

WORTHINGTON **COUNCIL ON AGING** **DECEMBER Newsletter**

ALL COA FUNCTIONS ARE FRAGRANCE FREE

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)

RSVP Healthy Bones and Balance- Maples Common Room
Monday & Friday 10:30-11:30

TOWN ADMINISTRATIVE ASSISTANT, Peggy O'Neal Mon,
Weds, Thurs: 8-4 Tues: 9 AM-4, 5-9 PM

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@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
Appt. necessary - \$30 fee –413-374-0457
toesandsolesrn@gmail.com

SHINE COUNSELOR -
Lorraine York-Edberg lyork@edberg@fchcc.org
413-773-5555 ext 2275

HILLTOWN VAN - CALL 413-268-7582 NIGHT BEFORE
- Small fee ~ **must have completed "Demand Response Application"** from FRTA.

CHAIR YOGA - Chesterfield Community Center –Tuesdays
10AM \$3.00 Donation requested

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 -
Town Hall – 2nd and 4th Monday 9-11am – **NOTE**
CHANGE OF PLACE, DATES/ AND TIME! 1-877-821-
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 ADDRESS WILL NOT BE SHARED



Monday, December 14, 2015

11:45 ~ Annual 60 and

over residents of

Worthington COA

Holiday Party

*Russell H Conwell School -
Huntington Rd.*

~~Music of the season~~

Elizabeth Barbour, violin

Richard Benoit, classical guitar

Light hors d'oeuvres

followed by a scrumptious stuffed pork dinner

with all the fixing's - compliments of the

Rolland Fund ~ prepared by Wally Fritz.

We will end our meal with a delicious cake

made for us by Lynne Scott. AND OF COURSE, THE

WONDERFUL FAVORS THAT SURPRISE US EVERY YEAR

WITH CREATIVITY MADE BY LORRAINE KERLEY - as

well as a surprise favor provided by the Tesla's!

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After enjoying the company of friends and a terrific meal, we will be entertained by the school children.

*Reservations are a must by December 7
~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, scarves - they can be
handmade or store purchased ~ the items will be
donated to those in need in our local communities.
Please 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, Pat Kennedy, Barb Pease and Coordinator, Sandy Epperly*

### Interested in volunteering?

Join the volunteer staff of RSVP (the Retired and Senior Volunteer Program) and help to support non-profits in your community. If you are over 55 and have a few hours each week or month to volunteer your time, experience, interests and talents, they have dozens of opportunities with area organizations that need you. RSVP is a federal Senior Corps program, sponsored locally by the Hampshire Council of Governments, working with 58 non-profits and over 600 volunteers in Hampshire and Franklin Counties. Contact Pat Sicard, [psicard@hampshirecog.org](mailto:psicard@hampshirecog.org) or call 413-584-1300 x183 to discover your perfect match. RSVP offers free liability insurance to all volunteers, mileage reimbursement if needed and other benefits.

There are numerous volunteer opportunities in our own community – secretary for the COA board - the library – the school – volunteerism is helpful to your own health.....give it a try! Contact the Worthington Coordinator (238-5584) – Sandy Epperly – the library and/or the school!

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Have you seen the new Regional Newsletter? It has been sent as an attachment to e-mail copies – stapled to the hard copies and this month we are having it as a separate stand alone issue. This newsletter advertises a lot of the hilltown COA programs that you are welcome to join. We would appreciate your feedback – have you been able to attend a function in another town; are you interested in other hilltown programs? Your feedback is very important!! Please talk with a board member or Coordinator Sandy Epperly.

*RECEIVED TOO LATE TO PUT IN
PRINTED NEWSLETTER -
SHERRIE KEITH HIGGINS IS
SELLING WREATHS AND
CEMETERY BOXES AT THE
STORE AND DONATING 20% OF
THE PROCEEDS TO THE
WORTHINGTON COUNCIL ON
AGING – PLEASE KEEP THIS IN
MIND WHEN SHOPPING FOR
HOLIDAY DECORATIONS AND
GIFTS. THANK YOU SHERRIE!!*