

Worthington Corners

September 2020 COA Newsletter



Worthington Council on Aging
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Worthington, MA 01098

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The COA sponsored a Tai Chi class at the Worthington Town Hall Lawn. Certified Tai Chi Instructor, Margery Gerard, provided the class with beginner Tai Chi lessons.



More Reasons to Get Moving!

According to research published in the journal *Diabetologia*, a short walk after you eat can help keep your blood sugar steady. When adults with type 2 diabetes walked for 10 minutes following every meal, they lowered their blood sugar 12 percent more, on average, than when they took a single 30-minute stroll each day. "Walking uses large muscles in your legs and torso-which require a lot of energy," Explains Andrew Reynolds, Ph.D., at the University of Otago, in New Zealand. "To get that energy, those muscles remove sugar from circulation and your blood sugar goes down." After meal walks may help prevent diabetes in the first place.

The good news is that you don't have to do really crazy-hard cardio workouts to strengthen your heart. In a review of data from more than 130,000 women, published in the *Journal of American College of Cardiology*, those who walked at least 30 minutes a day significantly lowered their risk of heart failure. It was also found that exercisers, most of them walkers, lowered their systolic (top number) blood pressure by 9mm Hg, an improvement similar to that from medication, according to a meta-analysis in the *British Journal of*

Sports Medicine. Getting at least 150 minutes of moderate-intensity exercise, like brisk walking, each week is the benchmark for heart benefits, according to the American Heart Association.

Keep Your Cholesterol in Check

Cholesterol is found in every cell in your body and it is an important building block for tissues that make up your organs. But too much of the bad cholesterol (LDL) can lead to heart disease and starts to build up on the walls of your blood vessels. HDL-the "good" cholesterol, transports LDL out of your body.

Here are some simple ways to get your blood cholesterol levels in balance:

- ⇒ Use oils made from seeds such as sunflower, safflower and flax; these oils were shown to be most effective for lowering LDL cholesterol, according to German researchers. Safflower was at the top of the list, followed by canola and sunflower. Soybean and corn oils were found to help reduce triglycerides (another fat in the blood that can cause heart disease).
- ⇒ Crunching on nuts can do great things for your cholesterol. According to a study published in the *Archives of Internal Medicine*, 2 1/2 ounces a day (about two big palmfuls) lowered LDL cholesterol by 7 percent. Nuts are known to act as probiotics-meaning they feed the good bacteria in your gut.
- ⇒ It is well-known that oats are wonderful for cholesterol-lowering qualities. But barley has also been shown to reduce LDL levels by 7 percent on average. (*European Journal of Clinical Nutrition*). Barley is rich in beta glucagon, a type of fiber that's been shown to rein in levels of "bad" cholesterol. The recommendation is to get 3 grams of beta Lucan each day, which is 3/4 cup of cooked pearl barley.
- ⇒ Exercising at least 30 minutes of cardio five times a week and incorporating light strength training ramps up your muscles' ability to burn fat as fuel which helps clear cholesterol from the blood.

Difficulty Falling Asleep?

Eating foods that contain lots of refined carbs (particularly with added sugars) are more likely to cause insomnia. People who ate more fiber-filled produce are less like to develop insomnia. Columbia University Irving Medical center researchers analyzed food diaries from more than 50,000 postmenopausal women to find these results. Refined carbohydrates like sugar and white flour or rice can spike blood sugar, prompting the release of insulin to lower it. When blood sugar levels dip, stress hormones like adrenaline and cortisol kick in, which may mess with your sleep.

Resources For Covid-19 Updates

Take time to look up reliable resources to read up to date information on the novel coronavirus (COVID-19) and other medical information. These are some recommended websites for ongoing, accurate, evidence-based information:

- ⇒ The Centers for Disease Control and Prevention at [cdc.gov](https://www.cdc.gov)
- ⇒ The Mayo Clinic at [mayoclinic.org](https://www.mayoclinic.org)
- ⇒ MedlinePlus at [medlineplus.gov](https://www.nlm.nih.gov/medlineplus)
- ⇒ [coronavirus.jhu.edu](https://www.coronavirus.jhu.edu)



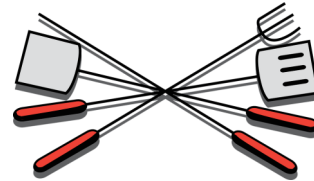
Immune Supporting Superstars!

