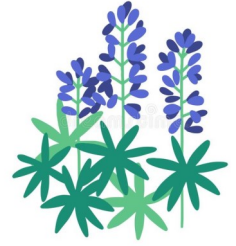


Worthington Corners

June 2020 COA Newsletter



Worthington Council on Aging
2 Packard Common
Worthington, MA 01098

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

COA Activities are currently on hold until it is deemed safe to return to some restricted activities. If you have any questions or concerns, please feel free to call me (Shelley) at the COA office (238-4294) and I'll get your message. I've been working remotely at home and can also be reached via email: coa@worthington-ma.us. Please continue to stay safe and practice good social distancing along with wearing face masks when you venture out and continue with thorough cleaning and hand washing.

Worthington Food Pantry

If you, or someone you know (families, friends etc.) are in need of food, please call 413-238-1625 or email relief@worthington-ma.us before 11am on Thursday to request food and let us know how many family members. Drive-by pick up is every Thursday from 1-1:30pm at the R.H. Conwell School. We ask that you use this service every other week or as needed.

Quarantining: What we may find out about ourselves...

It's going to take a lot of effort to really dig down deep to find positive ways to cope during this on-going pandemic. That's why it's important to realize and accept that we only have control of so much in this life. Taking time to reconnect and enjoy time together with your quarantine family is potentially a new beginning for many people. You can focus on something that is completely within your control, and that is your attitude each and every day. Begin each day with a decision to be happy and kind. With that said, still be sure to give yourself time every day to grieve and express your emotions of sadness, frustration and anger. If you just ignore these emotions they will build up over time making it difficult to continue to decide to have a kind and happy demeanor. Give



yourself permission to have these emotions but don't allow them to consume you.

Try to focus on the positive things that can come from this challenging time. There is a lot of negative behavior being displayed by others but you can choose to do the opposite. Occupy your mind space with observations on all the kind acts of caring and giving that are occurring around the world.

Find time to keep yourself busy—"Idle time is the devil's playground". Too much time doing nothing is sure to lower your mood and increase feelings of hopelessness. We all need to set and accomplish goals and we all need to feel some sense of accomplishment everyday.

How we conduct ourselves can be seen as a measure of who we are. The challenge is to be kind, giving and positive during these tough times. When the going gets tough, the tough get going!

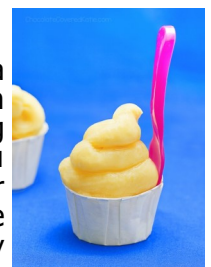
"Never regret a day in your life: Good days give you happiness, bad days give you experience, worst days give you lessons, and best days give you memories." -author unknown

Featured Recipe: Dole Whip

As the weather starts to heat up, there is a simple, sought after (Disney cult following), 3 ingredient treat, that you can whip up for everyone; both adults (can add rum) and children to enjoy.

Ingredients:
1 Big scoop Vanilla Ice Cream
4 ounces Pineapple Juice
2 Cups Frozen Pineapple

Directions: Add Ingredients to a Blender, Blend until smooth. Then make a swirl. You can use piping bag, or if you don't have one, you can cut a small hole in the corner of a plastic storage bag. Squeeze out the hole to make a swirl. Enjoy this cool treat!



The Power of Walking

Did you know that walking is a steadfast, tried and true way, for a good body and soul? Here's other science-backed reasons to walk:

- ⇒ Walking is an energy booster. 30 minutes of walking five times a week gives people more energy and makes people feel healthier and more confident.
- ⇒ It curbs sugar cravings, most likely due to the endorphins (feel-good chemicals) that physical activity releases.
- ⇒ You'll sleep better!
- ⇒ Walking for an accumulated 2 hours throughout the week can reduce your risk of stroke by 30%.
- ⇒ Walking for about 40 minutes three times a week increases the size of brain regions associated with memory and planning.

So, get out there and get moving! It's a natural and fun thing to do!



A recent food planning meeting for the COVID19 crisis management.



