

Worthington Council on Aging

November 2019 Newsletter



Worthington Council on Aging
2 Packard Common
Worthington, MA 01098

Shelley Modestow Rice, COA Coordinator
Phone: 413-238-5532
coa@worthington-ma.us

Dates to Remember:

Mondays & Fridays, 10-11am

Healthy Bones and Balance at the Maples

Mondays, November 4th, 18th & 25th, 3pm

Knitting at the COA Office

Wednesdays, November 6th and 20th, 9am

Coffee and Chat at the COA office

Monday, November 11th, 11:30am

Veterans Day / COA Potluck

at Worthington Town Hall

Guest Speaker: COL (Ret.) Shelley Rice



Friday, November 15th, 9:30am-3pm

Greenhouse Tour at Smith College

Meet at Worthington Congregational Church.

Lunch at Fish Tales Restaurant, Hatfield

*Flyers and applications at COA Office and Maples. Call Helen Pelletier 238-4418 or Phyllis Dassatti 238-5962 for more information.

The Worthington COA sponsored an Easy Van ride trip for seniors on September 27 to Mount Greylock in Lanesboro. The weather was very pleasant and the views were spectacular! This photo is in front of the Veterans Memorial Tower. The group then ate lunch at the Lakeside Bar & Grill where some enjoyed eating outdoors overlooking Pontoosuc lake.



*From left to right:
Steve Strom,
Marjorie Strom,
Leann Mason,
Shirley Robinson,
Barbara Porter,
Charlie Baker,
Phyllis Dassatti,
Deen Nugent,
Carole Morin,
Theresa Lagoy,
Laurie McAnulty.*

COA Holiday Luncheon

Monday, December 9th, 2019 at 11:30 am

Comfort Kitchen & Bar

4 Main St., Huntington, MA 01050

(additional parking behind Liquor Store)



**Please RSVP by November 30th:
first come-first serve!**

Let the COA know if you're attending:
use the drop box in front of COA office or email:
coa@worthington-ma.us
or leave a message for Shelley Rice: 238-5532

The COA Flu Clinic on October 9th was quite the success—Mary Kane, RN, from Worthington Hilltown Community Health Center immunized close to 50 people! Mary Kane pictured in photo.



Health Update-Prediabetes

Did you know that 84 million U.S. adults (1 out of 3) are prediabetic? Fifty percent are seniors and another 40% are over 45 years of age. Prediabetes occurs when the blood sugar is higher than normal but not quite high enough to be diagnosed with diabetes. The main causes of diabetes are excess weight and physical inactivity. Diabetes is a chronic progressive disease. It damages small and large blood vessels and nerves and is the leading cause of adult onset blindness, lower limb amputation and kidney disease. Cardiovascular disease is the primary cause of death.

The **GOOD NEWS** is diabetes is preventable with simple lifestyle changes. A modest weight loss of 5-7% through healthy eating and exercise could reduce incidence of Type 2 diabetes by 58% - 71%. It also lowers blood pressure and cholesterol as well. By making simple lifestyle changes with healthy eating and exercise you can be on your way to feeling better all over. Focus on reducing calories by lowering your fat intake. Try to limit saturated "bad" fats and more unsaturated "good" fats. Remember that saturated fats are solid at room temperature-examples are bacon, butter, high-fat dairy products, cream cheese, ice cream. Etc.... Minimize added sugars and refined grains (examples of refined grains are many breakfast cereals, desserts, pastries, many breads and crackers.) Choose whole foods over highly processed foods to the extent possible.



Important Phone Numbers

- Elder Abuse: 1-800-922-2275
- Hilltown CDC: 413-296-4535
- Hilltown Social Services: 413-667-2203

Veteran's Agent: (Tom Geryk) 413-587-1299:
Worthington office hours-2nd & 4th Mon
Town Hall



Hilltown Van (Easy Ride):
Ed Pelletier, Coordinator: 413-238-4418
or office 413-296-4232 *Call 48 hours in Advance-
Must complete the "Demand Response Application"
from FRTA

Healthy Bones and Balance Class:
Maples Common Room, Mon & Fri 10-11am

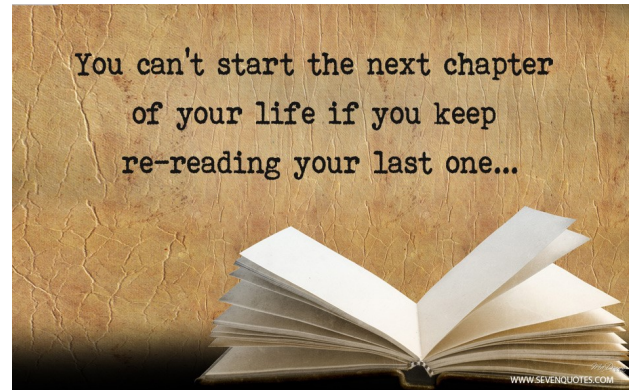
HEN Coordinator: Helen Pelletier 238-4418 and/or
Amy Phinney 413-655-0123

