

# Worthington Corners

## August 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 August!***

*Small things to love about August.:  
Seashells in all shapes and colors,  
Endless hours of sunshine,  
Spontaneous summer trips,  
homemade lemonade,  
freshly baked S'mores*

Meal Choice- House Salad, Saut'eed Chicken Breast With Lemon Caper, Beuree Blance (French Butter Sauce) Sides and Dessert **Or** House Salad, Baked Cod With Lemon Caper Remoulade Sides and Dessert.

**To reserve your seat(s) on this outstanding trip:** Worthington senior residents \$50 PP, please make out payment to Town of Worthington. Include your phone number and **meal choice. Sign up soon!** Limited seating. Mail check to COA, PO Box 7, Worthington. Written in part by The Rollands Fund. Contact Phyllis Dassatti for more information: 238-5962

### **Upcoming Events**

#### **Potluck Luncheons Are Back!**

**Monday, September 12**  
**12:00 At The Town Hall**

*Bring your favorite dish to share*

#### **Scenic Fall Bus Trip Is Back!**

**Thursday, October 6**  
**Luxury coach to Mystic Aquarium in Mystic, CT**

Mystic Aquarium is one of the only two facilities holding Steller sea lions, and it has the only beluga whales in New England. Special exhibits and much more including a 4D theater. Mystic 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 own leisure 10:30-1:00. Next depart for the historic Griswold Inn, Essex, CT. **Deadline to sign up: September 19th.**



Departure from the congregational church at 7:30am, return at 5:30pm. Price includes luxury coach, driver gratuity, admission to Mystic Aquarium, lunch at historical Griswold Inn including tax and gratuity.

**The July 11 picnic at the Rod and Gun Club** was well attended as so many welcomed the socialization due to not seeing their neighbors in years. Those who chose the grab-n-go option were also appreciative with happy faces. Again the Worthy-Que Smokin' BBQ food truck provided the delicious BBQ chicken. Thanks to Charlie Rose providing the music, Jay Dreschnack for directing traffic, Board members and others who just "chipped in".



### **Volunteers Needed**

To deliver Federal sponsored Brown Bag food to 6

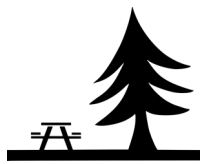
Worthington Residents. It's only the 3rd Friday of the month starting in November. One bag per household. Bags are already filled at Stanton Hall, Huntington at 10:30am for pickup. You can pick a month or a continuous schedule with a sub if needed. If you would like to see if you are eligible for this program, an application can be sent to you. Contact Phyllis Dassatti for more information 238-5962.

**Reminder-** There are Senior coupons still available for the **Hilltown Mobile Market**. Home delivered to Maples residents and pick up at Sena's. Visit [www.HilltownMobileMarket.info](http://www.HilltownMobileMarket.info) or call **413-296-4536 x102**

### Packard Park Beautification

Many of you have probably noticed the changes in the little park in the center of town across the Post Office. Thanks to the funding from Within Worthington group, administrated by Jamie Ricci, many improvements have been made. The Park and Recreation committee ordered and installed a new picnic table and a lovely bench. Karen Kaminsky donated several hostas that were planted by Marian Welch. Debbie and Jay Dreschnack selected a large colorful assortment of annual and perennial flowers which they planted with the assistance and guidance of Garden Club members Karen Barshefsky and Eileen Daneri. Jay waters the new flowers every day, and Kate Ewald and Evan Johnson have put down mulch.

We are pleased to see folks sitting at the new picnic table in the park, resting and enjoying their lunch in the shade. Cyclists frequent the bench and use the newly restored water fountain. So if you haven't yet visited the newly beautified Packard Park,



### Calendar of Events

#### **Healthy Bones & Balance Class**

Monday and Friday 10:00-11:00  
At the Town Hall

*Call Marcia Estelle at 238-5554 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.*

#### **Yoga Class**

Sunday and Wednesday 9:30-10:30  
At the Four Corners

*Call Eileen Daneri at 238-4461 for more info.*

*"If you think it's hard to meet new people, try picking up the wrong golf ball." ~Jack Lemmon*

### Oxymorons

Why do we say something is out of whack?  
What is a whack?

Why do we sing "Take me out to the ball game" when we are already there?

Why do we press harder on the buttons of a remote control when you know the batteries are dead?

Why are they called "stands" when they are made for sitting?

Why does "fat chance" and "slim chance" mean the same thing?