Virtual learning

There are many engaging and interesting educational programs online. Here are a few that might be fun:

www.berkshirebotanical.org/virtual-learning (audio and video about gardening through Berkshire Botanical Garden)

<https://explore.berkshireremuseum.org/> (explore Berkshire Museum at home with audio, video and narratives about many interesting topics)

<https://scma.smith.edu/scma-home> (Smith College Art Museum online – includes wonderful writings about the collection as well as video of artist lectures and talks)

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



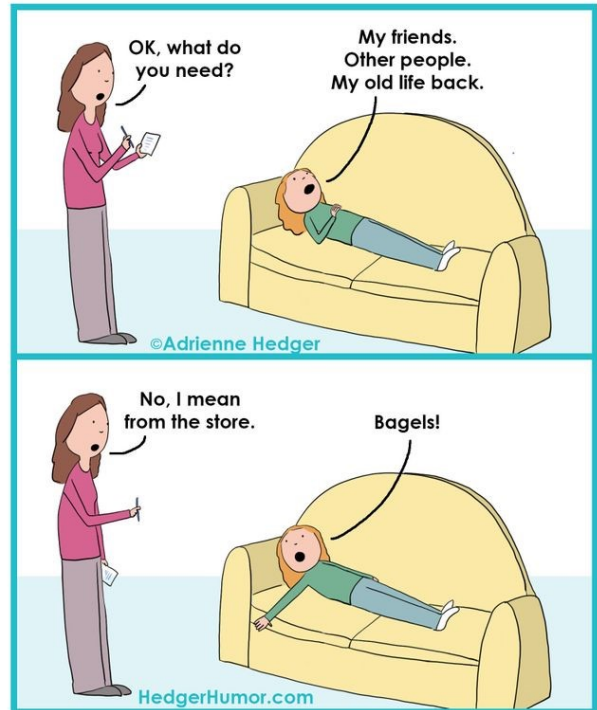
As we stay at home during the pandemic, it gives us a good opportunity to do a safety check of our homes. This month the focus is on electrical safety. Here are some things to think about and/or do:

- Electrical work should be done by a licensed electrician.
- Check all electrical appliances and replace cracked, damaged or loose cords.
- Have outlets replaced if plugs do not fit snugly or the outlet does not accept plugs with one blade larger than the other.
- Plug only one high-wattage appliance into an outlet at a time, even if there is space for another one.
- Avoid using extension cords as fixed features.
- Be sure that arc fault interrupters have been professionally installed to shut off the electricity when a dangerous situation occurs.
- Find reasons for blown fuses or tripped circuit breakers and have an electrician inspect and correct the problem.

--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.

Scenes From Self-Isolation



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. Include your address so I will know which mailing list to take you off of. Thanks!

Sorry – more organization!

One of my cousins is very well organized. I am her backup executor and every year she sends me an updated list of all her financial stuff including passwords. For most of us, it is an amazement to get this done once, never mind every year. But if we can emulate her, our survivors will thank us! Here is a list of questions that should be addressed, with the answers written out and given to those who will deal with our affairs. Do recognize that the person who holds your power of attorney, or eventually your executor, will be able to access documents. But giving them a jump start is really helpful.

- * Do you have a will, where is it kept, and who is the attorney who prepared it?
- * Have you given someone a power of attorney for financial affairs? If so, who is it, and where is the document kept?
- * Have you given someone a power of attorney for health care? Same questions as above.
- * Have you done a MOLST and/or other end-of-life instructions? And where are those?
- * What bank do you use?
- * Do you have a safety deposit box? Where is the box located and where are the keys? Do you have a current list of contents for the box? And where is it? I hope not only in the box...
- * Where are essential personal papers such as birth and marriage certificates, Social Security and military service records, retirement papers?
- * Where are life, health, and property insurance policies kept? Who issued each of the policies and how do you reach them?
- * Do you have a financial adviser? How do you reach him or her?

Feel free to add any questions that apply specifically to you and that are not covered here. Thanks to Marsha Goetting at the Montana State Extension Service for the genesis of this list.

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

Good News!

By Deborah Hollingworth

I'm hoping as you read this next month, in June, that Spring has finally arrived and we have seen the last of frost and snow. Safe to plant tomatoes, safe to begin to relax our social distancing? However, the landscape has changed, and getting together in large groups may not be part of our lives for a while. If there is good news in all this, it is that we have discovered new ways to help each other. Neighbors are volunteering to help those who cannot get out to do grocery shopping, need to get to medical appointments, or just need to hear another voice. Check and chat activities have sprung up, more of us are learning to Zoom and connect virtually. All of us are checking in with our family and friends more often, and developing a new appreciation for what, perhaps, we had taken for granted....human contact.



Hilltown senior centers are creating a host of new activities, and thinking of new ways to be safe, promote wellness, and stay in touch. If you want to volunteer to help a neighbor, if you need food, if you need puzzles, books, or help with errands, the Good News this month is that you can call your senior center, it's just a phone call away.

Explore the World without Leaving Home

Feeling cooped up and longing to explore a new landscape or historic interior?

