

**WESTPORT COUNCIL  
ON AGING  
75 REED RD WESTPORT, MA  
02790**

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**Director: Beverly Bisch**



**EVERGREEN NEWSLETTER  
JANUARY 2021**

**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.



**HOLIDAY GIFT BASKETS  
GENEROUSLY DONATED BY THE  
FRIENDS OF THE WESTPORT  
COUNCIL ON AGING AND MADE  
BY LEE'S MARKET BEING  
DELIVERED TO SENIORS TO ADD  
A LITTLE HOLIDAY CHEER.**

## **Seasons Greetings Residents of Westport**

Does the thought of doing paperwork for public benefits give you anxiety?

Have you ever wondered if you would qualify for **SNAP**?

**SNAP** (Supplemental Nutrition Assistance Program) is designed to help those who need food assistance.

Even if you have money in the bank, you still may qualify!

My name is Cindy Kinnane, and I am an Outreach Specialist with the COA here in Westport. My main focus is to help people apply for, and re-certify for SNAP while educating them on how to maximize their benefits. I will walk you through the process every step of the way.



- Did you know that you can use your SNAP EBT card for Walmart grocery and Amazon food delivery?
- Did you know there is an extra \$40.00 a month for fresh fruits and vegetables for single/couple households on your card right now? Ask me about the HIP program.
- Call Cindy Kinnane to get more information about SNAP benefits and other programs. 508-636-1026/1027. We can work together safely over the phone. All calls are confidential.
- *This institution is an equal opportunity provider and employer. This message is funded in part by the USDA. USDA is an equal opportunity provider and employer.*

**Officers:**

Judy Menard-President  
Susan Read-Vice President  
Carol Skarbo-Treasurer

***FRIENDS OF THE WESTPORT  
COUNCIL ON AGING, INC.***  
*Supporting the Senior Center  
P.O. Box 4228*



***Happy New Year from the Friends!!***

***Greetings from the Friends and a hearty welcome to 2021!!***

The year 2020 is coming to a close, and what a year it has been! We greet 2021 with the news that a Co-vid vaccine is on the way, and hope that it will be here soon. Even so, we remain mindful that our precautions, including social distancing and mask wearing, will have to continue for the months ahead.

The Friends have continued our support activities in spite of the many restrictions. We acknowledge and applaud the Westport Food Pantry and recognize its remarkable efforts to meet the growing food needs of the members of our Westport community, including many seniors. We are pleased to be the Pantry's fiscal partner, and to supplement their December food distribution by donating chocolates and our FWCOA jar openers for the holidays.

The Friends are also supporting those served by the Westport Council on Aging by donating food baskets from Lees Market, also with our jar openers.

Stay safe and healthy and enjoy the Holidays! We look forward to a year ahead filled with joy and a renewed sense of appreciation for all we hold dear.



### 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 the Elder Abuse Hotline at 1-800-922-2275 to file a confidential report.

### 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 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 contact Andrea, Cindy or Susan at 508-636-1026.**

The WCOA has durable medical equipment “**loan closet**” with wheelchairs, canes, 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.

**Please CALL ahead before bringing in donations (508) 636-1026.**



➤ Reach the Senior Market  
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## **FROM THE DESK OF THE DIRECTOR OF WESTPORT SENIOR SERVICES**

**Hello from the Westport Senior Center. I think everybody is relieved to see the end of 2020 and wishing for a healthy and Happy New Year in 2021.**

**Below is an update on the progress of the Technology Group written by  
Technology Coordinator, Eileen Moncrief.**

**Westport Council on Aging      Technology for Seniors Survey**

During the Fall 800 seniors in Westport responded to a questionnaire asking about their use of technology. The response was loud and clear; Westport Seniors want to stay connected and wanted to know more about technology. In response, the Director and Friends are planning for providing new ways to offer programs.

A group of seniors volunteered and have been meeting to explore what and how to offer different services and programs. The Technology Advisory Group (TAG) is working to develop services and online programs to help envision how the COA can actively serve Westport seniors in this COVID era.

Some ideas the TAG is exploring include the possibility in offering a “Help Desk Line”, to offer over the phone service for seniors. They are also exploring the need for low cost internet services and additional hot spots around the Town to allow people to use internet from a parked car.

