

Worthington Corners

October 2021 COA Newsletter



Worthington Council on Aging
2 Packard Common
Worthington, MA 01098

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"Listen! The wind is rising, and the air is wild with leaves. We had our summer evenings, now for October eves".

~ Humbert Wolfe



Columbus /Indigenous Day- October 11

"You can never cross the ocean unless you have the courage to lose sight of the shore". ~ Christopher Columbus

Calendar of Events

Healthy Bones & Balance Class

Monday and Fridays 10:30-11:30
At the Town Hall

You may call Marcia Estelle 238-5554 for more information.

"I have to exercise in the morning before my brain figures out what it is doing" Unknown

Yoga Class

Sunday and Wednesday 9:30-10:30
At the Four Corners Farm/Inn

For inclement weather, the class will be held at the Town Hall, same day and times. Call Eileen Daneri at 238-4461 for more information.



"In my day we had yoga, back then it was called Twister." Maxine

Music Therapy Class

Thursday, October 14 1:00-2:00
Worthington Rod and Gun Club
(Bring a chair and join the fun!)

Simple good songs, playing rhythm instruments, hand bells, nodding along to the music.

Hip Hop Exercise Class

Tuesday, October 19 11:30-12:30
Worthington Rod and Gun Club
(Bring a chair and join the fun!)

A style of music usually based on rap and often including melody of rhythm and blues. *Sponsored by the Mass Cultural Council and the Local Worthington Cultural Council.*

How Healthy Is Your Gut?

Your gastrointestinal (GI) system doesn't just affect your digestive process. It can make your whole body sick and take a toll on your mental health, heart health and even your weight.

Your gut makes up 70% of your immune system, runs your metabolism and communicates with most of the other cells in your body. Here's how your gut can affect overall health.

Your Brain: When the communication system is out of balance, it can prompt you to experience anxiety and depression according to the National Institutes of Health.

Your Heart: Your gut affects your entire cardiovascular system. The digestive track itself is home to more than 100 trillion microorganisms. When balance of good and bad bacteria is off, you can experience a buildup of cholesterol in your blood stream.

Healthy Gut Boosters

- ⇒ Fill your plate with colorful foods, including red peppers, carrots and Kale.
- ⇒ Consider Probiotics and Prebiotics.

Alzheimer’s Advisory Council Releases Massachusetts State Plan on Alzheimer’s Disease and Related Dementias

Alzheimer’s disease and other dementias are a large and growing public health crisis. Today, there are approximately 130,000 in MA living with dementia who are supported by over 340,000 family caregivers. The MA State Plan on Alzheimer’s Disease recommendations are around caregiver support and public awareness, diagnosis and service navigation, equitable access and care, physical infrastructure, public health infrastructure, and quality of care and research

To read the full state plan visit:
bit.ly/MAAlzheimersPlan



Happy Halloween -October 31

Halloween is a great celebration night for the kids, but there is no reason that they have to be the only ones to have fun; it’s ok for the adults to join in too!

“Halloween was confusing. All my life my parents said, “Never take candy from strangers.” And then they dressed me up and said, “Go beg for it.” I didn’t know what to do! I’d knock on people’s doors and go, “Trick or treat.” “No, thank you.”

~Rita Rudner

“I just popped over to my grandma’s and you’ve got to hand it to her. At 96, she had all the Halloween decorations up: cobwebs, insects in the windows and a skeleton on the couch. She always makes a big effort, but there was no answer...I’ll pop back next year.”



Fall entrepreneur...



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

October is "Fire Safety Month." Many fire departments have teams that go onto the schools and present a fire safety program with the students. This year the theme for this program is smoke alarms -- The Sound You Can Live With. Here are a few reminders about the important life saving alarms:



- ⇒ When fire strikes, you may have less than a minute to get out. So working smoke alarms will save your life and the lives of those who live with you.
- ⇒ Check your smoke alarms regularly to make sure they are working.
- ⇒ Smoke alarms wear out over time; most of them are good for about ten years. On the back of the detector is the date it was made. If it is ten years old it needs to be replaced; if there is no date on the back, it is way too old to be working properly. Replace it immediately.
- ⇒ Replace them with new 10-year, sealed batteries, smoke alarms.
- ⇒ When the alarm sounds:
 - + Leave the building immediately.
 - + GET OUT and STAY OUT!
 - + Go to a family meeting place.
 - + Call 911 from outdoors or from a neighbor's phone.

Have a SAFE fall,
 --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!

Spam Texts!

Well, this was not going to be the topic for this month, but I got a spam text on my phone on Sep 5. First one, and I am not happy! So I assume you may have or will get one or more and will also not be happy. Why is this so bad? In addition to interrupting your day, the sender may try to install malware on your phone, will likely try to get personal information to steal your identity, and may sell your number to some other sleaze so you get even more texts!

