

Age 60 and over WORTHINGTON

November newsletter COUNCIL ON AGING

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 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

WORTHINGTON COUNCIL ON **AGING POTLUCK LUNCHEON**

MONDAY, November 9, 2015 -

RH Conwell School Cafeteria

11:30 - Blood Pressures

12:00 - Potluck Luncheon

'HONOR OUR VETERAN'S'

The November Potluck Luncheon is held to honor our Veterans. Please come and join us in saying thank you to these fine men and women. The Veteran's are our guests -- so we ask that you put a "bit extra in your pot" this month!

Personal invitations were sent to each Veteran of our town by the board. If you are aware of a Veteran who did not receive this invitation, please invite them and also call Sandy Epperly at 238-5584 so our records can be updated.

If you need a ride call Sandy Epperly at 238-5584 no later than

Sunday the 8th!

The invitation for Dec 2 is the Gateway Senior Luncheon!!!!

Daylight Savings Ends ~ ~ November 1, 2015

Don't forget to "Fall Back" on Sunday, November 1, at 2:00 a.m. Set your clocks back 1 hour before you go to bed on Saturday, October 31.

~~~~~

*The trouble with being a good sport is that you have to lose to prove*

**NEW NAME!!** It has been over 16 years since the osteoporosis Exercise Program started! The Worthington class was the first and now there are over 25 sites with 50 volunteer leaders throughout Hampshire and Franklin Counties. Recently the name of the program was changed to "RSVP Healthy Bones and Balance Program". Leaders have taken mandatory refresher training based on the Marion Nelson's Strong Women, Strong Bones program. There have been many participants in the program over the years and the majority have improved or maintained their physical health. A great opportunity to stay fit and have fun. Classes are in the Maples I Common Room Monday and Friday 10:30-11:30 – Weights and balls are provided. No Charge and new members always welcome. Looking forward to seeing you! *Barb Pease*

.....

### DO YOU NEED HOME REPAIRS? CALL US!

Hilltown CDC received funding for the FY15 Housing Rehab Program for the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington. Funding is limited so please apply today to get on our waiting list. Call Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 for an application or more information.



#### Eligible Improvements May Include:

- Roof and foundation repairs
- Sewer tie in and septic repairs
- Heating systems; oil tank removal
- Handicap accessibility work
- Plumbing and electrical repairs

Program eligibility will be determined on an individual basis. Other restrictions or requirements may apply depending on a household's current situation and circumstances. *Note: The Hilltown Community Development Corporation's Housing Rehab Program provides services to Chesterfield, Cummington, Goshen, Plainfield, Westhampton, Williamsburg and Worthington. Funding is not available in all seven towns at all times.*

#### HOUSEHOLD INCOME GUIDELINES/LIMITS:

| Household Size | Maximum Gross Annual Income |
|----------------|-----------------------------|
| 1-             | \$43,800                    |
| 2-             | \$50,050                    |
| 3-             | \$56,300                    |
| 4-             | \$62,550                    |
| 5-             | \$67,600                    |
| 6-             | \$72,600                    |
| 7-             | \$77,600                    |