

WORTHINGTON

COUNCIL ON AGING

March newsletter

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.

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 – on
hiatus until May!

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)

RSVP Healthy Bones and Balance- Maples I Common Room
Monday & Friday 10:30-11:30

TOWN ADMINISTRATIVE ASSISTANT, Peggy O'Neal Mon,
Weds, Thurs 8-4, Tues 8-4 and 5-9

**COA Board – Chair, Camille Smith ~ Co-chair, Laurie
McAnulty~Secretary, Helen Pelletier, Larry Mason, Pat
Kennedy, Barb Pease, Helyn Myrick**

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.

**IF SCHOOL IS CLOSED DUE TO WEATHER, THERE
WILL BE NO COA FUNCTIONS. KEEP IN MIND –
THE SCHOOL IS THE WORTHINGTON PUBLIC
SCHOOL AND USUALLY FOLLOWS THE
HAMPSHIRE REGIONAL CLOSING. QUESTIONS,
CALL THE COORDINATOR!!**

MARCH MONTHLY POTLUCK LUNCHEON

MONDAY, MARCH 14, 2016

11:45 BLOOD PRESSURES – COA OFFICE

12:00 – POTLUCK LUNCHEON (CONWELL SCHOOL CAFETERIA)

12:30 SPEAKER – MARK PEASE

Our speaker for March is Mark Pease – Mark will talk on current phone scams that are occurring and ways to avoid being scammed. In addition he will suggest methods of dealing with the harassing phone calls and use an extreme example that happened recently to a relative. This family incident was the issue that prompted him to not only track down and confront the scam operation, but to then gather information regarding scams and speak to some law enforcement officials regarding scam operations.

Mark has worked in several law enforcement and security fields. Most notably- 20 years as a Correction Officer in Connecticut's Super Maximum Security prison (Northern C.I.). He also spent 4.5 years working as a Bail Enforcement Agent (Bounty Hunter) tracking down and arresting fugitives.

He is, in addition to being well-informed and qualified to speak on this subject, the grandson of Barbara Pease and son of Anne Pease!

Outreach Report by Peg Whalen

January and February were busy months. My new colleague, Susan Bronstein, and I have been meeting with COA boards in each town. Our work also included attending the regular luncheons many towns sponsor once, sometimes twice, a month. Susan and I continue reaching out to smaller groups of participants interested in continuing to meet after the community discussions in Plainfield and Cummington. If you meet Susan Bronstein at COA meetings or activities, please give her the same warm welcome you have given me.

Thanks to everyone who returned a transportation questionnaire. The survey results have been compiled. When summarized, results will include information provided by nearly 900 residents from 15 hilltowns, with most coming from seniors. The Hilltown CDC, and the Transportation Taskforce, are making plans for holding small focus groups in a variety of locations. If you are one of the over 200

By Request from Peg Whalen

I am learning each month what people want to know more about. In conversations with hilltown seniors about living arrangements, staying at home, called "aging in place", is the most common desire. Your vision for your future may not include all aspects important for safely aging in your home or remaining in your town. Many of us do not or cannot imagine losing our ability to safely, and independently, live each day. In fact, many of our daily activities are so automatic we often do not realize they relate directly to staying in our homes. Basic activities of daily living (ADLs) include dressing, eating, walking or moving oneself (e.g., from bed to wheelchair), toileting, bathing, and personal hygiene. Turning your desire into a plan can be an important next step. Considering the following information can help you enjoy the future you want.

"Instrumental activities of daily living (IADLs) are the complex skills needed to successfully live independently. These skills are usually learned during the teenage years and include the following:

- Managing finances
- Shopping
- Preparing meals
- Managing medications
- Handling transportation (driving or using public transit)

people that expressed interest in an invitation to a focus group watch for contact from the Hilltown CDC.

You may be hearing from neighbors and friends about discussions of the book *Being Mortal*. The Consortium of COAs has scheduled a community discussion of the book in Worthington in April, on Thursdays from 3:00-5:00 at the Worthington Public Library. Not yet finalized at the writing of this newsletter are plans for a *Being Mortal* community discussion in March. Likely town location for March will be Goshen or Chesterfield. When scheduled the dates, location and time of the March book discussion will be announced in area newspapers, by email, on What's Up in the Hilltowns (on Facebook), and on town signs. If you do not see an announcement please email or call me for details. There's no need to miss out because you need a ride. If you live in the vicinity of the meeting location, I may be able to help. As always I am eager to hear from you. You can reach me by phone 413-404-4566 and email pwhalen@hchcweb.org, or catch up with me at COA events.

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- Using a phone and other communication devices
 - Housework and basic home maintenance

Together, ADLs and IADLs represent the skills that people usually need to be able to manage in order to live as independent adults." This content was originally published by Caring.com: [What are instrumental activities of daily living \(IADLs\)?](#) By Leslie Kernisan, M.D., and Paula Spencer Scott. This excerpt is reprinted here with permission. You can find the source website at <https://www.caring.com/articles/activities-of-daily-living-what-are-adls-and-iadls>.