What to do? I know you guessed the first step – don't let the sender know they reached a valid number, so don't open the message. On my phone, there is a blue dot by a text if it is unread. To keep it that way, click on the right hand menu and find an option for Delete, Mark as Unread, something like that. You may have to do an internet search to learn how to do this on your phone or call your provider.

Next, follow the suggestions from a Norton antivirus page: **us.norton.com/internetsecurity-how-to-deal-with-spam-text-messages.html** Don't click on any links in the text since you really do not know where you are going when you do that. Check your cell phone bill to make sure all charges are valid. Your phone itself may have some settings that will block these texts; check your user manual or an online source for your kind of phone. Your phone carrier may have a blocker service. If anyone is using blocker software they like, please let me know.

PS – I have learned that five others got the same spam text I did. That shows that computers are sending these things, and we are up against a powerful spam opponent!

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

October's Good News

By Deborah Hollingworth



For all of us on Medicare, it's annual Open Enrollment again. October through the first week in December, we get to go shopping for our health care coverage. If you don't want to "shop" for different coverage, you don't have to, but might there be a better deal, that has better coverage for less money? And we all love to bargain hunt. Maybe not so much with health insurance? If I've heard it once, I've heard it dozens of times that folks just wish their coverage was **simple**. And perhaps in my lifetime, it might be. Maybe we will look back on these days of chaos when health insurance companies bombarded us with their advertising as "back in the dark ages".

But in the meantime, our mailbox (and TV) is full of advertisements for health insurance because this is the season to switch if you want to.

What is all the advertising about?

When we turn 65, if we've paid into social security, or our spouse has paid into social security, we get Medicare: original Medicare A & B. Then we can sign up for a Medicare D plan to cover our Rx, or enroll in a Medicare Advantage plan that covers Rx. Each year in the fall, during Open Enrollment, we get to change our mind and select different coverage if we wish. Many Medicare beneficiaries will decide to change their Rx coverage (their Medicare D plans). This happens a lot because the D plans change their prices, change their deductibles...even change their formularies which is the list of Rx they cover. So what was a "good" plan for you last year may not be a good plan for you next year.

An example that kept us SHINE counselors busy last year was a Humana Walmart's switch. Their \$32/month D plan that covered a lot of Rx, changed to a \$62/month plan for the same coverage. If folks read their mail, they were pretty upset. If they knew to call a SHINE counselor, they could "shop" the plans for the upcoming year and discover that Humana had another plan, in the \$30/month range, which covered almost the same Rx. But you had to know this and switch.

How does the switch work?

During Open Enrollment, you get to sign up for a new plan if you want. The new plan takes effect January 1st and cancels out your old plan. To see if you should switch, you might contact your SHINE counselor who can do a Plan search/analysis for you and give you the contact information you need to call and enroll in a new Plan. You can call your senior center to schedule an appointment with a SHINE counselor. 'tis the season to be shoppers, if we want.

Private Questions: Public Answers

By Jan Gibeau

After being part of the professional world of gerontology for 60+ years, I've learned that one question always comes up: Is this normal aging—or is this some kind of dementia, like Alzheimer's? It's a question asked by many older adults, and by their friends

and family members. It's been asked of professionals in PCP offices, in community health clinics, and in outpatient and inpatient hospital settings. It's something we ask each other all the time.

I've had to face this question myself. After I had heart bypass surgery around twenty years ago, I began to notice after a few years that my memory didn't seem to be quite the same. I knew that I shouldn't ignore my concerns; it was time to face my fears and get a comprehensive neurological evaluation. I was lucky—I was already a patient in the NYU healthcare system, and I was covered by a robust health insurance plan that would cover the costs. I knew where to go and how to arrange what was needed. When you open the door to our healthcare system all of these factors make it easier. For many people, depending on what kind of insurance they have and where they live, getting an evaluation can be difficult. In rural areas especially there is a shortage of the medical professionals needed to make such an evaluation: neurologists, geriatricians, geriatric psychiatrists, nurses, social workers.

I also knew that a comprehensive neuropsychiatric evaluation can sometimes conclude there is nothing going on but normal aging. Some evaluations identify the presence of several types of dementia, including Alzheimer's Disease. My results determined that I had mild cognitive impairment (MCI), a condition that is technically on a spectrum that includes many different types and levels of dementia. At the time I was horrified, worried that I was on a path that would lead directly to Alzheimer's. This was not the case. I was assured by my specialists that my level of functioning was still fine, and might very well remain that way. Even so, ever since the diagnosis was made I have been vigilant in looking for any and all changes, worrying that my condition might have progressed. I feared that the MCI would convert to dementia of the Alzheimer's Type which has a course lasting on average about seven years. Thus far that hasn't happened but the cognitive changes have slowly continued. Sometimes, for example, I can't find the right word. I was at a performance not long ago when the speaker stopped in mid sentence - he couldn't find the word he wanted to use. There was a long, heavy pause as the audience waited. Finally, he moved on and everyone breathed a sigh of relief. I thought to myself, I hope that never happens to me. Now every so often, it does.

