Worthington Corners

June 2021 COA Newsletter

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ò Summer has a flavor like no other. Always fresh and simmered in sunshine. ó

~Oprah Winfrey

COA Social Gathering

Monday, Ju-4pm14th 2
Town Hall Gardens

Masks and social distancing
your own chair and listen
the music wit arri
on tenor ban nox,
base, and Ph on
guitar, and v friends.

Individually packaged
snacks and water will be provided.

We are looking forward to seeing you there!

SAVE THE DATE

JulyCOA Annual Picnic
Watch for details

Hip Hop Chair Exercise class had to be cancelled due to unpleasant weather conditions. It has now been rescheduled for **September 13, 1:30 pm at the Town Hall gardens**. Hopefully by that time it can be held inside, if needed.

The Council On Aging Board would like to welcome **Eileen Daneri** newest board member. We appreciate her commitment to serving the seniors of Worthington.

The **plant giveaway** on April 26 was a success with 100 plants distributed. Spirits were lifted as we celebrated the arrival of spring with colorful addition to plants, recipients also got a sweet treat of cookies. Thanks to Board members, Charley Rose, especially for that Doug Small for the use of officer, Tim Balser.

Not Yet Out Of The Woods

A Message from the Board o

The state has reduced rest
lishments, events, outdoor
wearing of masks outdoors
can be maintained); noneth
Board of Health urges cont
crowded situations or indo
donôt usually spend indoor
regularly continuing to se
Testing in now widely ava
are proceeding more easily
of Health if you are havin
an appointment.

The Hilltown Mobile Marke

Thursdays starting June 2
Worthington Congregational

The Hilltown Mobile Marke
Season with farm share s
for the season that will r
22-October 8. The market is
ers, grants and generous d
ing collaboration between
Hilltown CDC, and the Hill
Center. The full season va
fresh fruit and vegetable
farm of about $15 per week

person, elder couple, or small family. Those who register for a farm share can also take advantage of a sliding scale payment option. Everyone can pay $20/$5 per week for any 5 produce items they choose. Limited shares are available so those who would like to sign up should do so quickly. More details about the Hilltown Mobile Market, including how to sign up for a share, can be found at **hilltownmobilemarket.info**. For more information, please contact Seva Water at **413-824-8400** or **sevat@hilltowncdc.org**.

To all Dads, Grandpas, Great Grandpas, Great Great Grandpas, Step Dads, Foster Dads

Wishing you all a Happy Father's Day!

Exercise in the garden?

Everyone knows gardening is therapeutic. It is good for the mind, body and soul. The garden provides the opportunity to get outside and burn off energy and have fun. In reality, gardening is exercise. Depending on the various activities and tasks of gardening ultimately use all of the major muscle groups. In addition, strenuous gardening activities such as raking and digging is both aerobic and muscle strengthening. Take time to celebrate one of Americaôs hobbies. Go out and exercise with and among your neighbors.

"Growing old is inevitable; Growing up is optional."

"You'll realize the value of money once you start earning it."

"Every restaurant in the world is packed on Mother's Day. But they want us to barbecue!"

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

ñWhat did you say?ò

Do you sometimes miss parts of what people say to you? Does everyone seem to mumble? Do you turn your TV volume up louder than you used to?

Maybe it is time to talk with your health care provider about having your hearing tested. Request a referral to a licensed audiologist. That person is specially trained to evaluate hearing. You might not realize how much you are missing or misunderstanding. For more information, visit **www.audiology.org**

Flag Day: June 14

This day celebrates the history of the American Flag. The first flag, the ñGrand Unionò was designed by Washington on January 1, 1776. Red for valor and hardiness, white for vigilance and justice, with parades, ceremonies,

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The Worthington Council on Aging is asking for YOUR support to help build important programming for lo

I would like to contribute to the Worthington Council

Please write your check to The Town of Worthington a Worthington, MA 01098)

Name _____

Address _____

_____

Thank You for Helping to Support Your Neighbors!

Senior SAFE

June seems to be the beginnin- doors season. Here are a few safely. (Sorry, no special re here.)

⇒ Use all barbecue grills out feet from the side of any b
⇒ Never leave a burning grill
⇒ Children should never play cylinders.
⇒ Grills may only be used on os, and balconies if there stairway to the ground, or level.
⇒ Grills are prohibited from porch, deck or balcony that overhang.
⇒ Keep all LP gas outside and LP gas is heavier than air Keep LP gas 10 feet from bu as doors, windows, dryer vents and 20 feet from air sources.
⇒ With charcoal grills, use o id to start them. Once ther NEVER add more lighter flui very quickly up the stream of fluid causing seri- ous burns.
⇒ Dispose charcoal ashes in a metal container.

