

Worthington Council on Aging

September 2019 Newsletter



Worthington Council on Aging
2 Packard Common
Worthington, MA 01098

Shelley Modestow Rice, COA Coordinator
Phone: 240-678-4518
coa@worthington-ma.us

Dates to Remember:

Monday, Sept. 9th 12-2pm
Pot Luck at the Town Hall

Mondays & Fridays, 10-11am
Healthy Bones and Balance at the Maples

Monday, Sept. 16, 23, 30 & Oct. 7, 3pm
Knitting at the COA Office

Friday, Sept. 27th, 9am
Trip to Mt. Greylock
Meet at Worthington Congregational Church

Friday, Sept. 20th
Brown Bag



When using the Easy Ride Van, you must register with FRTA in advance. Call Ed Pelletier: 238-4418.

Worthington Seniors!

Enjoy the fall mountain air with a trip to
Mount Greylock

Friday, September 27th
Meet the Easy Ride Van @9am
at the Worthington
Congregational Church
(Home by 4pm)



We will enjoy lunch at the Lakeside Bar & Grill on Pontoosuc Lake following our Mountain Adventure. Lunch tabs will be handled on an individual basis.

Submit \$8 (includes Easy Ride cost and expenses) **and the following information:**

Name
Address
Telephone number
Date
Email
Emergency Contact
Emerg. contact's phone number

And send to: Worthington COA, PO Box 7, Worthington, MA 01098.

For more information, call:
Phyllis Dassantti (238-5962) or
Helen Pelletier (238-4418)

Your Worthington COA:

Shelley Rice, Coordinator
Camille Smith, Chair
Helyn Myrick, Vice Chair
Laurie McAnulty
Helen Pelletier
Pat Kennedy
Susan VanBuren
LeAnn Mason
Laurie Pennell

Phyllis Dassatti, Secretary

Please reply early—
limited passenger
seating.
No refunds after
September 20, 2019.



The Worthington COA is very grateful to **Sandy Epperly** for her many years of service as the Worthington COA Coordinator. The Select board presented Sandy with a Commendation from the House of Representatives on the evening of August 6th with many of the COA Board Members in attendance.



For the last several months the Search Committee (three COA board members and select man Steve Smith) has been very busy seeking a new coordinator. At long last we are very happy to announce the appointment of Shelley Modestow Rice as our new Coordinator.

And now, here is Shelley's story of how this came to be...

Hello there, my name is Shelley Modestow Rice and I'm honored to serve as your new Coordinator for the Council on Aging. I grew up in the beautiful town of Worthington and was fortunate enough to return to this little slice of paradise. I have wonderful memories of this town which usually included following my father around to his dental practice at the health center, spending summers at the Swim & Tennis Club, enjoying butterscotch sundaes on the golf course patio, sledding and skating our winters away, playing basketball at the town hall and the list goes on and on... My memories run deep and it's great to be back and still see many familiar faces.

Now a little bit about me: I've recently retired from the Army Nurse Corps after serving thirty years (14 moves) on active duty. My experience

includes working in many diverse health care organizations, programs, and projects for the Army Medical Department. My assignments were always challenging but rewarding as we improved patient care and clinical services in both garrison and deployment environments. I had the opportunity to live in many locations across our great country. I was fortunate enough to be stationed overseas in Germany and Italy. Along with that were my deployments in support of Desert Shield/Storm, Kosovo and Operation Iraqi Freedom/Operation Enduring Freedom. Throughout it all, our mission in the Army Nurse Corps and the Army Medical Department were steadfast—taking care of America's sons and daughters, supporting our warfighters, and providing world-class healthcare to our service members, their families and our veterans. I am a proud mother of two newly appointed Army Officers, 1st Lieutenant Trevor Rice, Infantry, and 2nd Lieutenant Christina Rice, Military Police.

I would describe myself as a positive and results-driven individual with a great track record as a military officer. I'm very passionate about people, health and wellness and living life to its fullest. In my opinion, taking care of one another, communication and team work is the lifeblood of any community. I look forward to serving you and promise to add to the continued success of this council.



The Worthington Council on Aging counts on YOUR support to help build important programming for local seniors!

I would like to contribute to the Worthington Council on Aging. My contribution of \$_____ is attached.
(Please write your check to The Town of Worthington and send to Worthington COA, PO Box 7, Worthington, MA 01098)

Name _____

Address _____

Thank You for Helping to Support Your Neighbors!

Worthington Council on Aging

Seniors Aware of Fire Education

September has been designated Fall Prevention Month, which does not mean prevent fall from coming. It means being mindful of things you can do to keep from falling and injuring yourself. Here are a few things you can do to be safe.