### ***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)*

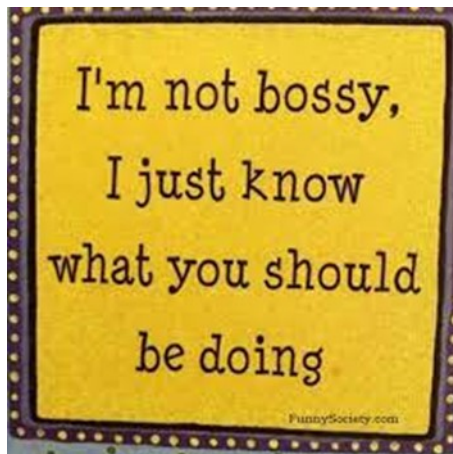
Name \_\_\_\_\_

Address \_\_\_\_\_

*Thank You for Helping to Support Your Neighbors!*

**Looking for:  
Part Time Administrative Assistant  
Chesterfield Council on Aging**

Position responsibilities include preparing schedules and documents, organizing events including coordination of publicity activities and materials and assistance with office functions. Flexible hours available for 5 hours/week. Preference is for someone with experience in areas of publicity and communications, coordinating schedules, and assisting with other office tasks. The goal is to have someone join the team who likes working with people, is goal-oriented, interested in learning new skills and working in a welcoming environment.



I've decided to sell  
my vacuum  
cleaner



Its just been  
collecting dust..

**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!

## Next– the Living Will

First let me explain how one should NOT do a living will. In the late 70's I had not encountered such an animal. I lived in one state, my parents in another. In the mail came two copies of "A Living Will" signed by my parents, with no note. The will called for no unnecessary measures to prolong life, among other things. So I called home. No answer for two days. I called our neighbor. "Oh yes, your folks drove to the west coast. In case something bad happens, they thought you should know their wishes." Yikes.

So how should we do this important document? First, we should predict the future. *Right...* We are trying to give health care directions before they are needed and to cover a large variety of possible situations. But think it through. Consider family history and what could happen to your health. Think about limits on your activities and how unpleasant you would find them. Consider the "artificial procedures" we read about, such as ventilators, feeding tubes, and pain management. Do some reading – I can give you some good sources.

Second, we should talk to the people most involved in our lives, those who would be most affected by our serious illness and possible death. This is an enormously personal document to prepare, but that does not mean it is private. You need others, especially your Health Care Proxy, to know your wishes and help make sure they are followed. Talk it through.

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

## August's Good News

By Deb Hollingworth

Today's best price for fuel oil in our zip code is \$5.61 a gallon. So...why am I checking fuel oil prices today, when the temperature is expected to hit 90 degrees? Because a West Chesterfield resident had to fill her oil tank last month and is still recovering after writing that check. She gave me a call, looking for help, because she was thinking ahead to winter when filling the oil tank might be necessary every month.

Did we ever imagine paying over \$5 a gallon, closer to \$6 a gallon for fuel oil? Especially when we got off so easy last winter when prices were as low as \$2.85 a gallon. So what can we do to get ready for the cold weather and calls to our oil dealer?



### Where to start

Getting an energy audit with MassSave might be a good investment of your time....and it's free! (Actually we pay for it every month a few cents on our electric bill.) If you make an appointment with MassSave, they make a house call and look over any/all ways to reduce your energy costs.

Have you ever wondered if you are eligible for fuel assistance, weatherization programs, replacement of your furnace, or swapping out your older appliances for a new energy efficient refrigerator or stove? Do you know if you are eligible for a discount on your electric bill?

Besides giving you a report on where insulation, replacement windows or doors might reduce your heating costs, MassSave will let you know if you are eligible for any benefit programs that might help make those changes.

They have a great website, [masssave.com](http://masssave.com) or you can call them at 1-866-527-7283. Meanwhile

we hope that the price of oil (and gasoline) will shift in the other direction and we can see prices fall. It might also be good to investigate the process of installing solar panels on our barn roof, or in a sunny pasture so we can generate our own energy.



we hope that the price of oil (and gasoline) will shift in the other direction and we can see prices fall. It might also be good to investigate the process of installing solar panels on our barn roof, or in a sunny pasture so we can generate our own energy.

## A Nurse's Note

By Jan Gibeau

It seems that I always wanted to be a nurse. I recently saw a group photo from what must have been when I was in the 2<sup>nd</sup> grade. There I was, white dress, cap and cloak. Maybe because it was during World War II, as I was standing beside little sailors and soldiers. Maybe it was because in those days, every little girl learned you could grow up to be a wife (and mother), a teacher, a nurse or a nun with other professions often not even mentioned. My parents were descendants of French Canadian Catholics, so no surprise about the nun bit. Nevertheless, I started working at a wonderful nursing home while I was in high school owned by Mrs. Mary McKerly, LPN. Then I met Marion Nudd R.N, the head nurse, who, upon hearing that I planned to become a nurse, took me under her wing and became my mentor, although we didn't use such words then.

