

Worthington Council on Aging

October 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:

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

Monday, Oct. 21st and 28th, 3pm
Knitting at the COA Office



Wednesdays, 9am
Coffee and Chat at the COA office
Come join us every Weds. starting on the 9th!

Thursday, October 10th, 10am– 12 Noon
Flu Shot Clinic at the COA Office
Mary Kane, RN, will be managing the immunizations. Bring your insurance card. If you don't have insurance, the cost is \$17.

Friday, Oct. 18th
Brown Bag

There won't be a COA potluck in October due to Columbus Day.

Save the Date!
Monday, December 9th
COA Holiday Luncheon
More info to follow.

he has won many ribbons along the way. Bob grew up on a farm and said he learned things naturally on his own out of necessity. You can occasionally see Bob and his wife Judy riding through the hilltowns with his pride and joy 1930 Ford.



On June 28th, the Worthington COA took a FRTA Easy Van Trip to the **Norman Rockwell Museum** in Stockbridge. They had the chance to browse the magnificent grounds and absorb the wonderful works and exhibits of Rockwell and the special exhibits of 1969. *Pictured: Shirley Robinson, Steve Strom, Marjorie Strom, Barbara Porter, Carol Morin, Theresa Lagoy, Brenda Mason, Chuck Baker, Phyllis Dassatti. (Missing from photo is Pat Kennedy).*

Slice of Life

Recently at the 151st Annual Cummington Fair Antique Car Parade and Car Show, Worthington Resident, Robert Spiess won Best Restored Trophy for his model A, 1930 Ford. Bob bought his Ford in Easthampton, MA, 23 years ago. While many believe that classic car restoration is in danger of becoming a lost art because the machines are hard to find and the skills even harder to find, Bob has done most of the maintenance and mechanical work on his pristine classic Ford.

For the past 23 years, Robert has only missed four years of competition at the Cummington Fair and



Home Safety Message



Did you know that most falls happen in the home? Danger of a fall that leads to an Emergency Room visit increase as we age. Nearly 3 million people are treated in Emergency Departments as a result of a fall every year, according to the Center for Disease Control, and most are older adults. Frighteningly, one-third of seniors will wind up in the Emergency Room within one year---don't let this be you.

If you have fallen before, or have a fear of falling, think about buying a special alarm that you wear as a bracelet or necklace. Talk to your health care provider about having a special falls risk assessment. Don't rush to answer the phone; many people fall trying to do so. Either carry your cell phone or let the answering machine pick up. If you have a cane or walker, always use it instead of holding walls and furniture. When walking on smooth floors, wear non-slip footwear, such as slippers with rubber/no slip bottoms.

Always keep emergency numbers readily available and in large enough print to read easily in a hurry. List 911 for true emergencies, family member or friend in case of emergency and your Healthcare Provider's office number.

Compiled from HealthyAging.org

Healthy Tips

A growing body of evidence suggests that spending too many hours sitting is very hazardous to your health. Habitual inactivity raises risk for obesity, diabetes, cardiovascular disease, deep vein thrombosis and metabolic syndrome. Breaking up sitting time has benefits and it is best to take a

movement break every thirty minutes. Moderate daily exercise which consists of an hour or longer may erase the detrimental effects of sitting. The impact of movement of all types can be profound. The human body is designed and meant for movement. Take advantage of these beautiful autumn days, and let's keep it moving!

*Compiled from
Harvard Women's
Health Watch/
Mayo Clinic 2018*



Flu Season

It's not only safe but also especially important for seniors to get the flu shot because of the vulnerability to serious complications if the flu is contracted. The CDC recommends that people get a flu vaccine by the end of October. It takes about two weeks after vaccination for antibodies that protect flu to develop in the body, so make plans to get vaccinated early in fall.

As we prepare for the upcoming flu season, it's important to consider that only 5% of the population washes their hands long enough to get rid of germs. Remember to wash your hands at least 20 seconds (the length of the Happy Birthday song) to be effective. Apply plenty of friction and soap to make it work!

**Come get your flu shot on
Thurs. Oct. 10th at the
Worthington COA Office in the
back of Corner's Grocery!
See page 1 for more details.**

**DON'T
GET
THE FLU.
DON'T
SPREAD
THE FLU.**

**GET
VACCINATED.**

cdc.gov/flu

***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

This month, we will focus on those of you who benefit from medical oxygen in your home. Here are a few safety ideas for you to live with:

Senior 
SAFE

- A patient on oxygen should not smoke.
- No one should smoke in a home in which oxygen is being used.
- Keep oxygen cylinders at least five (5) feet from a heat source, open flames or electrical devices.
- Keep body oil, hand lotion, and items containing oil and grease away from areas in which oxygen is being used.
- Something to remember: when medical oxygen is used in the home, the amount of oxygen in the air, furniture, clothing, hair, and bedding can increase, making it much easier for a fire to start and spread.

