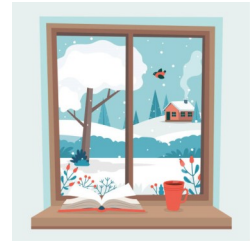


Worthington Corners

January 2022 COA Newsletter



Worthington Council on Aging
2 Packard Common
Worthington, MA 01098

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

*Welcome January- The First month of the year
Changing energies and deserting old moods,
New beginning, new attitudes.*

~Charmaine J. Forde

*The time of year we can wear cozy clothes
and stay in. Like the other 12 months of 2021
but more festive.*

Calendar of Events

Healthy Bones & Balance Class

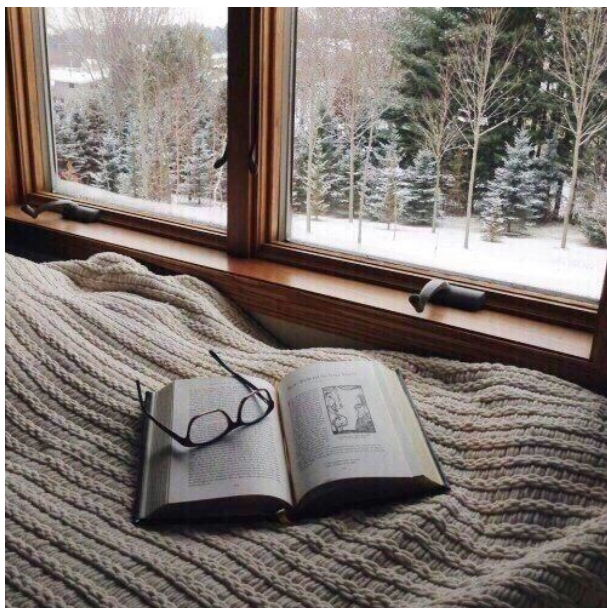
Monday and Friday 10:30-11:30
At the Town Hall

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

Yoga Class

Sunday and Wednesday 9:30-10:30
At the Town Hall

You may call Eileen Daneri at 238-4461 for more information.



Winter Survival Tips For Older Adults

Older adults face different risks during winter months. These risks range from higher rates of seasonal depression to hypothermia from poorer circulation. They spend more time indoors and less time enjoying a daily walk or socializing with friends. Cold weather itself can cause conditions such as Arthritis or COPD to flare up.

- ⇒ Vitamin D deficiencies are more common during the winter. Talk with your primary care physician to see if they recommend adding a Vitamin D supplement to your daily routine.
- ⇒ Peak flu season. Older adults are at higher risk for developing it. If you have not done so, get a flu shot. It is the best protection.
- ⇒ Isolation is a health risk for seniors who live alone. Video chat or face time to allow families to talk “face to face” all winter long. If you use a cane, or similar assistive device, be sure it has an ice grip on the tip. Wear a hat and mittens at all times and dress in layers.
- ⇒ Storm-ready pantry. Keep your pantry well stocked, and have an emergency supply of medication. This eliminates leaving the house during severe weather.

(continued on next page)

⇒ Prevent Hypothermia, which is a medical emergency that occurs when your body loses more heat than it can produce. CDC reports that hypothermia-related fatalities in winter happens to those over 65 years old. The average and safe room temperature is around 72 degrees, according to research published in Age and Aging. It is recommended that the room temperature never drops below 65 degrees.

I used to be a fortune teller, but I kept predicting snowstorms. It turns out I was not using a crystal ball; it was a snow globe.

How do you get ice to melt faster?
Talk to it and get into a heated argument.

Public Safety Alert- From the Executive Office of Public Safety and Security

The federal government and cellular providers have announced that older phones and devices will lose call and data function, including the ability to contact 911, monitored fire alarms, security systems, and emergency alert devices, among others. These plans to phase out 3G coverage result from a decision made solely made by the major cellular providers. The FCC urges consumers with phones older than the iPhone 6 or Samsung Galaxy S4 to contact their local mobile carrier or visit their carrier's website to determine if a new device or software is necessary.

Visit the FCC website for more information about the 3G phase out, suggested next steps for consumers, and resources to help stay connected.



Martin Luther King, Jr. Day- January 17 January 15, 1929-April 4, 1968

Martin Luther King helped organize the 1963 March on Washington, where he delivered his "I Have a Dream" speech on the steps of the Lincoln Memorial.

