

# Worthington Corners

## August 2021 COA Newsletter



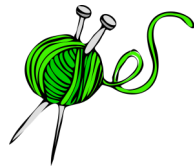
Worthington Council on Aging  
2 Packard Common  
Worthington, MA 01098

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

*"If only we'd stop trying to be happy we could have a pretty good time"*  
~ Edith Wharton

### Be on the look out for COA Activities to resume in the Fall and more to come:

- The Knitting Group
- Social Hour



### Hip-Hop Chair Exercise Class

The hip-hop chair exercise class has been rescheduled for **Tuesday, October 19 at 11:30am** in the Town Hall. Bring a comfy, sturdy chair and join in on the FUN!



### Healthy Bones and Balance Classes starting up at the Worthington Town Hall

After a year and a half of being homebound during COVID, are you looking for a way to get moving again? Consider joining a fun group of seniors in the Healthy Bones and Balance program. These free classes are designed to increase participants' strength, mobility, flexibility, and balance. The classes are led by trained RSVP volunteers and a free, fun way to exercise and socialize. Leg and arm weights are used for those who are able but are not required. Healthy Bones and Balance Program is starting up for all town members at the Worthington Town Hall on **Mondays and Fridays from 10:30-11:30 starting on Monday August 2 and will run year round**. Come and check out a class to see if it is right for you. Please arrive 10 minutes early the first time to fill out some required paperwork. Please use the front door to access the town hall unless you need to use the handicapped ramp. **If you have any questions, please call Marcia Estelle at 413-238-5554.**

*I feel like my body has gotten totally out of shape, so I got my doctor's permission to join an exercise class for seniors. I bent, twisted, jumped up and down and perspired for an hour. But, by the time I got my leggings on, the class was over.*

### Yoga Class

Yoga classes are being held on **Sundays and Wednesdays 9:30-10:30 at Four Corners Farm/Inn**. For inclement weather, the class will be held at the Town Hall. For more information you may call **Eileen Daneri at 238-4461**.

### Robo Calls

There is valuable information that comes from COA Robo calls. If you have not received such calls and would like to be included or removed from this list, please call **Phyllis Dassatti 238-5962** and leave a message with your name and phone number.



### Farmers' Market Coupons

The 2021 Farmers' Market Coupons are now available. We have four booklets available for distribution: each booklet contains \$25 worth of coupons that can be used at various farmers' markets, including the Hilltown Mobile Market that comes to The Worthington Congregational Church, Thursdays starting July 22-October 8, 2:00-3:30 p.m. You are eligible if are at least 60 years of age and your income is at or below 185% of the poverty level. You are also eligible if you are disabled, under the age of 60, live in elder housing and receive nutrition program benefits. For a household of one, the income limitation is \$23,828 per year. For a household of two, the income limitation is \$32,227 per year. If more than four people are interested, we will choose the recipients by lottery. Please call **Phyllis Dassatti at 238-5962** by August 14th and leave a message with your name and phone number.

## Farewell And Many Thanks

The Council on Aging would like to thank **Laurie McAnulty** for her many years of volunteer service to the COA and the seniors of Worthington. Who do you think put those stickers on the back of your luncheon plates?

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**Welcome to Judy Sena** for becoming a huge asset to the Board by becoming the secretary!

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## National Senior Citizens Day- August 21



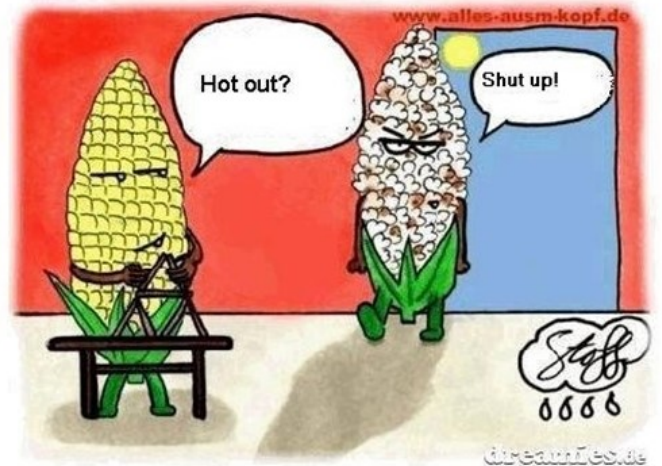
According to Forbes Magazine, by 2035, there will be 78 million people over 65 living in the United States. People are living longer than they used to. And they are continuing to work and be involved in the community even as they age. Older Americans are living productive and happy lives. This is worth celebrating. National Senior Citizens Day is an opportunity to say thanks to older Americans for what they have done to make our families and country better. It is also a time to reflect on our current communities. This document, Proclamation 5847, signed by President Ronald Reagan on August 19, 1988, encourages "places in which older people can participate to the fullest and can find encouragement, acceptance, assistance, and services they need to continue to lead lives of independence."

