

# Worthington Corners

## April 2021 COA Newsletter



**Worthington Council on Aging**  
2 Packard Common  
Worthington, MA 01098

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### Happy Easter!

Make a choice today to do whatever you do "in-joy". Spring is reminding you that each day is a completely new birth and inviting you to take this day as a fresh start. So, whether you are doing spring cleaning, or sipping iced tea from a lawn chair, immerse yourself in the joy of the moment today!



The Worthington Council on Aging provided a Curbside luncheon on Wednesday, March 10th, in celebration of St. Patrick's Day. The wonderful lunch was prepared by the Chesterfield General Store, with 120 meals served. The Board and volunteers greatly appreciate the positive compliments from the diners.

### Save The Dates

#### **April Showers do bring Spring Flowers**

In celebration of May Day, the Worthington Council on Aging will be distributing (curbside) one 4" potted plant per household, underwritten by the Rolland Fund, in front of the Worthington Congregational Church on **April 26th from 11-12**. Please order in advance by calling **238-1999**.



### **Stand Up, Sit Down, And Dance**

**Save The Date: May 10, 2021 10:30 AM**  
Town Hall Gardens

### **All Aboard The Hip Hop Soul Train Express!**

Join a one hour Hip Hop Chair Exercise class for seniors! You will do a complete chair, dance, warm-up and hip hop class that begins and ends with chairs for all levels. Travel through time on the "SOUL TRAIN" and chair dance to hip hop and R&B songs along creative props such as drums, and the African maracas to help make your soul train journey come to life. It will be outside, masks required, and 6' social distancing. This program is presented by MUSIC Dance.edu. Many thanks to the Worthington Cultural Council for making this possible. Sponsored by the Worthington Council on Aging. Bring a sturdy chair and have some fun. **FINALLY!**

### **Music and Brain Health**

Adults who engage in music are more likely to self-report their overall health, brain health, and cognitive function as excellent or particularly good, according to a 2020 report by AARP. A survey shows that respondents embrace all types of music from different eras with 81% of adults polled saying they like music from before their generation, 49% like music from after their generation, and just 9% only like music from their generation. The report adds to previous studies the benefits to listening to music. AARP finds that adults 18 and older who currently listen intently to recorded music are significantly more likely to self-rate aspects

of their cognitive function as excellent or very good compared to adults who have never engaged in this activity.

**Board Of Health News**

The Board of Health is seeking information for individuals who are homebound. Please identify yourself by calling the Board of Health: 238-5577 x106. Please leave name and phone number.

**Library News**

Did you see "Nessie" in front of the library? Nessie was created by Ann Sirgnano, a library board member and Lyzann Harlow, assistant librarian, to spur interest in a fun snow sculpting contest/activity at the library this winter.

**The "Library On Wheels"**

Worthington Seniors may call 238-5565 or email theworthingtonlibrary@gmail.com to request home delivery & pickup of:

Books (standard & large print) as well as magazines, DVDs, books on CD, portable CD players, board games and jigsaw puzzles. There are other interesting items as well, such as a Kindle, a woodland camera, ukulele, guitar, and hand-weaving loom.



When you call or email, please include your full name, your library number if possible, your phone number and specific items you'd like to borrow. Someone will contact you to arrange a delivery time/date. To view the library's collection online, please go to **www.theworthingtonlibrary.org**, and click the link to the online catalog.

Current COVID-19 library open hours are: Tuesday and Thursday 3-7 pm and Saturday 11:30 am- 3 pm.

When the Green Light is on, it's safe to go in.

**Meal Update from Charley**

- On Easter weekend, the meal will be on Saturday 4/3 instead of Sunday.

Is it true, she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?" "Yes, I'm afraid so", the doctor told her. There was a moment of silence before the senior lady replied, "I'm wondering then, just how serious is my condition because this prescription is marked "NO REFILLS."

Al was telling his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect". "Really", answered the neighbor. "What kind is it?" "TWELVE THIRTY!" Al replied.

Daily Exercise for Seniors

1. Place block on the floor in the middle of the room.
2. Walk around the block twice, then sit down and relax.
3. If anyone asks if you have exercised today, you can tell them you walked around the block twice.

Why was the Easter egg hiding?  
Because he was a little chicken



How many Easter eggs can you put in an empty basket?  
Just one, because then it's not empty.

What do you get if you pour hot water down a rabbit hole?  
Hot cross bunnies.

Why was the Easter bunny so grumpy?  
Because he was having a bad hare day.