For me, each year has brought small changes, usually not noticeable to others, but I have been painfully aware of every one of them. And each step of the way I've learned how to adapt—writing things down, saving information on the computer, saving phone messages, making "to do lists" etc. These are ways to cope that are always helpful, but my need for them has grown. Recently the changes have started becoming more noticeable, happening more and more often, but I'm adapting. I dread the progression of deficits that could erode my independence.

Nevertheless, here I am, still enjoying my work, my family and my friends. I'm surrounded by support by many in this wonderful small town. I'm still able to work and do the things I have always loved doing in the field of aging. For me, facing my fears wasn't, in fact, the beginning of the end. (*Cont. on next page*)

On the Road Again..



Here is a brief outline of up-coming bus trips being offered by Chesterfield and Southampton (marked with *) COAs.

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 or call **413-296-4291**. Please make your interest known 4-6 weeks prior to the trips so plans can be confirmed. **Vaccinations are strongly recommended on all trips.**

Chesterfield COA is offering a \$20 refund on any non-sponsored Chesterfield trips listed here, marked with an * to Chesterfield folks 60 years of age and older.

- ⇒ **October 6.** Spend a day at **Mystic Seaport**. \$15 for Chesterfield seniors age 60 and older. \$25 for other adults from Chesterfield and any other community. Lunch on your own at onsite cafeteria. Fee for guided tour or boat rides not included. Payment due **now**.
- ⇒ **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 2 seats left.*
- ⇒ **November 4.** **Plymouth 400th Anniversary** program & Thanksgiving buffet luncheon \$143 due **now**. *Seating is limited.**
- ⇒ **December 7.** **Nashville Christmas Show & luncheon** at the Log Cabin. Country Jamboree performs. **Self-drive**. \$25 for Chesterfield seniors age 60 and older. \$59 for other adults from Chesterfield and any other community. Payment due by November 1st.
- ⇒ **December 9.** Pizza & Salad early dinner prior to tour of **Bright Nights**, Springfield, MA. Cost to be determined.*

(cont. from pg 6) It was the beginning of a long road that many have walked before. I plan to learn as much as I can along the way and throw the door wide open so we can all reduce the stigma of living with neurological impairments. Regardless of how mild the MCI situation was at the beginning of my journey, I know that there is a long road ahead. Many of us may walk in this area--somewhere beyond "normal aging", experiencing some cognitive deficits on the spectrum of dementia-related symptoms. And some of us will progress to dementia.

I share this, feeling a little naked, but I'm opening up about my experiences in hope that it starts a long and public conversation, out in the open so we can all learn from and help each other live as long and independently as possible.

To be Continued...



Laura Wetzler

Hilltown Singer Songwriter Guitarist

"One of the very best" Pete Seeger

Sunday, Oct. 10 at 2pm

Songs for a Sunday afternoon

Featuring Wes Brown on Bass

Outdoors:

Under the Tent

Chesterfield Town Hall Tent

(Behind the PO)

403 Main Rd. Chesterfield 01012

Rain Venue:

Chesterfield Community Center

400 Main Rd. Chesterfield 01012

This is a free COA Event and we'd love to see our neighbors!

Everyone attending should be vaccinated and wearing a mask at all times.

*Sponsored by a grant from
Highland Valley Elder Services.*



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HRMC ANNOUNCES ANNUAL HHW COLLECTION EVENT **SATURDAY, OCTOBER 23, 2021**

PROTECT YOUR HOME AND THE ENVIRONMENT: PROPER HOUSEHOLD HAZARDOUS WASTE (HHW) DISPOSAL

The Hilltown Resource Management Cooperative (HRMC) announces their annual Household Hazardous Waste (HHW) Collection Event for residents of the ten HRMC member communities of: Ashfield, Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington.

Saturday, October 23, 2021 from 9 a.m. to Noon at the Westhampton Highway Department
PRE-REGISTRATION REQUIRED (from October 1 - October 17)

Protect your home and our environment by properly disposing of old or unwanted household chemicals. Products containing lead, petroleum products, pesticides, herbicides, and acids should NOT be poured on the ground, down the drain, or placed in household trash. The HRMC Household Hazardous Waste (HHW) collection program accepts a wide range of unwanted household products with labels that indicate that special handling is required. Examples of common warnings include "caustic, toxic, corrosive, poison, flammable, warning, danger, caution and keep out of reach of children and pets." NO LATEX PAINT will be taken at this event - Latex paint should be solidified and disposed of in your trash.

The program is free to HRMC member-town residents, however, Pre-Registration is required. Please email your name, street and mailing address (including Town and Zip Code), and phone number to hrmc@hrmc-ma.org. Or you may phone HRMC with the above information including an email address at **413-685-5498**. HRMC will confirm your registration and send a confirmation letter to bring with you to the event. Note that Huntington residents are asked to provide their transfer station sticker number at the time of registration.