

WORTHINGTON

COUNCIL ON AGING

MAY 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

HEN COORDINATOR - Worthington - Helen Pelletier - 238-4418 and/or Amy Phinney - 413-655-0123

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 - 1-877-821-0128 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

SATURDAY, MAY 30

2-4 pm

**ORIGAMI
WORKSHOP**

WITH YOKO KENDALL

Reservations necessary

Call Sandy Epperly

238-5584

No Charge for the Workshop –
supplies will be provided.

The **IRS is STILL NOT CALLING YOU!!** Despite prior notices, a southeastern MA senior was the victim of an “IRS” scam –at **347-389-0029**. The scam includes a **second fraud** number **202-239-1716** for the senior to call with her account information; she was told not to give that number out to anyone. PLEASE WRITE THESE NUMBERS DOWN AND BE AWARE!!

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***It Takes a Village***, a mother support organization, is seeking **home visit volunteers** for mothers with infants living in the Hilltowns. Volunteers are matched with a local family, help with household chores or holding baby, and make weekly two-hour visits for up to three months. Many retirees enjoy this work because it gives them a chance to spend time with a baby and use their (grand) parenting skills for a good cause. If interested, please complete an application on our website at: [hilltownvillage.wordpress.com](http://hilltownvillage.wordpress.com), or call **413-650-3640** to request a paper application. You may also email [hilltownvillage@gmail.com](mailto:hilltownvillage@gmail.com) for more information.

May 16 The Huntington Lions Club Annual Senior Appreciation Luncheon – VFW in Russell – 11:30-1:00 – Turkey, stuffing, mashed potatoes, gravy, carrots, cranberry sauce, bread, dessert and choice of drink. Reservations are a must by calling Worthington coordinator, Sandy Epperly at 238-5584 or Estelle Janisieski at 413-568-5418. **NO LATER THAN MAY 9<sup>TH</sup>**  
**PLEASE ONLY SENIORS 60 YEARS OR OLDER.**

Monday, June 8 – Potluck Luncheon with presenter Mary Koncel, Berkshire Humane Society

Monday, July 13 – Annual Picnic at the Rod and Gun Club – Music by Pete Mclean and friends.....PLUS wonderful food.



The resignation of Lorraine Kerley from the COA Board was accepted with regret. Lorraine will be missed. She was such a big help at our lunches and programs. We hope to see her around often! Thanks, Lorraine, for your contributions to the COA; especially the special Christmas ornaments you've made for so many years!

We welcome the return of Barb Pease to the board. Barb was appointed by the Board of Selectmen to fulfill Lorraine's term.

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It is often said that before you die your life passes before your eyes. It is in fact true. It's called living. (Sir Terry Pratchett – British author, 1948-2015)

MAY MONTHLY POTLUCK LUNCHEON

MONDAY, MAY 11, 2015

(HELD IN RH CONWELL SCHOOL CAFETERIA)

11:45 – Blood Pressures with Hilltown Ambulance

12:00 – Potluck Luncheon

12:35 – Speaker

Our speaker for the May potluck luncheon is Allan Ouimet, ,
LICSW-MA, LCSW-CT. Executive Director,
Highland Valley Elder Services.

Highland Valley offers a Home Care Program, Nutrition Program (Meals on Wheels), Money Management Program, Home Care Resources, Community Care Options, Protective Services for Elders-at-Risk and Your rights as a Long-Term Care Resident "the Ombudsman Program".

The mission statement of HVES is "Highland Valley Elder Services serves older adults and their families through collaboration, education, advocacy, and a range of programs designed to support them where they live".

Come and meet Allan; bring your questions!

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Thanks to RJ Beaudry for supplying the edible bird nest center pieces for our tables at our April meeting – a touch of Spring!

**~ HAPPY MOTHER'S DAY ~**

**~CELEBRATE MEMORIAL DAY ~**