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.

June 14, 2017

ELVIS IS IN THE BUILDING

Elvis will be here on June 14th starting at 12:30 p.m. Lunch will be hamburgers and hot dogs served at 11:30 a.m. Reservations are required and a $4.00 donation will be greatly appreciated.

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 center office may operate for routine administrative operations only.

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

Visit us on Facebook: Wcoa Council

If you would like to view the Evergreen on line, go to: Ourseniorcenter.com
**PROGRAMS FOR MIND BODY AND FITNESS**

* Aerobics: Monday, Wednesday and Friday 8:30-9:30 am  $30.00/month due the 25th of the month
* Stretch & Tone: Tuesday and 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 and Wednesday 12:45-1:45 pm  $5.00/ Class
* Watercolor: Wednesday, 9:00 am-12 Noon  $10.00/Class
* Men’s Exercise Class: 3:15-4:15pm  $25.00/month due the 25th of the month

* A physician authorization form is available at the COA that states this would be beneficial is required.

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**OSTEOPOROSIS**

Monday, Wednesday, and Friday 9:45 AM—11:00AM

An exercise program 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. An authorization form, which is available at the WCOA, must be completed by your physician for this class.

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**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 a Tuesday morning and join the group.

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**STROLLING GROUP**

**Stroll your way to fitness**

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

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**BINGO**

Every Thursday, 12:30 –2:30 PM at the WCOA. Coffee and pastry served at the break. New callers welcome.

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**BLOOD PRESSURE CLINIC**

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

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**JOIN US FOR  ART CLASSES**

Every Wednesday 9AM-12 Hosted by Robert Abele, who 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.

FEE $10.00 per class.

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**LEGAL CORNER 2017**

The 3rd Wednesday of each month from 10:00AM to 11:30AM by appointment only

Jennifer Heald, a local attorney, will be meeting individuals for 30 minute appointments every month. The Attorney is experienced in a broad variety of legal areas with expertise in Basic Estate Planning, including Living Trusts and Wills.

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**SUPPORT GROUPS**

**SUPPORT GROUPS**

**Visually Impaired People**

Meets Tuesdays from 11:00 AM to 12:00 PM
St. Peters Episcopal Church, 351 Elm St, Dartmouth, MA.

**Parkinson’s Disease**

Meets the 2nd Thursday of every month, 1:00 PM at the Dartmouth COA on Dartmouth St. S Dartmouth, MA.

**Scleroderma**

Meets on the 3rd Tuesday of each month 6:30–8:30 PM at Stop & Shop, 2nd floor conference room, 501 Rodman St. Fall River, MA. Christine T. Maroney, 508-675-4152
Donna Bernier, 774-488-6775

**Grandparents Raising Grandchildren**

Meets the 3rd Tuesday of every month from 6-8 PM at 181 Hillman Street, Lower Level-Senior Support Center
New Bedford, MA.

**Alzheimer’s & Dementia Caregivers**

Family Resource Center 45 Rock St, Fall River, MA
3rd Friday of each month 1:00-12:30 PM
Must register, please call (508) 775-5656.

OR

2nd Tuesday of each month from 12:30 –2:00 PM and 4th Tuesday of each month from 6:00-7:30 PM
Catholic Memorial Home 2446 Highland Ave. Fall River
Greetings from the FWCOA

April showers bring May flowers, but June brings the membership drive for the Council on Aging. Soon the mail will bring you the form. Please join again this year, we need your support. Any monies raised during this drive are used only for the Senior Center.

Dates to Remember:
June 19– Annual Meeting after the scheduled FWCOA monthly meeting which starts at 9:45 AM. All members of the Friends are welcome.
August 15– Annual Summer Concert- music, antique cars, and food 6-8 PM.
August 16– Senior Picnic at noon.

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

The donation is $3.00 one way $5.00 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 give a two week notice.

WESTPORT FREE PUBLIC LIBRARY
OUTREACH TO THE HOMEBOUND HOME DELIVERY SERVICE

Know of a relative, friend or neighbor who is homebound and has no access to our local library? 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 Westport residents. For information call 508-636-1100.

DO YOU ENJOY TRAVELING??

Do you have a group of friends, family, or colleagues that you want to travel with? Bloom Tours can run any tour listed on their website for a group of 30 or more. They will also customize a tour to fit your needs. Hotels, guides, attractions, tours and of course the motor coach can all be handled by their tour department.
Call Wendy at 1-508-678-0218 for more information.

*********************** ATTENTION ***********************

Westport Family Medicine no longer has walk-in service. They now offer Same Day Care on Tuesdays and Fridays. For more information call, 508-636-5101.
Southcoast Urgent Care accepts walk-in patients, no appointment needed. Go to Southcoast.org for complete information.

New at the Westport Apothecary - Blister Packing.
For more information, call 508-636-5957.
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**Coming in June!** A bright, shiny Evergreen newsletter in color! **Thanks to our wonderful Friends Group.** Come join us. Membership drive starts June 1.
**MEN’S HEALTH MONTH**
The purpose of Men’s Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

**THE BASICS:** Statistics show that most men need to pay attention to their health. Compared to women, men are more likely to: smoke, drink alcohol, make unhealthy choices, put off regular checkups and medical care. The good news is that you can start taking better care of your health today.