Senior 
SAFE

- Keep walking area (including stairs) free of anything you could trip over like electrical cords and any clutter.
- Get rid of or secure scatter rugs.
- Smooth out wrinkles and folds in carpeting.
- Use non-slip mats in the bathtub and on shower floors.
- Have grab bars installed on the wall in the tub and shower and next to the toilet.
- Stairways should be well lit from bottom to top.
- Have easy-to-grip hand rails on both sides of interior and exterior stairs.

Be SAFE and fall free!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.



Would you like to receive your newsletter by email instead of snail mail?

If so, please email Kristen at regionalcoanews@gmail.com to be put on the email list.

Two-factor Authentication (TFA)

If you don't do any business online, then this month I'm not writing to you! But as always, please pass this to someone who can use it. If you go online to check bank balances, deposit checks electronically, track credit card use, have a cloud storage account, or do online shopping or similar actions, then please continue reading.

What is it?

TFA (love those acronyms, as a former Federal employee) is a log-in process that requires two levels of identification before you can access your account. The first level is your username and Really Good Password. The second is something generated by a computer that you type in. This might be a random 6 numbers sent to you by email, phone, or text.

How come?

This cyber trick gives you an extra layer of security, making it harder for a hacker to get you. We all know they are getting smarter and more determined, but this will at least slow them down. TFA works partly because you use a code sent to you that is not kept anywhere and expires usually within minutes.

Many credit card companies and vendors will now encourage you to sign up for this. If you don't get hacked, life is easier for them, too!

Safely,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

Scam Warning

SHINE (Serving the Health insurance Needs of Everyone) Medicare Counseling Programs are being bombarded with calls and ads for "free" genetic cancer screening kits. Agents claim Medicare will pay for them... and they are making cold calls to convince you to buy one. **THE OFFER IS FALSE! Medicare DOES NOT pay for mail order kits for cancer screening.**

Medicare covers many genetic tests to diagnose cancer once symptoms are present, but there is only ONE test to screen (for colorectal cancer). Only screening by a physician will be covered by Medicare!

Report sales complaints to SHINE (1-800-243-4636, press 3) or the Senior Medicare Patrol Project (978-946-1200). Do not be scammed!

Six seniors from the hilltowns were part of a group who enjoyed a recent trip to the Russian Icon Museum: Rosemary Moran, Barbara Bak, Ginny Breish, Norene Roberts. Back: Robin Bak, John Breish



Another group went on a trip to the Titanic Museum: Nancy Boyle, Jean, Marilyn Davidson, Carol Jolly, Nan Clark, Francine Frenier, Milenna Curtis, Lillian Bisbee, Sam Bancroft, Mary Bancroft.



BOO IS BACK AGAIN !

Watercolor Class: Thursdays 10:30 am

September 12 ; 19 (1pm), 26

October 3,10,17

Sign up now: Space is limited
Call Chesterfield COA 413-296-4007
or email: coa@townofchesterfieldma.com

Save the Date!

Highland Valley Elder Services invites you to the:

**2nd Annual
Keys to Aging Well Expo
Tuesday, October 1, 2019
3:00-4:30 PM
Hadley Farms Meeting House
41 Russell Street, Hadley**

Highland Valley remains committed to its mission to serve older adults and their families through collaboration, education, advocacy, and a range of programs designed to support them where they live. The event will highlight services offered by Highland Valley Elder Services and community resources for aging well.

Light refreshments will be served. Free giveaways and lots of expertise to be shared. Admission to the Expo is free and open to the public. Visit us at www.HighlandValley.org or find us on Facebook at www.facebook.com/HighlandValleyElderServices/

Town of Chesterfield - Employment Opportunity

Administrative Assistant to Town Boards: The Town of Chesterfield is seeking an experienced individual to take and then prepare meeting minutes in electronic format (and update after Board review) for various Town boards /officers. Irregular weekly hours from zero to ten, to include evening meetings. Hourly compensation TBD on applicant's qualifications. Send cover letter and resume by September 15th to:

Town Administrator
PO Box 299
Chesterfield, MA 01012

Direct questions to:
townadmin@townofchesterfieldma.com.

Stronger than Yesterday



Chair Yoga

Yoga is for everyone, and this form is gentle and relaxing. It improves your flexibility and may offer relief from arthritis and insomnia.

Tues. 10am, Chesterfield Comm. Ctr
Led by Sarah Prince
Requested donation: \$5/class.

Thurs. 10:45am, Williamsburg Senior Ctr.
Chair Stretch and Strengthen
Led by Alexandra Mello. \$10/class*.

Yoga for You

*Taught by Michelle Wolk, this class is geared for active adults. Any adult can join. Class is \$12 or 6 classes for \$60.**

Tues. 6-7pm, Williamsburg Senior Ctr.

Dance Class (Modern / Creative)

Contemporary dance for adults, taught by Susan Waltner. Donations gratefully accepted.