Being conscious of our abilities and preferences for completing our daily activities gives us a chance to plan for the unknown. Not everyone experiences decline in every aspect of daily life. But, often we cannot predict the challenges we will experience. By having a plan A, and even a Plan B, when decline comes, and we no longer can do some activity by ourselves, we increase our ability to keep control of our lives. Planning increases our ability to grow older in our own homes. Services currently exist to help with all activities of independent daily living making it possible to safely remain at home. Future articles will describe existing programs and services that make it possible, and cost effective, to age in place.

**Join us at the Williamsburg Senior Center
for "A Celebration of Song" with
John Root, Musician, Educator, Naturalist**

**Thursday, March 17th, 12:15 pm
Williamsburg Senior Center
141 Main Street, Haydenville**

John sings a cappella or accompanying himself on the piano, and plays flute, clarinet and saxophone. His diverse repertoire features the best-loved songs of the first 5 decades of the 20th century. Everyone is invited to sing along, and requests for favorite selections are welcome! Come at 12:15 or call two days ahead to reserve a lunch! (served at 11:45) Call 268-8407 for your reservation and more info.

*Funded by a grant from the
Williamsburg Cultural Council*

The Chesterfield Council on Aging invites Hilltowners of all ages, from preschoolers to seniors, to brighten your winter with a little magic!

**Motion Man-Jody Scalise
Mime/Magic/Circus/Illusion**

Sunday, March 13th, 2 pm
(Rescheduled from February's cold weather date!)
**Chesterfield Community Center
400 Main Road,
Chesterfield, MA
FREE and open to
the public!
All ages welcome!**

Spend a Sunday afternoon with those close to you by enjoying a magic show by the Motion Man himself!

Funded in part by a multigenerational grant from Highland Valley Elder Services to the Chesterfield and Westhampton COAs, Chesterfield Public Library, CFCEs of Westhampton and Chesterfield, Davenport Childcare, New Hingham PTO, and by a grant from the Chesterfield Cultural Council on Aging.

Don't Fall Prey to IRS Scams!

Each tax season there are a number of IRS scams that attempt to prey on citizens. And this year is no different. Protect yourself and your family from these scams by staying alert and informed.

According to the IRS's website, the IRS "will never": 1) call to demand immediate payment, nor will the agency call about taxes owed without first having mailed you a bill; 2) demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe; 3) require you to use a specific payment method for your taxes, such as a prepaid debit card; 4) ask for credit or debit card numbers over the phone; or 5) threaten to bring in local police or other law-enforcement groups to have you arrested for not paying." For more information on tax scams, visit the IRS Consumer Alert page: <https://www.irs.gov/uac/Tax-Scams-Consumer-Alerts>. -- U.S. Representative Bill Keating

Representative Stephen Kulik will be at the Goshen Free Library at 42 Main St. on **Saturday, March 12th from 10:30am-12pm** for conversation and questions. Refreshments will be served.

THE SENILITY PRAYER

*Grant me the senility to forget the people I never liked anyway,
the good fortune to run into the ones I do,
and the eyesight to tell the difference.*



Hope to see you at the Potluck Luncheon on Monday, March 14 – Donation cans will be on the tables to help offset expenses of the COA. These funds are not used for salaries.

Please keep in mind that the COA welcomes input. While we are not always able to facilitate your request for various reasons, this does not mean that the input is insignificant. The COA operates under many different rules and regulations which we must abide by. SO, please keep in mind; your thoughts are always welcome and do not be angry, disappointed or ‘put off’ because your specific request is not honored. Decisions are not made by one person

Many thanks to RA and Len Beaudry for providing the lovely cupcake flowering plants for our centerpieces in February - since we were unable to have our potluck in January due to the weather, we neither got to use the beautiful plants nor did we have the opportunity to hear Mary Wheelan perform for us. The plants will be with us for our March luncheon (yeah they survived the water leak at the school during the freezing weekend!) and Mary will be with us at a later date.....

The COA has several assistive equipment devices for loan. There is no charge – you just need to call Coordinator Sandy Epperly at 238-5584 – items we currently have are bedrails, waffle boots, waffle mattress, waffle cushion, wheelchair, rollator, commode and raised seats, bath transfer chair – we also have extra large size disposable underwear (not for loan!) – Please call if you are in need of any of these items.

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**DON'T FORGET TO VOTE  
ON TUESDAY, MARCH 1 –  
IT IS YOUR OBLIGATION  
AS AN AMERICAN  
CITIZEN. BE AS  
INFORMED AS YOU CAN  
BE PRIOR TO VOTING–  
POLLS OPEN 7am TO 8pm**