

# Worthington Corners

## December 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

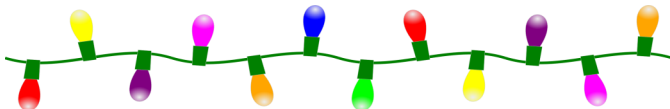
*Welcome December!*

*"Freshly cut trees, smelling of stars and pine resin, and fill your soul with wintry nights."*  
~ John Geddes

---

### Holiday Celebration Luncheon

**Mon. December 12th at Noon**  
**Comfort Kitchen in Huntington**



The anticipation to once again celebrate the holidays with friends and neighbors is evident!

Menu: Mixed green salad, Baked stuffed chicken breast with cranberry-walnut stuffing and apple cider reduction. Hot apple crisp al la Mode.

Transportation can be provided if needed.

**Call today: 413-238-1999**  
**Seating is limited.**

---

**All COA functions are "Fragrance Free"**

---

### Community Service Notice

Resident Jay Dreschnack is available to provide free of charge Notary Public services for all residents. Thank you Jay! 116 Huntington Rd. (413) 406-8884.



### Flu Vaccine Clinic was a success!

It was so convenient to be able to help our senior residents combat the flu so close to home.

*The cheerful staff from HCHC:*  
Mary Kane, RN,  
Lora Wade, LPN, Vaccine Coordinator,  
Christopher Puffer, Community Health Worker



### Calendar of Events

#### **Knitting Club**

To knit or not to knit...

#### **try coloring therapy!**

Supplies provided.

Or join in just to **chit chat!**

December 13th, 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 at 238-4461 to check on the updated schedule and 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.

*I would lose weight for my New Year's resolution,  
but I hate losing.*

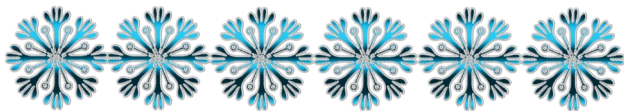
I've learned that you can tell a lot about a person by the way they handle these three things: a rainy day, lost luggage, and tangled Christmas tree lights".  
~Maya Angelou

Christmas movies rebooted as Hanukkah movies: It's A Wonderful Life when you call your mother.

### Know Your Winter Weather Terms

- ⇒ **Blizzard Warning:** Issued for sustained or gusty winds of 35mph or more, and falling or blowing snow creating visibilities at or below ¼ mile.
- ⇒ **Wind Chill Advisory:** is issued when wind chill temperatures are potentially hazardous.
- ⇒ **Wind Chill Warning:** is issued when wind chill temperatures are life-threatening within several minutes of exposure.
- ⇒ **Winter Storm Warning:** Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually 12-24 hours before event is expected to begin.
- ⇒ **Winter Storm Advisory:** Wintry weather expected. Exercise caution: Light amounts of wintry precipitations or patchy blowing snow will cause slick conditions and could affect travel if precautions are not taken.

*(Source- National Oceanic and Atmospheric Administration)*



Winter Solstice – December 21 4:48 P.M.  
Christmas Day— Dec. 25  
Hanukkah/Chanukah— Dec. 19-Dec. 26  
New Years Eve — Dec. 31

*Wishing You and Your Family a Safe, Healthy  
New Year!*

### Stopping by Woods on a Snowy Evening

by Robert Frost

Whose woods these are I think I know.  
His house is in the village though;  
He will not see me stopping here  
To watch his woods fill up with snow.

My little horse must think it queer  
To stop without a farmhouse near  
Between the woods and frozen lake  
The darkest evening of the year.

He gives his harness bells a shake  
To ask if there is some mistake.  
The only other sound's the sweep  
Of easy wind and downy flake.

The woods are lovely, dark and deep,  
But I have promises to keep,  
And miles to go before I sleep,  
And miles to go before I sleep.



### ***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!*

### Do you like the exercise classes? Joan Griswold checks it out:

Joan surveyed members of her exercise classes exploring their views on a range of issues but also on where people stood regarding coming to classes on-site, using Zoom or both. Here are a few take aways

#### To Zoom or not to Zoom?

74% of those responding to the survey are fine with Zoom offerings. At present, in person classes are held on Friday in Chesterfield. The Smooth Moves class is at 9am and is very well attended by a regular group. It is wonderful to have this time, in person, with folks. At 10:15am, Joan offers the Super Strength workout in person and a small group attend this while others use Zoom. 12% report not being a fan of virtual workouts and prefer in person offerings. 27% of these folks indicate they will return to classes when they are offered in person.

