

WORTHINGTON
COUNCIL ON AGING
APRIL 2016 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)

HEALTHY BONES AND BALANCE 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 toesandssolesrn@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 - Town Hall - 2nd and 4th Monday 9-11am
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.

**The Friends of the
Worthington Library**

is seeking donations of baked goods for the Annual Book Sale on Saturday, April 23, 2016.

Baked goods can be dropped off at the Worthington Town Hall on Friday, April 22nd before 1:00PM or on Saturday morning by 9:00AM. Contact Nancy Babcock (413)358-3184 or Susan VanBuren (413)238-5306 with any questions.

They are also seeking volunteers on Friday 9:00AM - ? to help with set-up and Saturday at 2:00PM to box up books. Contact Susan VanBuren (413)238-5306 if you have any questions.

**Take Advantage of the Tax Amnesty before
May 31, 2016**

The vast majority of Bay Staters pay their taxes, but not all. Now there's an opportunity for those who have not filed, or have underreported, to get on track and pay no penalties through a tax amnesty.

Open to Businesses and Individuals: ☐ Who have not filed all Massachusetts tax returns when obligated to do so – could be one or more returns ☐ Or, who have underreported taxes on a previously filed tax return and want to correct the error

New tax system makes it easier to identify tax evasion Massachusetts' new system for filing and paying is now available to businesses and will soon be available for individuals. This state-of-the-art tax system will play an important role in identifying tax avoidance. Time is limited to take advantage of this amnesty and waive penalties.

Easy, online Amnesty Return First, the amount of tax is calculated by completing a return and any schedules. Then, the amount of tax due is entered on the easy, secure, online Amnesty Return, which will be available on the amnesty webpage as of the April 1 kickoff date. Interest is automatically calculated and the balance due will be shown. Payment can be made electronically and confirmation of receipt of the Amnesty Return is immediate.

More information is available at mass.gov/TaxAmnesty including FAQs



**APRIL MONTHLY
POTLUCK LUNCHEON**

RH Conwell School Cafeteria

MONDAY, APRIL 11, 2016

11:45 Blood Pressures

12:00 Potluck Luncheon

12:30 - Program

A presentation by local Diane Noble, will be given.

Diana has been a life style coach/professional organizer since 2003. She has assisted hundreds of clients in finding a happier, healthier life style by re-building their nests, downsizing homes through the aging process and re-thinking space with illness in mind.

Diana will have you taking action on things we put off by discussing Time Management "How to manifest your dreams now!"

Join us for this informative presentation.

Center pieces for our April meeting will be provided by Len Beaudry – he is currently nurturing marigold plants! Thanks, Len.....

Interested in volunteering?

Join 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, we 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 I Hampshire and Franklin Counties. Contact Pat Sicard, 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.

HAPPY SPRING!

Take Control of Your Allergies

Simple strategies to ease symptoms

By Linda Knittel



Paying attention can help you head off allergy problems before they start

If you are all too aware of your watery eyes, stuffy nose, and clogged head but not sure of the cause, do some research. Since your [allergies](#) can be in response to virtually any food, airborne substance, or chemical, you must first figure out the culprit before knowing how to best treat the problem. Here are some ways to determine your triggers:

- Keep a journal of your symptoms, including where you went and what you did, ate, wore, and so on, when you had them. Look for patterns.
- A [food-elimination diet](#) can help you pinpoint [problem foods](#).
- Ask your healthcare provider whether a blood test for food and chemical sensitivities might be worthwhile.

Find food foes - If you suspect your morning bagel or grilled-cheese lunch might be causing your symptoms, it's time to find out. Temporarily following an elimination diet or a hypoallergenic diet can pinpoint common allergens such as wheat, dairy, eggs, corn, soy, citrus fruits, nuts, peanuts, tomatoes, [food coloring and preservatives](#), coffee, and chocolate. Some popular books offer guidance for people attempting this type of diet. Once you

have figured out which foods are causing a reaction, simply avoid them. Frequently, even those foods can be added back into the diet after a period of avoidance (such as 6 to 12 months); however, the allergy may return if the offending food is consumed more than every third or fourth day.

Clean house - Many of the most common allergens can be lurking in places you would not expect, such as your bedroom or under the kitchen sink. To cut down on household allergens try the following:

- Keep the humidity in your house below 50% to help prevent molds.
- Vacuum and mop regularly.
- Choose chemical-free bedding.
- Cover your mattress and pillows with hypoallergenic coverings.
- Wash linens weekly in hot water.
- Replace heating filters regularly.
- Use natural cleaning products.
- Use natural cosmetics, soaps, and shampoos.
- Don't allow pets access to sleeping areas.

Use sneeze-stopping supplements - Some people have found these natural treatments helpful to reduce allergy symptoms:

- [Probiotic supplements](#) keep a healthy amount of good bacteria in the gut, which may improve [digestion](#). They may help control food allergies by aiding the intestinal tract in controlling the absorption of food allergens and by changing immune-system responses to foods.
- [Proteolytic enzymes](#) may reduce allergy symptoms triggered by partially undigested protein because they help to further break down undigested protein into sizes that are too small to cause allergic reactions.
- [Vitamin C](#) and [flavonoids](#) including [quercetin](#) have been found by some practitioners to help with allergy symptoms.

Think ahead - As you've probably already learned, paying attention to your body's reactions can help you head off allergy problems before they start. Some forethought will help you avoid getting caught off guard when you're out of your regular element:

- For dinner parties, weddings, and other social events that involve eating, inquire about making special arrangements to accommodate your food allergies.

- If you have animal allergies, find out before visiting if friends and family have pets that may affect you and plan accordingly.
- Hay fever sufferers should avoid open-air exercise and social events during the height of pollen season.