As we all continue to combat the coronavirus, it's important to keep your immune system ready to fight off illness as well as washing hands, wearing masks and socially distancing. Here are some immunity foods that are packed with antioxidants, vitamins, and other health promoting nutrients:

- Dark leafy greens—Kale, mustard greens, spinach, etc.
- Berries—blueberries, blackberries, strawberries etc.
- Red Bell Peppers—packed with more vitamin c than oranges!
- Mangos-packed with illness-fighting triple threat vitamins A, C, and B6!
- Nuts & Seeds—provides a dose of vitamin E which supports the body's immune system.
- Broccoli—little green "trees" contain vitamin C, antioxidant lutein, and good plant compounds.

-June 2020, Prevention

Healthy & Quick Sauces for topping grilled meat, fish and chicken



Mango-Avocado Salsa: Mix together diced mango and avocado, lime juice, salt and a pinch of Aleppo Chile pepper.

Tomato-Garlic-Bacon: Sizzle a chopped strip of bacon, add a thin-sliced clove of garlic and cook for 30 seconds. Add diced plum tomato and swirl in as splash of white wine or sherry.

-EatingWell.com/HealthySauces

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



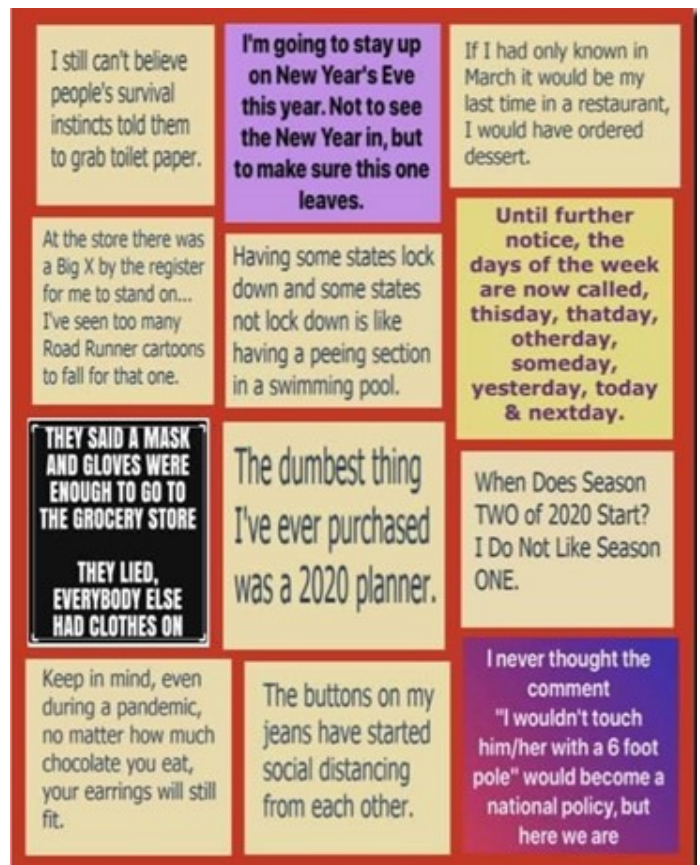
Wow! It is already September and it is still hurricane season, which has already messed with us. With this in mind, here are a few ideas on how to prepare for any emergency.

- Have a plan on how to get out of the house in 3 minutes or less.
- Keep eyeglasses, canes, walkers, hearing aids, COVID masks near where you are sleeping
- Make sure pathways are clear of clutter.
- Install night lights (LEDs work well) throughout the house to prevent falls.
- Make sure your house number is clearly visible from the road so first responders do not have to spend crucial time finding you.
- Get and fill out a FILE OF LIFE from your Council On Aging and post it on the refrigerator.
- Know where you can seek shelter and sustenance; this pre-planning is very important during this COVID time of social distancing.

Stay strong and be SAFE!

--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, in color, 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!

What Luck...

So you know I'm a fan of checking our credit reports to make sure information is correct, that no one has absconded with our information, and as a reminder to do good financial management. The recommended practice is to check one of the three major credit bureaus every four months, so each one is checked once a year at no cost.