Weds. 10am, Williamsburg Senior Ctr.

Feldenkrais

Create flexibility, strength and balance, with trained instructor Michele Morales-Wolk. Open to all ages.

Mon. 7pm, Chesterfield Comm. Ctr.
Requested donation: \$5/class

Healthy Bones and Balance

Designed to increase participants' strength, mobility, flexibility and balance, H B & B classes are a free, fun way to exercise and socialize. Medical clearance is required.

Mon. & Thurs. 9:30am

Cummington Comm. House

Mon & Fri. 10:30am
Worthington, Maples I Comm. Room

Tues. 10:30am Williamsburg Senior Ctr.

Thurs. 4pm, Williamsburg Senior Ctr.

Hiking

Chuck Horn and Ray Fontaine organize hikes around the Westhampton / Easthampton area. To get on their email list, drop Chuck a line: charleshorn@gmail.com

Muscle Strengthening Classes

Strength training keeps your bones strong and helps maintain muscle mass. Led by Joan Griswold.

Mon. 10am, Plainfield Town Hall
Weds. 10am, Goshen Town Hall

T'ai Chi

T'ai Chi is a wonderful activity known to increase balance, centeredness within oneself, and an enhanced relationship with the natural world.

Mon. 9:30am, Chesterfield Comm. Ctr.
(Advanced; \$5/class)

Thurs. 6:30pm Chesterfield Comm. Ctr.
(Beginner; \$5/class)

Fri. 9:30am Williamsburg Senior Ctr.
\$10/class*

Zumba!

*Led by Melissa Tee. All levels welcome. \$5/class.**

Mon. 6pm, Williamsburg Senior Ctr.

To find out more, and to register, please contact the appropriate COA:

Chesterfield:

Janice Gibeau, 296-4007,
coa@townofchesterfieldma.com

Cummington:

Chrisoula Roumeliotis, 634-2262,
coa@cummington-ma.gov

Goshen: Evelyn Culver, 268-3316, ematk@aol.com

Westhampton:

Amy Landau, 203-3086, westhamptoncoa@comcast.net

Williamsburg:

Jenn Hoffman or Sherry Loomis, 268-8407,
sloomis@burgy.org * Financial aid may be available for Wburg residents.

Worthington:

Shelley Rice, 240-678-4518, coa@worthington-ma.us

Worthington Council on Aging
Attn: Shelley Rice
PO Box 7
Worthington, MA 01098

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Helen Pelletier

Pat Kennedy

Susan VanBuren

LeAnn Mason

Laurie Pennell

Phyllis Dassatti, Secretary

Newsletter Designer:
Kristen Estelle

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

Out and About in September

Saturday, September 14th at 2pm

Author reading: *Bad Sleep* by Siegfried Haug
Goshen Public Library, 42 Main St., Goshen, MA

Siegfried Haug, a writer from Goshen, will read from his new mystery novel, *Bad Sleep*. Haug lectured nationally and internationally, and still appears on Channel 22 as a sleep expert. He is also the author of *I Want to Sleep: Unlearning Insomnia*.

Thursday, September 19th at 10:30am

Little Roots

Chesterfield Comm. Ctr, 400 Main Rd., Chesterfield

Come have fun! Play, sing, dance. All ages welcome. Sponsored by Davenport Child Care. Funded by Chesterfield COA grant from Highland Valley Elder Services.



Fri. September 20th at 9am & 10am

Spa Day at Smith Vocational

80 Locust St. Northampton

Smith Vocational is pleased to collaborate again with the Chesterfield COA by offering a "spa day" once a month to seniors in the surrounding area for the 2019-2020 academic year. All work is done by students and is supervised by a licensed instructor.

Cosmetology students are offering: Haircuts \$6.00; Manicures \$5.00; Facials \$9.00. Please call 413-587-1414 x3531 to make an appointment. Each appointment takes about an hour and are scheduled for 9am and 10am in Room 124 of Building A at the school.

Sunday, September 22nd at 2pm

The Institute for Musical Arts

John James Memorial Hall, 42 Main St., Goshen, MA

Ann Hackler, IMA Co-founder, will discuss the founding of the Institute of Musical Arts, located on Cape Street, Goshen. The IMA is a non-profit organization that has been transforming the lives of girls and young women through its teaching programs, workshops, and concerts for 30 years. Sponsored by the Goshen Historical Society. All welcome!

Saturday, September 28th, 9-3pm

Fall / Winter Clothing Exchange

Goshen Congregational Church, 45 Main St., Goshen

Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Weds. Sept. 25th from 5-8pm and Fri. Sept. 27th from 9am-3pm, then come back to shop on Sat. the 28th from 9am-3pm! All are invited to participate whether you donate clothes or not.