

WORTHINGTON

COUNCIL ON AGING

DECEMBER Newsletter

ALL COA FUNCTIONS ARE FRAGRANCE FREE

The mission of the Worthington Council on Aging is to identify needs of those in our community age 60 and over and endeavor to develop programs, services and activities to meet those needs. The COA also has a commitment to educate the community at large to the needs of an aging population.

MEALS ON WHEELS - HIGHLAND VALLEY ELDER SERVICES -
Donation requested 800-322-0551 OR 413-586-2000

***ELDER ABUSE** - 800-922-2275 OR 413-586-2000 (ELDER ABUSE refers to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult 60 OR OVER)

OSTEOPOROSIS EXERCISE CLASS - Maples I Common Room
Monday & Friday 10:30-11:30 (Worthington)

TOWN ADMINISTRATIVE ASSISTANT, Peggy O'Neal
Mon, Tues, Weds 12-7, Thurs 8-3, Fri 8-12

KNITTING GROUP - Tuesdays 3-5 - COA Office
Questions call Helen Pelletier 238-4418

COFFEE AND CARING - 1st Thursday of each month
10:30 - COA Office Questions call Sandy Epperly - 238-5584

This newsletter is partially funded by the Executive Office of Elder Affairs through funding under the Federal Older American Acts, the Town of Worthington, the Rolland Fund and private donations.

Worthington COA Coordinator - Sandy Epperly
413-238-5584 - Office 238-5532

COA e-mail address - coa@worthington-ma.us

FOOT NURSE -

Kip Moeller - Last Wednesday- Goshen Town Hall -
Appt. necessary - \$30 fee Call Liz 413-268-7122

Diane Roeder - Wednesdays - Chesterfield
Community Center (formerly Sr. Center) -
Appt. necessary - \$30 fee - 413-374-0457
toesandsolesrn@gmail.com

SHINE COUNSELOR -

Jesse Pulitzer-Kennedy 2338-4144

HILLTOWN VAN - CALL 413-268-7582 NIGHT
BEFORE - Small fee ~ Must **have completed, approved, "Demand Response Application" from FRTA** The van will pick up at your door!!

Exercise Classes in Chesterfield - Beginner's T'ai Chi, Advanced T'ai Chi, Chair Yoga, and Feldenkraus - see chart in newsletter. Fee or donation for all.

HILLTOWN SOCIAL SERVICES - 413-667-2203.

GOSHEN FOOD PANTRY - Wednesday
1-3 open for Worthington (3rd Wednesday 1-6)
413-268-7578.

VETERAN'S AGENT - Tom Geryk - 2nd & 4th
Tuesday 10-12 Worthington COA office - 1-877-0128 tgeryk@northamptonma.gov

IF YOU WOULD LIKE THIS NEWSLETTER VIA E-MAIL, PLEASE SEND YOUR REQUEST TO COA@WORTHINGTON-MA.US WITH "NEWSLETTER" IN THE SUBJECT LINE. PLEASE NOTE YOUR PHYSICAL ADDRESS FOR RECORD KEEPING. THE E-MAIL ADDRESS WILL NOT BE SHARED.



Monday, December 8 2014

11:45 ~ Annual 60 and

over residents of

Worthington COA

Holiday Party ~

RHC Cafeteria ~

(Huntington Road)

Music of the season ~~

Elizabeth Barbour, violin

Richard Benoit, classical guitar

Light hors d'oeuvres

followed by a scrumptious ham dinner with all the fixing's - compliments of the Rolland Fund . We will end our meal with a delicious cake made for us by Lynne Scott and cookies from Calvin Coolidge Rehab.

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Thanks to Price Rite and Pittsfield Price Chopper for their donations.

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After enjoying the company of friends and a terrific meal, we will be entertained by the children of the Conwell School!

*Reservations are a must by
December 3 ~ call Sandy Epperly
238-5584.*

Don't forget items to be placed on the COA Knittin'Tree as we enter the Holiday Party - warm socks, hats, mittens, gloves, gloves, scarves - they can be handmade or store purchased ~ the items will be donated to those in need in our local communities. Be as generous as you can.



If school is cancelled due to the weather, any scheduled COA function will also be cancelled **(except the holiday party)!**

The holiday party is by reservation; **IF** you made a reservation and the party is cancelled, you will receive a phone call – if you do not receive a phone call, the party will take place!

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*Holiday wishes to you and your family during this season of celebration from your COA Board*

*Camille Smith, Chair;*

*Laurie McAnulty, Co-Chair;*

*Helen Pelletier, Secretary;*

*Helyn Myrick, Larry Mason, Lorraine Kerley,*

*Pat Kennedy and Coordinator, Sandy Epperly*

## Check out what's going on!

The Chesterfield COA has received a grant from Highland Valley Elder Services to offer classes in their Community Center to seniors in Goshen and Worthington. These classes have a fee or requested donation. Please call the Chesterfield COA for more info – 296-4007. (The Worthington Osteo classes are sponsored by RSVP and do not require a fee)