Worthington Library Hours: Tue 3-7 pm,
Thurs. 10-12 & 3-7pm, Sat. 10-4 pm 413-238-5565

Worthington COA Coordinator: (Shelley Rice)
413-238-5532

Hilltown Community Health Center:
Linda (M, Tu) 413-667-2203 Ext #323
Assists with Medicare, Mass Health,
Advantage, Benefit coverage questions.

Karen (Thu & Fri): 413-667-2203 Ext#313
Assists with questions including food stamps
and nutritional programs



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

Save the date

Prepare for a HUNT-A-BOOK lead up event

On Sunday, December 8, 2019 from 3-5pm at the Chesterfield Community Center, local author, journalist, teacher, set dresser, editor and spoken word artist, Joe Gannon will talk about books, writing, research and questions how an author deals with the truths of the past while writing for audiences in modern times. After Joe's talk, there will be time for questions and edible treats.



Joe spent three years in the army, graduated from the University of Massachusetts at Amherst and received his MFA at Pine Manor College. During the Sandinista Revolution, he worked as a freelance journalist in Nicaragua and wrote for The Christian Science Monitor, The Toronto Globe and Mail and the San Francisco Examiner. At present, he writes a monthly column for the Daily Hampshire Gazette and the Valley Advocate, and teaches in Springfield.

His first novel, *The Night of the Jaguar*, published in 2014 by St. Martin's Press, was named one of the best debut mystery novels by Booklist. His second novel, *The Last Dawn*, was published in 2016, and his next book, *The Girl in the Well*, is a fictional account of New York's first sensational murder trial in 1800.

And what is a HUNT-A-BOOK? Watch this space, prepare to think about Chesterfield haunts, look for publicity that gives hints...and, and, AND...get ready to HUNT-A-BOOK.

The Massachusetts Councils on Aging held their annual fall conference in the first week of October in Danvers, MA. Our own Chair of the Northern Hilltowns Consortium, Janice L. Gibeau, along with Deborah Hollingworth, Regional Facilitator and Sue LaRock, Coordinator, Plainfield Council on Aging presented "Down in the Weeds: Grass Root Development of Rural Age Friendly Communities".

The Northern Hilltowns Consortium of Councils on Aging has found that regularly meeting together creates a strong forum for sharing problems, strategies and specific techniques to build cohesive community networks. The presentation/workshop focused on the dynamics of community development when changes are sought, strategies for creating cohesive relationships within the community and its stakeholders. It also addressed stages of development of an Age Friendly Community.



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.

It's Personal!

OK – we always say “don't give out personal information”, but what all does that mean? Say someone comes to your door and wants to chat before selling you something. Someone calls on the phone, or you get a real-looking email. What don't you want to tell them?

What is considered personal information is numbers. Numbers for you: Social security, Medicare or Medicaid, medical insurance, driver's license, bank account, credit or debit card, street address.

But wait, there's more! Also considered personal information is your middle name, your mother's maiden name, the town you were born in, the town from which you graduated high school, the year you graduated, a favorite pet's name. Seriously, Jean? Yes, seriously. Many people use a pet's name as part of their password system, and may even say the pet's name during a phone call.

Some of the damage criminals do is incremental – they get one of your numbers, add a piece of personal information, and away they go, opening a new charge card or withdrawing cash on a fake ID card. The designations of mother's maiden name and other such information specific to you are often used as part of password recovery settings, so they can take a guess and then reset your password.

I hate to sound paranoid, but it is not paranoia if scammers are actually out to get you!

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

Worried about Dementia?

As life expectancy grows, and the population of people 60 years or older, we're all seeing an increase in the level of concern about how well people will live, not just how long they will live. It's not uncommon for people to say: **"I just want to keep my marbles"**. Those marbles, as it were, are the ability to remember things and the ability to manage their lives and not be a burden to others. These are not small concerns. Rather than silently worrying about "how bad am I", it's important to know how to find out and where to turn for help. The person experiencing memory loss is often the first to notice it, but it's also families and friends who recognize how and if things are changing. One of the most troubling worries is the problem of Alzheimer's disease, but it's important to not jump to conclusions. Not all dementias are due to Alzheimer's disease. Dementia is a collection of symptoms that can occur due to a variety of possible reasons.