Stay SAFE at home!

--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.

Be Your Best

Joan Griswold Brings Exercise Program to Chesterfield: Strength for Life

Maintain good posture with total body strength and flexibility so your physical capabilities keep you active in your everyday life. Join in this social, health-enhancing workout being offered at the Chesterfield Community Center on Friday mornings at 10am. **The first session is on October 25th.**



The popularity of the sessions Joan Griswold holds in Goshen and Plainfield leaves many wanting more. She will now come to Chesterfield and expand on the very popular ball exercise classes held in previous years. Now people who want to attend her sessions will have three days a week to choose from:



**Plainfield: Mon. 10am;
Goshen: Weds. 10am;
Chesterfield: Fri. 10am.**

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.

Ack! Talk to a lawyer!?

Every once in a while I write about documents we all really should have in place to make things easier for ourselves and our loved ones. Those notes usually include "You might need to see a lawyer about this." I suspect that tends to help procrastination, right?

So I'm hoping these suggestions will help move things along. They apply whether you are looking for help with a contract, being sued, have a personal injury, are trying to right a wrong, drafting your will or setting up a trust, or helping settle someone's matters after death. In today's society, there are many reasons for consulting a lawyer.

So...

1. Gather all documents and information you might need, make copies to give to the lawyer. Include names of other people who might be involved, with how to contact them.
2. Think of the questions you will need to ask and write them down.
3. Be ready to take notes as you get answers, or ask someone to go with you to do that.
4. Ask about fees for the tasks you need done and get a printed copy of the response.
5. Ask the questions about your issue.
6. Read and understand everything you are going to sign; ask questions again if needed.
7. Get copies of everything you sign for your files, and keep them safe.
8. Understand what happens next and when, meaning actions by you or by your lawyer.
9. And my favorite – ask him or her: "What other questions should I ask?"

Remember you can talk to your lawyer and the conversation is confidential. Also remember that if you don't get questions answered clearly and to your satisfaction, you may need to find another lawyer.

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

Hilltown Easy Ride and Hilltown Driver Pool



Answers to Common Questions

Need a ride? Hilltown Community Development provides transportation for shopping, medical and COA outings for seniors in the towns of Chesterfield, Cummington, Goshen, Plainfield and Worthington. Our primary program is operating a FRTA van, which runs five days a week, prioritizing medical rides on Monday, Wednesday and Friday. Tuesdays we go to the Big Y in Northampton and Thursdays we go to Market 32 in Pittsfield – both of those shopping trips have the option of also shopping at Walmart and other stores in their respective plazas. The shopping trips are a great way to get food and errands done while leaving your car at home – plus we have a great group of regulars which add to the enjoyment of the outing each week.

You must be 60+ to be eligible to ride the Hilltown Easy Ride and fill out a Demand Respond Application with FRTA. We would gladly help you with that process, or you may go on the FRTA website and download an application. It takes about a week to be processed, and once you get the acceptance letter you can start booking rides.

For those occasions when the van is unavailable for a medical appointment, we supplement with the Hilltown Driver Pool – a pool of drivers from the community who can take passengers in their personal vehicles to medical appointments which the van cannot accommodate due to scheduling or service area restrictions. Please make your appointment request to Ed Pelletier, Dispatch Coordinator, and he will determine which option will work according to the schedule: 413-296-4232.

Frequently Asked Questions:

Will the van take me anywhere I want to go?

The Hilltown Easy Ride is operated under a contract with Franklin Regional Transit Authority and they do give us restrictions on which towns we serve (Chesterfield, Cummington, Goshen, Plainfield and Worthington), where we go and how it is used. Re-occurring medical appointments and appointments more than 30 miles away are not al-

lowed as they overburden program resources. For this reason we secured a small grant for the Hilltown Driver Pool to help us cover those limited instances. Shopping, wheelchair accessible transportation, and medical rides we can cluster are all great uses of the van! The Hilltown Easy Ride is public transportation, not a taxi service, so sometimes there is a bit of a wait to be picked up or for other passengers to complete their shopping.

So yes, the van can take you almost anywhere with a few exceptions, caveats and within the grant funding we have available. But we are always happy to work through scheduling conflicts and program restrictions – so call us! We can only keep these programs funded if they are well used and we consider riders an essential part of our Hilltown transportation team.

What does it cost?

Van fares depend on distance, but the average rides are from \$3.50 to \$4.50 round-trip. Hilltown Driver Pool rides are by a suggested donation of \$5 to \$15.

How do I book a ride?

