

Worthington Corners

September 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 September!

The first day of Autumn—Sept. 22 9:04 p.m.

*“Two sounds of autumn are unmistakable
...the hurrying rustle of crisp leaves blown
along the street...by a gusty wind, and the
gabble of a flock of migrating geese.”*

~ Hal Borland

Upcoming Events

Potluck Luncheon

Monday, September 12
12:00 At The Town Hall

Bring your favorite dish to share

Scenic Fall Bus Trip

Thursday, October 6
Mystic Aquarium-Historical Griswold Inn
Luncheon

Luxury Coach Departs 7:30am from the Congregational Church, expected return 5:30pm. Mystic Aquarium was voted #4 by readers as the best in America in the 2022 USA Today Readers Choice Awards for high quality exhibits and visitor interactions. Browse at your leisure. Next depart for the historic Griswold Inn, Essex, CT. Meal choice—House Salad, Sautéed Chicken Breast with lemon caper, Beurre Balance (French Butter sauce), Sides and dessert OR house salad, Baked Cod with lemon caper Remoulade Sides and Dessert.



To reserve seat(s) on this outstanding trip: Worthington senior residents \$50 pp, includes luxury coach, driver gratuity, admission to Mystic Aquarium, lunch at historical Griswold Inn including tax and gratuity. Please make out payment to Town of Worthington. Please include your phone number, meal choice and emergency contact. Sign up soon! Bring a friend...

Mail check to COA, PO Box 7, Worthington. Contact Phyllis Dassatti for more information: 238-5962, coa@worthington-ma.us

Got A Minute Or Two?

Don't look now, but another summer's almost gone! Evening arrives sooner and schools are buzzing with teachers planning once again to find unique ways to inspire the students they will meet.



“I joined this world of fun at Conwell School last January when I enrolled in Miss Sam's PreK/K class to become their secret “Pen Pal”. We traded information about each other through “mail”.

Before the end of school, we finally met over lemonade and ice cream and had a lovely time getting to know more about each other. A lovely experiment. Perhaps more volunteer prospects exist this year to have the old meet the young.” (Submitted by Georgie Dana.)

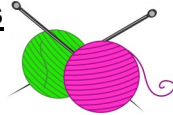
If you would like to become a “Pen Pal” and “join the world of fun”, contact Phyllis Dassatti at 238-5962 or coa@worthington-ma.us

National Grandparents Day

September 11

To all the grandparents who made this life so GRAND and special for their grandchildren!

Calendar of Events



Knitting Club

September 13th, 3pm
COA office, located in the rear of Corner's Grocery

Foot Nurse

September 26
COA office located in the rear of Corner's Grocery
By appointment only- Masks Required.
Call Piper Sagan, RN for appointment 413-522-8432

Healthy Bones & Balance Class

Monday and Friday 10:00-11:00
At the Town Hall
Call Marcia Estelle at 238-5554 for more info.

Yoga Class

Sunday and Wednesday 9:30-10:30
At the Four Corners
"First-timers": please call Eileen to check on the updated schedule.
Call Eileen at 238-4461 for more info.



Exercise Class

Starting September 12th
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.

"I have a two-story house and a bad memory, so I'm up and down those stairs all the time. That's my exercise." ~ Betty White



Worthington Library Events

***Dungeon & Dragons for kids**
Saturdays Noon-2 pm

***Genealogy Drop-in**
First Saturdays, 10 am-noon

***Spinning Group**
First and Third Saturdays 4 pm

***Book Club**, Last Saturdays, 4pm

This month's Book Club is *Silverview* by John LeCarre. Join us **on August 27 at 4pm** (Subject to scheduling changes.)

Email the library to be added to the email list for these events:
theworthingtonlibrary@gmail.com

Library hours-
Tuesday, Wednesday 3-7pm;
Thursday 10am-12pm & 3-7pm; Sat. 10am-4pm

How Do You Feel About Aging?

A new AARP survey seems to reflect that life keeps getting better as we age. People who rate their health as good, very good or excellent by age:

Physical Health--	50-59	71%
	60-69	77%
	70-79	81%
Mental Health—	50-59	79%
	60-69	88%
	70-79	94%

"Age is an issue of mind over matter. If you don't mind, it doesn't matter." ~ 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!