***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!*



## Seniors Aware of Fire Education



If you or a loved one uses home oxygen, you should be aware of the fact that using home oxygen increases the risks of fire and burns. Using home oxygen increases the amount of oxygen in the air, hair, clothing, bedding, and furniture, making it a whole lot easier for a fire to start and spread. With more oxygen in the air, fires burn hotter and faster. Here are a few things for you to consider on using home oxygen safely:

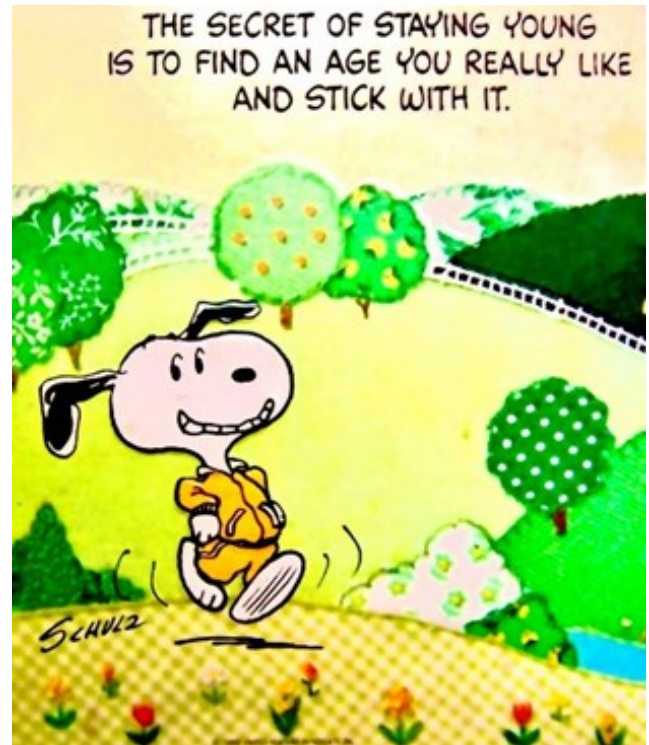
- Do not smoke.
- Keep oxygen and tubing 10 feet away from heat sources like candles, lighters, wood stoves, hair dryers, stoves, heaters, electric razors.
- Avoid using petroleum-based products like lip balms or lotions, which catch fire easily.
- If you or anyone in your house has to smoke, smoke outside the house. Make sure that you have working smoke alarms.
- Plan and practice a home escape plan with a minimum of two ways out of every room and an outdoor meeting place.

Have a SAFE spring!

--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.*

## Regional News



**Would you like to receive your newsletter, in color, by email instead of snail mail?**

If so, please email Kristen at [regionalcoanews@gmail.com](mailto: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!

### Personality of Money

We are all products of our upbringing. As adults, we may follow what we were taught and what we observed, or veer away from that. This is particularly interesting to me when it comes to how we view and manage our money, or in shorthand, our money personality. Motley Fool reported on five personalities:

- ⇒ **Planners.** Disciplined savers, reasonable risk takers, e.g., carefully invest in the stock market. These folks probably turned in homework before it was due. 23% of Americans are in this category.
- ⇒ **Savers.** Somewhat cautious, and somewhat risk-averse. For 19% of us, money under the mattress is good. No unexpected event like needing new tires will catch a saver! Savers can become planners.
- ⇒ **Strugglers.** Financial setbacks occur, and are very harmful. Strugglers are not able to get or keep an emergency fund going; sadly, this covers 18% of Americans.
- ⇒ **Impulsives.** May plan and save, but an impulsive's large buy can ruin things. We are 24% strong and not good with credit cards.
- ⇒ **Deniers.** Dislike financial planning, don't believe it can work. 15% of us would rather not even think of money either now or in the future.

Understanding ourselves is of course necessary to make changes that we think will be beneficial. These five personality types offer a simplistic view, one view, and there are other ways of categorizing ourselves. Let me know if you'd like more to read on this.

Happy Planning,  
Jean O'Neil, TRIAD committee member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

## April's Good News

By Deborah Hollingworth

The days are longer, the sun is warmer, more of us are able to get our Covid vaccine shots, so it puts a "spring" in our step as we begin to think about gardens, farmer's market and getting out and about.



The good news this month is a reminder about the Healthy Incentive Program which gives SNAP recipients an instant rebate on fresh fruits and vegetables when purchased from certain farm stands, and our Mobile Farmers market which we anticipate will be at the Maples in Worthington and in downtown Huntington again this year. The Healthy Incentive Program will give up to \$40 per month for households of 1-2 people. Benefits are added to your EBT (food stamp card) each month, making your food stamp dollar stretch farther!