Here are some virtual tours to explore online:

- Virtual MA, Massachusetts Regional Tourism Councils: www.massvacation.com/virtual-ma
- Panorambles: www.panorambles.com
Rich, detailed tours photographed by local photographer Mark Roessler.
- Visit the Metropolitan Museum of Art to see its British Galleries and a presentation:
www.metmuseum.org/exhibitions/listings/2020/british-galleries
- Historic Deerfield is a treat in its digital form: www.historic-deerfield.org.
- Mass Moments is a daily almanac of Massachusetts history. Visit the website to read short essays depicting an event in Massachusetts for each day of the year:
www.massmoments.org



Listen by Naomi Shihab Nye

Before you know what kindness really is
you must lose things,
feel the future dissolve in a moment
like salt in a weakened broth.
What you held in your hand,
what you counted and carefully saved,
all this must go so you know
how desolate the landscape can be
between the regions of kindness.
How you ride and ride
thinking the bus will never stop,
the passengers eating maize and chicken
will stare out the window forever.

Before you learn the tender gravity of kindness,
you must travel where the Indian in a white poncho
lies dead by the side of the road.
You must see how this could be you,
how he too was someone
who journeyed through the night with plans
and the simple breath that kept him alive.
Before you know kindness as the deepest thing inside,
you must know sorrow as the other deepest thing.
You must wake up with sorrow.
You must speak to it till your voice
catches the thread of all sorrows
and you see the size of the cloth.

Then it is only kindness that makes sense anymore,
only kindness that ties your shoes
and sends you out into the day to gaze at bread,
only kindness that raises its head
from the crowd of the world to say
It is I you have been looking for,
and then goes with you everywhere
like a shadow or a friend.



Living in a New World

Covid-19 has launched people of all ages into a new world of cyber communication. It's a "push that came to shove" when the triple challenge emerged to protect older adults from exposure to the virus, finding ways to stay close while following guidelines for social distancing and reach out to each other as the new norms of "normal life" evolve.

We are fortunate that the timing of changes comes as we are finally about to get Broadband in the Hilltowns. Learning to use the internet is becoming more and more a necessity than a luxury as we build stronger communities.

Highland Valley Elder Services has informed us that "each Council on Aging can receive as much as \$3500 of Title IIIB community support funds to better equip COAs in providing services in creative and adaptive ways, to meet the changing needs of our senior population due to Covid-19. "The goal is to allow COAs to promote greater capacity to provide remote services to consumers during the Covid pandemic and beyond."

Some examples of funding include upgraded technology and capacity to communicate by using updated technology and internet services

What kind of programs do we envision? One of the most important issues in developing "Age Friendly Communities" is the desire for more and more accessible information about life in our communities, not just about older adults, but for everyone. Some of us will be setting up computer classes using interactive screens to teach the basics for small groups wanting to talk with each other in limited but social distancing locations. Much better than a teacher moving from person to person to coach you by looking over your shoulder at individual small screens. It'll all be on a big screen onsite that allows you to actually see how to operate and change information tailored to your community or region. It could also be done through the internet with a teacher available both in person and online.

Three of the COAs in the Hilltowns already provide exercises with Joan Griswold's use of ZOOM classes and others are invited. Funding from Highland Valley currently supports this important program. More than one chair yoga teacher plans to also offer some online classes. Who would have thought that we could expand contact and health programs by seeing each other virtually? It's not the same as up front and personal, but as we gradually move toward safer ways of coming together we can also keep our online relationships going.

By the time you read this, you will have no doubt learned of other new programs and services. The Chesterfield COA has wanted for some time to let people what is going on at the Community Center without having to come inside.



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 Myricks, Co-Chair

Laurie McAnulty

Helen Pelletier

Pat Kennedy

Susan VanBuren

LeAnn Mason

Phyllis Dassatti, Secretary

Newsletter Designer:
Kristen Estelle
regionalcoanews@gmail.com

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

DOOR- to-DOOR SALES



**If you're considering hiring someone
who knocks on your door and offers
home improvement services...**

- Don't rush or feel pressured into making an immediate decision;
- Get a written estimate and tell them you will get back to them;
- Ask for and check their references before agreeing to have the work done;
- Get bids from established, local companies and compare prices;
- Check with your town hall to see if they need a license or permit to solicit door-to-door;
- Check with your local consumer protection program or police department.

*If you have a
consumer problem or
question, contact the*

Northwestern District Attorney's Consumer Protection Unit

Greenfield
(413) 774-3186
Northampton
(413) 586-9225

**Working in cooperation
with the Office of the MA
Attorney General**