If you or your loved one is experiencing memory problems, don't immediately conclude that it's dementia. A person needs to have at least two types of impairment that significantly interfere with everyday life to receive a dementia diagnosis. In addition to difficulty remembering, the person may also experience impairments in: language, communication, focus, and reasoning.

1. Subtle short-term memory changes. Trouble with memory may be an early symptom of dementia. The changes are often subtle and tend to involve short-term memory. An older person may be able to remember events that took place years ago but not what they had for breakfast. Other symptoms of changes in short-term memory include forgetting where they left an item, struggling to remember why they entered a particular room, or forgetting what they were supposed to do on any given day.

2. Difficulty finding the right words. Another early symptom of dementia is struggling to communicate thoughts. A person with dementia may have difficulty explaining something or finding the right words to express themselves. Having a conversation with a person who has dementia can be difficult, and it may take longer than usual to conclude.

3. Changes in mood. A change in mood is also common with dementia. If you have dementia, it isn't always easy to recognize this in yourself, but you may notice this change in someone else. Depression, for instance, is typical of early dementia. Along with mood changes, you might also see a shift in personality. One typical type of personality change seen with dementia is a shift from being shy to outgoing. This is because the condition often affects judgment.

4. Apathy or listlessness, commonly occurs in early dementia. A person with symptoms could lose interest in hobbies or activities. They may not want to go out anymore or do anything fun. They may lose interest in spending time with friends and family, and they may seem emotionally flat.

5. Difficulty completing normal tasks. A subtle shift in the ability to complete normal tasks may indicate that someone has early dementia. This usually starts with difficulty doing more complex tasks like balancing a checkbook or playing games that have a lot of rules. Along with the struggle to complete famil-

iar tasks, they may struggle to learn how to do new things or follow new routines.

6. Confusion. Someone in the early stages of dementia may often become confused. When memory, thinking, or judgment lapses, confusion may arise as they can no longer remember faces, find the right words, or interact with people normally. Confusion can occur for a number of reasons. For example, they may misplace their car keys, forget what comes next in the day, or have difficulty remembering someone they've met before.

7. Difficulty following storylines. Difficulty following storylines may occur due to early dementia. This is a classic early symptom. Just as finding and using the right words becomes difficult, people with dementia sometimes forget the meanings of words they hear or struggle to follow along with conversations or TV programs.

8. A failing sense of direction. The sense of direction and spatial orientation commonly starts to deteriorate with the onset of dementia such as not recognizing familiar landmarks and forgetting regularly used directions. It also becomes more difficult to follow a series of directions and step-by-step instructions.

9. Being repetitive. Repetition is common in dementia because of memory loss and general behavioral changes. The person may repeat daily tasks, such as shaving, or they may collect items obsessively. They also may repeat the same questions in a conversation after they've been answered.

10. Struggling to adapt to change. For someone in the early stages of dementia, the experience can cause fear. Suddenly, they can't remember people they know or follow what others are saying. They can't remember why they went to the store, and they get lost on the way home. Because of this, they might crave routine and be afraid to try new experiences. Difficulty adapting to change is also a typical symptom of early dementia.

It's important to remember that forgetfulness and memory problems don't automatically point to dementia. These are normal parts of aging and can also occur due to other factors, such as fatigue. Still, you shouldn't ignore the symptoms. If you or someone you know is experiencing a number of dementia symptoms that aren't improving, talk with a doctor. They can refer you to a neurologist who can examine you or your loved one's physical and mental health and determine whether the symptoms result from dementia or another cognitive problem. The doctor may order:

- a complete series of memory and mental tests
- a neurological exam
- blood tests
- brain imaging tests

With treatment and early diagnosis, it may be possible to slow the progression of the disease and maintain mental function. The treatments may include medications, cognitive training, and therapy. It's important to have a thorough evaluation before deciding that you or a family member have Alzheimer's Disease. You can learn more by contacting the Alzheimer's Association and checking to see if there are Memory Clinics or programs in your area.

