



*Mt Washington
Council on Aging Newsletter
Winter 2017*

*"Every gardener knows that under the
cloak of winter lies a miracle"*

Luther Burbank

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What's going on for you off the mountain?

The two towns of Egremont and Mount Washington have put their efforts together to provide an entertaining, informative and comprehensive Senior Program for their areas through the two Councils on Aging. Monthly luncheons (first Wednesday of the month October through June) are a delightful way to enjoy a delicious lunch of soup and sandwiches catered by The Gt Barrington Bagel Store followed by interesting presentations that have thoughtful take -aways. Our next event March 1 will be a discussion with Egremont Chief of Police, Tyler Race on "scamming." April brings two events :April 5th is a photography session with Doane Perry (hint: bring your iPhone) and April 9th will be a musical interlude with pianist Matei Varga. May will have a cooking demo and June wraps up with the annual French Park Picnic. Thanks to the Keen family and The Egremont Village Inn, where the monthly lunches and presentations take place.

There are exercise activities at various and convenient locations such as The Claire Teague Center, Gt Barrington, Sheffield Senior Center , Simon's Rock and Balancise at the So. Egremont Congregational Church.

Questions? Call Egremont Town Hall 413 528 0128 ext 17 or Mt Washington Town Hall 413 528 2839



Announcements Hear Ye! Hear Ye!

Soup-er March 15, 2017 noon Town Hall

Art-Play Workshops

February 26, 1pm Town Hall

March 12, 1 pm Town Hall

March 26, 1 pm Town Hall

Monthly luncheons and presentations first Wednesday of each month twelve noon
at Egremont Village Inn– details on cover page

FIRST SOUP-ER OF 2017 WAS FOR THE HALE & HEARTY

Dianne Salamon

An ice storm hit Mt. Washington on the morning of our first Soup-er Wednesday and calls were flying; should we cancel? The road crew had been working before the early dawn hours taking care of the roads so how could we let them down? They needed nourishment and we would not fail them. And fail, we did not!!! People started arriving right on time at Town Hall with pots of soup, freshly baked bread (warm from the oven), and many muffins and cookies. It was a true hale and hearty feast for all. It was heart-warming to see the effort people made, donning their Yak-Traks and snow boots to attend and have an opportunity to get together and thank Pete, Jonathan and the Park's guys, Paul and Jimmy, for their diligent work.

Our next Soup-er is Wednesday, March 15 th at 12.00. If you are interested in participating, Dottie Bonbrake coordinates all our efforts. Let her know what you want to bring or she can give you an assignment,. You reach her at dottiebonbrake@townofmtwashington.com or 528 4202

This is a Council on Aging event and we appreciate everyone's presence and participation.

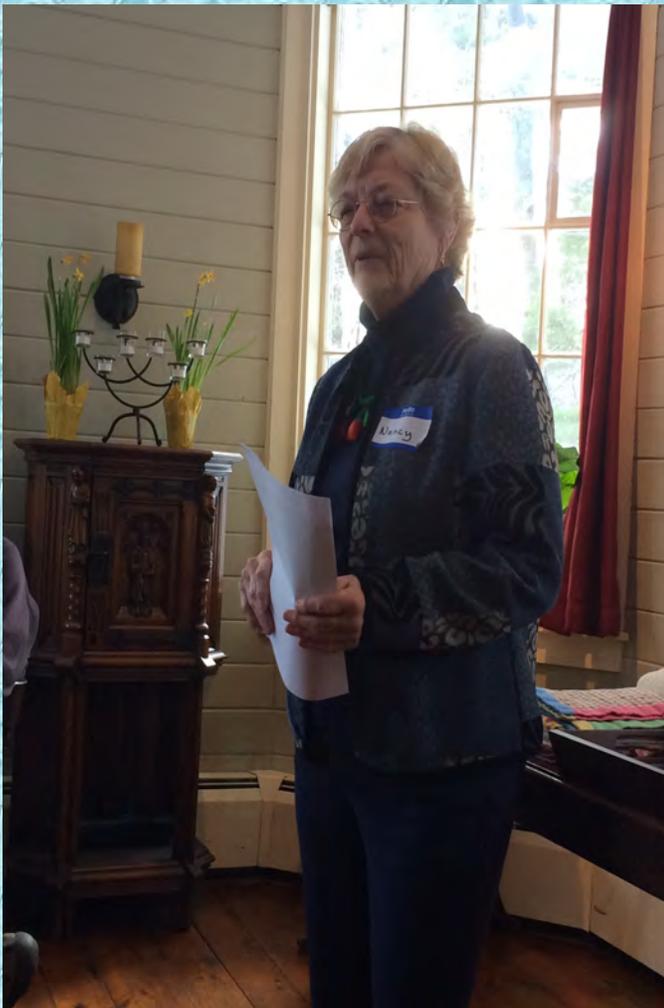


Mt Washingtonians enjoy soup and conversation at our first Soup-er of the winter season.

Art Play Workshops in Mt Washington

Dianne Salamon

This is Nancy Wright's and Kathy Huckin's second year of giving Art Play workshops, featuring quilting. We have been meeting at the Town Hall on Sunday afternoons and are having the best time. You need no experience in art, quilting or sewing, just a little sense of adventure. Many of us have not used a sewing machine since Home Economics class. Kathy helped us all stitch straight lines. We have been making "wonky squares" and creating fabric squares from a favorite visual image. In addition we are each working on a personal project as well as a cooperative project. Personally I am having a fantastic time. I have had a chance to tap into creativity which was dormant, keep up with friends and make new friends. It is such a fun and supportive group and we always look forward to our next session. Deanne Moscovitz finds the whole experience to be "relaxing." Thanks again to Nancy and Kathy and the COA for putting this program together. We are fortunate to have such talented and gracious neighbors.