We are also exploring the purchase of a dedicated phone line for folks who do not have or do not use technology, reminiscent of the old ‘party line’ from back in the 1950’s.

If you would like more information or volunteer to develop technology for seniors and our town, please contact at COA at 508-636-1026.

**With this newsletter comes news of COVID vaccines and hopefully, the beginning of the end of this quarantine. Until such time as you are able to receive your vaccine, we must remain vigilant in wearing masks, washing hands, social distancing, and following the safer at home protocol. Now is not the time to let down our guard. If we continue the safety protocols, we hope to host a grand re-opening in 2021 with a new and improved senior center to welcome all our Westport seniors.**



**THANK YOU CAMPAIGN** - During this most difficult year, it has been through the advocacy and support from our local elected officials that has allowed us to continue to provide support to Westport seniors and residents.

Write to: Senator Michael Rodrigues

Somerset Town Hall

140 Wood Street

Somerset, MA 02726

Michael.Rodrigues@masenate.gov

Representative Paul Schmid III

1 Government Center,

Fall River, MA. 02720

Paul.Schmid@mahouse.gov



## 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. **Call 508-636-1100.**



## FREE OIL PORTRAIT OFFER

Local artist Lenny Karp is offering a free oil portrait to a few residents of the Westport/Dartmouth area. He is looking for someone to whom a portrait would have special meaning. Possibly of someone who has recently passed or a beloved pet. There is no charge for this portrait, as Lenny would just like to give back and enjoys painting. Please call the center for more information and we will forward your request to Lenny. 508-636-1026 ask for Josh.

## APPLICATION FOR FUEL ASSISTANCE

The Outreach Department at the Council On Aging will be here to help assist the community in filling out applications for help with your winter fuel.

There will be many people who may need this in wake of the Corona Virus. Please schedule an appointment with our Outreach Department for any help you may need at (508-636-1026/1027)



Below is the 2021 schedule of cooking/nutrition segments. Each segment will highlight a nutrition theme, recipe demonstration and overall 'edutainment' for our older adults in Massachusetts. Each session and its corresponding materials will be available on our [YouTube](#) channel by the start of each month. Bookmark and subscribe to this channel, making sure to allow notifications for new content uploads. The corresponding recipe and tip sheet will be linked to each video .

<https://www.youtube.com/channel/UCni0v6q4GyzcattR5EfZLNq/featured>



Massachusetts Councils On Aging

# Menu

## COOKING AS SELF CARE

<p><b>Serving Up.....</b></p> <p><b>January</b> <i>One Pot, One Pan</i>                    \$0.00</p> <p><b>February</b> <i>Bowl O'Goodness</i>                    \$0.00</p> <p><b>March</b> <i>Fads &amp; Myths</i>                    \$0.00</p> <p><b>April</b> <i>Diversity Eats</i>                    \$0.00</p> <p><b>May</b> <i>Eat for Better Sleep</i>                    \$0.00</p> <p><b>June</b> <i>Meal Rut, Stuck in a</i>                    \$0.00</p> <p><b>July</b> <i>Seasonal Picnic</i>                    \$0.00</p> <p><b>August</b> <i>Waste Not</i>                    \$0.00</p> <p><b>September</b> <i>Nutrient Nitty Gritty</i>                    \$0.00</p> <p><b>October</b> <i>Cooking for One</i>                    \$0.00</p> <p><b>November</b> <i>Holiday Features</i>                    \$0.00</p> <p><b>December</b> <i>Cozy Comforts</i>                    \$0.00</p>	<p><b>Sides Included.....</b></p> <p>Recipe Demo                    \$0.00</p> <p>Nutrition                    \$0.00</p> <p>Information                    \$0.00</p> <p>Food Safety Tips                    \$0.00</p> <p>Bad Jokes                    \$0.00</p> <p><b>Extras.....</b></p> <p><i>Recipes are chef's choice and will vary by season. They can be found each month on MCOA's website.</i></p> <p><i>Be wary of your own allergies and final cooking temperatures.</i></p>
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**Thank you!**

413-527-5425, [www.mcoaonline.com](http://www.mcoaonline.com)



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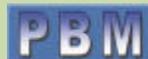


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