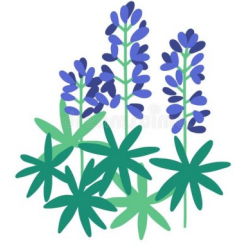


Worthington Corners

June 2023 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 June!

"And then, one fairy night, May became June"
- F. Scott Fitzgerald

*First day of summer forecast—June 21.
Bright and sunny with a chance of flip flops and a
sprinkling of margaritas.*

from household trash, where they then will treat everyone to a performance using their new instruments. There will be a booklet presented to the Kulik family that evening. If you would like to contribute to the booklet or help in the organization, setup, cleanup, children's events or any aspect, contact Evan Johnson:
evanjohnson19@gmail.com

Upcoming COA Events

"Ragtime Five" Brass Quintet Concert

Sunday, June 11
3-4pm
Town Hall

A wonderful afternoon of live, energetic music, for all ages!

Admission is free and open to the Public.



Pass the word..
Refreshments will be served.

This program is supported in part by the Worthington Cultural Council, a local agency which is supported by the Mass Cultural Council and the Service Incentive Multigenerational State grant awarded to the COA.

Founders Day Potluck and Entertainment

Historical Society Lawn
Friday, July 1st

Founders Day "family day" 3:30pm
Dinner guests arrive at 5:30 to set out your food.
Dinner 6:00pm

Aedan Madden will return this year for your entertainment. Sam Kulik will be working with Worthington children and making instruments

Food Drive

COA will be collecting unopened non-perishable items in front of the store, to be donated to the Goshen Food Pantry along with Founder's Day celebration July 1 from 3:30-5:30. Some suggestions given were peanut butter, jelly, pasta/sauce, vegetable oil. *NO Cereal, personal care items, paper products, mac/cheese.* Gluten free, low-sodium, and organic items are greatly appreciated. Cash and checks made out to the Hilltown Pantry are welcome.

COA BBQ—Eat In Picnic

Monday, July 10 12pm
RSVP Limited seating
To be held at the
Rod and Gun Club

Worthy-Que Smoke N' BBQ Food Truck will be serving BBQ chicken, beans, coleslaw, roll, potato salad, dessert.
Watch for more information!



Your invited to a **Conversation About Memory** sponsored by the Northern Hilltowns Councils on Aging Consortium on **June 22nd from 10am-3pm** at the Chesterfield Community Center, 400 Main Road, Chesterfield. Lunch and refreshments will be served. Please see pages 3-4 for more information.

**Library News:
Book and Bake Sale**

Saturday, June 10th 10:00am -2:00pm
Town Hall

“Early Bird” admission- 9:00am entry fee is \$10; 10:00-2:00 entry is free. The Friends of Worthington library are hosting a Book and Bake Sale to benefit children’s programs and museum passes at the library. All items for all ages are available including picture books, young adult novels, and graphic novels. Book donations can be dropped off between Monday, June 5 and Friday, June 9 during Town Hall hours. Please bring your books to the Town Hall stage and do not leave them outside. For questions, please contact Tiffany Thibodeau by email Tiffany.tbs@gmail.com or phone **518-253-6233**.

Tech Support w/ Peg Whalen

June 27th
COA Office

Monthly tech support is now available at no cost. Peg Whalen is working with the COA to assist with questions about technology devices and their use, including smartphones, mobile phones, Ipads ePhoto frames, smart TV, printing, laptops, internet and many apps and software programs. Bring whatever equipment you have questions about. Peg is available 11am-1pm. Email nhillcoatech@gmail.com or call or text at **413-404-4566**.

Happy Fathers Day- June 18

“A father carries pictures where his wallet used to be.” – Steve Martin

“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

Calendar of Events

Knitting, other crafts, color therapy, chit chat
June 13th, 3pm
COA office

Healthy Bones & Balance Class
Monday and Friday 10:00-11:00, Town Hall
Call Marcia Estelle at 238-5554 for more info.

Yoga Class– note location change
Sunday and Wednesday 9:30, Four Corners Farm
“First-timers”: call Eileen at 238-4461 to check on the updated schedule.

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.*

The COA held a potluck on May 8 at the town hall. Special guests, Sue and Ed Lewis, presented on “Superlative Birds”, a fascinating lecture and slide show describing their birding trips around the world, as illustrated by especially interesting birds.



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!

You're invited to
A CONVERSATION ABOUT MEMORY



Thursday, June 22nd 10am-3pm
Chesterfield Community Center
400 Main Rd., Chesterfield

- ⇒ *Ever forget where you left your keys or phone ?*
- ⇒ *Recognize someone's face but can't recall their name?*
- ⇒ *Forget what you were looking for?*
- ⇒ *Love old memories but can't hold on to new ones?*
- ⇒ *Can't remember how to do something that you've done many times?*
- ⇒ *Do you ever get lost driving?*

Lunch and Refreshments will be provided

Sponsored by the
Northern Hilltowns Consortium of Councils on Aging

RSVP BY JUNE 16:
413-296-4007 or coa@townofchesterfieldma.com

*Northern Hilltowns Consortium of Councils on Aging
presents:*

A Conversation About Memory

- 10:00am: **Check in & Coffee**
- 10:30am: **Welcome and Program Overview**
Jan Gibeau, R.N. PhD. Director, Chesterfield COA
- 11:00am: **Understanding Memory Impairments**
Dr Rebecca Starr, MD, AGSF, Medical Director, Geriatrics,
Cooley Dickinson Healthcare

Sharon Asher, RN,BSN, MBA, Program Director
Pioneer Valley Memory Care Initiative

How does memory work?
What is normal for memory in older adults?
Types and range of memory changes
Evaluation and treatment of memory impairments
Getting help: resources available
Pioneer Valley Memory Care Initiative
- 12:00pm: **Group Discussion: Sharing the Journey**
- 12:30pm: **Lunch**
- 1:15 pm: **Impact of Dementia on Personal and Family Life**
Deb Hollingworth, LCSW, Regional Connections Facilitator
Adjusting to the impact of learning about your diagnosis
What it's like to be a caregiver or being the one who needs help
Common challenges for both care recipients and caregivers
Tips for better communication
- 2:00pm: **Tools for improving memory**
- 2:30pm: **Closing remarks**
What's Next? Suggestions for additional programs and supports

On the Road Again...

