

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
Ed Thadeu

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 NEWSLETTER

JUNE 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.

ELDER ABUSE PREVENTION CONFERENCE

June 15, 2016

8:30am to 12:30pm

Bristol Community College (Cafeteria/Building G) 777 Elsbree St. Fall River, MA

Free Breakfast

Resource Tables with Information and Giveaways

Guest Speakers on topics such as: Avoiding Scams, Fraud & Identity Theft

Van transportation available - leaving the Center at 8:00am PROMPTLY

Please sign up/call 508-636-1026 to make reservations for transportation.



HAPPY FATHER'S DAY



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 WCOA office may operate for routine administrative operations only.

Tel: 508-636-1026 / Fax 508-636-1034
Monday-Friday 8:30a.m.-4:00p.m.

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

PROGRAMS FOR MIND BODY AND FITNESS

Program Fees

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

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

SUPPORT GROUPS

Parkinson's Disease

Support Group meeting the **2nd Thursday** of every month @ 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
(508) 567-1735

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 mediums are welcome. Watercolor, oil and colored pencil are just a few mediums used by students. Each student is given personal instruction and guidance based on the subject they are working on.

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
New callers welcome





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

Supporting the Senior Center

P.O. Box N-192

Westport, MA 02790

Greetings from the FWCOA



Keep your eyes out for the yellow membership flyers which are arriving in the mail in June. Remember that all funds derived from this drive are used only for the Senior Center. Kudos to our special volunteer, **Ted Johnson** who tends the garden at the center.

DATES TO REMEMBER

June 20– Annual Meeting after the scheduled FWCOA monthly meeting which starts at 9:45am. All members of the Friends are welcome.

August 16- Annual summer evening concert featuring the Spindle Rock River Rats, antique cars and food from 6pm to 8pm.

August 17– Senior Picnic at noon.

**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.

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

Surf

The reach, crest and plunge
So slow, then free,
then explosive
Beauty and power like hope renewed
Lift from depths that seem without end-
until the next surge

By Peter Lenrow

PODIATRY

Dr. Spiri @ 10:00am

July 8, 2016


Transportation is
available



Call (508) 636-1026

SENIOR HAPPENINGS CALENDAR

JUNE 2016

Monday	Tuesday	Wednesday	Thursday	Friday
		<p style="text-align: right;">1</p> <p>8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga 1:30 Poetry Writing</p>	<p style="text-align: right;">2</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 style="text-align: right;">3</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-Adv 1:30 Tai Chi -Int</p>
<p style="text-align: right;">6</p> <p>8:30 Social Day 8:30 Aerobics 9:00 Representative Schmid 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga</p>	<p style="text-align: right;">7</p> <p>8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards 10:00 Blood Pressure Clinic 11:30 Lunch 1:00 Knitting</p>	<p style="text-align: right;">8</p> <p>8:30 Social Day, 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 style="text-align: right;">9</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 style="text-align: right;">10</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-Adv 1:30 Tai Chi-Int</p>
<p style="text-align: right;">13</p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga</p>	<p style="text-align: right;">14</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 style="text-align: right;">15</p> <p>8:30 Social Day, Aerobics 9:00 Watercolor Workshop 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Legal Assistance by appt. 11:30 Soup and Sandwich 12:00 THS Book Club 12:45 Yoga 1:30 Poetry Writing</p>	<p style="text-align: right;">16</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 style="text-align: right;">17</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-Adv 1:30 Tai Chi-Int</p>
<p style="text-align: right;">20</p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 FWCOA meeting 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga</p>	<p style="text-align: right;">21</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 style="text-align: right;">22</p> <p>8:30 Social Day, Aerobics 9:00 Watercolor Workshop 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga 1:30 Poetry Writing</p>	<p style="text-align: right;">23</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 style="text-align: right;">24</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-Adved 1:30 Tai Chi-Int</p>
<p style="text-align: right;">27</p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games/ Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga</p>	<p style="text-align: right;">28</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 style="text-align: right;">29</p> <p>8:30 Social Day, Aerobics 9:00 Watercolor Workshop 9:30 Games/ Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga 1:30 Poetry Writing</p>	<p style="text-align: right;">30</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 style="text-align: center;">BRIDGE SAME TIME OPEN TO THE PUBLIC</p>



WESTPORT POLICE DEPARTMENT
24/7 safe disposal of expired or unused medication

Bring your expired or unused medication to the Westport Police Station lobby, located at 818 Main Road. There is a free medication disposal box to safely dispose of your expired or unused drugs.

For additional information
contact the Westport Police Department at
508-636-1122

Get Your Ducks in a Row
Don't Miss our next Free Seminar
Sponsored by Surprenant & Beneski

Date: June 15, 2016 Time: 12:30 – 2:00 pm

Place: Westport Council on Aging

Please call to RSVP for this Special Event at 508-525-4300,
Code: WCOA

With Surprenant & Beneski, P.C. you will learn:

How to avoid Probate

How to protect your life savings

How to pass inheritance on to your children

How to save your family's home

What documents everyone should have

LEARN the TRUTH about veterans benefits



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 strive 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.

Referrals come 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, Cindy or Susan at 508-636-1026.



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 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-longswe |
| Educational Programs | Gentle Exercise |
| Current Events | Creative Activities |

Transportation is Available Financial Aid is Available Join us for a FREE trial day

Supportive Day Program Director –Connie McQuoid

Assistant Director –Catherine Lynch

The WCOA has a durable medical equipment “**loan closet**” with wheelchairs, canes, commodes, shower chairs, etc. for Westport elderly and disabled individuals.

We would like to thank our many generous donors for the equipment we are able to loan the Westport Community.

Without your generosity, we would not be able to sustain this program.

We accept clean, gently used medical equipment and unopened supplies.



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.

Anyone wishing to attend
our
Soup & Sandwich
must make reservations.
Call the center
508-636-1026
The price is now \$4.00

The History of Flag Day
On June 14, 1889, George Balch , a kindergarten teacher in New York City planned activities for the children of his school and his idea of observing Flag Day was later adopted by the State Board of Education of New York.
Inspired by three decades of state and local celebrations, then President Harry Truman signed an Act of Congress designating JUNE 14 of each year as



NATIONAL FLAG DAY



From the desk of the Beverly Bisch -Director

I am pleased to introduce our new color format of our monthly Evergreen newsletter. With our goal of becoming more visible in the community and reaching out to the newly retired Baby boomer generation, we hope to expand our already lively senior center with fresh faces, ideas, activities and events. My first year at the Westport Council on Aging has flown by, I find myself ever so impressed at the vitality of our members and volunteers. Gone are the days of the rocking chair grandma and grandpa. Replaced by traveling, walking and hiking groups, aerobics and T'ai Chi classes, art, poetry, and bridge clubs, chef on a shoestring, and active volunteers. The Westport senior center can no longer be thought of as a place where “old folks go”. It is ALIVE and KICKING at 75 Reed Road in Westport MA. Drop in and give it a spin.

I would be remiss if not mentioning the Friends of the Westport Council on Aging and their continued support. The upgrade of our Evergreen newsletter comes at a significant cost, which the Friends generously agreed to fund this year. This group of volunteers work tirelessly to schedule, plan, and work many events in hopes of raising funds to assist the Westport Council on Aging. From all of us at the WCOA, we truly appreciate the support and dedication.

June is the membership drive for the Friends of the WCOA. Please become a member and support your Friends and neighbors.

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.

If you would like to view the Evergreen on line go to
Ourseniorcenter.com