Source: Adapted from Alzheimer's Association

RESOURCE DIRECTORY

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| Domestic Violence Advocate , Hilltown Safety at Home (HS@H) If you need help in an emergency, call 911 or the Safe Passage hotline | 413 387-3120 888 345-5282 |
| Elder Abuse Hotline | 800 922-2275 |
| First Call for Help Information and Referral Resources | 800 339-7779 |
| Fuel Assistance Application and Recertification | 800 370-0940 |
| Hilltown Elder Network – H E N (sponsored by Hilltown CDC) | 413 296-4536 x120 |
| Veterans' Service Officer Tom Geryk (Westhampton) Joe Henning (Plainfield) Brian Brooks | 413 587-1299 413 207-3541 413 772-1571 888 382-1222 |
| DO NOT CALL Registry | |

Food Services

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| Food Bank of Western Massachusetts Brown Bag Program | 800 247-9632 or 413 268-8407 |
| Food Stamps - Supplemental Nutrition Assistance Program (SNAP) Call Chesterfield COA for assistance | 413 552-5400 or 413 296-4007 413 296-4007 |
| Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director | 413 268-7578 Wed 1-3; 3 rd Wed 1-6 |
| Meal Site Williamsburg Senior Center | 413 268-8407 |
| Meals on Wheels Highland Valley Elder Services (HVES) | 413 586-2000 or 800 322-0551 |
| Northampton Survival Center , 265 Prospect St. Northampton | 413 586-6564 |
| Salvation Army Emergency Food, Fuel or Medication Vouchers | 413 586-5336/6564 |

Health Services

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| Highland Valley Elder Services Intake referral for homecare, etc. | 413 586-2000 |
| Hilltown Community Health Center- Medical & Dental HOPE Nurse, Mary Kane Ellie Mathias, HealthWise Community Health Worker | 413 238-5511, ext. 131 413 238-5511, ext. 322 413 238-5511, ext. 322 |
| Podiatrist Dr. Michael Coby, call Williamsburg Senior Center to schedule (Alternating months at the Senior Center) | 413 268-8407 |
| Foot Care Piper Sagan, RN foot care in Cummington, call Ann Eisenhour foot care in Goshen, call Liz Loven for appt. foot care in Plainfield or in-home visits foot care in Williamsburg or in-home visits Deb Dean, foot care in Westhampton Diane Roeder, foot care in Chesterfield | 413 634-2243 413 268-7122 413 522-8432 413 268-8407 413 667-5363 413 374-0457 |
| SHINE, Medicare & Drug Coverage Part D & Prescription Advantage Wayne Glaser Lorraine York-Edberg Deborah Hollingworth (Chesterfield) | 413 268-8407 413 773-5555, ext. 2275 413 296-4007 or 413 268-8317 |
| Mass Health and New Health Coverage Buliah Mae Thomas at Hilltown Comm. Health Center | 413 667-2203 |

Transportation Services

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| Cummington Neighbor to Neighbor Drivers | 413 634-2262 |
| Westhampton transportation Appts or groc. shopping, Louise Jasionkowski | 413 527-5134 |
| Williamsburg Medical & Carpool Rides (call to schedule) | 413 268-8407 |
| PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center) | 866 277-7741 |
| Hilltown Easy Ride Van & Driver Pool Ed Pelletier | 413 296-4232 |

Local Councils on Aging

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|--|--------------|
| Chesterfield COA , Janice Gibeau | 413 296-4007 |
| Cummington COA , Chrisoula Roumeliotis | 413 634-2262 |
| Goshen COA , Evelyn Culver | 413 268-3316 |
| Plainfield COA , Susan Metcalfe LaRock | 413 743-5345 |
| Westhampton COA , Amy Landau | 413 203-9808 |
| Williamsburg Senior Center , Jennifer Hoffman | 413 268-8410 |
| Worthington COA , Shelley Modestow | 413 238-5532 |

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

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Out and About in November

Mon. November 11th, 9am-10am **Veterans Day Breakfast**

Cfield Comm. Ctr. 400 Main Rd., Chesterfield

Free! All Hilltown veterans and spouses welcome.
RSVP welcome, call Maryanne Coleman: 296-4787.
Sponsored by the Chesterfield Grange.



Fri. November 15th, 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.

Sat. November 16th, 4-7pm **Williamsburg Polka Party**

Williamsburg Town Offices Auditorium
143 Main St. Haydenville

Steve & Tom Duo will be playing polkas. Polish-inspired food to be served. All are welcome! \$5.00 Entrance Fee (donations also accepted). **Get your dancing shoes ready! Fundraiser for Williamsburg Senior Center.**

Sun. November 17th, 2pm **Music with AJ & Sylvia**

Cfield Comm. Ctr. 400 Main Rd., Chesterfield

Come enjoy music by the Lapinskis! Refreshments will be served.

Save the Date!

Wednesday, December 4th, 6 pm **An Intro to Aromatherapy: The Basics**

Williamsburg Town Offices Café
143 Main Street, Haydenville

Presenter: Kay Judge,
Clinical Aromatherapist



This class is designed to provide a basic understanding of what the use of essential oils is all about. Create a room spray from commonly used essential oils to take home. A materials fee of \$25.00 will be collected. All are invited!