

WORTHINGTON

COUNCIL ON AGING FEBRUARY

2015 Newsletter

If school is cancelled due to weather, there will be no COA functions.

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

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@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 238-4155

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 \$10//mo. or \$3-5 per session for
drop-in's.

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 and
4th Tuesday - 10-12 - Worthington COA office -
1-877-821-012 tgeryk@northamptonma.gov8

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

WINTER HEATING SAFETY

The recent extremely cold temperatures have demonstrated the potential dangers associated with utilizing 'alternative' methods to heat your home, particularly if you lose your primary heating source due to a power outage or to lack of fuel. Home fires occur more in winter than in any other season. Many of these home fires are caused by the improper use of space heaters, as well as fireplaces and wood stoves. The [U.S. Fire Administration \(USFA\)](#) advises the following [heating and carbon monoxide](#) tips to help stay safe this winter season:

Portable Heaters

- Only use portable heaters from a recognized testing laboratory.
- Make sure the heater has an automatic shut-off so if it tips over, it shuts off.
- Keep anything that can burn such as bedding, clothing and curtains at least three feet away from the heater.
- Plug portable heaters directly into outlets. Never plug a portable heater into an extension cord or power strip.
- Turn heaters off when going to bed or leaving the room.

Fireplaces

- Keep a glass or metal screen in front of the fireplace to prevent embers or sparks jumping out.
- Do not burn paper in the fireplace.
- Put the fire out before going to sleep or leaving the home.
- Put ashes in a metal container with a lid, outside, at least three feet from the home.

Wood Stoves

- Have the chimney inspected and cleaned each year by a professional.
- Make sure the wood stove is three feet away from anything that can burn.
- Do not burn paper in the wood stove.
- Put the fire out before going to sleep or leaving the home.

Carbon Monoxide

- When using heaters that require fuel, install a carbon monoxide detector.

Courtesy of:

Peter W. Judge Massachusetts Emergency Management Agency

WORTHINGTON FEBRUARY 2014

COUNCIL ON AGING NEWSLETTER

MONDAY, FEBRUARY 9

Held at the Conwell School – Huntington Road

11:45 – BLOOD PRESSURES

12:00 – POTLUCK LUNCHEON

12:35 – ENTERTAINMENT

Due to the weather the January luncheon was cancelled – NOW, let's hope Mother Nature doesn't call for another storm for our February luncheon! Join us in the school cafeteria for a delicious potluck luncheon – enjoy your friends and neighbors – make new friends.

Monday our entertainment will be *Betty Barbour* who will play the Celtic harp. Betty lives in West Worthington with her husband, Dick Benoit. They have provided the music for our Holiday Party (classical guitar and violin) the last several years. Betty was snowed out in January and graciously agreed to play for us at our February luncheon

Betty studies the Celtic, or lever harp, with Barbara Russell of Shutesbury. She is studying the harp primarily to use in her playing for patients in hospitals and nursing homes. Currently she is playing the violin in that capacity, having gained certification in the Music for Healing and Transition Program.

Betty has degrees from Smith College and the University of Massachusetts. She is retired from General Dynamics, and now enjoys more time for gardening and horseback riding in West Worthington.

JOIN US ON MONDAY, FEBRUARY 9 TO SOCIALIZE, EAT AND RELAX!!

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**If school is cancelled due to weather, there will be no luncheon.**

#### Did you know?

Traveling by steamboat was considered the height of comfort. Passenger cabins on the boats were not numbered. Instead they were named after states. To this day cabins on ships are called staterooms.

## Scam Alert

The IRS is NOT calling you! Just hang up! You may receive a phone call with the person demanding money or saying that you, the taxpayer, have a refund due. What the scammer is trying to do is get your personal information. Don't try to argue with them - just hang up. Also, do not be fooled by websites that are trying to look like the official IRS page. The official IRS website is: [www.irs.gov](http://www.irs.gov). Make sure that's the page you're at, not any site ending in .com, .net, .org or anything besides .gov. Please also note that the IRS does not send registration forms by email. If you receive one, from a scammer, forward it to [phishing@irs.gov](mailto:phishing@irs.gov) and then delete the email.

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A teenager told his mother, "Mom, there are a half dozen men downstairs with vacuum cleaners. They all say they have an appointment to give demonstrations."

"Great!" she said. "Put them in different rooms and tell them to get busy".

(American Legion Magazine/February 2015)

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The Writing Workshop with Patty Kimura (Worthington) and Bill Latimer (Cummington) is full. This six-week course will begin February 13. Sorry if you waited too long to reserve a space!! Thanks to Patty and Bill for providing these classes thru the Worthington COA.

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The Worthington COA is seeking a volunteer to help with secretarial duties for the board. Is anyone interested in preparing the newsletter? Speak with Sandy Epperly 238-5584 or any board member – Camille Smith, Helen Pelletier, Laurie McAnulty, Lorraine Kerley, Helyn Myrik, Larry Mason or Pat Kennedy.

HAPPY VALENTINE'S DAY



Love may not make the world spin around, but it certainly makes a lot of people dizzy.