

WESTPORT COUNCIL ON AGING

75 REED RD WESTPORT, MA 02790

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Karin Bergeron –Vice Chair
Cathy Davis-Secretary
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Friends of Westport

Council on Aging

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

Director: Beverly Bisch



MAY 2016 Evergreen

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.

Get Your Ducks in a Row

Don't Miss our next Free Seminar

Sponsored by Surprenant & Beneski, P.C.

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

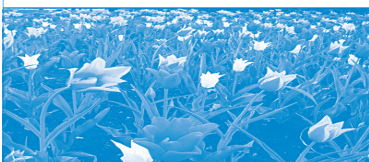
How to increase the amount of income you keep

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



HAPPY MOTHER'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 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 & Tone : Tuesday & 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 & 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

SUPPORT GROUPS

Parkinson's Disease

Support Group meeting

Thursday, May 12, 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 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.

\$10.00 per class

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

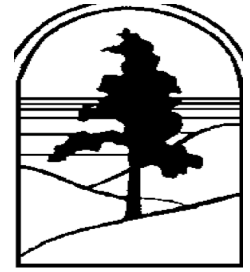




**FRIENDS OF THE WESTPORT
COUNCIL ON AGING, INC.**

*Supporting the Senior Center
P.O. Box N-192
Westport, MA 02790*

Greetings from the FWCOA



At last we are getting nicer weather and hopefully it will continue.

In June, every household will be receiving our yellow membership flyers. We hope our present members will renew and non-members will join. The funds derived from this membership drive are used totally for the Senior Center.

We appreciate Lees Market Community Partners Program and all who submit their Lees register receipts here at the Center.

The Friends receive a check for a percentage of the total receipts submitted.

A goal of the Friends is to provide support for the Social Day Program and continue to maintain an Emergency Fund for the Director of the Senior Center to have for the needy elders.

A HEALTHY AND HAPPY SUMMER TO ALL.

**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.

HEARING LOSS

Mass Audiology will be giving a presentation about hearing loss and hearing aids at

The Senior Center on
May 18, 2016 @
12:00pm.

A free hearing test will be offered at 12:30pm



PODIATRY

Dr. Spiri @ 10:00am

MAY 5,2016


Transportation is available

Call (508) 636-1026

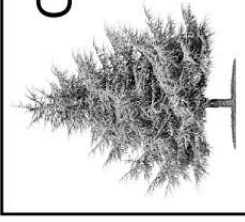


SENIOR HAPPENINGS CALENDAR

May 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:30 Social Day 8:30 Aerobics 9:00 Representative Schmid 9:30 Osteoporosis 11:30 Lunch 12:45 Yoga</p>  <p>Paul Schmid 9-10am at the Center</p>	<p>3</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>4</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>5</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>6</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-Advanced 1:30 Tai Chi -Intermediate</p>
<p>9</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>10</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>11</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>12</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>13</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-Advanced 1:30 Tai Chi-Intermediate</p>
<p>16</p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:45 Yoga</p>	<p>17</p> <p>8:00 WCOA board Mtg. 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:30 Games/Billiards</p>	<p>18</p> <p>8:30 Social Day 8:30 Aerobics 9:00 Watercolor Workshop 9:30 Games/Billiards 9:45 Osteoporosis 10:00 Local Activities</p>	<p>19</p> <p>8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling Group 9:30 Games/Billiards 11:30 Lunch</p>	<p>20</p> <p>8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 Bridge</p>

<p>12:45 Yoga 1:30 Lunch 1:00 Knitting</p>	<p>10:00 Legai Assistance by appl. 11:30 Soup and Sandwich 12:00 THS Book Club 12:45 Yoga 1:30 Poetry Writing</p>	<p>12:00 Bridge 12:30 Tai Chi-Advanced 1:30 Tai Chi-Intermediate</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>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>8:30 Social Day 8:30 Aerobics 9:30 Games/Billiards 9:45 Osteoporosis 11:30 Lunch 12:00 Bridge 12:30 Tai Chi-Advanced 1:30 Tai Chi-Intermediate</p>
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<p>Center Closed Memorial Day</p>	<p>“MAY” IS LYME AWARE- NESS MONTH</p>	<p>Don't miss out on the sounds of spring! Free hearing tests At the COA on May 18th at 12:30</p>



Coming in June! A bright, shiny Evergreen newsletter in color!
Thanks to our wonderful Friends Group.
 Come join us. Membership drive starts June 1.



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, Cindy or Susan 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 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
Daily structured and supervised activities
Morning/afternoon snacks
Nutritious Lunch
Educational Programs
Current Events

Therapeutic Games
Day Trips
Health Clinics
Sing-a-longs
Gentle Exercise
Creative Activities

Transportation is Available

Financial Aid is Available



*Supportive Day
Enjoying the warm
Sunshine
On the patio at the
Westport Council
On Aging*

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

SUNRISE

I woke up this morning, and feel to my knees,
Gave thanks for the sunlight as shown through the trees
It gladdened my heart as it filled me with joy
With a feeling unknown since I was a boy
By John B Caron

Older Americans Are Blazing A Trail
Celebrate Older Americans Month in May

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential rolls in the nation’s economy, politics and the arts.

Older Americans’ Month was first established back in May 1963 by John F. Kennedy. There were 17 million Americans age 65 or older. In 2014, there were 44.7 million Americans age 65+. They account for approximately 14.5% of the U.S. population. In the next 25 years 1 in 5 Americans will be an older adult. Older Americans are more engaged than ever. 19% of older Americans are employed, and many of them have full time year-round jobs. This number has tripled since 1993 and the number of Americans age 75 or older has increased by 140%. It is estimated that by 2033 the number of Americans aged 65 or older will outnumber Americans aged 18 or younger. According to Secretary of EOEAA we share a vision where all adults and individuals with disabilities will have the resources they need to live well and thrive in every community in the Commonwealth. We encourage you to get involved by engaging in your community, participating in the dialogue about Older Americans month, and by blazing you own trail

Contact your local Area Agency on Aging: Or call 1-800-677-1116.

If you have a computer you may type www.ageinfo.com or call 1-800-243-4636.

You may also Discover OAM: Visit <http://acl.gov/olderamericansmonth>.

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.

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FRI. 11:30AM-2AM

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or (508) 636-6097
www.McBloomLaw.com

Call for a complimentary initial consultation at one of our offices in the vicinities of **Westport** and **Canton, MA**

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