

# WORTHINGTON

## MAY 2016 Newsletter for those 60 and over

**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)

**HEALTHY BONES AND BALANCE CLASS** - Maples I Common Room Monday & Friday 10:30-11:30

**TOWN ADMINISTRATIVE ASSISTANT**, Peggy O'Neal: Mon, Tues AND Thurs 9 AM-5 PM, Weds 12-7 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](mailto:coa@worthington-ma.us)

**FOOT NURSE** - Diane Roeder - Wednesdays -  
Chesterfield Community Center (formerly Sr. Center)  
Appt. necessary - \$30 fee - 413-374-0457  
[toesandsolesrn@gmail.com](mailto:toesandsolesrn@gmail.com)

**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.

**HEN PROGRAM** – Helen Pelletier 238-4418 and/or  
Amy Phinney 413-655-0123

**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  
Monday – 9-11 - Worthington Town Hall -  
1-877-821-0128 [tgeryk@northamptonma.gov](mailto:tgeryk@northamptonma.gov)

IF YOU WOULD LIKE THIS NEWSLETTER VIA E-MAIL,  
PLEASE SEND YOUR REQUEST TO [coa@worthington-ma.us](mailto:coa@worthington-ma.us) WITH "NEWSLETTER" IN THE SUBJECT LINE.  
PLEASE NOTE YOUR PHYSICAL ADDRESS FOR  
RECORD KEEPING. THE ADDRESS WILL NOT BE  
SHARED



## **Older Americans Are Blazing a Trail Celebrate Older Americans Month in May**

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

We thought you'd find these stats about Older Americans Month of interest:

- When Older Americans' Month was first established by President John F. Kennedy in May 1963, there were 17 million Americans age 65 or older. As of 2014, there were 44.7 million Americans age 65+, and they account for approximately 14.5% of the U.S. pop. In the next 25 years 1 in 5 Americans will be an older adult.<sup>1</sup>
- 10,000 Americans turn 65 each day, and this year marks the first time that members of the baby boomer generation will turn 70 years of age.
- Older Americans are more active and engaged than ever. 19% of older Americans are employed, and many of them, 4.9 million, have fulltime year-round jobs.<sup>2</sup> This number has tripled since 1993. Furthermore, the number of Americans age 75 or older that are working has increased by 140%.
- It is estimated that by 2033 the number of Americans aged 65 or older will outnumber Americans aged 18 or younger.

While Executive Office of Elder Affairs promotes the independence, empowerment, and well-being of older adults, individuals with disabilities, and their caregivers adults year-round, we see Older Americans Month as a way to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own.

According to Secretary of EOEA, Alice Bonner, PhD, RN, "At Executive Office of Elder Affairs we share a vision where all adults and individuals with disabilities will have access to the resources they need to live well and thrive in every community in the Commonwealth. We encourage you to get involved by engaging in your community, participating in the dialogue about Older Americans month, and by blazing your own trail! "

***Want to help in Worthington?? Talk to a board member or Coordinator Sandy Epperly at 238-5584 to offer your services and/or suggestions.***

**Our sympathies to the family of Kip Moeller who offered foot nurse services to hilltown seniors in the Goshen Town hall.**

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# ***60 and Over potluck luncheon***

***MONDAY, February 8, 2016***

**RH Conwell School Cafeteria**

**Blood Pressures 11:45**

**Potluck Luncheon 12:00**

**Entertainment - Mary Wheelan**

**Worthington resident, Mary Wheelan, singer/songwriter, is the producer and host of a TV show called *The Song*. The series has so far been about 140 episodes featuring songwriters from Massachusetts, other states and even other countries. Mary is also a retired senior center director. While she was running the South County Senior Center in South Deerfield she started doing a TV show called *From the Center* through Frontier Community Access Television. That led to her producing *The Song* when the station manager was looking for ideas for more programs. In addition, Mary is a member of *Visioning BEAR Singers*, a drum group that performs Native American style music, both traditional and original. Mary will sing some of the songs she has written for the group and others that she has written for her solo gigs.**

**Recently Mary was trained in circle process and would like to apply what she has learned to a circle including an activity where participants would share songs or lyrics they have found healing. Anyone interested in participating in such a circle should feel free to speak with Mary about it or with Sandy Epperly.**

**JOIN US FOR FRIENDSHIP, LUNCH AND TO HEAR THE CHILDREN OF THE CONWELL IN SONG AT THE END OF OUR PROGRAM!**

**DONATION CANS WILL BE ON THE TABLES – THESE MONIES HELP OFFSET LUNCHEON EXPENSES!**

***WORRYING does not take away tomorrow's TROUBLES; it takes away today's PEACE.***

# **MY LIFE, MY HEALTH**

## **NOTE CHANGE OF DATES**

The **Hilltown Community Health Center** is offering a free, six session series of **My Life My Health** for anyone living with a chronic condition and looking for ways to regain control of their health. The sessions are designed to assist adults with a variety of health issues including hypertension, arthritis, heart disease, stroke, lung disease, cancer, depression, and diabetes.

Classes will meet **each Thursday starting May from 1:30 to 4 pm at the Worthington Council on Aging Office** located at the RH Conwell Elementary School on Huntington Road in Worthington. The series will end **June 9**. The classes will be facilitated by CDSMP certified trainers Diane Meehan and Janet Dimock of the HCHC HealthWise program. To register or for more information call Diane Meehan at 413-667-2203 or Janet Dimock at 413-238-5511 ext. 149.

Participants will discuss ways to reduce stress, how to deal with stressful emotions, planning for the future, locating and using community resources, building communication skills, and asking for help. Family members, friends, and caregivers are welcome to attend.

The series is open to all residents of the Hilltown area. Participants do not need to be a patient at the health center to participate. This series of workshops is offered in partnership with Highland Valley Elder Services. The program is offered in Massachusetts through the Healthy Living Center for Excellence in Lawrence, MA. and is continuously evaluated. Research has shown that the program is extremely beneficial for those dealing with chronic diseases.

***Come and join us.....***

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Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfill it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is life, fight for it.

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While driving in Pennsylvania, a family caught up to an Amish carriage. The owner of the carriage obviously had a sense of humor, because attached to the back of the carriage was a hand printed sign...

"Energy efficient vehicle: Runs on oats and grass. Caution: Do not step in exhaust."

**DON'T FORGET TO VOTE AND ATTEND TOWN MEETING MAY 7.  
MEETING AT THE SCHOOL – 9:30 – voting at town hall 9-1**