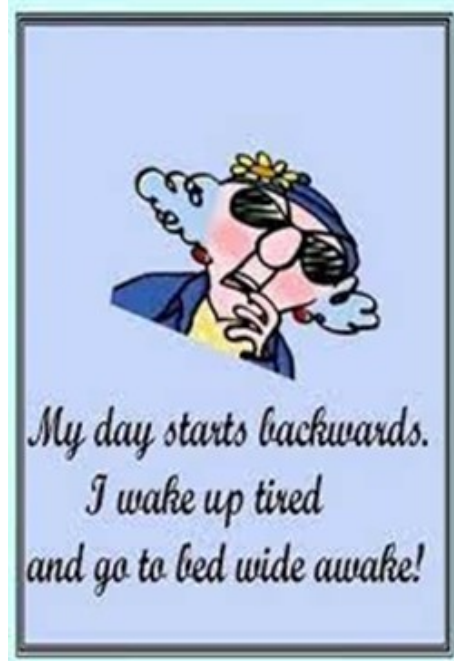
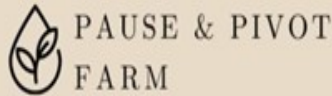
Oliver's and Friends Season Celebration

A BENEFIT FOR THE GOSHEN LIBRARY

11 AM-3 PM
SATURDAY, SEPTEMBER 17TH
36 MAIN STREET, GOSHEN, MA

- HILLTOWN ARTISANS AND MAKERS
- "GRAZE BOXES" LOCAL FOODS SAMPLERS
- FARMS FROM AROUND THE REGION

This event brought to you by:



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!

The Living Will - MOLST – Which?

You may read that Massachusetts does not recognize the legality of a living will. So why on earth did I say last month you should do one? Can't I just do the Medical Orders for Life-Sustaining Treatment form (MOLST) and be done with all this? Well, yeah, but the living will is kind of a conversation, while the MOLST is an order. The conversation, including talks with your health care proxy, helps make decisions on what is documented in the MOLST.

A MOLST form is a binding medical order in our state that you fill out with your medical provider. It is intended for adults with serious illness and speaks to the use of life-sustaining treatments, generally in an immediate situation. The MOLST should be followed by care providers in all treatment settings, including emergency and ambulance transport.

In addition to being a medical order, the MOLST is part of a person's long-term planning and preferences. It is a personal document and can be changed if the situation or personal feelings change.

It is a good idea to post your MOLST where emergency personnel can find it. The usual bright pink form is bright and pink so it is easily findable. Your doctor will also have a copy.

MOLST and similar forms from other states are not considered valid medical orders in Massachusetts, though they are still considered as evidence of a patient's preferences. People who regularly spend time in another state should discuss these forms with their medical professionals in both states.

Still thinking for the future,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

September's Good News

By Deb Hollingworth

With the cost of everything going up, and for many of us, our income not keeping up, it's good news when we see a change that will actually save us money!

The Governor recently signed the Budget for next year which includes an increase for the MassHealth Buy-in programs. This translates to an increase in the amount of income allowed to be eligible for the Buy-in. This is the program that pays your Medicare B premium. We sometimes forget that our Medicare B premium comes out of our social security benefit before it's direct deposited in our bank account. This year that's \$170 per month. If we qualify, the MassHealth Buy-in program will pay our \$170 per month premium and social security puts that money back in our check. (That would be a little over \$2,000 for the year!)

Currently the income limits are \$1,869 per month or \$2,518 if married. Your assets need to be less than \$16,800 or less than \$25,200 married. The asset limit will stay the same, but next year the income limit will change. You will be able to have as much as \$2,548 per month, or \$3,433 if married. This welcome income increase could effect about 60,000 Massachusetts residents. If you think you might be one of them, you should give your senior center a call and ask to speak with a SHINE counselor. We expect this change to go into effect January 1st 2023.

Keep tuned next month for more good news in Governor Baker's budget for 2023.

September is Falls Awareness Month: Why is this important?

- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- One in four Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk.

Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

To promote greater awareness and understanding here are 5 common myths—and the reality—about older adult falls.

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 5: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility

Source: National Council on Aging National Falls Prevention Resource Center



On the Road Again...



2022 & 2023 Upcoming Trips

Contact Francine Frenier if you are interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

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 NOW. Payable to Landmark Tours. Mail to address above.

Day Trip Sept. 19. The Eastern States Exposition— Big E. Free Performance by Young at Heart Chorus at the Court of Honor Stage. Cost \$10 for Chesterfield Seniors and \$17 for all others. Check payable to Chesterfield COA and mail to address above by September 6th. NO REFUNDS due to bargain price. Pick up locations in Chesterfield or Northampton.

Day Trip Oct 1. Hoosac Train Excursion. 10 mile round-trip train excursion in Adams. Luncheon at Lakeside Bar & Grill in Cheshire. Cost \$20 for Chesterfield seniors 60 and over and \$30 for all others. Check payable to Chesterfield COA and mail to address above by September 6th. NO REFUNDS due to bargain price. Pick up locations in Northampton and Chesterfield.

Day Trip Oct 6. Mystic Aquarium and Luncheon. This trip is being planned by Worthington Council on Aging. Includes admission to Mystic Aquarium, a delicious luncheon at the Griswold Inn, bus transportation and gratuities. Worthington residents 60 and over contact Phyllis for special pricing and for all other seniors the cost is \$148. Call Phyllis at 413-238-5962 and leave a clear message by September 20th. Seating is limited and Worthington residents get priority.

Day Trip Dec 8. Yesterday Once More - A Tribute to The Carpenters captures The Carpenters' concert experience. Self-Drive to the Log Cabin. Luncheon will include Gorgonzola Sirloin & Stuffed Haddock. Make payment to FNCS for \$68, \$10 discount if paid by October 12th. Mail to address above.

2023

Multi Day Late April 2023. Myrtle Beach Show Trip. Legends in concert, Carolina Opry, "One the Show." 7 days. Cost \$TBD, \$25 discount if paid early. Contact Francine to reserve your seat.

Day Trip May 22, 2023. Staying Alive - A Tribute to The Bee Gees. Five course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNCS for \$TBD due by February 1st,

so we can get good seats. Mail to address above.

Multi Day September 29 through October 9, 2023. Mt. Rushmore, Crazy Horse - S. Dakota & Devils Tower - Wyoming. 11 days. Stops at Corn Palace, Wall Drug, National Museum of Great Lakes, Iowa Museum of Natural History, Des Moines Art Center, and Eck Visitors Center at Univ. of Notre Dame. Cost \$1,178, \$25 discount if paid in full by June 22, 2023. Contact Francine to reserve your seat.



The BIG E – West Springfield, MA Monday, September 19th



Cost Includes: round trip bus transportation, gratuities & entrance fee to the Exposition

Young at Heart Chorus Performs @ at the Court of Honor Stage 2pm--FREE

Chesterfield Seniors (age 60 or over) **\$10**
Open to all ages and all communities for **\$17**

Meet the Bus : 8:45 A.M.
COA parking lot, 400 Main Rd, Chesterfield, MA

Bus Leaves: approx. 4:45 P.M. from the BIG E
Cash or checks payable to Chesterfield COA due by September 6th.

Scooter or wheel chair assistance available at the entrance for a fee.

Reserve your seat, call Francine Frenier 296-4291
or call the COA 296-4007

Worthington Council on Aging
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Saturday, September 24th, 9-3pm

Fall / Winter Clothing Exchange

Goshen Congregational Church
45 Main St., Goshen



Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/21 from 6-8pm or Friday 9/23 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 24th from 9am-3pm! All are invited to participate whether you donate clothes or not.

LITTLE ROOTS



FAMILY MUSIC

SING TOGETHER ACROSS THE GENERATIONS

Funded by Highland Valley Elder Services

Two Thursdays in September from 10 - 10:30 am

-SEPTEMBER 15 with Annie Stevenson

-SEPTEMBER 29 with Maggie Shar

at the Chesterfield Community Center

free and open to all!