WARNING:
There is a SCAM CALLER targeting Seniors.

It was reported to the District Attorneys Office and they recommended that I share it with our COA.

We received an intimidating message on our telephone answering machine.

It was a woman's voice which was confident and scary. She said, "PLEASE CALL 929-268-1035 AS SOON AS POSSIBLE. THERE ARE SERIOUS ALLEGATIONS AGAINST YOU AND WE WOULD LIKE TO TALK TO YOU BEFORE UNDERTAKING LEGAL ACTION......"

I called the D.A.'s Office and asked them to call to check out who it was.

The D.A. attorney told me that it is very difficult to track those calls, but I thought it would be good to let the SCAMMERS know that the D.A. was alerted about them. When I called the SCAM # today, a recording said, "THIS TEL. # IS NO LONGER IN USE."

If you receive a similar call, please report it to the D.A.'s Office.

John Sheehan
### SOUTHAMPTON COA VAN FARES

<table>
<thead>
<tr>
<th>Location</th>
<th>Fare</th>
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<tbody>
<tr>
<td>In Town</td>
<td>$1.25 one way/$2.50 round trip</td>
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<tr>
<td>Senior Center</td>
<td>$0.75 one way/$1.50 round trip</td>
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<tr>
<td>Adjacent Cities/Towns</td>
<td>$1.75 one way/$3.50 round trip</td>
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<td>(Easthampton, Holyoke, Westfield, Westhampton and Montgomery)</td>
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<tr>
<td>All other Cities/Towns</td>
<td>$2.25 one way/$4.50 round trip</td>
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<td>Additional Stops</td>
<td>One way fare for that town for each stop</td>
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</table>

**And remember NO tipping the drivers, it is against regulations**

The van is owned and principally owned and funded by (FRTA) Franklin Regional Transit Authority. The Franklin Regional Transit Authority (FRTA) requires that all new van riders, 60+, complete an application and be approved by them before riding the van. Call 529-2105 with any questions.
Southampton Council on Aging

210 College Highway, Suite 3
413-529-2105

We are here for you….

Monday - Thursday 8:30 a.m. – 3:00 p.m.

Joan Linnehan COA Director - coadirector@townofsouthampton.org
Darlene Matyoka - Administrative Assistant coaaa@townofsouthampton.org
Florence Collins - Volunteer Coordinator - coavolunteer@townofsouthampton.org
Richard Homan - Mon-Thurs Van Driver  Hank Senecal - Friday Van Driver
Richard Bauman - SHINE Coordinator – call 527-8199 for an appointment

FY 18 COA Board Members

Chair- Janet Cain, Vice Chair -Elizabeth Plouffe, Treasurer -Josie Alderman
Secretary-Lori Loiselle, Nilda Cohen, Dorothy Putnam, Katherine Lorigan

No July meeting—Wed. August 1, 2018 @ 9:30am upstairs meeting room

Board Applications are available outside the Town Administrators office.

Resources:

Highland Valley Elder Services: 800-322-0551
Executive Office of Elder Affairs: 800-243-4636
Elder Abuse Hotline: 800-922-2275
Mass Senior Legal Helpline (Free): 866-778-0939
Medicare: 800-633-4227
Social Security: 800-772-1213 / Holyoke Office: 877-480-4989
Community Action (Fuel Assistance): 800-370-0940

Northampton Main Office: 413-582-4230
SNAP (Supplemental Nutrition Assistance Program): 866-950-3663

Hatfield Office: 413-247-9738 #142
Assistance Available to Our Seniors

We have volunteers paid and unpaid available for many services:

- Basic Carpentry
- Housework
- Handyman Jobs
- Bookkeeping
- Basic Electrical
- Hair Care
- Transportation
- Yard Work
- And more…

Please call Flo @ Our Center for more information.

(413) 529-2105 The coordination of this program is made possible by a grant from the Executive Office of Elder Affairs.