Call our dispatch coordinator Ed Pelletier at 413-296-4232 and tell him about your trip request. We do need 48 hours notice (two business days – call Friday for a Tuesday request) as our drivers are all “on-call” and need to be set up.

How do I know if the ride is confirmed?

Ed will secure the driver and adjust the schedule and call you back the day before to confirm.

What if the dispatch doesn't answer the phone?

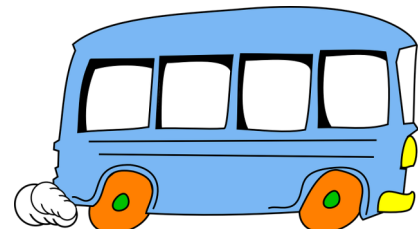
Ed works 8-10am so often riders leave him a voicemail. He checks and returns calls within 24 hours – please feel free to leave a message and he will get back to you.

Is there a low-income eligibility requirement?

NO, any resident of those five towns who are 60 years old and over, plus veterans of any age, may ride regardless of income.

Why do I have to do paperwork to apply?

The van belongs to FRTA who contracts with us, so we are required to use their forms and they keep approved rider lists. It is also important for your safety that we have your full name, contact information and an emergency contact on file while riding with us. Some terminology on the application is unfamiliar, or maybe you don't have a copier at home to make a photocopy of the required drivers license. We are happy to help, call Ed if you require assistance with the application.



On the Go!



The Northampton Senior Center has arranged the following outings, and you are welcome to join!

Please make your reservations early as these trips fill up fast! **Call Francine Frenier at the Northampton Senior Center: 413-587-1228.**

Oct. 10: A Day in Vermont. Cost \$78. Visit and shop at some quaint places in Vermont, including the Vermont Country Store in Weston. Luncheon included at West River Marina Restaurant. Enjoy the foliage by the river.

Coming in 2020– Possible Multi Day Trips:

*Destiny USA Mall in Syracuse, NY
Memphis-Tunica, Niagara Falls, and
Nantucket!*

Possible Day Trips:

*New England Air Museum, Shows, Casino,
Majestic Theater*

Suggestions are always welcome.

Attention Medicare Beneficiaries... Open Enrollment Time Approaches

It's that time of year when your mailbox may begin to fill up with marketing materials from your Medicare D plan, or your Managed Care Plan.



Open Enrollment starts October 15th and runs through December 7th. It's the time of year when you can switch health insurance plans if you're not happy with your current coverage... or you might just want to check to see if there's a better health insurance plan out there. For those of you who are enrolled in a Medicare Managed Care plan, you have an even longer Open Enrollment time, extended to March 31st now.

Consider this your "annual health insurance check up".

Ask yourself the following questions:

- does my current plan cover all my Rx?

- are the copays for my Rx affordable?
- has my income changed significantly this past year, which might make me eligible for subsidy help with my health insurance now?
- have I received letters from my health insurance that I don't understand? Or are just confusing?
- have I discovered my Plan has significant co-pays for ambulance rides, hospitalizations, or rehab services?
- do I want to sign up for a Medicare Managed Care Plan because I only have Original Medicare A & B?

If you answered yes to any of these questions, or if you are just curious about any new health insurance options that might work better for you, contact your SHINE counselor.

You can call your senior center; Highland Valley Elder Services, 413-586-2000; or the Regional SHINE office at 413-773-555 to schedule an appointment.

Self Help Options:

- you can check your Medicare and You handbook which can be accessed online if you don't have a hard copy.
- you can call 1-800-MEDICARE and say "Agent". Help is available 24 hours a day including weekends.
- you can go online, to medicare.gov and check out their brand new, user friendly, website if you are looking for information on the Medicare D Plan Finder.

NOTE: any changes you may make to your health insurance during Open Enrollment take effect January 1st, 2020.



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

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

Worthington COA

Shelley Rice, Coordinator
coa@worthington-ma.us

Camille Smith, Chair
Helyn Myrick, Vice Chair

Laurie McAnulty

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 October

Tues. October 1st at 3pm Keys to Aging Well Expo

*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/

Sat. October 5th at 6pm Ukulele Workshop

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

For all ages: 8 to 98! Ukulele provided. Taught by David Maloof. Wish to participate? Register by calling or stopping by the Goshen Free Library: 413-268-8236 x111.

Fri. October 18th at 9am & 10am Spa Day at Smith Vocational

80 Locust St. Northampton

Smith Vocational is collaborating 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.

Sun. October 20th at 2pm The Not-So-Good-Life of the Colonial Goodwife By Velya Jancz-Urban

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

This enthusiastic delivery is funny and frank. Laugh, grimace and honor our foremothers' journeys while learning about the little-known life-ways faced by women of New England during the Colonial era. Sponsored by the Goshen Historical Society. All welcome!