Enjoy barbecue season SAFELY,

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

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

Would you like to receive yo color, by email instead o
Please email Kri regionalcoanews@gmail.com with mailing list to take the email list, include you

Oh, Those Scammers

They are so clever, always alert to what will work. I commodity for many of us. The other is an example of a

Vaccination cards: those little white cards with your full name official records of your shots but this card is the re a safe place (maybe with your Social Security card?) a this point, we donôt know when the card might be neede but that could make the ink run, and would keep you f course, you know to not take a picture with your birth

The second topic is based on a mailing a friend receiv in Tulsa. They sent a letter, two flyers, and a prayer perhaps a donation. The Church is a 501(c)(3) organiza ings for it. Some folks have written heartfelt complai however, determine if it is or is not a scam. What str to solicit money, offering the possibility that their ture, physical healing, peace, - and other such as well

Carefully,
Jean OôNeil, TRIAD committee member
413-268-8228, jeanoneilmass@gmail.com

Juneôs Good News

By Deborah Hol

Governor Bake end-
ed the ñfree ass
Health benefi s
time until t f the
year, December 31st. Any-
one who has MassHealth co erage now, ll not
lose it. This is part of n effort to make sure tha
people donôt lose their health insurance coverage
during the pandemic. Also, remember that
MassHealth pays caregivers for t e ar
providing if the recipient is a MassHealth benefi-
ciary. If you are frail enough to nee ome
care in order to avoid a nursing hom -
your income can be as much as $2,382 gency B oad-
and still qualify for MassHealth Eff Prog s-
tions about how to go about getting ble hous
you can call your senior center and program wi
SHINE appointment. discount o

Have you ever wondered what SHINE is? SHINE ward monthly bread-
stands for Serving the Health Insurance Needs of band service (one credit
Everyone and is a program which trains thousands of volunteers in all 50 States to learn about Medicare and other insurance coverage, and become consultants for anyone with questions about their health insurance. You can find SHINE volunteers by contacting your senior center or in our area, by calling Highland Valley Elder Center 200.586

More good news: the Soldiers Home will potentially begin admissions this April. If you've been on their wait list, you may receive a call. If you don't feel ready, or refuse the bed you may be dropped from the wait list and need to submit a new application in the future. To check on your wait list status, or to get more information about the Soldiers Home, you would call your VSO, Tom Geryk 413-584-1299. If he doesnôt cover your town, he will connect you with the Veterans Service Officer who does. Tom is also a great resource for other benefits, including home care that the VA offers.

Next month, I look forward to sharing more new re-
sources on how to reduce the cost of your prescriptions!

Find your food sources o
the map!

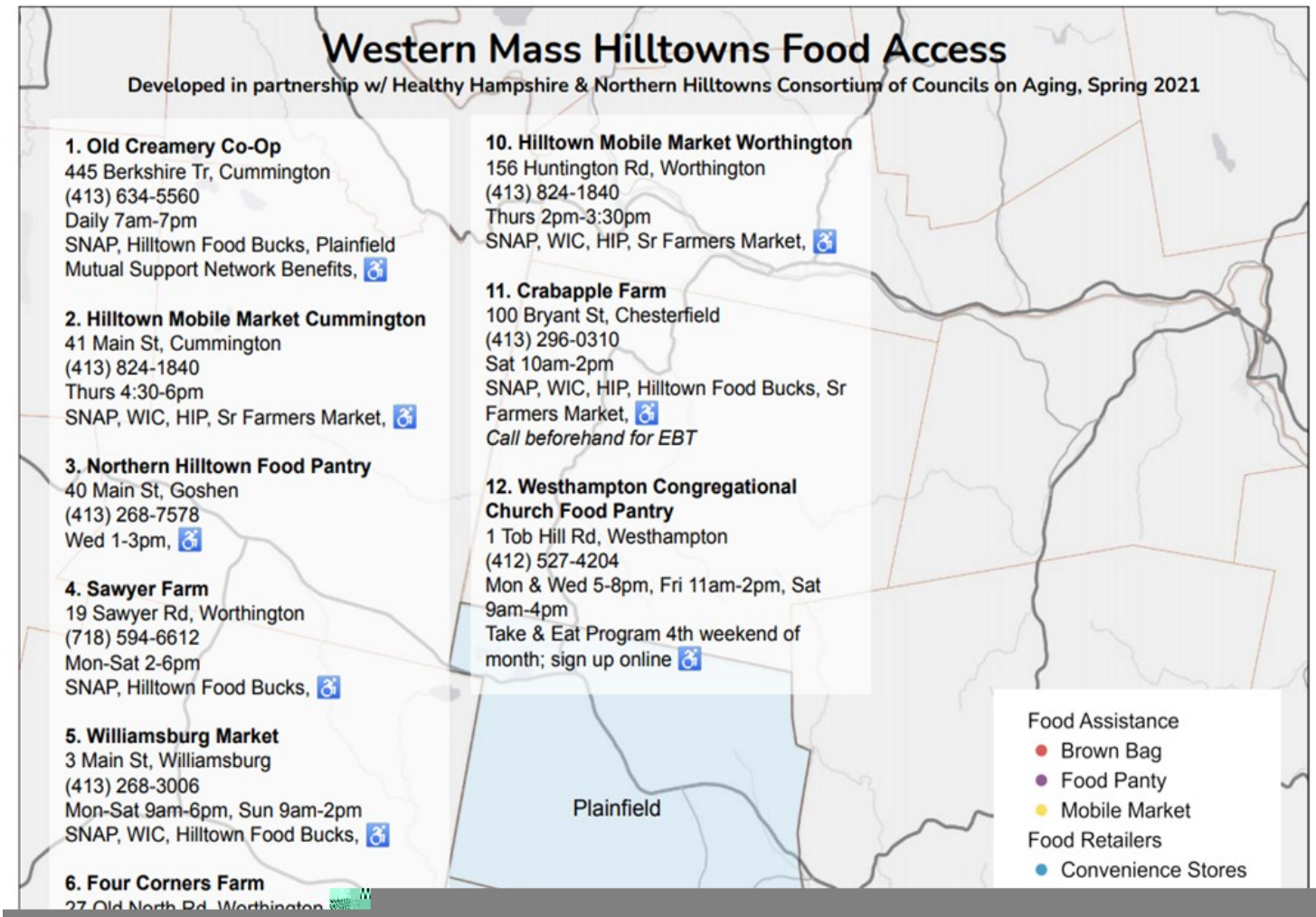
Thanks to the Smith Studen
the Landscape Studies prog
Caitlin Marquis from the C
ative for Educational Serv
now have a map showing all
locations for access to f
one of those gifts that ñ
set up to change as locat
grams change. To see mor
Northern Hilltowns on Agir
northernhilltownscoas.org

