

# Worthington Corners

## January 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 January!*

*"JANUARY, the first month of the year, A perfect time to start all over again, Changing energies and deserting old moods. New beginnings, new attitudes*

*- Charmaine J. Forde*

**We can all agree that our Holiday Luncheon on December 12th was a great time!** It was wonderful to visit with friends and neighbors. Not to mention the fabulous lunch that was served! The fresh fallen snow was a welcome addition to set the mood for the holiday as gifts were distributed.



### You And The Aging Digital Divide

Limited use of technology is affecting people 60 and older. Many older adults have less access to information and services because they make little or no use of technology.

Although many older adults do use technology, many people, for various reasons do not use or have access to computers, internet, and other technology.

### Aging & Technology Survey

This project is funded with a grant from the State of Massachusetts Executive Office of Elder Affairs. **We need your feedback! All tech users and non-users!** A survey will be mailed to all senior households in early January. We are asking that you take the time (10-15) minutes to complete it and mail back to us (there will be self addressed, stamped envelope to do so.) The survey will also be available online: <https://tinyurl.com/3pkwfxk7>

The purpose of the survey is to gather information for future technology programming. We want to hear from tech users and non-tech users. During the pandemic we heard much about the digital divide-older adults lack of use of technology- and the hardship this can cause. Your answers will provide us with the best information and how to help older adults use technology in the way they choose.

- Your questionnaire is anonymous.
- We will not know if you return it unless you tell us. We will NEVER reveal potentially information or details about you.
- The collected questionnaires will be combined in a report available later this spring
- The results will be used to offer you more ways to get help, how to begin using and ways to learn more to meet your needs and interests.

The mailing is being funded by the Service Incentive Grant (State of MA) through the Northern

Hilltown Consortium- Williamsburg, Westhampton, Chesterfield, Goshen, Plainfield, Cummington and Worthington.

I was feeling pretty creaky after hearing the TV reporter say "Contact me, go to my Facebook page, follow me on Twitter, or try me the old-fashioned way: email."

While he was visiting, my father asked for the password to our WI-FI. "It's taped under the modem" I told him. After 3 failed attempts to log in, he asked "Am I spelling this right? T-A-P-E-D-UNDER-THE MODEM-?"

### Calendar of Events

#### **Foot Nurse**

January 23

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

#### **Knitting Club**

To knit or not to knit...

**try coloring therapy!**

Supplies provided.

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

January 16th, 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.*

#### **Something To Look Forward To**

Stay tuned for a function in February!

#### **Reminder- Adaptive Equipment For Your Use To Borrow**

There are wheelchairs, walkers, walkers with seats, commodes, bed rails for your use in need.

Contact Phyllis Dassatti: 238-5962.

#### **Covid-19 15 Minute Test Kits**

The Massachusetts Council on Aging (MCOA) has sent free test kits for senior residents. If you are in need of a test kit, 1 per person, please call Phyllis: 238-5962.

#### **Hilltown Land Trust wants to hear your Voice**

What are your priorities for open space and land conservation in the beautiful Western Mass Hilltowns? Please take 5-10 minutes fill out the brief survey and add your perspective as we chart our course for the future. Paper surveys will be available at the Town Hall, Corner's Grocery and Library. Mail to: COA, Box 7, Worthington.

Online survey:

[www.surveymonkey.com/r/9F52GHQ](http://www.surveymonkey.com/r/9F52GHQ)



### ***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!*



# Out and About this Winter

## Art in 2023 with Lena Garcia- Register Now! Winter Watercolor Class

Jan. 23– March 27 (9 classes)

Mondays 1-3pm

Register at [www.lenagarcia.com](http://www.lenagarcia.com)

Coming next: A Taste of Oil Painting Class  
Shadow Puppetry Workshop



## Becoming Winter / Restorative Yoga Workshop

Sunday, January 22 (Snow Date Jan 29th) 3-5:30 PM,  
Parish House, 21 Main Street, West Cummington

Judy Messer will guide you in a process of becoming fearless in the darker, cooler season of winter by helping you to let go while finding your own natural rhythm. Following this restorative yoga there will be journaling and teatime to conclude the practice. This transcending yoga takes place on the floor. Please bring a yoga mat, blanket, pillowcase, journal, and warm clothing. To make a reservation call Judy Messer at 413-221-3012. Check her out at [judymesser.com](http://judymesser.com). Funded by a HVES grant.

## Being Mortal Discussion Group

Thursdays, Feb. 2nd through March 2nd, 1-2:30pm  
John James Memorial Hall, 42 Main St. Goshen  
Upstairs Dining Room

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. 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.

