

Worthington Corners

April 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 April!

*No winter lasts forever; no spring skips a turn.
April is a promise that May is bound to keep, and
we know it.*

~ Hal Boland

April Fool's Day– April 1st

*"Sometimes you just have to play the role of a fool
to fool the fool who thinks they are fooling you."*
~Psychology Today

Valentine's Day Potluck



February 13th was a festive afternoon with wonderful food and a great chance for people to mingle with friends and neighbors. A heartfelt thank you to the R.H. Conwell students with their hand-made valentine cards given to all seniors. Valentine heart candy was also distributed by the Council on Aging.

Celebrating the Feast of St. Patrick

70 guests were treated with a traditional St. Patrick's corned beef dinner. The Chesterfield General Store did it again in providing this great feast and Charley Rose filling the background with Irish Music as well. Fresh green carnations were distributed by the Council on Aging.



Upcoming Events

Spring Flowering Plant Giveaway

Monday, April 24th
Curbside 11:00-Noon
Worthington Congregational Church



First come, first serve. No reservation needed.

Potluck Luncheon

Monday, May 8th at 12pm
Town Hall

Sue and Ed Lewis will be presenting their world birding experiences in a "Superlative Bird" presentation.

"Ragtime Five" Brass Quintet

Sunday, June 11 3-4pm
Town Hall

Refreshments will be served.

The Ragtime Five will perform modern arrangements of music of 1890-1920, ragtime, swing, marches and more. Admission is free and open to the public. Bring family, friends, neighbors, grandchildren. Bring them all! Funding is made possible by the Worthington Cultural Council, and the Worthington Council on Aging.

Community News

Save The Date- July 1- Founders Day

On July 1, 2023, we will once again recognize the founding of our wonderful town with a 255th birthday party and the Founder's Day Potluck supper. The event will once again be held at the historical society and more information will be available as the date approaches. There will be a recognition of the wonderful contributions that Steve Kulik made over his many years as Selectperson, State representative, most importantly friend and neighbor. To that end we'd like everyone to send their special memories of Steve. They will be collected in a book presented to Steve's family the night of the event. Send memories to Evan Johnson at evanjohnson19@gmail.com If you would like to participate in the organization, setup, cleanup, children's events or any other aspect, Contact evanjohnson19@gmail.com

Calendar of Events

Knitting, Color Therapy, Chit Chat

April 11th, 3pm
COA office

Foot Care Nurse

May 22nd
COA office

Call Piper Sagan, RN to schedule: 413-522-8432.

Tech Support w/ Peg Whalen

April 25th
May 23rd
June 27th
COA Office

Call or text Peg Whalen 413-404-4566
Or email nhillcoastech@gmail.com



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": 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.

Easter- April 9

"The Easter Egg symbolizes our ability to break out of the hardened protective shell we have surrounded ourselves with."

~ Siobhan Shaw

Golf is just the adult version of an Easter Egg Hunt.

Passover- April 5-13

"Do not overthrow the customs that have made it all the way to you."

~Leon Wieseltier,
'Kaddish,' National Jewish Book Award

When you keep Kosher for Passover but the website you want to visit says you need cookies.

Tax Season- Deadline for filing April 18

"One difference between death and taxes is that death doesn't get worse every time Congress meets". ~Anonymous

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!



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!

Writers Workshop in Goshen

If you have ever been told: "You really should write that down!" you might consider this workshop. It will be taught by a local writer and former psychologist who knows how paralyzing apprehension can be. We will do easy exercises to get past our reluctance to commit thoughts to paper. And we will select stories that offend nobody and bring smiles to our readers' faces.

This class will start with two sessions in May with the option to continue. People from all towns are encouraged to attend. It will be held at the Goshen Town Hall, upstairs dining room. **The classes will be on Friday May 12th and May 26th from 1-2:30.** Please call or email Kerry Normandin by May 8 to register for this great workshop: [413-268-8236 x118](tel:413-268-8236), coa@goshen-ma.us

Your State Representatives

State Senator Paul Mark

Email: paul.mark@masenate.gov

Phone: 413-464-5635

Mail: 773 Tyler Street
Pittsfield, MA 01201

Nearby local office hours:
Williamsburg Town Hall
2nd and 4th Tuesdays from 1-3pm

State Representative Lindsay Sabadosa

Email: Lindsay.Sabadosa@mahouse.gov

Phone: 413-270-1166.