## Older Americans Kept Mentally Fit During Covid -19

People age 50 and over are emerging from the Covid-19 pandemic with our mental health mostly in fine shape, according to a survey of 2,000 older adults by the University of Michigan's National Poll on Healthy Aging. 65% of people ages 50-80 say their mental health is "excellent." Another 27% rate their mental health as "good". 18% of those 50-80 say their mental health has worsened. Women were more likely than men to report increased stress levels. 29% of older adults say they have changed behaviors (like increasing exercise) to improve their mental well-being during the pandemic.

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A child was sitting on a park bench eating a chocolate bar. An older man nearby looked over and said, "You know, eating a lot of chocolate is bad for you". The boy thought for a minute and replied: "My great-grandfather lived to be 105". "And he ate that much chocolate?" the older man asked. "No, but he did mind his own business." said the child.



***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!*

# THE ANGEL PARK CONCERT SERIES 2021

Angel Park in Williamsburg Center  
Wednesday Evenings • 6pm to 7:30pm  
July 7th through August 18th

- Louise Mosrie - July 7th
- Katie Clarke and Larry Leblanc - July 14th
- Annie Guthrie - July 21st
- The Group DeVille Trio - July 28th
- Tom Shields and Barely Standing - Aug. 4th
- Lonesome Brothers - August 11th
- Christa Joy and the Honeybees - August 18th

Please join us for seven wonderful evenings of entertainment!

Sponsored by Florence Savings Bank,  
The Williamsburg and Massachusetts Cultural Councils,  
and contributions from area music lovers.



**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!

## How do WE do it?

So how and why do we fall victim to these scammers? We're thinking adults, not inexperienced children. What goes wrong for us?

Well, when we lose our wallet, we may lose the carefully stored Social Security card and vaccination card. We might even lose our Medicare card that allows a scammer to hack our account and ruin our medical reputation. (No, I don't expect you to memorize that entire number. But you can make a copy of the card, cut it to shape, block out four characters, and memorize them. You shouldn't need the full number until you go to a new medical provider.) I should note - now that our SSN is not our Medicare number, this is not as large an issue as it used to be.

We enjoy posting online and playing social media games, playing with known friends, and we let our guard down. We tend to forget that someone besides our good friends may be watching the screen and picking up answers to our security questions or otherwise adding to the online profile they are generating. We also may still have an inclination to pick up the phone when it rings, whether or not we know the caller.

Then there's the collection of poor passwords we have. What's that? You only have ONE password?! Yikes! Watch for a password note in this newsletter next month.

One final thought for now. As we age, we lose some ability to feel doubt or to assess risk. We show increased optimism and positivity, and are more likely to assess someone as trustworthy based on a face or voice quality. We miss the warning signs. What to do about that? All I can say right now is "Let's be careful out there!" Thanks, Sgt Esterhaus of NYPD Blue.

Again, carefully,

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

## August's Good News

By Deborah Hollingworth

The good news this month is about housing options. From time to time AARP does surveys asking older adults where they prefer to live. The answer never changes, 85%-90% of us want to stay in our own homes for as long as possible. (And sometimes longer). Being able to do that depends on our keeping fit, not developing any medical conditions that limit our ability to take care of ourselves.....and having enough retirement income to keep up with increases in the cost of our household overhead. Property taxes, homeowners insurance and utility costs are never going to go down, so this can be a challenge if we have changes in our income, from a loss of life partner, or we outlive our assets.

