

Worthington Corners

May 2021 COA Newsletter



Worthington Council on Aging
2 Packard Common
Worthington, MA 01098

Phyllis Dassatti, Interim COA Coordinator
Phone: 413-238-5962
coa@worthington-ma.us

*"This is a wonderful day.
I've never seen this one before".*
~Maya Angelou

Reminder- Save The Date:

"All Aboard The Hip Hop Soul Train Express"

May 10th at 10:30am
Town Hall Gardens

MUSIC Dance.edu is offering a one hour Hip Hop Dance Chair Exercise 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 and space on the Soul Train and chair dance to clean hip hop music. Bring a sturdy chair and join in on the fun. Masks and social distancing are required. Not interested in participating? Bring a chair, and watch the fun! This program is brought to you by a generous grant provided by Worthington Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. There will be a robo call if a cancellation is necessary.



Tired of not being able to see your friends and neighbors?

Us too!

We can now plan a "Social Gathering" on **June 14** at the town hall gardens from **2-4pm**. Masks and social distancing are required. Bring your own chair, listen to music and visit with neighbors. Individually packaged snacks and water will be provided. Underwritten by the Rolland Fund.

Message From The Board Of Health

The BOH has enrolled Worthington in the Regional "In-Home COVID Vaccination of Homebound Individuals". If you or someone you know is homebound and needs to be vaccinated, please contact

the Board of Health at 238-5577 x106 or Phyllis at the COA: 238-5962 for more information.

You Should Think Twice Before Laminating Your Vaccine Card

Source- Dr. Leana Wen, an emergency physician and public health professor at George Washington University

While it is tempting to get your vaccine card laminated as soon as possible, you should take your time and make sure you have considered a few things beforehand. Here is what you should know about laminating your coveted vaccine card.

- ⇒ **Double check your information**, including your name, date of birth, and the date and location of the vaccine for accuracy.
- ⇒ **Create a backup**— take a picture on your phone, and email yourself a copy to be safe. Also photocopy the card and keep it in the same place as other important documents, like birth certificates.
- ⇒ **There are concerns that the lamination process might damage cards**, smudging the ink or making it illegible. But even if your card is damaged in the lamination process, there are options.

In case of damage to, or loss of your card, you will need to contact your vaccine provider to get another one or you can visit the CDC directory of state health department immunization system (IIS). While the CDC does not have vaccination record information, providers are required to report vaccinations to their state's IIS registry.

Some worry that getting their vaccine cards laminated will cause trouble in the future if Covid-19 booster shots are needed. If you are getting a booster shot after, you can always get a different card. **Proof is the most important thing- laminated or not.** Lamination is not necessary if you follow the other steps above. The key is to have proof of vaccination easily accessible. **Do not share your card on social media...**

FRTA-Easy Ride

Part-time driver with automobile needed for the Hilltown Community Development Corporation, Chesterfield, Driver Pool Program. Driver would be driving seniors, veterans, and people with disabilities to medical appointments on an on call basis. Hourly and automobile mileage reimbursement. Contact Ed Pelletier at the CDC office (413-296-4232) for more information.

To all Moms, Grannies, Great Grannies, Great Great Grannies, Step Moms, Foster Moms:

Wishing you all a Happy Mother's Day!



What warm drink helps mom relax on Mother's Day?
Calm-omile-tea

Why was the house so neat on Mother's Day?
Because Mom spent all day Saturday cleaning it!

What should you make mom for dinner on Mother's Day?
Anything- as long as she doesn't have to cook!

****Support local business in our area for eat-in or take-out****

Handgrip Strength is an Important Tool for Evaluating Your Health

Grip strength is a predictor of function. How tight you grip something relates to your upper body strength as well as your heart's ability to handle

pumping against a higher pressure because your blood pressure increases with the act of gripping.

A study done by Sinh showed that death can be predicted in 5 years if the grip strength is below 31 lbs. for women and 48 lbs. for men. Grip strength is measured by a dynamometer. A stronger grip correlates with a lower risk of heart attack and stroke.