Broadband Discoun

Whip City
ticipating
gency Broad-
ert Program
ble household
center and
discount o
ward monthly bread-
band service (one credit
this is a limited time pro-
funding runs out, we enc
promptly. APPLICATIONS WIL
ONLINE STARTING May 12, 2
is for anyone with an income
of the household one of the
ing criteria:

⇒ Has an income that is a
the Federal Poverty Guidelin
⇒ Participates in certain assistance
SNAP, Medicaid, Supplemental
⇒ Is approved to receive b
and reduced school lunch
school breakfast program
the USDA Community Eligi
the 2019-2020 School ye
⇒ Received a Federal Pell
award year.
⇒ Experienced a substanti
through job loss or furl
2020 and the household h
to 2020 sharing income new re
$198,000 or your joint filer

For more information: **getemergencybroadban**


Western Mass Hilltowns Food Access
Developed in partnership w/ Healthy Hampshire & Northern Hilltowns Consortium of Councils on Aging, Spring 2021
1. Old Creamery Co-Op
445 Berkshire Tr, Cummington
(413) 634-5560
Daily 7am-7pm
SNAP, Hilltown Food Bucks, Plainfield Mutual Support Network Benefits,
2. Hilltown Mobile Market Cummington
41 Main St, Cummington
(413) 824-1840
Thurs 4:30-6pm
SNAP, WIC, HIP, Sr Farmers Market,
3. Northern Hilltown Food Pantry
40 Main St, Goshen
(413) 268-7578
Wed 1-3pm,
4. Sawyer Farm
19 Sawyer Rd, Worthington
(718) 594-6612
Mon-Sat 2-6pm
SNAP, Hilltown Food Bucks,
5. Williamsburg Market
3 Main St, Williamsburg
(413) 268-3006
Mon-Sat 9am-6pm, Sun 9am-2pm
SNAP, WIC, Hilltown Food Bucks,
6. Four Corners Farm
10. Hilltown Mobile Market Worthington
156 Huntington Rd, Worthington
(413) 824-1840
Thurs 2pm-3:30pm
SNAP, WIC, HIP, Sr Farmers Market,
11. Crabapple Farm
100 Bryant St, Chesterfield
(413) 296-0310
Sat 10am-2pm
SNAP, WIC, HIP, Hilltown Food Bucks, Sr Farmers Market,
Call beforehand for EBT
12. Westhampton Congregational Church Food Pantry
1 Tob Hill Rd, Westhampton
(412) 527-4204
Mon & Wed 5-8pm, Fri 11am-2pm, Sat 9am-4pm
Take & Eat Program 4th weekend of month; sign up online
Plainfield
Food Assistance
Brown Bag
Food Panty
Mobile Market
Food Retailers
Convenience Stores

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