

Worthington Corners

February 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

Hello February!

Groundhog Day: February 2nd

“Yeah, lets get an extended weather forecast from a jittery, inconsistent reddish brown rodent.”

~ Bill Murray (Groundhog Day Movie)



The newly fallen snow was a beautiful sight during an early morning walk between Fritz and Prentice Rd off Kinnebrook Rd.

Everyone is your valentine!

Valentine Potluck Luncheon



Monday, February 13th at Noon
Town Hall

Cake and beverages will be provided.

The Most Welcoming News E -v -e -r!

Worthington Senior Center Funding

Through advocacy and collaborating with Congressmen Richard Neal's office, Hilltown CDC was able to secure a 2 million dollar earmark for the construction of the Worthington Senior Center. Hilltown CDC will work with the federal government to submit relevant information needed to receive the funding. It is unclear at this time how long it will take to receive the funds. It is anticipated we will receive the funds in 2023. As we work on this process, we will work with the town of Worthington to identify additional funding to complete the Senior Center.

*Source: Dave Christopolis, Executive Director
Hilltown CDC*

Mark your calendar!

Watch & listen for additional info about these upcoming events...

Monday, March 13 at Noon
St. Patrick's catered luncheon
Town Hall- seating will be limited.

Monday, April 24 from 11- Noon
Touch Of Spring Plant Giveaway
Curbside

Worthington Police Department **“Sand For Seniors”**



*Director of Triad David Fenton,
Sgt. Marcy Brougham and
Police Chief Bob Reinke*

In partnership between the Fire and Rescue Department, and the Hampshire County Sheriff and TRIAD, 5-gallon buckets full of sand were delivered to senior residents upon request. 40 buckets in all.

Technology Surveys

In early January, a COA questionnaire about aging and technology was mailed to everyone in town age 60 and over. Even if you do not use technology, there are relevant questions for you. If you have not returned it, please complete it, and **send it back by Feb 15th** or as close to that date

as possible. The information is important to the COA in arranging technology support and education. The survey can also be found online at <https://tinyurl.com/3pkwfxk7>. Thank you to those who already participated and returned your questionnaire. Please encourage your friends and neighbors to participate as well.

Technical Support

COA Office
Tuesday, February 28 11:00-1:00



Once a month technical support with computers and technology 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, tablets, ePhoto frames, smart TVs, printing, laptops, internet and many apps and software programs. **She is available between 11:00 and 1:00 on the 4th Tuesday of each month** at the COA office, located at the rear of Corner's Grocery. Call or text Peg at **413-404-4566** or send email to **nhillcoastech@gmail.com** in advance to schedule enough time for help with your specific needs.

Whiting Street Fund

As we approach the height of heating season, the Whiting Fund Street Committee would like to remind Worthington residents about the Whiting Street Fund. This fund exists for the sole purpose of providing financial assistance to Worthington residents who are experiencing short-term financial needs. The fund helps individuals and families with expenses that directly affect their well-being. For example, assistance had been provided with medical expenses, car repair and, especially this time of year, fuel bills. Any Worthington resident can apply for financial assistance by contacting a member of the Whiting Fund board. The Board confidentially reviews all applications and if approved, arranges for the bill to be paid.

For more information or to apply for assistance, either email: **WhitingStreet@worthington-ma.us** or call any member. The members are Bruce Barshefsky (413-563-8888), Diane Meehan (413-238-0001), and Cath Whitcomb (413-5968).

Interesting Historical Fact: Mr. Whiting Street, a thrifty 19th century shipping agent, willed trust funds to 22 Western Massachusetts communities to be used for the relief and comfort of residents in need. Mr. Street's Last Will and Testament granted Worthington \$3,000. For over 135 years prudent distribution of the interest from this bequest and from other donations to the fund has benefited many individuals and families in our town who were temporarily in need of some financial assistance.

Calendar of Events

Knitting Club, Coloring Therapy, Chit Chat
Supplies provided.