If we have to consider moving, leaving our home, the best strategy is to move to a place where we will be able to stay regardless of how infirm we become or regardless of our shrinking financial resources.

So what are the possibilities?

There are many aspects of planning for future housing, but today we'll focus on Assisted Living facilities. First, let's dispel some myths. Assisted Living is



not a nursing home. Far from it. I describe it like "a cruise ship that never leaves the dock". Meals, housekeeping and if needed, help with personal care and Rx management. In addition, most ALFs have a myriad of activities that include arts, crafts, music, day trips, book clubs and exercise classes. In fact, socialization is often the most important aspect of assisted living residences. Next myth, ALFs are only for people with significant financial resources, "I could never afford it". If you calculate what your monthly household overhead is...and then realize that when you move to an ALF you no longer have property taxes, utility bills, homeowners insurance, and home repairs...then the monthly rent begins to sound more reasonable. Still, rent at an ALF can range between \$3,000-\$5,000 per month depending on what kind of support services you need.

How is this affordable? Many people sell their homes when they move to an ALF and use the proceeds from the sale to pay their rent for a couple years. If you are planning ahead, it's a good idea to know about ALFs that have rent subsidy programs for low income residents who exhaust their assets. We are fortunate to have several in

our area: The Arbors Assisted Living residences in Westfield, Chicopee, Greenfield, and Amherst, Landmark at Monastery Heights in West Springfield, Heritage Hall in Westfield to name a few. To get more information about the possibility of your moving to an Assisted Living, you can call Highland Valley, LifePath, WestMass Elder Care, or Greater Springfield Senior Services and ask for their Information department, who should be able to refer you to an Options Counselor to talk about your situation and possible housing options.

### **Wanted: Part Time Administrative Assistant Chesterfield Council on Aging**

Position responsibilities include preparing schedules and documents, assistance with office functions and services to older adults. Flexible hours available for 5 hrs/week at \$18 hr. Great position for someone looking to balance work and family life. Preference is for someone with experience and background working with older people in service or business settings. The goal is to have someone join the team who likes working with older adults, is goal-oriented, interested in learning new skills and working in a welcoming environment. Send letter of application to Jan Gibeau, Director of Council on Aging, Box 7, Chesterfield MA 01012.

### **Farmers' Market Coupons**



Farmers' Market Coupons are available through your town's COA. Each booklet contains \$25 worth of coupons that can be used at various local farmers' markets.

The eligibility criteria are:

- ⇒ 60 years old
- ⇒ household income at or below 185% of the federal poverty level
- ⇒ disabled, under the age of 60, live in elder housing and receive nutrition program benefits and income at or below 185% of the federal poverty level.
- ⇒ For a household of one, 185% of the federal poverty level is \$23,828 per year. For a household of two, it is \$32,227 per year.

If you are interested, contact your town's COA.

## On the Road Again..



Here is a brief outline of future bus trips for 2021. Please know nothing is written in stone and things can change. Some trips are originating from the Southampton Council on Aging, but Francine will be the contact person for all trips mentioned below. All trips include taxes and tips.

**The Chesterfield COA is offering a \$20 refund on any non-sponsored Chesterfield trips listed here (\*) to folks 60 years of age and older.**

If you would like to share your email address with Francine so we can keep in touch, please send a short message to [francine.frenier@gmail.com](mailto:francine.frenier@gmail.com) or call 413-296-4291. Please make your interest known 4-6 weeks prior to the trips so plans can be confirmed.

- ⇒ **September 20.** Big E, \$12 for Chesterfield residents, \$15 for out of towners. Entertainment: Rainer Martin in ***The Donna Summer Experience***. Door to door service, 2 pickup locations COA & Elks Lots, no parking fee, driver tip included. Payment due by September 1st.
- ⇒ **September 21.** Guided tour of **Quabbin Reservoir** & Lunch at Salem Cross Inn, shopping stop at Oakwood Farm Christmas Barn- \$67 due by August 10th.\*
- ⇒ **October 8-18.** 11 day bus trip to **Colorado Springs**. Sit back, relax and enjoy the beautiful scenery. Activities almost every day. Many meals included. \$1,190 due **now**. Only 4 seats left.\*
- ⇒ **November 4.** **Plymouth 400th Anniversary** program & Thanksgiving buffet luncheon \$133 *if paid in full by 9/30/21*. *Seating is limited*.\*
- ⇒ **December 9.** Pizza & Salad lunch prior to tour of **Bright Nights**, Springfield, MA. Cost to be determined.\*



### **Part Time Work Available: Hilltown Elder Network (HEN Program)**

Help Williamsburg area elders with housework, occasional transportation to appointments, and various household chores.