For a listing of HIP locations, you can check their new website map. When you type in your zip code, the site will sort locations by those closest to you. Check it out:

### [buylocalfood.org/open-hip-locations](http://buylocalfood.org/open-hip-locations)

The site is continually updated, so you can find markets that will accept your SNAP and HIP benefits.

For those of you who might be interested in applying for SNAP benefits, the income eligibility is \$1,383 for a single person household, and \$1,868 for a two person household. If you are interested in learning more about the Food Stamp program, (called SNAP), and getting help with an application, you can contact your senior center or get in touch with the Williamsburg Senior Center, which is a designated SNAP site: 413-268-8407. They can help you apply.

## Correction— Cummington Fair Photos

In the March newsletter's Cummington Fair photo article, the incorrect email address to send photos was given. The correct email is:

[it.cummingtonfair@gmail.com](mailto:it.cummingtonfair@gmail.com)



As a reminder: April Judd is working on a Cummington Fair history book and is looking for photos. If you have any that you would like to include in the book, please contact April: **413-268-7109**, [it.cummingtonfair@gmail.com](mailto:it.cummingtonfair@gmail.com). You can email the photos to April or she can borrow them, scan them and return them to you.



## Hilltown Mobile Market

FRESH, LOCAL, HILLTOWN-GROWN

[www.hilltownmobilemarket.info](http://www.hilltownmobilemarket.info)

Blandford, Cummington, Huntington & Worthington

July 22-October 8, 2021

The Hilltown Mobile Market is back for a third season this summer and fall! Starting in July, we will bring our colorful veggie van to Blandford, Cummington, Huntington, and Worthington each week for twelve weeks, stocked with the freshest Hilltown-grown produce from our neighborhood farms.

Come and get your local lettuce, squash, potatoes, peaches, and so much more! We welcome many forms of payment including cash, credit, debit, SNAP, HIP, WIC, and Senior FMNP Coupons. You can also sign up for a Hilltown Community Farm Share to guarantee your pick of the week's harvest for as little as \$5 per week! Registration begins April 1st.

For more information, visit:

[hilltownmobilemarket.info](http://hilltownmobilemarket.info)

or call or email Seva Water at

[sevat@hilltowncdc.org](mailto:sevat@hilltowncdc.org) or 413-824-1840

*The market is supported by  
Healthy Hampshire,  
Hilltown Community Development and the  
Hilltown Community Health Center.*



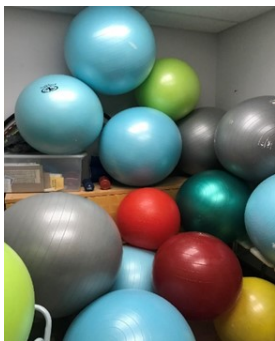
## Joan Griswold's Exercise classes: Six years and going strong!

One of the most stable ways to stay strong during the COVID pandemic has been to join Joan's classes. Reading her email updates and reminders alone makes the day seem brighter. Over a third of the class has been with her for several years, with another 41% participating at least a year. Once in, people usually stay. Nearly 20% attend at least once a week and another 29% take part three times a week. Most members of the groups say that the class has helped maintain their personal health and feel improvements in their overall strength and energy. Good reasons to still be going after six years. Moving forward, we will continue to offer classes online but look forward to also having on-site programs as soon as we can. It's clear that the commitment to exercise is keeping things going and growing.



### Want your own exercise ball at home?

We have too many at the Community Center in Chesterfield. Call Jan at 296-4007.



**The Cummington Council on Aging  
invites you to a show!**

## Mabel and Jerry



By Steve Henderson

This could be the most hilarious blind date ever! Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love any way they can. Think Romeo and Juliet meet Burns and Allen and you will be on the right track.

**See the show on video!  
April 30, 2021 at 1:00 p.m.**

Contact the Cummington Council on Aging at [croumeliotis@cummington-ma.gov](mailto:croumeliotis@cummington-ma.gov) or 413-634-2262 for the link to the show (as well as help navigating the technical aspects of viewing the show).



*This program is supported in part by a grant from the Cummington Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.*

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# **TECH SUPPORT SCAM**

**The phone rings, the caller says your computer has a virus & needs to be fixed. Watch out for tech scams.**

- They might try to gain access to your computer to steal your personal information

### **Here's what you can do:**

- Just hang up
- Don't click on any links in an email or pop-up screen
- Never give someone else control of your computer & don't share your passwords
- Don't give out financial information to someone you don't know
- Keep your computer's security programs up to date



**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