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SENIORS WELCOME TO TRIAD MEETING

The next TRIAD meeting will be held at the Southampton Senior Center on Monday, August 27th @ 10:30am

Help plan for the Shredding date

Sat. September 8th 9am-11am

In the Town Hall Parking Lot

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Stay Healthy and Hydrated this Summer

The Food Bank of Western Massachusetts offers free nutrition education programs to our member agencies.

When: Tuesday July 10, 2018

11:30AM-1:00PM

Where: Council on Aging

210 College Highway, Suite 3

Southampton, MA 01073

Contact: Joan Linnehan

Phone: (413) 529-2105

Learn About:

- Stay Hydrate—not only by drinking water
- Food Safety in Warm Weather
- Saving money on fruits and vegetables
- Making delicious recipes without heating up your kitchen
Our Senior Scoop

Attention Pitch Players!!
Thursdays @ 1 pm
We know you are out there.
Meet new people, visit with friends.
Come join Us!!

Healthy Bones & Balance Class
Tuesdays 9am-10:15 am
&
Thursdays 11am-12:15pm

Gentle Chair Yoga Classes
Taught by Michele Morales-Wolk
Thursdays @ 9:30am
$30 for a 6 wk session

Friends of the Southampton Council on Aging had a very successful Annual Picnic on Monday, June 11th. Sunny skies, delicious food from Hamel’s Catering, great music & wonderful company. About 75 people attended including our Town Administrator Ed Gibson, DA David Sullivan, Select Board members Reeney Grodin and Francine Tishman our FOSCOA Treasurer & very involved with running the picnic, Andrea Sullivan, Recording Secretary also instrumental in organizing this event. We had a wonderful visit from the FOSCOA Chair Carolyn Gero still recovering from a recent illness. Vicki Zabawa received a TRIAD award for her many years of service. Also 97 year old Ruth Webber celebrated her birthday! The next meeting will be the first Tuesday, August 7th @10:30 to plan the fall lunches & events. Please join us!!!!

2 Summer Day Bus Trips:
Sign up for a day trip with us!
All Trips are leaving from Tractor Supply, Southampton.
FOSCOA & Senior Center Trips are sponsoring the following:

1. Tues. July 17th, $103/pp, @ 7am
   Travel to Galilee RI and take a Ferry to Block Island with lunch at the National Hotel.

2. Tues. Aug. 21st, $83/pp, @ 8:45am
   Off to Plymouth MA the Pilgrim Belle Paddle Wheeler. Lunch at Issac’s on the Waterfront.
From the Director’s Chair

So Summer is finally here!

Summer Rules
Travel ~ Vacation
Be Grateful for today
Celebrate Everything
Relax & Unwind
Nap often
Eat plenty
Sip a Drink
Share stories & Laugh
Take a walk
Watch the Sunset

July
Corinne Garstka 7/2
Joyce Boucher 7/4
Harriet Abel 7/5
Maureen Groden 7/7
Francine Tishman 7/7
Richard Homan 7/7
Ingrid Warren 7/12
Gregory Camp 7/14
Dorothy Putnam 7/16
Joan Banas 7/16
Judith Gibson 7/17
Mary Balfour 7/25
Andy Pignatere 7/28

August
Barbara Gauger 8/4
Art Lawrence 8/9
Joanne Moynahan 8/10
Virginia Ahart 8/14
Charles Fisher 8/14
George Symborski 8/16
Barbara Eagan 8/16
Flo Collins 8/17
Joan Newton 8/17
Trudi Warner 8/17
Bill Osley 8/18
Roz Morin 8/19
Edward Gwinner 8/23
Victoria Zabawa 8/23
Constance Baron 8/24
Barbara Johnson 8/24
Charlotte Owen 8/26
PHOTOS & MEMORIES

Cub Scout Pack 210
Weed, Plant & Mulch to get their Service Pins

Seniors Celebrate! Freedom & Birthdays

Nancy Hughes & Abby a Morkie & Nancy’s Classic Covair
CALLING ALL
BINGO LOVERS
Come play with Us!
Every
Wednesday @ 12:30 p.m.

The SCOA newsletter &
calendar can be viewed on
our Website
townofsouthamptonma.org
(Refresh Page to view)

TRIAD House
Numbering Program
A house number on a metal
post can be installed
next to your driveway
so that emergency personnel
may be able to easily locate
your home.
A $5.00 donation is appreciated.
Please call 529-2105 to request.

