

Worthington Corners

June 2022 COA Newsletter



Worthington Council on Aging
2 Packard Common
Worthington, MA 01098

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Welcome June!

"Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds." ~Regina Brett

"Summer has a flavor no other. Fresh and simmered in sunshine." ~Oprah Winfrey

Upcoming events

"Movin" and Groovin" Chair Exercise Dance Class

Tuesday, June 7 10:30 am at the Town Hall

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

Social gathering, chit chat, games Monday, June 13 9:00-11:00 at the Town Hall

Refreshments provided. Visit with your neighbors and make new friends.

SAVE THE DATE---ANNUAL PICNIC

MONDAY, JULY 11 12pm
at the Rod and Gun Club

Chicken BBQ luncheon provided by
Worthy-Que Smoke N' BBQ
Grab N' Go or eat in

More info
to follow!



Purple Heart recognition and Veteran's Day celebration will take place in November...
More information to follow!

Calendar of Events



Knitting Club

Monday, June 13
at 3pm
COA office

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.

Exercise Class

Monday 4:00-5:00 pm Aerobic Training
Thursday 4:00-5:00 pm Strength Training
At the Town Hall

Cost: \$10 per class; \$12 per class for walk-in.
Call Judy Babcock at 238-4457 for more info.

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

Call Eileen Daneri at 238-4461 for details on Friday's classes.



Do You Have Decision Fatigue?

Whether you're making breakfast or deciding what to wear in the morning, your brain is making upward of 35,000 decisions each day, according to Eva Krockrow, lecturer at the University of Leicester, UK. By evening you are exhausted, but you can't quite put your finger on why. If you find you are more irritable and are struggling to deal with certain situations you would not ordinarily have trouble dealing with, you may be experiencing decision fatigue.



Additionally, you could find yourself having trouble processing incoming information such as phone notifications or the latest news updates. Decision fatigue is when it feels overwhelming to be faced with decisions, regardless how large or small. "I don't think many of us necessarily thought about the effort that is behind thinking and being in the world, but the pandemic perhaps has prompted us to do that because we've had to incorporate lots of new information that evolves", she said.

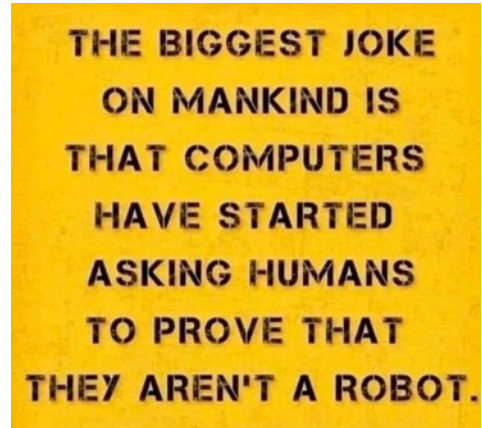
Over the past couple of years, people have been told they don't need to wear masks, that they do need to wear them, and later what types of masks are best, which is a lot to keep up with. Trying to reconcile all of that takes a substantial amount of effort, which then makes it harder to handle other kinds of decisions.

When you experience decision fatigue, it can impair your judgement and encourage you to make a decision in haste or avoid decision-making altogether. One of the best way to reduce the amount of decision fatigue you feel is to automate the number of choices you make each day.

Father's Day- June 14

"You can tell what was the best year of your father's life, because they seem to freeze that clothing style and ride it out." ~Jerry Seinfeld

"When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years". ~Mark Twain



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



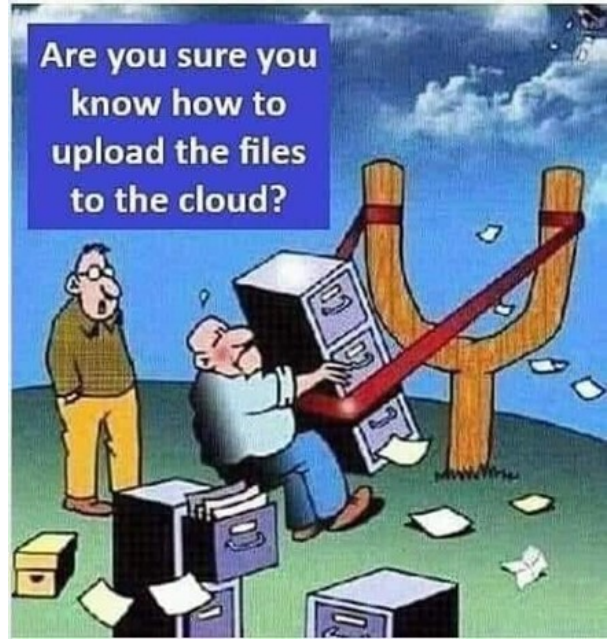
It is that time of year again. Our lawns are growing. So, here are my annual tips on gasoline and lawn mowers:

- ⇒ Remember, gasoline vapors are highly flammable. They stay on your clothing and can ignite if you light a match for any reason.
- ⇒ Store gasoline only in approved containers. Store them outside or in a building not attached to your house. Never keep gasoline inside your house.
- ⇒ Keep gasoline away from all heat sources such as grills, campfires, fire pits and smoking materials.
- ⇒ Never fuel a lawn mower while it is hot. Let it cool off first.
- ⇒ Do not use gasoline to start a cooking fire, camp fire or pit fire.
- ⇒ Keep hands and feet away from a mower while it is running. If you have to clean grass out from under the mower, detach the spark plug wire and wait for the mower to cool down before up ending it to get the grass out.