CH= Chesterfield, GOSH= Goshen, W=Worthington

And **Fridays** have the Osteoporosis Classes in Worthington at Maples I

| Week 1 Monday                                                                                                                                                                                                                      | Tuesday                                                                      | Wednesday                                           | Thursday                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------------------------------|
| <b>CH</b> Advanced T'ai Chi<br>9:30-10:30<br><b>W</b> Osteoporosis Ex<br>10:30-11:30<br><b>CH</b> Feldenkraus 7-8                                                                                                                  | <b>CH</b> Chair Yoga<br>10-11<br><b>W</b> Knitting 3-5                       | <b>GOSH</b> Food Pantry<br>1-3                      | <b>CH</b> Beginner's<br>T'ai Chi 6:30-7:30pm<br><b>W</b> Coffee & Caring<br>10:30 |
| <b>Week 2</b><br><b>CH</b> Advanced T'ai Chi<br>9:30-10:30<br><b>W</b> Osteoporosis Ex<br>10:30-11:30<br><b>CH</b> Feldenkraus 7-8<br><b>W</b> <b>Holiday party –</b><br><b>11:45 –</b><br><b>RESERVATIONS</b><br><b>NECESSARY</b> | <b>CH</b> Chair Yoga<br>10-11<br><b>W</b> Knitting 3-5<br><b>W</b> VSO 10-12 | <b>GOSH</b> Food Pantry<br>1-3                      | <b>CH</b> Beginner's<br>T'ai Chi 6:30-7:30pm                                      |
| <b>Week 3</b><br><b>CH</b> Advanced T'ai Chi<br>9:30-10:30<br><b>W</b> Osteoporosis Ex<br>10:30-11:30<br><b>CH</b> Feldenkraus 7-8                                                                                                 | <b>CH</b> Chair Yoga<br>10-11<br><b>W</b> Knitting 3-5                       | <b>GOSH</b> Food Pantry<br>1-6<br>(Worthington 1-6) | <b>CH</b> Beginner's<br>T'ai Chi 6:30-7:30pm                                      |
| <b>Week 4</b><br><b>CH</b> Advanced T'ai Chi<br>9:30-10:30<br><b>W</b> Osteoporosis Ex<br>10:30-11:30<br><b>CH</b> Feldenkraus 7-8                                                                                                 | <b>CH</b> Chair Yoga<br>10-11<br><b>W</b> Knitting 3-5<br><b>W</b> VSO 10-12 | <b>GOSH</b> Food Pantry<br>1-3                      | <b>CH</b> Beginner's<br>T'ai Chi 6:30-7:30pm                                      |

The **Feldenkrais Method** - Awareness Through Movement (ATM) classes

ATM is designed to develop flexibility, strength, balance, and mobility. Together we enact these benefits by using your attention while making small, comfortable movement patterns that are verbally led. At the end of a lesson most everyone will feel a seemingly magic new sense of self! The believing comes with the doing. Try a class and learn how to improve through easy movement. ~ Michele Morales Wolk, Feldenkrais Practitioner

**Chair Yoga** - emphasis in these gentle classes is on body awareness and self care with practices that improve breathing, balance and flexibility. Modified yoga poses in or with the support of a chair encourage increased range of motion. Many of the movements are ones that seniors find similar to courses of physical therapy they have been prescribed. Developing breath awareness helps with blood pressure and stress issues as well as pain management. ~ Sarah Prince, Instructor



**Our handsome looking veteran's at our Veteran's Celebration on  
November 10** —photo by Elodi McBride

*Life only comes around once,  
So do whatever makes you happy, And be with  
whoever makes you smile.*

**Hilltown Community Development .....**

currently has CDBG funds available and are accepting applications for ROOFS and HANDICAP ACCESSIBILITY work in Goshen, Peru, and Worthington. Funds are limited so please apply early! These are NO interest / NO payment loans that may be forgiven over 15 years, and all repairs are performed by a licensed contractor of your choice. The structure has to be owner-occupied, single family residence. The home has to be owned for at least one year, and there are no age restrictions as far as the applicants are concerned. The homeowner needs only be income eligible. Please contact Paula Bilodeau, Housing Rehab Program Manager, at (413) 296-4536, ext. 123, or email: [paulab@hilltowncdc.org](mailto:paulab@hilltowncdc.org) for an application. (Funding is provided by the US Dept. of HUD/DHCD and MA CDBG Programs.)

## **GIVE BLOOD – GIVE LIFE**

### **How much blood is usually needed various for medical procedures?**

|                                 |                       |
|---------------------------------|-----------------------|
| Coronary Artery Bypass          | 1 to 5 units          |
| Fractured Hip/Joint Replacement | 2 to 5 units          |
| Cardiovascular Surgery          | 2 to 25 units         |
| Bleeding Ulcer                  | 3 to 30 units         |
| Brain Surgery                   | 4 to 10 units         |
| Auto Accidents/Gunshot Wounds   | up to 50 units        |
| Organ Transplant                | up to 100 units       |
| Bone Marrow Transplant          | up to 2 units per day |
| Sickle Cell/Aplastic Anemia     | up to 4 per week      |
| Cancer                          | up to 8 per week      |

Why does it seem like there's always a blood shortage? Medical advances have improved the treatment of serious illness and injury. These advances have increased the need for blood and blood products. Also, "baby boomers", which make up the majority of blood donors, are aging. As they grow older, fewer are eligible to give blood, yet more of them need blood as their health declines.

## **FLU SHOT**

The timing of flu is unpredictable and can vary from season to season. Seasonal flu activity can begin as early as October and Continue to occur as late as May. Flu activity most commonly peaks in the US in January or February. So....with that being said, it's the time of the year again – time to get your flu shot. The Centers for Disease Control and Prevention (CDC) is urging everyone above six months of age to get their flu shots.

The flu shot is by far the best way to protect against influenza. Plus, if you have been vaccinated and still get the flu, your symptoms will likely be milder. The chances of having serious complications that land people in the hospital are smaller if they've been vaccinated. Vaccines are some of the safest medical products. But, like any other medical product, there may be risks. Talk to your health care provider about the value of vaccines and their side effect. Flu shots are available through doctor's offices, local health clinics, many drugstores and even big box stores.

*(Massachusetts VFW News)*

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BE SAFE - BE WARM - CAREFUL SHOVELING!

Don't forget to make your reservation for the party on Monday, December 8 (238-5584) – AND don't forget to call for space at the writing workshop beginning in January (238-0299)!