#### What do people like about the programs?

87% share that they feel a good variety is offered in these class offerings while 12% either had no opinion or disagree. 38% report their favorite part of class is the strength workout, 26% express the core work, 23% the stretching and flexibility and nearly 12 % express the cardio. 87% report feeling these classes positively impact their personal strength, mobility and daily function while nearly 12% neither agreed nor disagreed with this personal impact. 90% report preferring the current class time.

#### Final Note:

More people are welcome! Join up with friends.  
Contact Joan for more info: [joan@bybhealth.com](mailto:joan@bybhealth.com)

**I hate it when people  
ask me if I'm ready for  
Christmas. No Susan.  
I'm not even ready for  
today.**

**Would you like to receive your newsletter, in color, by email instead of snail mail?**

If so, please email Kristen at [regionalcoanews@gmail.com](mailto: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!

### Top Ten for the Twenties

At year's end, we often see review lists, e.g., top 10 movies, most acrimonious lawsuits, and other topics of huge interest. I thought I'd join in and look back at my 8 (eight!) years of Triad notes and find my personal Top Ten suggestions to close out the year and move forward. Here we go!

- \* **Check your credit report.** So many reasons, so easy to do. Then freeze the sucker.
- \* **Just hang up.** Do not think you can outsmart a telephone scammer who scams for a living!
- \* **If you are not sure who is calling** and you answer anyway, do not say "Yes" or make an "uh huh" noise, don't say "Right!" or "Sure!"
- \* **If it sounds too good to be true, it likely is.** Bet your folks told you that.
- \* **Get serious about the Big Five.** Give yourself a silver star if you can name these, a gold star if you have done them.
- \* **Get serious about setting good passwords.**
- \* **Keep your Medicare and Social Security cards in a safe place,** not your wallet. You can carry a copy with the last numbers blacked out.
- \* **Do the right thing for your brain.** Eat right, exercise, sleep well, control stress, socialize, and keep thinking.
- \* **Don't believe everything you read;** consider the source. By the way, there are only 9 items here...

Hee hee hee,  
Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## December's Good News

By Deb Hollingworth

As the days get colder, we will be turning our attention to ways we can reduce our fossil fuel consumption and ways to get help paying for "green" solutions to our soaring utility bills.

For the immediate future, this is to let you know that all our senior centers have the paper application for fuel assistance from Community Action of Pioneer Valley. This is the agency that covers fuel assistance and other "energy efficient" programs for our towns. Calling them on the phone to request fuel assistance could be a challenge, especially for those applying for the first time. If you have received fuel assistance in past years, you will already have been contacted (that started October 1st) but first time applications must wait until November 1st to start the process. As you might guess, right about now, their phone lines are jammed. Last year they took almost 3,000 first time applications and I'm guessing that number might be even more this year. If you are single, and your income is less than \$41,000/ year, you could be eligible. Know that it takes 6-8 weeks to process your application.

Last year Community Action paid out over 14 million in fuel assistance, helping over 14,000 households. Fingers crossed that there will be more Federal money in the pipeline this year. Community Action has other programs you might utilize once you become eligible for fuel assistance. There's an Older Adult Home Modification program to help with hand rails, ramps, grab bars, and a Heat System Repair and Replacement program for aged furnaces that need upgrading or replacement. This program will

also be doing some projects to install heat pump/mini-split systems and solar panels, a weatherization program which helps with insulation, windows, and removal of old knob and tube electrical wiring. All these programs start with a fuel assistance application. So if you haven't applied before, perhaps this year you should? Check it out at your Senior Center.

### More help with Fuel Assistance

In addition to the fuel assistance offered by Community Action Corp in Greenfield, the Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels. There is also a fund for equipment repairs should you find yourself in an emergency with failed heating equipment.

Check out: [magoodneighbor.org/assistance.html](http://magoodneighbor.org/assistance.html)  
Income eligibility guidelines for 2022-2023 are as follows based on number in household:

|   |                       |
|---|-----------------------|
| 1 | \$42,412 - \$56,548   |
| 2 | \$55,462 - \$73,948   |
| 3 | \$68,512 - \$91,348   |
| 4 | \$81,562 - \$108,748  |
| 5 | \$94,611 - \$126,146  |
| 6 | \$107,661 - \$143,546 |
| 7 | \$110,108 - \$146,809 |
| 8 | \$112,555 - \$150,072 |

Contact Greenfield Corps: 72 Chapman Street, Greenfield, MA 01301. Phone: (413) 773-3154.

## Thank You!



Just a quick note here to thank those of you who have been sending in donations for future funding of the newsletter. We appreciate your support! And this being the season of giving, we hope that we might hear from even more of you as we continue our effort to keep your Newsletter coming to you. Please consider a gift as we approach the end of our tax year. **And THANKS for your support!**



### ***The Regional COA Newsletter benefits from your support!***

I would like to contribute to the COA Newsletter. My contribution of \$\_\_\_\_\_ is attached.