"We must learn to live together as brothers or perish together as fools."

"Courage is the power of the mind to overcome fear."

"We must accept finite disappointment but never lose infinite hope."



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

Well, it is January and it is getting colder and staying warm may be difficult for many of us who live in older houses. You may be tempted to buy and use a space heater.



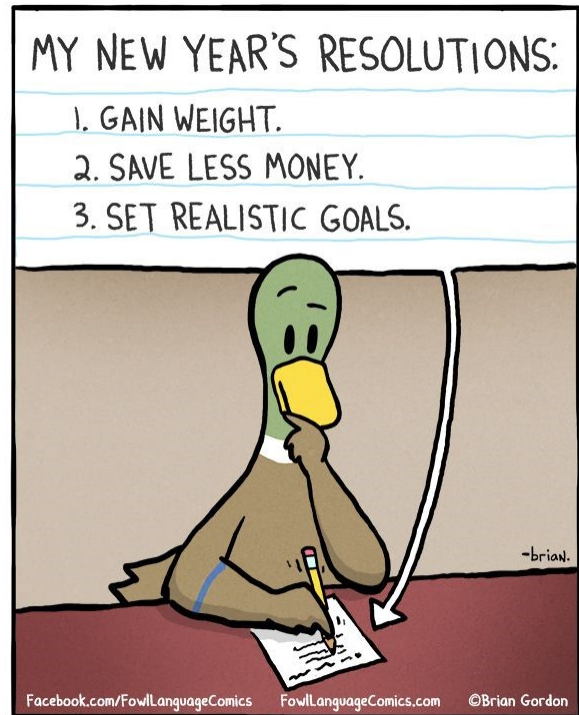
Here are few ways to use one as safely as possible:

- ⇒ When buying one, look for a heater that has been tested and labeled by a nationally recognized testing company, like "UL" (Underwriter's Laboratories).
- ⇒ Keep the heater 3 feet away from drapes, furniture or other flammable materials.
- ⇒ Put the heater on a level surface away from areas where someone might bump into it and knock it over.
- ⇒ Avoid using extension cords. If you must use one, make sure it is heavy duty and marked with a power rating that is at least as high as that on the heater's label.
- ⇒ Never leave a space heater unattended or running while you sleep.
- ⇒ Keep electric heaters away from water. Never use them near a sink or in a bathroom.
- ⇒ Don't even think about using unvented kerosene heaters; they are illegal here.

Have a warm and SAFE winter!

--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.



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!

Winter Games?

OK, maybe this is weird, but a possible indoor activity for you is to take some financial literacy quizzes with your family, especially the younger members. Surveys show (you know the "They Say" deal) that we are very poor in some basic financial knowledge.

So what, you ask? Well, knowledge is power. Having good financial knowledge can help a person avoid bad debt and defaults on loans. On a positive note, it can help build an emergency savings fund, earn higher interest on investments, and plan to meet financial goals. Overall, that knowledge can help get and keep enough money to be able to do what a person wants to do.

A major investment firm asked more than 2000 people questions in eight different retirement categories. The average grade that people got right was only 30 percent. No one got all the questions right and the highest overall grade was 79 percent. Here is that quiz – give it a try!

www.newretirement.com/retirement/retirement-financial-literacy-can-you-do-better-than-average/

There are many financial literacy quizzes online; this one is from the AARP:

www.aarp.org/money/budgeting-saving/info-01-2014/test-your-money-smarts.html#quest1

This is a well-rounded set of questions that I recommend. From there, you could search for many other quizzes to take, starting with this page: **www.proprofs.com/quiz-school/topic/financial-literacy**

Enjoy your winter!

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

Dealing with Dementia: How to cope

by Jan Gibeau

Living with dementia often means having to cope with the stigma attached to the word itself. Just as we are reluctant to talk about the changes happening in our lives, our friends and family struggle to find the right words to use when talking with you. There is no right or wrong way, of course. Many of the questions and fears that arise are hard to discuss when friends and family members are also trying hard to be comforting and reassuring at the same time. Even though the changes you and they have been noticing have probably been there for a while now, being formally diagnosed with dementia can feel sudden and forbidding. This is time to "think in slices, not loaves". It's important to keep in mind that people living with dementia can still continue to live a full life for years following their diagnosis. Even in the face of this fact, many misconceptions about dementia make life harder for everyone. When you forget something, lose something, can't find a word you're trying to use, you wonder, "Are all these events getting tossed into a new box labelled 'person with dementia'? Am I being seen as 'less than' by friends and family?" Then you realize that you, too, may have already bought into the stigma and it's time to kick it away. It may take more than a few kicks.

