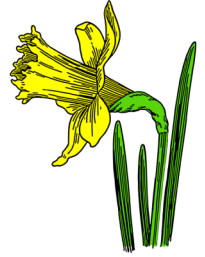


# Worthington Corners

## April 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

### *Hello April!*

“There is no glory in star or blossom till  
looked upon by a loving eye;  
There is no fragrance in April breezes till  
breathed with joy as they wander.”  
~ William Cullen Bryant

### **April 1– April Fool’s Day!**

“The first day of April is the day we remember  
what we are the other 364 days of the year.”  
~ Mark Twain

Mark Twain says we are all fools anyway and we  
get reminded of it on April Fool’s Day.

### Upcoming Events

#### ***Touch of Spring Plant Giveaway***

**Curbside Pickup**  
**April 11th, 11am-12pm**  
**Worthington Congregational Church**

To reserve your plant, one plant per household,  
call 238-1999.



#### **Ragtime Five Brass Quintet – You Don’t Want To Miss This!**

Thursday, May 26th, 1-2pm at the Town Hall

The Ragtime 5 performs a variety of popular music styles with a mix of trivia about the music and composers of the time. It is the first purely American music which evolved from the Honky-Tonk

pianists in the  
Midwest  
bordellos.

Examples of  
music  
performed:  
Alexanders’  
Ragtime Band,  
Old Black  
Magic, Puttin’  
On the Ritz,  
Bill Bailey,  
Sensation  
Rag, Trombone Johnson, Washington Post March,  
Peacherine Rag and more.



*This program is supported in part by a grant from the Worthington Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*

“It is never right to play ragtime fast.”

~Scott Joplin, King of Ragtime

#### **“Movin’ And Groovin’ Chair Dance Class**

June 7 10:30 a.m. at the Town Hall

This class is specifically designed for seniors. There is some evidence that physical activity can slow down the decline of cognitive disabilities and be a preventative health measure.

*This program is supported by a grant from the Worthington Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*

### 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.

### Restorative Yoga Class

Fridays at the Town Hall

Restorative yoga is a way to rest, relax, ease anxiety and bring a healthy calm to the body and mind.

Call Eileen Daneri at 238-4461 for details about the Friday restorative classes.

### Exercise Class

Monday and Thursday 4:00-5:00 p.m.  
At the Town Hall

Monday training is an aerobic class in circuit format (12 alternating stations of 6 fast 6 slow. The Thursday class is strength training (using hand weight, ankle weights, body weight, and other equipment). Classes are year round except in July and August. Participants should bring a water bottle, an exercise mat, and wear sneakers. All fitness levels welcome. Cost is \$10 per class or \$12 for a walk-in.

You may call Judy Babcock at 238-4457 for more information.

*"I really think tossing and turning at night should be counted as exercise." ~Maxine*

### Friends Of The Worthington Library

The Friends of the Worthington Library are still in need of a coordinator for the book and tag sale. You may call Susan VanBuren at 238-5306

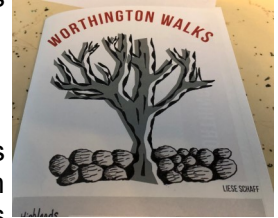
### Walk Your Walk To Health

Walking is perhaps the simplest positive change you can make to improve your health, and it's an exercise that's easy to stick with...

Walking a mile a day can do wonders when it comes to stress relief. Exercise helps flood the brain with feel good chemicals, being in nature is calming, and walking itself is a form of meditation.

### Worthington Walks

You will find walking maps and trail descriptions from easy to difficult for the towns of Worthington, Blandford, Cummington, Chester, Chesterfield, Huntington and Westhampton at the Library, Corners Grocery and Worthington Town Hall. Also, to note- these maps are all available in an interactive GIS map that can be found at: [www.HilltownWalks.org](http://www.HilltownWalks.org)



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### Passover (Pesach)– April 15-April 23

### Easter (Pascha)-April 17

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"How's your diet going?"  
"Not good. I had eggs for breakfast."  
"Scrambled?"  
"No, Cadbury's."