Your grip is an important predictor of muscle endurance and overall strength. A strong grip is critical for everyday activities such as opening a jar, carrying luggage, carrying shopping bag, walking the dog, making a strong first impression-firm grip of a handshake (prior to Covid).

There are several types of grip strength-crush, pinch-and support. Crush grip is strength between your fingers and palm- shaking hands, crumpling up a paper. The strength between your fingers is pinch grip- used to grab a piece of paper, grasping a key. The ability to hold onto something such as the handle of a shopping bag or luggage for a long time is support grip.

Suggestions for strengthening (do not cause pain or increase or enhance deformity):

Crush grip- gripper squeezer, tennis ball

Pinch moves- clothespin

Support- carry a pair of dumbbells across the room

Memorial Day-May 31

Memorial Day is observed on the last Monday of May, honoring the men and women who died while serving in the US Military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official holiday in 1971. We observe the day by visiting cemeteries and having family gatherings in memory of all who have passed.



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!



As you take the winter sand off your lawn along with your other spring projects, here is an easy one for you to do. Check and see if your house number is visible from the street. If your house is not visible from the street, is your driveway clearly marked with a house number? Here are a few things you should consider:

- ⇒ Numbers must be at least 4 inches in height (larger would be even better) and facing the street.
- ⇒ Put numbers under lighting.
- ⇒ Use numbers with a contrasting background so they are visible at night.
- ⇒ If your driveway is long, post your house number on both sides of your mail box or on a sign pole at the end of the driveway near the road.
- ⇒ Be sure to keep the numbers visible by trimming bushes, tall weeds and trees.
- ⇒ Remember, emergency personnel from a neighboring community may not be familiar with your area. Paramedics, firefighters and police officers find you faster when your home is clearly marked.

Have a SAFE spring!

--Worth Noyes, SAFE Educator
Williamsburg & Cumington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.

**When I don't need it:
I see it everywhere**



**When I actually need it:
I can't find it anywhere**

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!

Personality of Money – Can We Change?

Last month I said we are all products of our upbringing. We are the result of genetics and life experiences, including seeing how our parents and peers handle money. From all this, we develop our habits and attitudes. From habits and attitudes, we move to how we manage our money, if and how we invest, how/why/when we spend or save, how easily we fall prey to a scammer, even on to the mechanisms and practices we use to pay our bills.

If we have habits and attitudes about money, can we change those to improve our lot in life? This is a huge topic, but bear with me as I share a little of what I read this month about one avenue of change. Some interesting research on traumatic stress (e.g., from abuse, serious health issues, and believe it, pandemics!) shows that stress can change parts of the brain, for instance, physically shrinking an area that allows us to reason logically and to assess risk. Another region of the brain that can physically change is responsible for working memory, mental flexibility, and self-control, what they call "executive function", all of which may impact our financial practices and skills.

So can we change? Yes! All the things *They* keep telling us that are good for our overall health (physical exercise, reasonable diet, socialization, mindfulness, etc.) can work in our favor to reduce stress and so improve our brain function. We may even bring about physical changes in the brain that result in improved memory, more rational thinking, better planning, and better decisions. Thus a person may move from being an impulsive spender to being a saver, or a denier may decide to jump into the shallow end of the investing pool.

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

Foot Care from Highland Valley Elder Services (HVES)



If you are a client of HVES, you may be eligible for in-home foot care. Call your Care Advisor to see if you're eligible. If you don't have a Care Advisor, call Highland Valley's main number (413-586-2000) to ask about eligibility.

May's Good News

By Deborah Hollingworth

At last the long-awaited spring has arrived with tulips, apple blossoms and time to plant our vegetable gardens! Many more of us have had our



Covid vaccine shots and are beginning to make those postponed medical appointments: trips to the dentist, the eye doctor, and perhaps time to schedule knee or hip surgery. If you find the rehab process from surgery requires some medical equipment that is not covered by your health insurance, you might call your senior center to ask about their "loan closet". If your town doesn't have a senior center because they share space in a town building, call them anyway because there is a regional loan closet for our Northern Hilltowns in Cummington. If you need a walker, wheelchair, raised toilet seat, commode, crutches or quad cane, you can give your senior center a call and they will check out the Cummington "closet" to see if that item is available for loan. Likewise, if you have items to donate, the Cummington loan closet can take them.