One of the most powerful ways to debunk the stigma is to ask and listen to others who are themselves living through the same thing. Listening and talking helps you and your friends as well as your family learn what kinds of things people have experienced and what they have found helpful. It also helps to know that you are not in this alone. Here are a few examples of what experiences people have shared; addressing both what can be painful and what can help:

- When I tell someone I have dementia and I have trouble remembering, people say 'Oh I have trouble remembering too'. It makes me feel like they are being competitive or just not listening. I would like to say, 'You have memory problems? Call me when you forget something 15 times. Losing your keys is nothing compared to losing your house'.
- I often feel people aren't really listening, but are making assumptions. I want people to know that there are times when I can't get through a single task because I can't keep the thought of what I was doing in my mind. When people don't listen, it's upsetting. Ask me a question about what's it like, don't compare your experience to mine.
- People are uncomfortable with the level of difficulty I am having. Perhaps this is why they emphasize that I look normal and talk well.
- I'm often told, 'You don't look like you have dementia'. No one says, 'You don't look like you have diabetes'.
- Many folks seem to think if someone has de-

mentia, the person's gone.

- When you have dementia, you are just a person who has something to deal with like any other disease. You wouldn't leave someone behind if they have COPD and needed some extra time to walk.
- With dementia, I need people to give me extra time to respond. Even though others are trying to be reassuring, they may not realize that their comments leave you feeling hurt and upset.

What are some ideas that people thought would be more helpful?

- It helps to not start a sentence by saying "don't you remember?"
- It helps when someone asks, "If you get stuck, would you rather I helped you or waited?"
- It helps if family and friends and others understand my condition.
- When people understand that I can't get a word, I will describe what word I am looking for. It becomes a group effort and can be fun. I feel we are working together.
- When I give people permission to tell me if something seems out of the ordinary with me.
- When I say, "Stop me if you've heard this". It makes the other person feel comfortable.
- People want to get me organized. It works better if I do the organizing. This helps me to remember where things are and generally makes more sense than another person's idea of organization.
- It helps when my friends and family point out my strengths and achievements, not just instances of forgetting or losing something.

It helps when you and others close to you recognize that you are still you, and the goal is to preserve that as long as possible. It's also important that you think about what you would like and let people know. It's important to make a customized plan that's suited to your personal wishes.

There is so much information online dealing with dementia and they all have value, but it can be hard to find a clear and succinct list of facts, issues and good tips in making a plan. I have found that one of the best resources to begin with is the Memory Handbook created by the Alzheimer's Society in the UK. You can explore more by going to their website (Alzheimers.org.UK) It is written in a way that "get's to the point" in a down to earth way. Worth reading! The Alzheimer's Association website provides access to detailed, in depth articles that address most of the concerns or questions that come up.

Other sources of good information include:

⇒ **Mass Councils on Aging Association;**
Mcoaonline.com

⇒ **MA Healthy Aging Collaborative;**
mahealthyagingcollaborative.org, 413-499-0524

⇒ **Executive Office of Elder Affairs;**
EOEA@ mass.gov, 617-727-7750

⇒ **AARP** www.aarp.org, 866-448-3621

The Alzheimer's Association; www.alz.org

3G Service to End in 2022

Major cellular providers plan to phase out 3G coverage beginning in early 2022. What this means is that if you use older devices that rely on 3G networks, the use of your devices will be impacted. This includes cell phones, tablets, emergency/life alert and other medical devices, home security systems, among other technologies. Many providers are reaching out to customers who will be affected by this change; if you are trying to determine if your device uses this older technology, contact the provider or carrier for the service.

Reminder:

SNAP recipients can save an extra \$40-\$80 on their EBT card for fresh fruits and vegetables at eligible locations.