## Matt York Brings Johnny Cash to Chesterfield

Sunday, February 12th at 2pm  
Chesterfield Community Center  
400 Main Rd. Chesterfield

Longtime New England musician/author Matt York will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950's to his passing in 2003 . York was recently nominated for the Boston Music Award for Best Country Artist and his album Gently Used was just named one of Worcester Magazine's best albums of 2022.

# Regional News



## Romance will be in the air! But first...

Thanks to Rachel Seneca in the DA's office – a font of knowledge about scams, especially those we are seeing in our towns. Here are two to watch for.

Soon it will be Valentine's Day, when the advertisements remind us to love, give, and eat chocolate. I'm certainly in favor of all three. But there is also the scammer who is faking it on romance!

The scammer will reach you on social media, dating sites and the like, start a conversation, get to "know you", flatter you some, then start asking for money. They say "It would be so nice if you could send me some money to come visit you! I would pay but am a little behind because my father had to have surgery." They may ask to wire money, or send a gift card with the pin.

Now wouldn't ya know it – the second scam is asking you to send some cryptocurrency to pay for their trip to meet you or maybe to invest. Recently we have seen a lot of headlines about this digital (not real!) money. The Federal Trade Commission has a good website about crypto, and includes this no-nonsense message: "If you meet someone on a dating site or app, and they want to show you how to invest in crypto, or asks you to send them crypto, that's a scam."

Read the FTC site for more info:

[consumer.ftc.gov/articles/what-know-about-cryptocurrency-and-scams#paying](https://consumer.ftc.gov/articles/what-know-about-cryptocurrency-and-scams#paying)

Stay safe,

Jean O'Neil

TRIAD Committee member

[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## January's Good News

By Deb Hollingworth

How did Medicare get so complicated? It was created in 1965 as Medicare A & B and stayed that way for almost 40 years. Medicare D (for Rx) was added in 2006 to subsidize the cost of our prescriptions. Medicare is a Federal benefit we get when we turn 65 if we've paid our 40 quarters (10 years) into social security, or if we are married to someone who has. Medicare also is the main insurance for the disabled collecting social security disability benefits.

Medicare A covers hospital costs and some home care benefits. Medicare B covers everything else like doctor visits, lab tests, medical treatments. Medicare A is free, Medicare B has a monthly premium that is usually deducted from our social security benefit, so we often forget we are paying for it. Medicare C is another name for Medicare Advantage plans that began about 20 years ago and were originally called Managed Care plans because that's what they do. They manage our Medicare A&B benefit. And more recently these plans began to include Rx coverage. If you enrolled in a Medicare Advantage plan, it managed your Medicare A & B and D.

You'd think this would simplify things, but it didn't. And this is where it gets complicated: Medicare Advantage plans are offered by private insurance companies like BlueCross, Health New England, United/AARP, Tufts, etc. and are for profit enterprises. These Advantage plans come in many variations, with different benefits like dental, hearing, vision, subsidy for your gym membership. But let's remember, they manage your Medicare benefit. And in most cases, you must have a referral for medical treatments, sometimes prior authorization for care, and they can decline to cover the treatment/hospital/doctor you want.

Advantage plans have co-pays for all services. If you're healthy an Advantage plan is not expensive, but if you're not healthy, those co-pays can quickly add up. So if you decide to supplement your Medicare A & B...and D, it can get complicated.

**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!



## January Tech Tip

By Peg Whalen



I want to share an experience I had so that others can benefit from my misadventure. Recently, I traveled to Philadelphia by train to see family. I had two carry-on bags with me and my laptop in a separate case. I briefly left my seat, so to keep the laptop safe, I tucked it overhead between two carry-on bags. Later, when I was exiting the train, I got distracted. Yup, you guessed it. I left the laptop behind.

Losing the laptop device was frustrating but could be replaced at some expense. The information loss was a tragedy. Before leaving, I had not backed up the files, photos, and programs on the laptop. I know better! It happened anyway. What should I have done? I could have used one of the "clouds", like Microsoft OneDrive, Google Drive, Apple iCloud, or my external hard drive at home. Most of my information is lost: taxes, medical records, technology workshop handouts, pre-retirement work. So, even seasoned users of technology lose equipment and computer information. Backup your information in case of device loss, viruses, scams, equipment failure. If you do not know how to protect electronic information, find assistance with ways to stay safe.