### ADVICE FROM A RABBIT

Be a good listener  
Eat plenty of greens  
Hop to it!  
Know when to be still  
Spend time in nature  
Let your dreams multiply  
Don't worry, be happy

***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!*

### Senior SAFE

There is a common misconception that falling is an expected part of the experience of getting older. This is not true. Falls are preventable. Here are some things you can do or be mindful of that reduce the risk of falling:

- ⇒ Stay active. Regular exercise improves leg muscle and balance. Ask your health care provider which type of exercise is the best for you. Check in with your local COA to find what programs are available.
- ⇒ Make your home safer. Get rid of clutter on the floor. Improve lighting in places like stairs and hallways. Get rid of scatter rugs or secure them with double sided-tape. Have handrails on all staircases. Install grab irons in the bathroom and use non-slip mats in your tub and shower.
- ⇒ Have your vision, hearing and feet checked yearly and be aware of what medications make you feel sleepy or dizzy. Wear shoes with non-skid soles and don't shuffle but pick up your feet when walking.

Have a fall free spring!

--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.*



*So I lay them and you get all the credit?*

**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!

### **It shouldn't be so hard...**

I got a note the other day about a reader's experience in dealing with Medicaid as her mother was ill and, as it turns out, dying. It was a mess! So I don't know the solutions but decided to pass on the cautions she sent me. We will call her Sal and give an abbreviated version of what happened.

Sal's mother was in rehab and Sal was trying to get her into a long-term care bed and approved for Medicaid. Her mother was finally approved but died the next day. No Medicaid card or number ever arrived. The program has a burial fund, see: **[www.mass.gov/service-details/who-can-apply-for-funeral-and-burial-payment-assistance](http://www.mass.gov/service-details/who-can-apply-for-funeral-and-burial-payment-assistance)** for information. In Sal's case, the fund was set up at a bank with only the mother's name and no beneficiary. There was a paperwork issue that took coordination between the state and the bank. The bank did not share with Sal some of the requirements for using the account. Between these matters and all the other items you can imagine (the rest home, medical bills, insurance, never mind her mother's well-being), things were very hard.

Lessons learned:

- do everything you can ahead of time (my favorite Big Five and related documents),
- check that real estate and bank accounts are in the ownership that you want,
- remember that even people in official positions can make mistakes,
- make written notes after a conversation with the bank, insurance, funeral home, attorney, Medicare/Medicaid, including the date and person talked to,
- think about what you heard and if there is an inconsistency or something just feels "off", follow up on it,
- AND at the end of each conversation, ask "What else should I know or ask you?"

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

## April's Good News

By Deb Hollingworth

Maybe you remember years past when we were encouraged to collect our "emergency information" and fill out a "File of Life" card which came with a magnetized pocket so it could be hung on your refrigerator?

You might ask at your Senior Center to see if they have any of these File of Life pockets available, but even if they don't, you can make your own.

Here's why it's important: when we are in a stressful situation, like a health emergency, some of us get that shot of adrenalin and become amazing at getting 911 resources in place, and dealing with ER admissions information, but most of us are not amazing.... we get a "stress dementia" where we can't recall our health insurance numbers, sometimes our phone information, or list of Rx or medical conditions.

You don't have to worry about remembering important information like Rx allergies, or various doctor's names and phone contact information if you write it all down on an Emergency Information Sheet.

It should list: your name, date of birth, your health insurance numbers, your primary doctor's name and address. Then a list of your medical conditions and Rx that you take (which would include any allergies). Your emergency sheet should also include your Health Care Proxy, and family member's contact information.

Several years ago, I was the chauffeur for my sister who had a detached retina and needed several appointments in Burlington, MA for surgery. Each time we went to check in, the receptionist asked her the same questions: name, address, phone and health insurance information. As my sister became more distressed about her loss of vision, she had more difficulty answering what appeared to be simple questions. So we wrote down all the answers to questions ahead of time, and just gave the card to the receptionist. Whew....sigh of relief. Another time my Mom fell and set off her Lifeline. I got the call at work from the Lifeline folks, met the ambulance at the ER, and there was my Mom, on the stretcher with her File of Life information clutched in her hands. I just handed it off to the admission folks and was able to stay with her as she got processed in the ER for admission. She didn't have to wait alone, waiting for me to get admission because all the necessary information was on the File of Life card.

You can make your own Emergency Sheet of In-

formation. And you can carry it in your wallet. Might save you considerable stress when you need it?