Have a SAFE mowing season!

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

The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. 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!

What DOES my POA do?

You know how I nag on the Big Five... Let's say I am in a coma and unable to take care of anything in my life. Or both arms got broken so I can't use my hands, or I have a tick-borne disease with total brain fog. Or here's an option: I won a four-month world cruise and will be going! What happens to my business / routine part of life? Happily, I arranged for a trusted friend to have my Durable Power of Attorney (POA) and I make sure that is activated before I go.

What does the POA do to benefit me? Let me count the ways. They can:

- ⇒ pick up my mail and read my email.
- ⇒ pay the bills that come in the mail.
- ⇒ monitor my bank account to make sure that automatically-paid bills are in fact paid and paid correctly.
- ⇒ monitor my bank account for anything that looks wrong.
- ⇒ file my taxes.
- ⇒ receive the notice that a CD is coming due and either cash it in or invest it again, depending on what they know my wishes are.
- ⇒ renew my house and car insurance policy.
- ⇒ watch my medical bills to make sure that charges are valid.
- ⇒ keep an eye on my benefits programs such as Medicare.
- ⇒ go online at annualcreditreport.com once a quarter and check my credit reports for anything that looks wrong.

In short, they keep my life going until I get back to it! There are several types of POAs, so a person should read further before assigning one. This note is about the financial POA, stay tuned for the health POA.

All is well!
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

June's Good News

By Deb Hollingworth

Are you thinking about housing options? House too big, or are you feeling isolated in your apartment? Are you thinking about your homeowners property taxes, or the price of heating oil, or whether you want to be at the beck and call of your wood stove? Maybe it's time to think about moving to a less demanding, more socially interesting living situation. If you are concerned about health issues, ready to downsize and never want to move again, an assisted living residence might be a good choice. An assisted living residence is an apartment with support services which usually include: meals, housekeeping, laundry service, personal care and social activities. We have a number of them (over two dozen) in our area. Cost is a determining factor, but food, social activities, and the sense of community are key issues that usually influence the decision to move.

Let's talk about cost.

Assisted living apartments are expensive until you begin to add up what your current monthly overhead is. What if you didn't have to pay homeowners insurance, or utilities, or taxes, or the grocery bill? Would the monthly assisted living rent seem that expensive by comparison?



Many folks sell their home in order to finance several years rent in an assisted living. But what if you don't have a home to sell? Or your home has a mortgage that has to be paid and the remains of your sale might be meager? Some assisted living apartments are subsidized by MassHealth. There's also a VA benefit if you are a veteran or were married to a veteran, and most Long Term Care insurance policies also will pay a portion of your rent in an assisted living.

To determine which assisted living residences offer subsidized apartments, or to see if you might qualify for any of these subsidies, you might call your Senior Center for a start, or call Highland Valley Elder Services and ask to speak to their Options counselor. (413-586-2000).

Let's talk about other factors that influence your decision where and when to move, such as food and social activities.

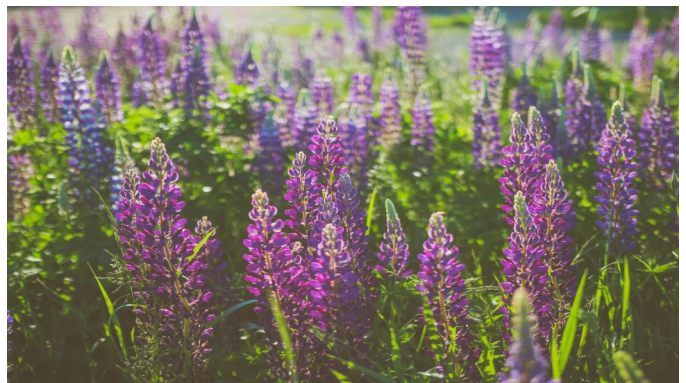
I had a volunteer work in my department for 20 years. He started when he turned 70 and "retired"

at 90. His wife died before then and the house they had lived in seemed empty. While it was well kept and in a good neighborhood, it began to need more attention. And he had to find someone to plow the driveway in winter, mow the lawn in summer, replace the water heater, put in the air conditioner. Life wasn't getting less complicated, so he sold his home and moved to an assisted living. Shortly after that, he invited me to lunch. The menu had two choices for entrees with a good selection of vegetables. Meals were sensibly sized. The dessert menu, however, had 24 choices. I approved because when you reach a certain age, the tough decisions should be about what to have for dessert.