Many items, like hospital beds or wheelchairs can be rented on a short term or extended time basis. And some health insurances, like Hospice, will cover the cost of these rentals.

It is always a good idea to speak to someone at your senior center to see if you might get other support services, like meals, help grocery shopping, or a friendly visitor, as you rehab from surgery. And if you've had your Covid shots, you may be able to help if someone needs a ride to a medical appointment or help with grocery shopping.

It's time to reconnect and lend a helping hand to a neighbor as we come out of a long winter.

Senior Farm Share



2021 Enrollment begins May 1!

If you're over the age of 60 and meet income eligibility requirements, you are eligible to apply for a Senior Farm Share!

What it is: Ten weeks of fresh, local produce delivered to participating Senior Centers and Councils on Aging. Shares are valued at \$135, and participants pay a one-time fee of \$10 during enrollment. Many sites accept SNAP/HIP payments for this \$10 fee. If you participated last year, an application will be mailed to you from CISA. If you would like to participate this year, please contact us at 413-296-4007, email coa@townofchesterfieldma.com or write to COA, Box 7, Chesterfield MA, 01012, and we will mail you a new application. **Applications will be accepted until June 1st.**

**THIS TOO
SHALL PASS.**

**IT MIGHT PASS
LIKE A KIDNEY
STONE.**

but it will pass.

**I'VE LEARNED
SO MUCH FROM
MY MISTAKES,
I'M THINKING
OF MAKING
A FEW MORE.**

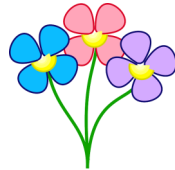
"The world's favorite season is the spring.
All things seem possible in May."

- Edwin Way Teale



"The sun was warm but the wind was chill.
You know how it is with an April day.
When the sun is out and the wind is still,
You're one month on in the middle of May.
But if you so much as dare to speak,
a cloud come over the sunlit arch,
And wind comes off a frozen peak,
And you're two months back in the middle of March."

- Robert Frost



"The country ever has a lagging Spring,
Waiting for May to call its violets forth,
And June its roses--showers and sunshine bring,
Slowly, the deepening verdure o'er the earth;
To put their foliage out, the woods are slack,
And one by one the singing-birds come back.

Within the city's bounds the time of flowers
Comes earlier. Let a mild and sunny day,
Such as full often, for a few bright hours,
Breathes through the sky of March the airs of May,
Shine on our roofs and chase the wintry gloom--
And lo! our borders glow with sudden bloom."

- William Cullen Bryant, *Spring in Town*, 1850

"Never yet was a springtime, when the buds forgot to bloom."

- Margaret Elizabeth Sangster

"It's spring fever.... You don't quite know what it is
you do want, but it just fairly makes your heart ache,
you want it so!"

- Mark Twain

"Every spring is the only spring - a perpetual astonishment."

- Ellis Peters



Hilltown Mobile Market FRESH, LOCAL, HILLTOWN-GROWN

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
or call or email Seva Water at
sevat@hilltowncdc.org or 413-824-1840

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



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

HOME IMPROVEMENT



If you're going to hire a Home Improvement Contractor...

- Make sure they're registered or licensed with the state
888-283-3757 www.mass.gov/consumer;
- Make sure the payment schedule is broken into 3 payments: 1/3rd at the start of the project, 1/3rd in the middle and 1/3rd when the work is complete;
- Make sure the contractor takes out the building permit in their name;
- Make sure you check the contractor's references;
- Make sure you have a written contract;
- Make sure you have a copy of the contractor's insurance;
- Make sure you check to be sure there are no complaints against the contractor.

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

