

Worthington Corners

October 2022 COA Newsletter



Worthington Council on Aging
2 Packard Common
Worthington, MA 01098

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Hello October!

"October, baptize me with leaves! Swaddle me in corduroy and nurse me with split pea soup. October, tuck tiny candy bars in my pocket and carve my smile into a thousand pumpkins. O autumn! O teakettle!

~Rainbow Rowell

SAVE THE DATE

Senior Breakfast & Intergenerational Concert

Friday, October 21st

Arrival time for breakfast: 8:20am

Concert: 9-10am

R.H. Conwell School



Singer, yodeler, multi-instrumentalist, Roger Tincknell, will present a one hour Intergenerational Concert at R.H. Conwell School. The program will be performed on guitar, banjo, mandolin, ukele and harmonica. Enjoy a wonderful breakfast, some entertainment, and best of all, witness the excitement and enthusiasm of the school children. Breakfast price: \$2.50 (to be paid at the school). **Call 238-1999 to make your reservation.** *This program is sponsored in part by a grant from the Worthington Cultural Council, which is supported by the MA Cultural Council, a state agency.*

Potluck Luncheon Returned

After a three year hiatus, the potluck luncheon on September 12th was enjoyed by many. The food was outstanding, and the laughter and chit chat were music to our ears after so long of being apart.

LOOKING AHEAD

Veterans / Purple Heart Appreciation Day

Monday, November 14th at Noon

Town Hall

There will be a potluck luncheon to honor our Veterans and Purple Heart recipients. Steven Connor, the Northampton Veterans' Service Officer will be our special guest to speak and to acknowledge our Veterans.

Calendar of Events

Knitting Club

To knit or not to knit...

try coloring therapy!

Supplies provided.

October 18th, 3pm

COA office, located in the rear of Corner's Grocery



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 Town Hall

"First-timers": please call Eileen to check on the updated schedule. Call Eileen at 238-4461 for more info.

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.

Me: "I am surprised at how winded I am by this exercise."
Personal Trainer: "This was the tour of the gym."

Opioid Misuse in Older Adults

When we hear about opioid abuse, we tend to think of teenagers or young adults. Unfortunately, opioid misuse in older adults is also a serious problem. It occurs most often when older adults misuse their own prescription medications. About 1 in 20 admitted taking an opioid more often and in higher doses than prescribed. Most said they kept leftover opioid in case they needed them later, a primary case of prescription drug abuse and dependency. Some older adults are struggling with the personal tragedy of opioid addiction, while others are having to financially support their opioid-addicted children and become caregivers for their grandchildren. This is hurting their health, draining their life savings and destroying their financial security.

Age related physical and emotional changes appear to be reasons why older adults might misuse opioids. These changes may lead to boredom, depression, fear of aging, financial loss, health concern and chronic pain. Some of the noticeable symptoms are change in appearance, behavior, or health that mimics symptoms that are commonly associated with aging, including frequent falls, unexplained bruises, memory loss, sleep disturbance, agitation, slurred speech and deterioration

in personal grooming. If you suspect an older adult is misusing a prescription, discuss your concerns and suggest having them contact their doctor.

Halloween– October 31st

Maxine’s Halloween musings:

I’m going as a zombie for Halloween. All I have to do is skip coffee.

Vampires sleep all day, fly wherever they want for free, and can’t see in a mirror. Where do I sign?

They call this ‘fun size’? It takes 3 or 4 of them to get me mildly amused.



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!

Fuel Assistance



Community Action assists income-eligible participants with home heating expenses. Eligibility is determined by family size and annual household income. Contact the program at **413-774-2310** or **800-370-0940** to make an appointment. More info at: www.communityaction.us/fuel-assistance

The Hilltown Food Pantry, a program of Northampton Survival Center, is open for food distribution **every Wednesday from 1-3pm at 40 Main St. in Goshen**. Residents of all 10 Hilltowns who are having difficulty accessing enough groceries for their household are welcome to use the pantry. Free, prepacked bags of shelf-stable food items along with fresh produce, frozen meat, and dairy products are available for drive by pick up in the town hall parking lot.