Moving is a Big decision. And often is predicated by deteriorating health, loss of spouse or concern about becoming isolated and not having much mental stimulation. Assisted living residences might be the answer.

The COA newsletters roll for one more year!

Everyone is pleased and relieved to know that the Executive Office of Elder Affairs has approved our request to extend the Service Incentive Grant to cover the cost of keeping up the production of the newsletter that goes to over 2400 households in seven Hilltowns for one more year, allowing us to keep the written word alive. We are grateful and appreciative of support from not only EOEA but from so many people who made this possible -- each of you who wrote letters about the importance of receiving hard copies every month; the COA Coordinators from each town who advocate and work hard to reduce the isolation that comes when access to important information is not accessible; all of the COA board members who made their voices heard; support from the Hilltown CDC and other nonprofit organizations in exploring options; and especially our state representatives, Lindsey Sabadosa and Natalie Blais, whose strong support led to the decision to keep the written word alive and our rural towns "Hilltown Strong".



On the Road Again...



2022 Trip Lineup

These are the bus trips being planned for 2022 with various travel groups. Most trips are limited to 36 passengers. *Friends of Northampton Senior Center* is 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.

Day Trip June 15. Encore Boston Harbor Casino. Cost is \$37 which includes \$20 free slot play. Meals on your own. Meet the bus at Sheldon Field, Old Ferry Rd, Northampton at 7 a.m. *time subject to change. Make payment to Francine Frenier and mail to: Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096. Due NOW.

Day Trip June 23. Zooma Trattoria with pasta demonstration and Little Italy Tour in Providence RI. Includes lunch: Chicken Piccata and lots of Italian sides. \$94 due NOW. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096 Flyer available.

Day Trip July 28. Winnepesaukee Railroad luncheon and train ride. Turkey dinner aboard the train catered by Hart's Turkey Farm. \$102 due by June 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096 Flyer available. WAIT LIST ONLY.

Day Trip August 20. Red Sox Triple A affiliate, **Woo Sox** vs Rochester Red Wings in Worcester, MA. Tentative Date Saturday 8/20/22. Private buffet for our group included. Cost to be determined.

Day Trip August 25. Lobster Luncheon at George's of Galilee and Shopping in Newport. Includes 1.25 lb. lobster at Georges of Galilee Waterfront Seafood Restaurant. \$101 due by July 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available.

Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour. 3 days. Lobster meal included. Nice relaxing sightseeing trip. Cost \$359. Payment due NOW. Flyer available.

Day Trip Aug 10. The Jersey Tenors, a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes lunch: Chicken Parmesan & Broiled Scrod. Cost \$114, \$10 discount if paid by June 30th. Flyer Available.

Day Trip September 10. Thomaston, Connecticut. **Naugy Scenic Train Ride.** Stop at Fascia's Chocolate Factory. \$120.00. \$10 discount if paid by July 30. Lunch entrée choices: Chicken Marsala, Salmon or Pork Tenderloin at Black Rock Tavern. New Date Saturday, 9/10/22.

Day Trip Sept. The Big E. Free Entertainment at Court of Honor Stage. Date & Cost TBD.

Day Trip September 22. Norman Rockwell Museum & Studio tour with Lunch at Red Lion Inn. Lunch choice: Chicken Pot Pie or Jack's Meatloaf or Fish & chips. \$100 due by August 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available.

Day Trip Late Sept. Wareham, MA. Cranberry Bog Tour. Date & Cost TBD.

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

Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame—10 days. \$1,205, \$25 discount if paid by July 2nd. Flyer available. Only a few seats remain.

2023

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

Multi Day October. Mt. Rushmore & Devils Tower. 11 days. Cost \$TBD, \$25 discount if paid early.

YOU'RE INVITED LAURA WETZLER RETURNS



**Sunday, June 5th at 2pm
Chesterfield Community Center**

**Singer, Songwriter, Guitarist Laura Wetzler
Songs of Resistance, Hope & Love**

**Partly funded by
Highland Valley Elder Services**

Worthington Council on Aging
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Worthington, MA 01098

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HOME IMPROVEMENT



If you're going to hire a Home Improvement Contractor...

- **Make sure they're registered or licensed with the state**
888-283-3757 www.mass.gov/consumer;
- **Make sure the payment schedule is broken into 3 payments: 1/3rd at the start of the project, 1/3rd in the middle and 1/3rd when the work is complete;**
- **Make sure the contractor takes out the building permit in their name;**
- **Make sure you check the contractor's references;**
- **Make sure you have a written contract;**
- **Make sure you have a copy of the contractor's insurance;**
- **Make sure you check to be sure there are no complaints against the contractor.**

*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**