2023 Trips



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

Day Trip July 20. Lake George Cruise- Take a 2 ½ hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. Danny Lombardo performs on the keyboard. Make payment to Landmark Tours for \$113 due NOW. **WAIT LIST ONLY.**

Day Trip August 10. Garden in the Woods- This trip includes a walking guided tour of the Garden in the Woods in Framingham followed by a luncheon at the Longfellow's Wayside Inn. Entrée choices are Breast of chicken, Baked Salmon, or Yankee Pot Roast. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$122 due **June 10th**. Mail to the address above.

Day Trip August 24. Saratoga Racetrack, Saratoga Springs, NY. This trip includes lunch at the Inn at Saratoga. Entrée choices are Chicken Normandy or Pasta a la Saratoga. After lunch, spend time at the racetrack in our reserved grandstand seats. Over 60 concession stands on the grounds. Make payment to Landmark Tours for \$130 due **June 10th**. Mail to the address above. **NOTE DATE CORRECTION.**

Multi Day Trip September 10-12. Nantucket Island. Three days to two nights. Includes ferry to and from the island, guided tour of the island and all access pass to historical sites. Make payment to First Choice for \$748 p/p double occupancy due **June 21st**. Mail to the address above.

Day Trip September 14. Lake Sunapee Luncheon Cruise- Vermont Country Store. A two hour luncheon cruise on Lake Sunapee in New Hampshire. This trip includes Luncheon buffet and a stop at the Vermont Country Store. Make payment to Landmark Tours for \$111 due **July 10th**. Mail to the address above.

Multi Day Trip September 29-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. **WAIT LIST ONLY.**

Day Trip November 4. Elvis- A Musical Revolution- North Shore Theater. An exciting musical

in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make payment to First Choice for \$259 by **July 21st**. Mail to the address above. A few seats available.

June's Good News

By Deb Hollingworth

The Bucket List

When my kids were growing up, teenagers, I used to be on their case to clean up their rooms. Pretty much constantly. And they would assure me they were working on it. To which I would reply, "Will it happen in my lifetime?"

I have a "Will it happen in my lifetime? bucket list. First item on that list is changing eligibility rules so that when we turn 65 MassHealth doesn't count our assets. They don't count our assets when we're younger, just when we hit 65.

In Massachusetts if we are low income, or disabled, we can get affordable (subsidized) health insurance, with premiums determined by our income. The lower our income, the lower our monthly premiums. Until we reach 65. Then the eligibility rules change, and our assets count. So if we saved for retirement, or have a life insurance policy with a cash surrender value, or any savings, then we lose our affordable health insurance.

We become eligible for Medicare at 65, but Medicare has monthly premium(s), and if we want to purchase a supplement to our Medicare, then that's another monthly cost.

So as a SHINE counselor, the question I get quite frequently is: why do I lose my subsidized health insurance when I turn 65 and might need it most? And the Good News is: Mass Senior Action Council is working on changing that. Last month I wrote about the income eligibility changes to the Senior Buy-in Program where income and asset limits were raised so that more seniors (an estimated 60,000 of us) will now be eligible to have the Buy-in Program pay our Medicare B monthly premium, and get our Rx co-pays subsidized. We can thank Mass Senior Action Council for lobbying our legislators to get that change. Now they are working at doing away with the asset eligibility limit altogether! This would mean Massachusetts would join eleven other States to offer subsidy for low income seniors 65 and older. **This is Huge.** If you qualified, your co-pay for brand name Rx...like Eliquis...would be \$10. And at the risk of being too optimistic, it looks like this could become a reality in the near future. Mass Senior Action Council could use our help; have our voices join their effort.

You can Google Mass Senior Action Council to learn more and join. There is no membership fee and they are working hard for us and getting results!

Worthington Council on Aging
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Worthington, MA 01098

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If I die

at home, what should happen? Triad is all about making elders more secure, and while that usually includes avoiding scams and bad financial situations, there are other issues in our lives. For example, a reader asked "What do you do if someone dies at home, maybe at night, maybe unexpectedly, who do you call? What do you have to do? And remember we are in the hilltowns."

Good question, so here is what I learned for three scenarios.

- **For an expected death, if hospice has been caring for the person**, call the hospice nurse who will know what to do. They will be able to pronounce death and facilitate transporting the body.
- **For an expected death, but hospice has not been involved**, call 911. Emergency personnel will know what to do to obtain a legal pronouncement of death that is needed for a death certificate. Survivors should not move the body.
- **For any unexpected death**, call 911.

Two Comments:

⇒ Every person should have a MOLST (MA Medi-

cal Orders for Life Sustaining Treatment) or CC/DNR (Comfort Care / Do Not Resuscitate Order Verification) form on file to handle the question of whether cardiac resuscitation attempts should be made by emergency personnel. Other forms such as Living Wills may be prepared and address other emergency care options. Designation of a Health Care Proxy is also very desirable.

⇒ Even though we are a bit distanced in the hilltowns, we have terrific emergency response teams who know what to do and will do it with respect.

Take care,

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

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!