*(Please make out your check to "Northern Hilltown Consortium/ Town of Chesterfield" and mail to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)*

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

***Thank you for helping support this vital resource for our seniors!***

## On the Road Again...



### Coming up in 2023

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

*Multi Day April 23-29, 2023. Myrtle Beach Show Trip.* Five shows—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 Fayetteville, NC. Includes bus transportation, driver gratuities, all hotels and most meals for \$829. Get a \$25 discount if paid in full by **January 30, 2023**. Contact Francine to reserve your seat.

*Day Trip May 18. Beatles Show- Ticket to Ride* - A 4- piece band that plays high quality, exacting renditions of songs written by the Beatles spanning their entire decade together. Self-Drive to the Log Cabin. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNSC for \$TBD by **February 1st**, so we can get good seats. Mail to the address above.

*Day Trip May 22. Staying Alive-* A Tribute to The Bee Gees. Five-course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNSC for \$120 due by **February 1st**, so we can get good seats. Mail to the address above.

*Day Trip May 31. Oh What A Night! And Resorts World Casino-* An exciting musical revue show from Las Vegas features hits from Franki Valli & The Four Seasons. Luncheon buffet and \$25 bonus slot play at the Casino in the Catskills, NY included. Make payment to FNSC for \$135 due by **February 21st**. Mail to the 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.

*Multi Day October 2-October 6, 2023. Branson, Missouri-* 5 days. Fly from Hartford. Seven shows: Irish Dublin Tenors, The Duttons, CJ Newsom, Pierce Arrow Show, Doug Gabriel and others. Visit the Titanic Museum and enjoy a guided scenic Ozark tour. Cost \$2,599 per person double occupancy. Includes air fare, hotels, 4 breakfasts, 4 dinners, deluxe motor coach while on tour, sightseeing, admission to shows and tour escort. \$500 Deposit by **March 15, 2023**. Contact Francine to reserve your seat.

## Workshops for Working the Digital World

Peg Whalen continues to offer free workshops on how to use iPhones, Androids, computers, tablets, internet etc. through December. If you would like to sign up, **contact Peg at 413-296-0314 or [pegwhalenworkshops@gmail.com](mailto:pegwhalenworkshops@gmail.com)**

### Fall 2022 Computer Class Schedule

**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. All sessions held at the Chesterfield Community Center, 400 Main Rd, Chesterfield, MA 01012.

### Technology Tip Announcement

The Northern Hilltowns Consortium of COAs has funding to meet the technology support needs of hilltown older adults. Each town's COA is hosting two hours of technical assistance with technology questions, starting in December. Peg Whalen will be available in your town during one of the weeks in each month. Contact your COA for date, time and location scheduled for December. Beginning in January, watch your monthly newsletter for dates and how to schedule a time slot to get help with your technology questions. Call your COA and get the help you need.

**The Goshen COA is excited to announce that Peg Whalen will be offering a five session discussion group based on the book by Atul Gawande named *Being Mortal*.** Through riveting, honest, and humane stories this book shows that the ultimate goal is not a good death but a good life- all the way to the very end. It is about maintaining dignity, independence, and quality of life as we age. This group will be held on five consecutive Thursday afternoons starting February 2, 2023 and ending March 2, 2023 from 1-2:30 in the upstairs Dining Room at the Goshen Town Hall. It is recommended (but not required) that you read the book which is available at local libraries, on Kindle or Nook, and there is an audiobook version. Please register by emailing Peg at [pegwhalenworkshops@gmail.com](mailto:pegwhalenworkshops@gmail.com) or calling/texting her at 413-404-4566. Messages left should include your name, cell/home phone number, and your email address. **Adults of all ages from all towns are welcome to register.**

**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.

## **MEDICARE/MEDICAL EQUIPMENT SCAM**

### **WHAT TO LOOK FOR**

- You get a call offering to send you a free medical alert system, a free back brace, or other medical equipment.
- The caller tells you they will bill Medicare & send you the equipment for free.
- They just need your Medicare or Social Security number in order to process your order.

### **Beware of Medicare Phone Scams!**

If someone calls you & asks for your Medicare number or other personal information, hang up & call 1-800-MEDICARE.



### **WHAT TO DO**

- Hang up! Don't give out personal information such as your Medicare or Social Security number over the phone.
- Beware of "free" offers.
- Ask your doctor if you think you need a brace or any medical device.

Consumer problem or question? Call 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.