Staff and volunteers will load the food supplies into your car. We ask that you stay in your car, if possible, and prefer that you wear a mask when interacting with volunteers and staff.

If you wish to arrange for home delivery, please contact Diane Drohan, Pantry Director: **413-586-6564**.



"They never phone, they never visit, they never text message..."

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 Final Piece

If, scratch that, *when* I leave this world, I will no longer care about my house, car, bank accounts, or other earthly matters. But someone will! That person is my executor or personal representative, the person to settle my estate which is a fancy way of saying close the door when I'm gone.

The executor will file my will with probate court, notify various entities of my death, inventory and keep safe my assets, pay my final bills, dispose of my property, and distribute the assets according to my will. She/he will deal with bank and retirement accounts, investment companies, insurance companies, credit cards, taxes at all levels, contents of the house (oh brother...), and the house itself. Good records need to be kept.

Additionally, here are some of the "lesser" tasks that may be applicable:

- Close out credit bureau records – minimize chances for identity theft
- Secure and review phones and computers with photos, contacts, financial files
- Shut down social media e.g., Facebook. Again, trying to prevent identity theft and nuisance scams
- Stop magazine and newspaper subscriptions
- Inform medical professionals
- Check unclaimed property files to make sure no assets are missed
- Find and empty safety deposit box
- Locate any storage sheds or real estate other than the living quarters
- Find new and good! homes for pets
- Follow wishes for burial and funeral or memorials.

And Fini,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

October's Good News

By Deb Hollingworth

Time to shop!

It's Open Enrollment time again (October through December 7th each year), so those of us who have Medicare supplement plans or Medicare D plans for our Rx can change our coverage if we don't like our current plan. This is the time to see if there's a better option, better coverage that will cost less, because regulations allow these insurance plans to change their prices and change their coverage any time. Which means the Medicare supplement plan or Medicare D plan you have this year, might not be the best choice for next year.

Some of you don't need to read this article any further. If you have health insurance through your employer, or your spouse's employer, or you get your medical care through the VA, or if you have health insurance benefits through your pension, you can STOP reading now.

But for the rest of us who want to supplement our Medicare coverage or wonder if there's a better plan to cover our Rx, this is the time, each year, (as President George W. Bush said) to go shopping for our insurance coverage.

We should expect an uptick in advertising for Medicare Advantage plans that promise additional benefits at minimal, or in some cases, no cost. Caution is advised when considering a Medicare Advantage plan because they have "networks of providers" and you have to be sure that your doctor, or your preferred hospital is "in network", meaning your doctor will take that insurance. It's always good to ask before making a switch.

Also during Open Enrollment you can check to see if your Rx coverage is going to be the best choice for next year. Both Advantage plans and Medicare D plans have formularie (that is a list of Rx that they cover) which can change anytime during the year. Maybe last year's plan won't work as well for you next year. Or perhaps you have been prescribed a new medication and need to see which Plan will have the lowest co-pay. Maybe you have a new medical condition, or perhaps you plan to travel next year. All reasons to have a SHINE counselors review the options for you.

To find a SHINE counselor nearest you, call your Senior Center and make an appointment. It's helpful to have a list of your Rx and if you want to compare costs, it's helpful to know what your current plan costs now. Since Covid, most appointments are by phone, or Zoom. Shopping sooner, rather than later, is the best strategy since appointments fill up quickly and that December 7th deadline comes faster than you think.

Tech Talk with Peg Whalen

You may have heard it is unsafe to use the same password for everything. I am regularly asked how to keep track of multiple passwords. Your phone, computer or tablet often can "remember" and fill in passwords, however, you still need a record from the point you create it. This month I describe three ways to manage passwords using electronic apps and paper methods.

Method 1: Index card box or Rolodex. Cards can be kept alphabetically. Use one card for every website that requires you to make a username/login id and password. Note the website or account, e.g. GMAIL, "login id" or "username" and password. Edit as needed.