### ***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!***

## Resource Directory



<b>Domestic Violence Advocate</b> , Hilltown Safety at Home (HS@H)	413 387-3120
If you need help in an emergency, call <b>911</b> or the <b>Safe Passage Hotline</b>	888 345-5282
<b>National Suicide Prevention Lifeline</b>	800 273-8255
<b>Elder Abuse Hotline</b>	800 922-2275
<b>First Call for Help</b> , Information and Referral Resources	800 339-7779
<b>Fuel Assistance</b> , Application and Recertification	800 370-0940
<b>Hilltown Elder Network – HEN</b> (sponsored by Hilltown CDC)	413 296-4536, ext. 120
<b>Veterans' Service Officer:</b> Williamsburg - Dan Nye or Steve Connor	413 587-1299
Westhampton – Joe Henning	413 207-3541
Plainfield – Brian Brooks	413 772-1571

### Food Services

<b>Food Bank of Western Massachusetts Brown Bag Program</b>	800 247-9632 or 413 268-8407
<b>SNAP, Supplemental Nutrition Assistance Program</b> (Food Stamps)	413 552-5400
Or call Chesterfield COA, 296-4007 or Williamsburg Sr. Ctr, 268-8410 for assistance	
<b>Hilltown Food Pantry</b> , Goshen Town Hall – Diane Drohan, Director	413 268-7578 Weds. 1-3
<b>Meal Site</b> , Williamsburg Senior Center Café	413 268-8419 Mon-Thurs
<b>Meals on Wheels</b> , Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
<b>Northampton Survival Center</b> , 265 Prospect St., Northampton	413 586-6564
<b>Grab and Go Meals:</b> Chesterfield COA, Thursdays, 11:30	413 296-4007
Cummington COA, 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays, Noon	413 634-2262
Goshen COA, 3 <sup>rd</sup> Tuesday, 11:30	413 268 9354
Westhampton COA, 3 <sup>rd</sup> Thursday, Noon	413 387-3960
<b>Salvation Army Emergency Food, Fuel or Medication Vouchers</b>	413 586-5336 or 586-6564

### Health Services

<b>Highland Valley Elder Services</b> , Intake referral for homecare, etc.	413 586-2000
<b>Hilltown Community Health Center</b> , Medical & Dental	413 238-5511, ext. 131
<b>Hope Nurse</b> , Mary Kane	413 238-5511, ext. 322
<b>HealthWise</b> Community Health Worker, Ellie Mathias	238-5511, ext. 322
<b>Podiatrist</b> , Dr. Michael Coby at Williamsburg Senior Center	413 268-8407
Call to schedule alternating (odd) months at the Senior Center	
<b>Foot Care</b> , Piper Sagan, RN. - Williamsburg or in-home visits	413 268-8407
Cummington, call Ann Eisenhour	413 634-2243
Goshen & Chesterfield, Call Piper for appt.	413 522-8432
Westhampton, call Deb Dean	413 667-5363
<b>SHINE, Medicare &amp; Drug Coverage Part D &amp; Prescription Advantage</b>	
Lorraine York-Edberg	413 773-5555, Ext. 2275
Chesterfield, Deborah Hollingworth	413 296-4007 or 268-8317
Williamsburg, Deborah Hollingworth	413 268-8407
<b>Mass Health &amp; New Health Coverage</b>	
Buliah Mae Thomas at Hilltown Comm. Health Ctr.	413 667-2203

### Transportation Services

<b>PVTA Dial-A-Ride</b> (Tickets sold at Williamsburg Senior Center, 413 268-8407)	866 277-7741
<b>Hilltown Easy Ride Van and Driver Pool</b> , Ed Pelletier	413 296-4232
<b>Westhampton Transportation</b> , appts. or shopping, Louise Jasionkowski	413 527-5134
<b>Williamsburg Medical and Carpool rides</b> , call to schedule	413 268-8407

### Local Councils on Aging

<b>Chesterfield COA</b> , Janice Gibeau	413 296-4007
<b>Cummington COA</b> , Chrisoula Roumeliotis	413 634-2262
<b>Goshen COA</b> , Kerry Normandin	413 268-8236, ext. 118
<b>Plainfield COA</b> , Polly Ryan	413 212-1581
<b>Westhampton COA</b> , Amy Landau	413 203-9808
<b>Williamsburg Senior Center</b> , Melissa Wilson	413 268-8410
<b>Worthington COA</b> , Phyllis Dassatti	413 238-5962

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

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## **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.

*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. This 7 day trip 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. Arrive 11:15am. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNCS for \$120 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 FNCS 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 FNCS for \$132 due by **February 21st**. Mail to the address above.*

*Day Trip July 20. **Lake George Cruise-** Take a 2 1/2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. A stop at the Lake George Outlets. Make payment to Landmark Tours for \$TBD due **April 21st**. Mail to the address above.*

*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 Roast Prime Rib of Beef or Baked Atlantic Salmon. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$120 due **June 10th**. Mail to the address above.*

*Multi 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. Cost TBD. Make payment to First Choice for \$748 p/p double occupancy due **June 21st**. Mail to the address above.*

*Day Trip September. **BIG E.** A YEARLY favorite. Make payment to FNCS for \$TBD by **August 1st**. Mail to the address above.*