Nancy Wright presents in South Egremont (above)



We pick fabric out (upper right)



The Art Play group (lower right)

My Winter Prescription

Hit List for the Body

Cory Hines

I don't know about you but I have found, as I age, that the body is asking for more attention. In winter especially with frigid air around me as I walk, or inside, with the drying properties of heat, I've started a new a set of practices which – when younger – I would have thought extravagant.

Now, the mind has shifted and I think of these practices as 'what I do' in this season to keep healthy and invigorated.

Walking when the sun is bright and strong is such an energizer. Breathing in as much fresh air as possible, I add an 'art' component, making observations of the stark beauty all around me which later I convert into a collaged landscape.*

- Following a good walk, I make a foot bath with Epsom Salts & Lavender Oil and enjoy soaking my feet while enjoying a nice cup of tea. Afterwards I put on my favorite socks (from Darn Tough in Vermont, darntough.com) and lose myself in a good mystery.
- Before winter begins I make sure I have two body massages scheduled: one at the beginning of winter and one at the end to 'cue' my body up to the season's beginning and then it's conclusion.
- At the beginning of the day, I inhale natural botanicals such as rosemary and peppermint to clear the sinuses and any lingering congestion from the night's sleep. On my new favorite website, TheGrommet.com, I found a product called "Clear My Head" which packages a mix of botanicals and essential oils in a sturdy glass jar.
- I purposefully create a menu that is filled with good nutrients, using recipes that excite the eye and scintillate the taste and smell buds. If finding the ingredients involves a marketing adventure, all the better!

These are the things that work for me - maybe you'd like to adopt a practice and/or tell us about what you do to keep yourself healthy and invigorated in the cold of winter.

- I learned how to do this in a series of workshops (on the mountain) with Nancy Wright. The series, entitled "Playing with Art," is offered in winter to stimulate our creativity and provide new learning.



AFTERNOON WITH MOUNTAIN MAN AND STORYTELLER - DAVID WHITBECK

Dianne Salamon

It was a great way to spend an afternoon in November listening to tales of mountain life through the eyes of our own Dave Whitbeck.

He shared stories of his learning the ropes of hunting with his father and adventures of his own. He has encountered all sorts of wildlife up here on the mountain of which there are many but even Dave can be leery of a pack of coy dogs and hunker down on his perch until they lose interest in him and run for cover of his truck.

The tracking of the Timber snakes in the area was fascinating. Dave has ferreted out their dens, captured the snakes, brought them home (to Kathy's "delight!"...not!) where they get tagged and released back into their natural habitat. We all know who to call if we have an issue with snakes as Barbara Greenberg related her story where Dave helped out.

We have all had our encounters with Mt. Washington wildlife, I personally have fox as regulars and a young moose at the house, but nobody seems to love making acquaintances with these critters like Dave.

A Potluck meal was followed and if you have never been to a Mt. Washington Potluck, you don't know what you are missing - they are amazing. Really gourmet!!!

This was a presentation by the Council on Aging of Mt. Washington, bringing stories and interests of one, to all.



Potluck at David's presentation—Looks and was wonderful!

Each fall we sponsor a presentation of interest to the community. Any ideas for 2017?

Our Thanks to You

MK Austin

It's hard to believe that Cory Hines and I have just completed our fifth year with the Mt Washington Council on Aging. Here we go into our sixth year! Thank you for all the work you have done to make it a success from volunteering to take a neighbor to the doctor or hospital to lending a hand with grocery shopping for those who are temporarily homebound.

Ongoing programs include: Tai Chi, Nancy Wright, Meditation, Elizabeth Kasevich, Caregiver Support, Cory Hines and MK Austin, Hats for Hudson, Elizabeth Kasevich, collaborations with Egremont COA, Dianne Salamon. Seasonal programs include Soup-ers Dottie Bonbrake, and Playing with Art, Nancy Wright, in the winter, aging well community conversations, Ben Green, in the summer. Great Courses, Sandy Winters and our annual community event featuring a Mt Washington friend and neighbor. Harry Garrett, John Hay, Elizabeth Kasevich, Peggy Whitbeck, Nancy Wright and David Whitbeck have been our presenters so far.

Special thanks go to the folks who have come to us and said "I think I'd like to start an interest group." Some of the interest groups have become so popular that it may be time to start second groups on the same topic. Cory and I meet every Wednesday at 11 am at the Town Hall and are available for support and brainstorming and helping to organize. We are too small a community to segregate ourselves within our town by age or any other measure. All of our events are open to all ages and points of view and we have been greatly enriched by that.

Nancy Wright, Elizabeth Kasevich, Dianne Salamon, Dottie Bonbrake, Ellis Gross and Sandy Winters deserve extra special thanks for all of the concern and creativity they have given to the town in their various programs and all of the volunteers who have taken part in the programs as presenters, participants and contributors.

Cory and I are so thankful for your generosity and your many examples of what the word community means.



BE ALERT TO TAX SCAMS!

Beware of fake IRS communications. Remember:

The IRS WILL NEVER call to demand immediate payment using a specific payment method. If you owe any taxes the IRS will mail you a bill.

The IRS WILL NEVER threaten to immediately bring in local police or other law enforcement groups to have you arrested for not paying.

The IRS WILL NEVER demand you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.

The IRS WILL NEVER ask for credit or debit numbers over the phone.

The IRS WILL NEVER initiate contact with taxpayers by e-mail.

The IRS does not threaten taxpayers with lawsuits, imprisonment or other enforcement action. For more details check out Consumer Alerts at the IRS website.

Courtesy of the Office of the Commonwealth's Comptroller

Some folks on the mountain have received scamming phone calls such as the ones described above.
Don't fall for it!