Method 2: Blank address book. Record the website/account alphabetically by name, including account "login id" or "username" followed by your password. Edit as needed.

Protect passwords by writing in shorthand so only you will understand. For example instead of your fifth cat's actual name, "FluffBall5", write Cats-Name#, using underline for capital letters. Store your paper method in a secure place. Make sure one family member or friend knows where to find your paper system.

Method 3: Password manager apps for tracking and securing passwords. If you are not comfortable trusting the phone/computer itself to fill-in passwords, you can search online for "best free password manager apps". Or, PCMag.com is a website to search for "free password manager app" ratings. The "best" choice for you is the one you find understandable and easy to use. Make sure to edit the app entry whenever you have a password change.



On the Road Again...



2022 & 2023 Upcoming Trips

Contact Francine Frenier to reserve your seat **before** mailing any payments: 413-296-4291 or francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

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 April 23-29, 2023. Myrtle Beach Show Trip. Five shows—including Legends in Concert, Carolina Opry Show, The Man of a Thousand Voices, Anthems of Rock and an evening show at the Alabama Theater. There will be a stop at the Airborne and Special Operations Museum in N.C. Includes bus transportation, driver gratuities, all hotels and most meals for this seven day trip for \$829. Take a \$25 discount if paid by 1/30/23. Contact Francine to reserve your seat now.

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.



Upcoming Technology Classes

Peg Whalen will be offering numerous technology trainings from October through December. If you would like to sign up, **contact Peg at pegwhalen-workshops@gmail.com** or call 413-296-9314.

Fall 2022 Computer Class Schedule October 31 -December 5

Android basics workshop

Monday, October 17, 2-4pm

How to use Zoom and FaceTime

Thursday, October 20, 6:30-8:00pm

Windows 10/11 Computer/Laptop Class,

6 Sessions - Mondays, Oct 31 to Dec 5, 2-4pm

iPhone basics workshop

Friday, November 18, 12-2pm

How to use Telehealth and Zoom

Saturday, December 3, 10-11:30am

Android basics workshop

Monday, December 12, 2-4pm

Computer class participants may bring their own Windows 10/11 laptop to learn on or use one of the four COA computers.



LAURA WETZLER

Top 10 World Music Charts NYC & Toronto

"Vastly impressive...superb performances."
Bob Sherman, New York Times

"Great voice, great writing" WBAI NYC

"Laura is one of the very best"
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▲ Worldbeat Jewish Music ▲
▲ The Great American Songbook ▲

laurawetzler.com

Laura Wetzler

Hilltown Singer Songwriter Guitarist

Sunday, Oct. 16 at 2pm
Chesterfield Community Center
400 Main Rd. Chesterfield 01012

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

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

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New Covid-19 Bivalent Boosters Available

As of September 1, 2022, updated Pfizer and Moderna COVID-19 boosters are now authorized by the FDA and recommended by the CDC. **These updated boosters are now available in Massachusetts.** The Massachusetts Department of Public Health (DPH) has developed the following FAQ which will also be posted on [mass.gov](https://www.mass.gov).

What are the updated boosters?

The new COVID-19 booster vaccines from Moderna and Pfizer are updated versions of the original vaccines. The updated boosters were recently authorized by the FDA and recommended by the CDC.

Who should get the new booster?

Anyone age 12 or older who completed a primary COVID-19 vaccination series or received a booster dose at least two months ago should get the updated booster as soon as possible.

Why do I need a booster?

Staying up to date on vaccines, including boosters, is the most effective way to prevent serious illness, hospitalization, and death from COVID-19. While vaccine protection decreases over time, boosters restimulate the immune system and increase vaccine efficacy again. Boosters are an important defense, even if you've already had COVID.

When and where can I get a booster?

Updated boosters are currently available in Massachusetts. You can get a booster at many locations across the Commonwealth, including where you received previous vaccines. Locations include doctor's offices, hospitals, pharmacies, and community health clinics.

Where can I get more information? You can visit www.mass.gov/covidbooster for the latest info.