**HOW CAN I TAKE CHARGE OF MY HEALTH?**
- See a doctor for regular checkups even if you feel fine. This is important because some diseases don’t have symptoms at first. Plus, seeing a doctor will give you a chance to learn more about your health.
- Get screening tests that are right for you.
- Make sure you are up to date on important shots.
- Get preventive care to stay healthy.
- Get screening tests to find problems early.
- Get your blood pressure checked, your cholesterol, and blood sugar.
- Get tested regularly for colorectal cancer.
- Talk with your doctor about your risk for abdominal aortic aneurysm (AAA).

**10 SIGNS OF CATARACTS**

**DEFINITION OF CATARACTS**—An eye disease that involves the clouding or opacification of the natural lens of the eye. If you have several of the following signs and symptoms, there’s a good chance you may have cataracts:

- Yellowish or Brown Color in the Eyes
- Sensitivity to Light
- Cloudy Vision
- Frequently Needing Stronger Glasses
- Difficultly Driving at Night
- Glare During the Day
- Double Vision
- Increased Nearsightedness
- Change in How You See Color
- Vision That Becomes Filmy

Cataracts are one of the leading causes of blindness in the United States. If not treated, cataracts can lead to blindness. In addition, the longer cataracts are left untreated, the more difficult it can be to successfully remove the cataract and restore vision. During Cataract Awareness Month in June, the American Academy of Ophthalmology reminds the public that the early detection and treatment of cataracts is critical in preserving sight.

**JUNE IS NATIONAL SAFETY MONTH**—focusing on reducing leading causes of injury and death at work, on the road and in our homes and communities.

**Top Causes of Unintentional Injury and Death in Homes & Communities**
1. Poisoning- more than 90% of all poisonings happen at home. The most common poisoning is from prescription drugs-particularly opioid pain medication.
2. Motor Vehicle Crashes- are the #1 cause of death for children and young adults ages 5-24, and the #2 cause of death for adults 25 and older and for toddlers according to the Centers for Disease Control.
3. Falls- are the leading cause of injury. While falls can happen anywhere, they most often occur at home.
4. Food- is often responsible for choking incidents in the elderly. Living alone, having dentures, or difficulty swallowing can increase the risk. Learn the Heimlich maneuver and the universal sign for choking.
5. Drowning- Always practice water safety at pools, the beach, and bathtubs.
6. Fires & Burns- Ensure smoke alarms are in working order and have a fire escape plan.
7. Natural & Environmental Incidents- Have a medical supply kit, make a family emergency plan. Learn what to do in different types of emergencies.
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, 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 departments, 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 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-long
- Gentle Exercise
- Creative Activities

Our program includes:

Transportation is Available    Financial Aid is Available    Join us for a FREE Trial Day
Supportive Day Program Director –Connie McQuoid  Assistant Director –Catherine Lynch

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 state-wide Elder Abuse Hotline at 1-800-922-2275.
**24/7 SAFE DISPOSAL OF EXPIRED OR UNUSED MEDICATION**
A free medication disposal box, to safely dispose of your expired or unused drugs, is located in the Westport Police Station lobby 818 Main Rd.
For additional information
Contact the Westport Police Department 508-636-1122

**LOCATION FOR THE FOOD PANTRY**
The Westport Food Pantry is located at the rear entrance of the former Westport Middle School 400 Old County Rd Westport, MA.
774-201-0566 TUESDAY 2:30—5:30 Proof of residency is required.

**GRILLING SAFETY**
Propane and charcoal grills should only be used outdoors. The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches. Keep children and pets at least three feet away. Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill. Never leave your grill unattended. Always make sure your gas grill lid is open before lighting it.

**CHARCOAL GRILLS** - There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel. If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire. Keep charcoal fluid out of the reach of children and away from heat sources. There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoors. When you are finished grilling, let the coals completely cool before disposing in a metal container.

**PROPANE GRILLS** - Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill. If the flame goes out, turn the grill and gas off and wait at least 5 minutes before re-lighting it.

**SOUP & SANDWICH**
JUNE 21, 2017
Clam Chowder & Tuna Salad
Anyone wishing to attend must make reservations by calling 508-636-1026. The price is $4.00.

**Bristol County Mosquito Control Project**
Spraying requests will be accepted beginning on May 22
If you wish to have your property sprayed, call the Board of Selectman Office at 508-636-1003 and ask for Diane.
You may call Bristol County directly at 508-823-5253 or Fax 508-828-1868 or e-mail a spray request to: RequestBristolMCP@comcast.net

**FLAG DAY CELEBRATED**
On June 14, 1777, John Adams spoke about the flag at a meeting of the Continental Congress in Philadelphia. He said, "Resolved, that the flag of the thirteen United States shall be thirteen stripes, that the Union be thirteen stars, white on a blue field, representing a new constellation.” There have been twenty-seven official versions of the flag so far; stars have been added to it as states have entered the Union. The current version dates to July 4, 1960, when Hawaii became the 50th state.

**HOW HOT DOES a SPARKLER BURN?**
Water Boils at 212 degrees Fahrenheit
Cakes bake at 350 degrees Fahrenheit
Wood burns at 575 degrees Fahrenheit
Glass melts at 900 degrees Fahrenheit
Sparklers burn at 1200 degrees F—hot enough to cause 3rd degrees burns.

Sparklers account for more than 1/4 of emergency room firework injuries, according to NFPA (National Fire Protection Association). In addition fireworks, cause an average of almost 18,500 reported fires per year and thousands of burns and eye injuries.
For more information visit www.nfpa.org/education