Free Blood Pressure
Clinic
Provided by our local
Fire Department
Wed. July 18, 2018
Wed. August 15, 2018
@ 10:30am

Gary Winn
Hearing Clinic
New Ears Affordable
Hearing Care
Tuesday, July 24, 2018
Tuesday, August 28, 2018
9:30am-11:30am
Hearing Test and Advice

Calling ALL
BINGO LOVERS
Come play with Us!
## August 2018

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Van Rides</td>
<td></td>
<td></td>
<td>9 am Free Coffee</td>
<td>9:30am Chair Yoga</td>
<td>Van Rides &amp; Grocery shopping</td>
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<tr>
<td>9am Tai Chi DVD</td>
<td>9:10:15am Healthy Bones &amp; Balance</td>
<td>9am Free Coffee</td>
<td>11-12:15 Healthy Bones &amp; Balance</td>
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<tr>
<td>10am Walking Club</td>
<td>10:30 FRIENDS meeting</td>
<td>10am Walking Club</td>
<td>11:30 Lunch BYO</td>
<td>1pm Pitch</td>
<td>Van Rides &amp; Grocery shopping</td>
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<td></td>
<td>1:00pm Line Dance</td>
<td>12:30 Bingo</td>
<td>7pm Conant Park Concert TST</td>
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<td>10am Walking Club</td>
<td>12 noon Root Beer Floats $2.00</td>
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<td>11-12:15 Healthy Bones &amp; Balance</td>
<td>11-12:15 Healthy Bones &amp; Balance</td>
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<td>1:00pm Beginners Line Dance</td>
<td>10:30 Free B.P. Clinic</td>
<td>11:30 Lunch BYO</td>
<td>1pm Pitch</td>
<td>Van Rides &amp; Grocery shopping</td>
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<td>12:30 Bingo</td>
<td>7pm Conant Park Concert Union Jack</td>
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<tr>
<td>Van Rides</td>
<td>9am Tai Chi DVD</td>
<td>8:45 Trip to Pilgrim Bells in Plymouth</td>
<td>9:30am Chair Yoga</td>
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<td>1:00 Beginner Line Dance</td>
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<td>12 noon Ice Cream</td>
<td>11:30 Lunch BYO</td>
<td>12:30 Bingo</td>
<td>1pm Pitch</td>
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<td>1:00pm Line Dance</td>
<td>12:30 Bingo</td>
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<td>Every Day ~ Van Rides</td>
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<td>9:30am Chair Yoga</td>
<td>Van Rides &amp; Grocery shopping</td>
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<td>~ Computers</td>
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<td>9:30 Hearing Clinic</td>
<td>Van Rides &amp; Grocery shopping</td>
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<td>~ Exercise</td>
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<td>10am Walking Club</td>
<td>Van Rides &amp; Grocery shopping</td>
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<td>~ Puzzles</td>
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<td>11:30 Lunch BYO</td>
<td>Van Rides &amp; Grocery shopping</td>
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<td>~ Book Nook</td>
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<tr>
<td>5pm Weather permitting Trip to Concert at Stanley Park Eagles Experience</td>
<td>Van Rides 9am Tai Chi DVD 10am Walking Club</td>
<td>9am Free Coffee 10am Walking Club 11:30 Lunch BYO 12:30 Bingo 7pm Concert, Dan Kane</td>
<td>9:30am Chair Yoga 11-12:15 Healthy Bones &amp; Balance 1pm Pitch</td>
<td>Van Rides &amp; Grocery shopping</td>
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<td>8am-3:30pm FOOT CARE Van Rides 9am Tai Chi DVD 10am Walking Club</td>
<td>9:10:15am Healthy Bones &amp; Balance 12 noon Root Beer Floats $2.00 1:00 Beginner Line Dance</td>
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<td>AUGUST 1</td>
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<tr>
<td>5pm Weather permitting Trip to Concert at Stanley Park Union Jack</td>
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