Well, what luck! Because of the virus we have grown to hate, the bureaus are allowing free weekly access to our reports through April of next year. If somehow you haven't been checking your reports, here you go - www.annualcreditreport.com/reviewYourReport.action. Look at each one now, dispute anything that is wrong, get it fixed, then start the annual cycle of checking.

While you are there, put a freeze on each report. That will keep unsavory people from accessing your report, stealing your information, and gaining credit or opening an account in your name. Just make very very very sure that you print out or write down the pin they give you. You will need that to thaw your report, if / when you want to be considered for credit.

Q. If I have a freeze, do I still need to check my report for correctness? Or can I just trust credit card companies and mortgage holders to always provide the right information? A. Yup. Nope.

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

Good News!

By Deborah Hollingworth

We should be baking zucchini bread. It freezes well, and by now if we don't watch it, they can get to be the size of baseball bats.

As we enter another month of Covid, stretching resources gets to be more challenging. Families out of work, bills still needing to be paid, groceries getting more expensive- it's good that our gardens are finally producing after what seemed like a slow start. Let's hope for a late frost.

This is a reminder for folks to check out the Hilltown Mobile Farmer's Market which is in Blandford and Huntington on Friday afternoons and Worthington and Cummington on Thursday afternoons. The Market runs July 23rd to October 9th this year and accepts SNAP (food stamps) benefits, HIP (Healthy Incentive benefits as well as cash. Produce is from local farms and looks terrific. Blueberries, peaches, apples soon, tomatoes, squash, corn, kale, onions, beets, you name it, you can probably find it at the Market. If you can't get to the Market, there are volunteers who can shop for you if you call your senior center and ask. And of course, you can be one of those volunteers and shop for a senior, or someone who is having difficulty getting out...or struggling to make ends meet.



This has been an amazing time to watch the generosity of our neighbors helping neighbors. Senior centers are getting donations of food, money and time from a growing band of volunteers. The Food Pantry is in full swing in Goshen on Wednesday afternoons, and the Chesterfield Cupboard is open daily. Chesterfield's effort to help those in town who need groceries has been a real community effort, getting up and running, and now with volunteers helping to shop, stock shelves, clean and manage inventory. It has been exciting to see more families use the cupboard, and more donations come in.

Williamsburg's Take and Eat weekend meal program continues to help seniors every other weekend with a home delivered meal made by volunteers at Our Lady of the Hills, and the Williamsburg Congregational Church. If you know someone who could use a meal, or if you'd like to be a volunteer and help to continue this effort, you can give the Williamsburg Senior Center a call. The office may not be open, but the staff is still working and can be reached daily.

Here's a pitch for those of you who may not have checked out the SNAP program, also known as food stamps. You can apply online. The application process takes about 20 minutes. Don't have a

computer? Call your senior center to get help getting that application started. Benefits have been expanded. So if your income is less than \$1,777 a month for an individual, \$2,146 for a couple, \$2,514 for a family of three....you could qualify. With the price of groceries continuing to increase, this might help at the check out counter.

Meanwhile, let's bake and share zucchini bread?

2 cups of graded zucchini
3 eggs lightly beaten
1 cup salad oil
1 cup sugar
3 1/2 cups flour
2 teaspoons of vanilla
1 teaspoon baking powder
1 teaspoon baking soda
A pinch of salt, a pinch of cinnamon
Add raisins, chopped walnuts, if you want



Bake at 350 degrees for an hour. Makes 2 loaves.

Recipe from:

Garden Ways Zucchini Cookbook, 1977.



The 2020 Census is underway! It counts every living person in the USA. From **August 11 to September 30th**, Census takers will interview homes that haven't responded to the 2020 Census.

If you have not responded, you can do so by returning the mailings you should have received from the U.S. Census Bureau.

If you didn't receive your mailings, no problem! You can fill out your information over the phone with a verified Census Bureau representative at 844-330-2020. If you have any questions or concerns, please reach out to the Secretary of the Commonwealth's staff to have a conversation about Census operations at 833-621-2020.

Your community depends on your Census response for funding and representation for the next decade to come. The impact on your community include: school lunches, plans for highways, support for firefighters and families in need. Census results affect your community every day. Please respond if you haven't already done so.