Call Fran Goebel: 413-268-7411

\$15.00 per hour

*A Hilltown CDC Program*

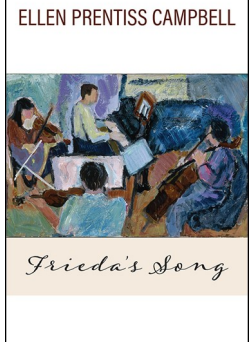
***Friends of the Chesterfield Library presents***

**Author Ellen Prentiss Campbell in-person  
for a discussion of her new novel  
FRIEDA'S SONG**

**Sunday, August 1st at 4pm**

**Chesterfield Community Center  
400 Main Rd.**

Join us as author Ellen Prentiss Campbell discusses her new novel *Frieda's Song*, inspired by the life and work of renowned psychiatrist Frieda Fromm-Reichmann who fled Nazi Germany in 1935 and lived and worked at the Lodge in Rockville, Maryland, establishing its reputation for innovative treatment of mental illness, dying in her custom-built cottage on the grounds in 1957.



Campbell's riveting novel explores the lives of the remarkable Frieda Fromm-Reichmann and current day psychotherapist Eliza Kline who—decades after Frieda's death—lives in the Cottage. Eliza, a struggling clinician and single mother, seeks inspiration in Frieda's work and finds surprising ways Frieda still inhabits the Cottage. The novel is a tale of how history and chance, and the work and people we love, shape our lives—and how the past remains present.

Campbell, a Smith College alum and award-winning author of the historical novel *The Bowl with Gold Seams*, worked as a psychotherapist in Rockville for many years. She lived so close to the Lodge she awoke to the smell of smoke the day the hospital, empty for several years, burned to the ground. Frieda's Cottage survived the blaze and has been recently restored and designated a National Historic Landmark. For more about *Frieda's Song* and Ellen Prentiss Campbell, visit [www.ellencampbell.net](http://www.ellencampbell.net)

**Worthington Council on Aging**  
**Attn: Phyllis Dassatti**  
**PO Box 7**  
**Worthington, MA 01098**

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### **Worthington COA**

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

*Monday, Sept. 13th 1-3pm at the Chesterfield Community Center*

### **Peg Whalen presents: iPhone Workshop**

Want to catch up with your grandchildren who tell you using an iPhone is simple and easy? The fact is, figuring how to use all of the features of an iPhone is often not obvious at all. Join us at the workshop, hang out with friends and have fun "learning the ropes".

- Understand some basics of getting your phone to do what you want it to do.
- Learn things you have been told it can do but you have not figured out how.
- Understand your phone enough to feel comfortable with using it for new tasks and activities.
- Understand what you should be wary of.
- Identify ways to find out more about your phone

Some of the issues to be covered include how to:

- Get your pictures off your phone and onto your computer.
- Use it as a flashlight, compass or level.
- Set it up for printing to a wireless printer.
- Find and install apps.
- Determine whether you can use it for banking, bill paying, accessing medical records and reaching your doctor's office or pharmacy.



#### **Interested in attending?**

Please call the Chesterfield COA, **413-296-4007**, or send an email to **coa@townofchesterfieldma.com** to register by August 30th. It would be helpful to include information about how long you have used a cell phone, what make and model of cell/smart phone you currently have, and what questions you would like answered. Can't join us but want to learn more? If you can't attend this workshop on the scheduled date and time but would be interested if it is repeated in the future, let us know. This information will help us determine whether additional workshops should be scheduled.

*\* Please note: This workshop will not cover how to troubleshoot an ongoing problem with your phone or how to fix broken parts of your phone.*