February 15th, 3pm
COA office, located in the rear of Corner's Grocery

Tech Support w/ Peg Whalen

Feb. 28th (every fourth Tuesday), 11am-1pm
COA office, located in the rear of Corner's Grocery
See article to the left.

Healthy Bones & Balance Class

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

Yoga Class

Sunday and Wednesday 9:30-10:30, Town Hall
"First-timers": please 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 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!

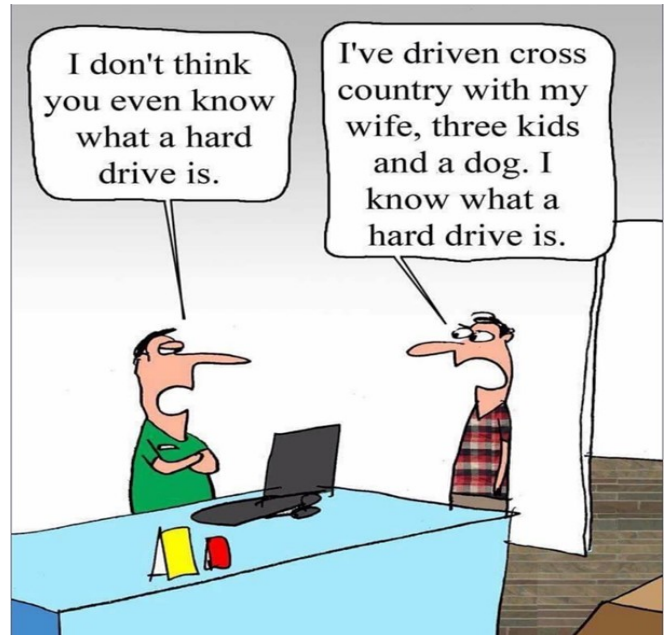
Out and About this Winter



www.clarkart.edu
 413-458-2303

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!



Tiny footprints

As soon as a child is born and their photo is posted online, they have a digital footprint. While we enjoy seeing a new baby's smiling face or a toddler smelling a flower, their digital footprint can be hacked. That is just the very sad story of how our technology today can be misused. A scammer can set up a fake identity, therefore messing up the child's future finances before they are even earning any money. A baby's digital image can be altered and used in pornography.

A recent article in the Washington Post was sobering. They projected over 7 million cases of identity fraud by 2030, costing victims more than \$900 million. It is believed that over half the porn images online in one country were photoshopped from social media. This is from a book by Leah Plunkett Sharenthood: *Why We Should Think Before We Talk About Our Kids Online*.

So what should parents and other family members do?

1. Be CAREFUL when posting online even if you think you are safe. Do not post full names, birthdays, ages, or specific locations.
2. Set up privacy settings on your social media. See this page- www.nytimes.com/wirecutter/guides/online-security-social-media-privacy/ Even setting privacy controls is no guarantee the child is safe. The controls can be complicated and change, and even if a crook can't download an image, they can take a new photo of what was posted and photoshop it.
3. Take another look at passwords. Many times people use birthplace, school name, favorite pet, etc. in a password. These are things commonly written about in a post; 3 or 4 pieces of information may be all that is needed by the hacker to steal an identity.

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

February's Good News

By Deb Hollingworth

It's that time of year again when we are gathering what we need to file our tax returns, and I received a request for information on the Circuit Breaker which I wrote about last March. This year's potential Circuit Breaker rebate may be even bigger than previous years, so this is the time to look into it and see if you might qualify.

Circuit Breaker Fact Sheet

"You may get a cash refund on your State income taxes."

The Massachusetts Circuit Breaker Income Tax Credit for Homeowners age 65 and older is a program for those seniors whose property taxes and half of the water/sewer bills equal more than 10% of their annual gross income. You can get this refundable tax credit even if you do not owe State income taxes. You can file a tax return even if you do not have taxable income.

Last year the maximum refund was \$1,162, but Governor Baker has recommended in his 2023 budget that this be increased to a maximum of \$2400.

If you have not filed/applied for the Circuit Breaker before, this is the year to do it!