This is supported by the Healthy Incentives Program (HIP), a Massachusetts state program where SNAP recipients get at least \$40 of extra SNAP money every month to spend on local fruits and vegetables. That means if you have SNAP, you automatically have HIP! Two of the farms are: Crabapple Farm, 100 Bryant St. in Chesterfield, and Crimson and Clover, 215 Spring St. in Florence. Shop at these farm locations with your SNAP/EBT card, and get at least \$40 extra to spend through the HIP program. Note: you must have at least \$1 on your SNAP/EBT card when you go and shop; in other words, you need to have a balance on your EBT card in order to earn the HIP incentive.

Start the New Year with Smooth Moves

Winter is here! COVID won't go away. Finding yourself feeling a little "stiff" from staying inside so much? Have you been away from exercise and find yourself yearning to get your body moving again? Worried about exercise classes that



are more vigorous than you're ready for? If you answered yes to any of these questions, we invite you to join our new class series called **Smooth Moves**. It's a good class for relaxing, stretching out and feeling good. The program will provide you the opportunity to remain seated in a chair while inviting your body to join you in some basic

movements. Joan Griswold, a very knowledgeable instructor, has created this program to gently guide you through movement oriented to increasing your range of movement and flexibility without pain and discomfort. No special equipment necessary.

This class will be offered on Friday mornings at 9:15am at the Chesterfield Community Center, 400 Main Rd. Would you be interested in participating in person or prefer a virtual offering? All in person programs require participants to wear masks regardless of vaccination status. For more information, contact Joan Griswold at (413) 268-7985 or joan@bybhealth.com

On the Road Again...



2022 Trip Lineup

These are some of the bus trip destinations in different stages of planning with various travel groups. Most trips are limited to 36 passengers. Contact Francine Frenier by calling 413-296-4291 or emailing francine.frenier@gmail.com.

⇒ *Day Trip Jan. 27. Ice Castles* is an award-winning frozen attraction in Lincoln, NH. The attractions are built using thousands of icicles hand-placed by professional ice artists. The castles include breathtaking LED-lit sculptures, frozen thrones, ice-carved tunnels, fountains and much more. Warm clothing and good footwear recommended. We make a stop for a bite to eat along the way. Cost is \$119, \$10 discount if paid early. **Payment due NOW.**

Taking interest lists now on the following:

Multi Day April 24-30. Myrtle Beach Show Trip. 7 days. Cost \$739, \$25 discount if paid early. Flyer available.

Day Trip May 5. Country Shopping in Southern Vermont Trip, lunch at The Marina. Cost to be determined. Approx. cost \$112, \$10 discount if paid early.

Day Trip May 18: Dancing Dream Abba Tribute Band at Aqua Turf in Plantsville, CT. Includes lunch. Cost to be determined. Approx. cost \$120, \$10 discount if paid early.

Multi Day May 23-27. Lancaster, PA. Sight & Sound Theater presents David. 5 days. \$549, \$25 discount if paid by February 16, 2022. Flyer available.

Day Trip June 9. Corvettes Doo Wop Revue. Lobster Tail or Prime Rib for lunch. Self Drive to the Log Cabin. Cost to be determined.

Worthington Council on Aging
Attn: Phyllis Dassatti
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Newsletter Designer:
Kristen Estelle
regionalcoanews@gmail.com

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Life in the Artic National Wildlife Refuge By Fran Ryan

Sunday, January 23rd at 2pm
Chesterfield Community Center, 400 Main Rd.



On January 23 at 2pm, Fran Ryan, well known for her captivating educational programs on the lives and habits of wildlife, will be presenting in person at the Chesterfield Community Center. Fran will discuss some of the wildlife that inhabit ANWR, how they adapt to their surroundings and the importance of the ANWR.

**Given that it's cold both here and in the Artic, Hot Chocolate will be provided!*

Peg Whalen presents: **iPhone Basics Workshop**

Monday January 31st
2:30 to 5:00pm
Chesterfield Community Center, 400 Main Rd.

There is still a strong interest by people wanting to learn about their iPhones. Peg will be conducting another workshop that will cover the following issues:

- Understand some basics of getting your phone to do what you want it to do.
- Feel comfortable enough with your phone to try apps and features.
- Do things you have been told it can do but you have not figured out how.
- Ways to learn more about your phone on your own.

Interested in coming?

Please reserve a spot by January 21st. Call Peg Whalen, workshop presenter, at 413-404-4566. Leave a voicemail or text with your name, email address, cell phone version (e.g. iPhone 7, iPhone SE, iPhone 12) and your home or cell phone number.