stretching                      8:45 Strolling group                      9:30 Games/billiards                      11:30 Lunch                      12:30 Bingo ,Cards ,etc.                      1:00 Quilting                      1:00 Taxes by appointment only</p> <p><i>Beer Day</i>  <i>Coffee Cake Day</i>  <i>No Housework Day</i></p>	<p>8</p> <p>8:30 Social Day                      8:30 Aerobics                      9:30 Games/billiards                      9:45 Osteoporosis                      10:00 Chef on a shoestring                      11:30 Lunch                      12:00 Bridge                      12:30 Tai Chi                      1:30 Tai Chi</p> <p><i>All is Ours Day</i>  <i>Zoo Lovers Day</i></p>
<p>11</p> <p>8:30 Social Day                      8:30 Aerobics                      9:30 Games/Billiards</p>	<p>12</p> <p>8:30 Social Day                      8:30 Toning/Stretching                      8:45 Walking/Hiking</p>	<p>13</p> <p>8:30 Social Day                      8:30 Aerobics                      9:00 Watercolor Workshop</p>	<p>14</p> <p>8:30 Social Day                      8:30 Toning/Stretching                      8:45 Strolling Group</p>	<p>15</p> <p>8:30 Social Day                      8:30 Aerobics                      9:30 Games/Billiards</p>

<p>9:45 Osteoporosis 11:30 Lunch 12:45 Yoga</p> <p><i>Teach Children to Save Day</i> <i>Pet Day</i> <i>Cheese Fondue Day</i></p>	<p>9:30 Games/Billiards 10:00 Blood Pressure Clinic 11:30 Lunch 1:00 Knitting</p> <p><i>Big Wind Day</i> <i>Library Workers Day</i> <i>Grilled Cheese Day</i></p>	<p>9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga 1:30 Poetry Writing</p> <p><i>Scrabble Day</i> <i>Thomas Jefferson Day</i></p>	<p>9:30 Games/Billiards 11:30 Lunch 12:30 Bingo,Cards,etc. 1:00 Quilting 1:00 Taxes by appointment only</p> <p><i>Reach as High as you Can Day</i> <i>Dolphin Day</i> <i>Pecan Day</i> <i>Equal Pay Day</i></p>	<p>9:45 Osteoporosis 11:30 Lunch 12:00 Bridge 12:30 Tai Chi 1:30 Tai Chi</p> <p><i>National Tax Day</i> <i>Take a Wild Guess Day</i> <i>Day of Silence</i></p>
<p style="text-align: right;"><b>18</b></p> <p><i>Patriots Day</i> <i>Center Closed</i></p>	<p style="text-align: right;"><b>19</b></p> <p>8:00 WCOA Board Mtg. 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 11:30 Lunch 1:00 Knitting</p> <p><i>Hanging Out Day</i> <i>Garlic Day</i> <i>Amaretto Day</i> <i>Education and Sharing Day</i></p>	<p style="text-align: right;"><b>20</b></p> <p>8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Legal by appointment 11:30 Soup &amp; Sandwich 12:00 TSH Book Club 12:45 Yoga 1:30 Poetry Writing</p> <p><i>Look alike Day</i> <i>Pineapple Upside Down Cake Day</i></p>	<p style="text-align: right;"><b>21</b></p> <p>8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling Group 9:30 Games/Billiards 11:30 Lunch 12:30 Bingo,Cards,etc. 1:00 Quilting</p> <p><i>Kindergarten Day</i> <i>Chocolate Covered Cashew Day</i> <i>High Five Day</i></p>	<p style="text-align: right;"><b>22</b></p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 Bridge 12:30 Tai Chi 1:30 Tai Chi</p> <p><i>Earth Day</i> <i>Girl Scout Leader's Day</i> <i>Jelly Bean Day</i></p>
<p style="text-align: right;"><b>25</b></p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga 1:00 Shine by appointment</p> <p><i>Telephone Day</i> <i>East meets West Day</i> <i>Zucchini Bread Day</i></p>	<p style="text-align: right;"><b>26</b></p> <p>8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 11:30 Lunch 1:00 Knitting</p> <p><i>Kids and Pets Day</i> <i>Audubon Day</i> <i>Help a Horse Day</i></p>	<p style="text-align: right;"><b>27</b></p> <p>8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 TSH Book Club 12:45 Yoga 1:30 Poetry Writing</p> <p><i>Babe Ruth Day</i> <i>Administrative Professionals' Day</i></p>	<p style="text-align: right;"><b>28</b></p> <p>8:30 Social Day 8:30 Toning/Stretching 9:30 Games/Billiards 11:30 Lunch 12:30 Bingo, Cards,etc. 1:00 Quilting</p> <p><i>Blueberry Pie Day</i> <i>Poetry Reading Day</i> <i>Poem In Your Pocket Day</i> <i>Workers' Memorial Day</i></p>	<p style="text-align: right;"><b>29</b></p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Chef on a Shoestring 11:30 Lunch 12:00 Bridge 12:30 Tai Chi 1:30 Tai Chi</p> <p><i>Zipper Day</i> <i>Arbor Day</i> <i>Shrimp Scampi Day</i></p>

**OUTREACH INFORMATION**

**Are you or anyone you know in the 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 to 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, 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 Cindy** 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 loss, recovering from personal illness or injury, or have a 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**

**Lyme Disease Basics**  
**April 4, 2016 at 10am**

Barbara S. Smith, WSW is a clinical social worker in private practice in Westport and Portsmouth. She has developed a specialty in the neuropsychiatric complications of Lyme disease and co-infections.

She started the Southcoast Lyme Support Group which met in Westport for several years. She has worked with hundreds of Lyme patients over the past ten years and is very active in Lyme education and advocacy

**TRANSPORTATION**

Transportation is available for Westport elders and handicapped persons of all ages by appointment only.

The cost is \$3.00 one way \$5 round trip.

**Monday– Friday 10:00am-2pm**

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.**



Happy Spring Enjoy this Brain Healthy Smoothie



The ingredients in this smoothie recipe all play a role in improving your mental clarity, memory and overall brain function. Not only due the five ingredients in this smoothie boost your brain health they also taste great in combination !

1 cup apple juice (preferably organic, fresh pressed or juiced)

1/2 cup frozen blueberries

1/2 fresh or frozen medium banana

2 tablespoons goji berries

2 tablespoons hemp seeds

1 teaspoon coconut oil

Place all the ingredients into your high-speed blender and blend for approximately 30-45 seconds

**Elder Abuse is a Serious Issue**

If you have cause to believe that you or someone you know who is 60 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.