You are eligible if:

- ⇒ you are 65 or older
- ⇒ own your home
- ⇒ are current with your property taxes
- ⇒ and if your property taxes are more than 10% of your income
- ⇒ your income needs to be less than \$62,000 single, or \$93,000 married filing a joint income tax return
- ⇒ and if your home is assessed at less than \$884,000

You apply by:

- ⇒ filing a Massachusetts Income Tax return
- ⇒ and including a schedule CB
- ⇒ you must supply copy of your property tax bill
- ⇒ also your water/sewer bill if you have one
- ⇒ and provide income verification

February Tech Talk by Peg Whalen

The holidays can bring technology, often wanted and sometimes unexpected gifts of technology devices. Family and friends can be excited to share their love of technology by gifting us ePhoto Frames, new and previously owned iPads, smartphones, laptops, kindles, and other devices we may be reluctant to use. If you are someone that received a device you have little interest in or limited understanding about using, there is help.

From February through June 2023, and perhaps beyond, each COA in the northern hilltowns has scheduled a recurring week and day each month for in-town technical support. I will be offering individual time for interested people to come, free of charge, and begin getting the assistance, guidance, and reassurance to get started or learn more in a way that is understandable and effective. If learning one-one-one is your preferred way to increase your understanding about technology, sign up for a time slot in your own or a neighboring town. Walk-ins may or may not be accommodated so call or email ahead to ensure you get the time you need. **Contact Peg Whalen: 413-404-4566 or nhillcoatech@gmail.com.**



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...

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 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 **\$78** which is due NOW so we can get good seats. Mail to the address above. **PLEASE NOTE CORRECT PRICING.** It was previously listed as \$120.

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 NOW, so we can get good seats. 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 \$122 due **June 10th**. 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.

Multi Day 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.

*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 motorcoach while on tour, sightseeing, admission to shows and tour escort. \$500 deposit by **March 15, 2023**. Contact Francine to reserve your seat.

Day Trip November. Elvis The Musical- North Shore Theater. An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Make payment to First Choice for \$TBD by **July 21st**. Mail to the address above.



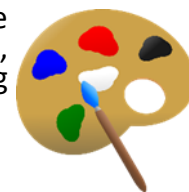
LENA
GARCIA

Playing with Art! Give it a try!

A Taste of Oil Painting Workshop

Wednesday, February 8th 10:30am-12:30pm

Explore Oil Painting and see if this is a medium for you! I know I can be intimidated by a new art medium; where do I begin? How do I use it? Come experience this fascinating medium in a calm and supportive atmosphere. Oil painting has a slow and relaxed tempo. It is flexible and very forgiving. Using provided materials, participants will make a painting of a simple still life. Demonstrations on sketching your still life, mixing your paints, and painting with the oil paints will be given while participants try out all these skills and work on their monochromatic or black and white painting. Try something new, stretch your brain all while having a good time!



Oil Painting Class

Mondays, April 3 - June 12th from 1 -3pm
(no class 5/29)

More details coming soon!

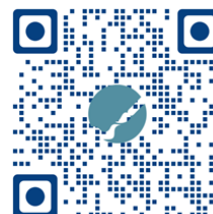
Shadow Puppetry Workshop

Saturday, May 20th from 10am - 12pm

Multigenerational event for anyone who can use an exacto knife (10yrs and up)
More details coming soon!

Registration for all at www.lenagarcia.com
or call: **425-977-5120**

*All events at the Chesterfield Community Center.
Sponsored by the Chesterfield COA and partially funded by Highland Valley Elder Services.*



Worthington Council on Aging
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SCAM ALERT!



Watch out for Computer Virus Scams!

*You might get a call, email, or a message
that appears on your screen.*

*It says there's a problem with your computer
& they can help you fix it.*

- Just hang up or delete the message.
- Don't click on links in an email.
- Don't call the telephone number on the screen.
- Never give someone control of your computer.
- Don't share passwords or log-ins.
- Keep your computer, tablet, & mobile phone security programs up to date.

*If you have a
consumer problem or
question, contact 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**