**Part-Time Work Available:
Hilltown Elder Network**

The HEN program needs caregivers in Williamsburg and Goshen. Help elders with housework, various household chores and transportation to appointments. Pays \$15.00 per hour. For application, call Fran Goebel at 268-7411. *The HEN program is sponsored by the Hilltown Community Development Corporation.*



★★
★ **New Hingham Regional Elementary School** ★
★ **and Goshen COA sponsor first virtual** ★
★ **multigenerational program** ★
★
★ Fran Ryan, well known for her ★
★ captivating, educational programs ★
★ on the lives and habits of wildlife, ★
★ will be presenting a session on ★
★ **Introduction to the Life of the** ★
★ **Black Bear on September 25** ★
★ **at 1pm.** Filmed and broadcast ★
★ from New Hingham through Zoom, students at ★
★ the school and older adults in the area will be ★
★ linking and learning together. Thanks to a grant ★
★ funded by Highland Valley Elder Services, and ★
★ managed by the Chesterfield COA through a ★
★ partnership with several other COAs, this pro- ★
★ gram launches one of the new normal ways to ★
★ connect several generations, from young to old, ★
★ who now share the experience of feeling isolat- ★
★ ed. Many a grandparent is missing seeing their ★
★ grandkids and kids are struggling with virtual ★
★ learning.
★
★ To join this event please contact the ★
★ New Hingham Regional Elementary School: ★
★ 413-296-0000. ★
★★



**Shop or Volunteer at the
Hilltown Mobile Market**

The Hilltown Mobile Market is an innovative collaboration to increase the availability of fresh, local, and affordable produce to Hilltown residents of Western Massachusetts. We are back for our second season in 2020! Your support during our pilot season last year resulted in increased grant funding to purchase a market vehicle and broaden our reach to more communities. From July 23rd - October 9th, the market is visiting The Maples in Worthington from 2-3:30pm on Thursdays, the Kingman Tavern in Cummington from 4:30-6pm on Thursdays, the Post Office in Blandford from 2 -3:30pm on Fridays, and the Town Green in Huntington from 4:30-6 pm on Fridays. Stop by and shop with cash, credit, debit, SNAP, WIC, or Senior FMNP Coupons! Or if you have some free time and would like to get more involved in the market, you can sign up to volunteer by visiting: tinyurl.com/HMMvolunteer or emailing Seva Tower at sevat@hilltowncdc.org.

**Survey shows that Joan Griswold's
Exercise Program Responds to
Successes and Need for More Sessions**

A recent survey of the 38 participants in Joan's classes makes it clear that the group now has several members who have been exercising with Joan for several years (38%) and another 41% who have been with the class for at least a year. New membership continues to grow with another 22% who have just started participating in the past six months. More classes have led to more frequent participation. One in 5 of the participants attend one a week, 17% twice a week and 29% three times a week.

Have the programs had an impact on their personal health? Over 60% reported that they feel a difference in their overall strength, 11% have increased energy and physical endurance, 13% more flexibility, 5% less pain exercises, while 11% not having noticed a change in their bodies. Another 14% requested a 4th class, which Joan has scheduled and started in Williamsburg on Thursdays at 10:15am. This class will be offered as an entry level class. Folks who might be interested in the class need to contact Joan (joan@bybhealth.com) to review expectations about their current health status and abilities to ensure the class is a good fit. She will also help in navigating the system for those who have not enrolled.

It's clear that the desire and commitment to exercise is consistent and growing. Joan notes that everyone, COAs and students alike, "have all worked hard to bring the current level of fitness to an incredible place".

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Need something to celebrate?

Here are 12 lesser known holidays in September!

- 5th: National Cheese Pizza Day
- 6th: Read a Book Day
- 9th: National Teddy Bear Day
- 10th: Sewing Machine Day
- 11th: No News is Good News Day
- 12th: Chocolate Milkshake Day
- 16th: Collect Rocks Day
- 19th: International "Talk Like A Pirate Day"
- 20th: Wife Appreciation Day
- 21st: Miniature Golf Day
- 26th: National Hunting & Fishing Day
- 28th: Ask a Stupid Question Day