That's when I fell in love with the elders. Everyone was treated as an individual person known by their name and never called a patient or other such labels. Marion taught me that everyone had their own histories and stories to tell. I learned how to listen, an art that seems to have been fractured by the need to "take care of" medical devices, not so much the person who is attached to them. I was not yet 17 when I went into the room of Mary, a very old woman, as she had just died. I was very fond of her and Mrs. Nudd sat on the side of the bed with me as I took in the finality of death. She helped me learn what "loving care" meant and the importance of learning how to say goodbye. Then together, we carefully bathed and prepared her to leave the nursing home. I learned how to feel empty and full at the same time.

Other important things I learned from Mrs. McKerly, Mrs. Nudd, the cook and all the folks who lived and worked there was the importance of trust and honesty but a kind of honesty that is softened a bit before it's delivered; how to laugh with people, not at them; giving yourself permission to cry without blubbering and feeling embarrassed, among other things. When I went on to the Mary Hitchcock School of Nursing in Hanover, New Hampshire, I knew that Marion Nudd had been and was my first and best role model and I hoped I could become as good a nurse as she was. Her skills, strengths and guidance in confronting the intimacies of caring provided a great primer for a young nursing student. Those feelings have stayed with me for over 67 years.

Now that I'm an elder myself and running some bumps and potholes in my road I'm keeping my eyes peeled for a descendant of Marion Nudd.

Aren't we all?

## On the Road Again...

### 2022 Trip Lineup & Upcoming in 2023



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.

**Aug 12 at Noon. Lady Bea River Boat Excursion.** A Lady Bea narrated river boat excursion on the Connecticut River is happening! Lunch will be provided on board (included in ticket price). A bar is also available on board (at your own expense). We will board at Brunelle's Marina, 1 Alford Street, South Hadley, MA. Hilltown Easy Ride will transport up to 12 passengers and 1 wheelchair rider. Cost is \$5/per person round trip from Plainfield Town Hall (10:30 am departure time). Donations will be accepted towards the overall cost of the excursion (to be collected the day of the event). Maximum donation is \$30/person.

Boat capacity is 49. For reservations (or questions) contact Polly at 413-212-1581 or pryan@town.plainfield.ma.us. Plainfield residents get first dibs.

**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 address above.

**Day Trip Sept. The Big E— Eastern States Exposition.** Free Entertainment at the Court of Honor Stage. Date TBD. Cost \$15 for Northampton Seniors and \$17 for others and all out of town folks. Mail your check payable to FNCS to Francine Frenier 11 Stage Rd, Williamsburg, Ma 01096 by August 31st. NO REFUNDS due to bargain price.

**Day Trip Oct 1. Hoosac Train Excursion.** 10 mile round-trip train excursion in Adams. Luncheon at Lakeside Bar & Grill in Cheshire. Cost TBD for Chesterfield seniors 60 and over and TBD for other seniors. Mail your check payable to Chesterfield COA to Francine Frenier, 11 Stage Rd., Williamsburg, MA 01096 by September 1st. NO REFUNDS due to bargain price.

**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.

**Multi Day Oct 14-23. Nashville, Memphis and Rock & Roll Hall of Fame—10 days.** Graceland, Grand Ole Opry, Madame Tussauds Wax Museum, Two shows. \$1,205 due NOW. Flyer available. WAIT LIST Only.

**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 Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096.

### 2023

**Multi Day Late April. Myrtle Beach Show Trip.** Legends in concert, Carolina Opry, "One the Show." 7 days. Cost \$TBD, \$25 discount if paid early.

**Multi Day September 29 through October 9. 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.

### Tech Talk with Peg Whalen

I have been doing smartphone workshops and providing individual technical support through the COAs. This column offers easy tips for resolving vexing issues. This month I am offering a tip for iPhones. Does your iPhone screen go dark or gray or ask again for your Passcode after a very short time? This problem is caused by an adjustable setting called Auto Lock. To lengthen the time before your phone fades out on you do the following.

Open your **Settings** App using the icon that



looks like this:

Follow the list of settings down to **Display & Brightness** and tap, scroll down the list to **Auto-Lock** and tap, the Auto-Lock screen will give you a list of time options from 30 seconds to Never. Tap on the time length you want your screen to stay active before going to lock screen, getting dark, or asking again for a Passcode.

That's all there is to it!

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

PRSRT STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

### **Worthington COA**

Phyllis Dassatti,  
Coordinator  
coa@worthington-ma.us  
413-238-5962

Camille Smith, Chair

Helyn Myrick, Co-Chair

Judy Sena, Secretary

Helen Pelletier

Pat Kennedy

Susan VanBuren

LeAnn Mason

Eileen Daneri

Newsletter Designer:  
**Kristen Estelle**  
regionalcoanews@gmail.com

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

**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.

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the “**donut hole**” If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

**For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit [prescriptionadvantagemma.org](http://prescriptionadvantagemma.org).**