## POLKA PALOOZA

IN HONOR OF

**RUSS  
RICHARDSON**



**FEATURING**

**THE EDDIE FORMAN BAND**

**SATURDAY APRIL 2, 2022**  
4:00 PM - 7:00 PM

**POLKA DANCING, FOOD & FUN**

CASH BAR, DONATIONS AT THE DOOR WELCOME

American Legion Post 236  
5 Bridge Street  
Haydenville, MA 01039

## On the Road Again...

### 2022 Trip Lineup

Listed are the bus trip destinations with various travel groups. Most trips are limited to 36 passengers. Chesterfield COA and *Friends of Northampton Senior Center* are helping with the cost of some trips. Contact Francine Frenier if interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com.



### Updates on the following:

**Multi Day May 2-5 Lancaster, PA Sight & Sound Theater presents David.** 4 days. \$485, due by **April 4, 2022.** Flyer available. Dates and price change.

### Taking interest lists on the following:

**Day Trip May 18: Dancing Dream Abba Tribute Band** at AquaTurf in Plantsville, CT. Includes chicken & salmon lunch. Cost \$113, **due by 4/18/22.** Flyer available.

**Day Trip. Encore Boston Harbor Casino.** Postponed until June 2022.

**Day Trip Aug 10. The Jersey Tenors,** a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes lunch. Cost \$114, \$10 discount if paid by 6/30/22. Flyer Available.

**Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour.** 3 days. Cost \$359, \$25 discount if paid by 5/8/2022. Flyer available.

**Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame—10 days.** \$1,205, \$25 discount if paid by 7/2/22. Flyer available. A few seats remain.

**Day Trip July/August. Worcester, MA Red Sox Triple A affiliate team, Woo Sox game.**

**Day Trip September 9. Thomaston, Connecticut. Naugy Scenic Train Ride.**

**Day Trip Sept. The Big E**

**Day Trip Late Sept/Early Oct. Wareham, MA. Cranberry Bog Tour.**

**Day Trip Oct 4. Octoberfest! The Schnitnel Brothers** perform. Self Drive to the Log Cabin. Meal choice and Cost to be determined.

## What's in a word?

Every month over 2000 COA newsletters go out to the households of older adults in the seven northern hilltowns. Each town receives both local and regional sections that include news, trips, events, health information, access to benefits, tips from Jean O'Neil on how to protect yourself from scams and other risky shenanigans, fire safety facts from Worth Noyes, Good News from Deb Hollingworth about how to get what you want when you need it and a host of other important topics that help people stay in their own homes and live as independently as possible.



A grant from the Executive Office of Elder Affairs has made all of this possible. It's been a vital and concrete way to help those living in small, rural towns. It's helped us join the national AARP Age Friendly Communities.

This grant has enabled us to keep the written word alive and provide the kind of critical communication that is of such high priority to everyone; and, it actually comes to your doorstep or post office. **This grant is set to end on June 30th. At that time the written word in the newsletter will stop coming.**

It seems ironic to be talking about loss of the written word as everything shifts toward living in the digital age. I can see why some of our local and national newspapers are struggling. Oddly, they are struggling because people have moved to the virtual world; we're struggling because so many people in our rural communities have limited access to the virtual world. Many don't have broadband, some can't afford the costs of having broadband connections and many simply cannot afford to buy a computer.

To make the severity of the problem even worse, our newsletter has provided the major tool we have had to reduce isolation, connect people to the information they want and need and build regional networks that allow us to stretch and share our resources.

We are working hard to develop options that will support the survival of this service. **If you would miss this newsletter, please help by telling us how the newsletter fits into your life and why you would hate to lose it. We're planning to prevent this, down to the last word.**

**Please contact your COA NOW!**

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

PRSR STD  
US POSTAGE  
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Greenfield MA

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

# **CHARITY SCAM**

**You get a call from a charity looking for donations. Scammers try to fool you into giving money using these tactics:**

- They rush you into making a donation;
- They use names that sound like a real charity;
- They change the caller ID to make you think it's a local caller.

### **WHAT CAN YOU DO TO MAKE SURE THE MONEY IS GOING TO A GOOD CAUSE?**

- Research the charity before donating;
- Verify that the organization is registered with the MA Attorney General's Office;
- Look up the charity online & read what others are saying about it.



**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