Mail: 76 Gothic Street
Northampton, MA 01060

Caregivers Part 2: Banking

More thoughts on keeping your care recipient financially safe. Last month was credit cards, now we give attention to banking.

Again, this is all easier if you have a robust durable Power of Attorney (POA) that allows banking functions. With this, you can talk to bank officials, go online to check deposits and balances, make deposits and withdrawals, balance the checkbook, and request the settings below. Different banks have different policies, so check with your particular bank on the specifics but this should give you good questions to ask. For instance, even without a POA the bank might allow you to monitor another person's bank statement, after clearing you.

Create alerts. Get a message from the bank when a withdrawal goes over a set amount, or a balance falls lower than you want. You may also be able to get an email every day showing the available balance on the account.

Set transaction limits. If a withdrawal is requested that goes over a set amount, the transaction can be halted.

Stop payment. If something does go awry, you can request that the bank stop the payment.

Check overdraft status. Banks offer protection against the account going into the red, but you should choose how or if you want that protection. This is a not one-size-fits-all decision.

Take care,

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

April's Good News By Deb Hollingworth

Help Wanted: Part Two

Finding home care help in the hilltowns can be a challenge. There's a shortage of available workers and Medicare certified home care agencies often can't fill requests for help. Many of us rely on family and friends or programs through our senior center which may work for short term solutions, but what if you anticipate needing help for an extended period of time? Did you know that there are programs that let you hire your own worker? That worker can be a family member or friend (not spouse).

MassHealth has two different programs that pay family caregivers for the care they provide. You must meet financial eligibility requirements for MassHealth. Many folks assume they "won't be eligible because I have money in the bank". But there are ways to qualify and you should check with your SHINE counselor. Income has to be less than \$2,742/month with limited assets. But, you can transfer assets without a 5 year look back period if you are intending to remain at home instead of entering a nursing home. Also, for those of you who are not going to qualify for MassHealth, Highland Valley has a program called "self-directed care" which allows you to hire your own worker. If you are a veteran, you might qualify for some home care help. And while it's less common, if you are one of those folks with a Long Term Care Insurance policy, that policy will also pay for home care help. Need help sorting through all the options? Check with your senior center and ask to speak to the SHINE counselor.



Haircuts and Manicures at Smith Vocational High School

*Tuesdays & Thursdays,
April & May*



Cost is \$5.00 for a cut or a manicure for men and women. The Smith Vocational Cosmetology students provide the services with their teacher alongside. Simply call 413-587-1414 ext. 3531 for an appointment. The Salon is located in Room 124 of Building A at Smith Vocational High School, 80 Locust St., Northampton.

All Are Welcome!

Beyond Basics Smartphone Workshop

**Friday, May 19th
1:30-3:30pm**

Chesterfield Community Center

Presented by Peg Whalen

Want to know how to find and listen to podcasts? Wondered how to make a mobile deposit with your banking app? Desperate to block unwanted calls and text messages? This workshop will help you do things you have wondered about but have not figured out how to do. Sign up for Beyond Smartphone Basics. If you have an iPhone OR an Android smartphone this workshop is for you.



Interested in coming?

Reserve a spot by Tuesday, May 16th. To register, contact workshop presenter Peg Whalen, at pegwhalenworkshops@gmail.com or 413-404-4566. Email, leave a voicemail or text including your name, email address, what type of smartphone you have (iPhone or Android), whether you use mobile banking and your home or cell phone number.

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 _____

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 FNSC for **\$78. WAIT LIST ONLY.**

Day Trip June 20. Encore Casino. Boston Harbor casino trip. **Free \$20 slot play.** Make payment to Francine Frenier for \$42 by **April 21st.** *Special \$22 discount for Chesterfield seniors aged 60 and over.* Lunch on your own, options available on site. 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. Danny Lombardo performs on the keyboard. Make payment to Landmark Tours for \$113 due **April 1st. 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 23. 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.

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.

Day Trip November. 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.



Saturday, April 29th, 9-3pm

Spring / Summer Clothing Exchange



Goshen Congregational Church
45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Wednesday 4/26 from 9am-3pm or Friday 4/28 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 29th from 9am-3pm! All are invited to participate whether you donate clothes or not.

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

PRSR STD
US POSTAGE
PAID
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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

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Encore Boston Harbor Casino Day Trip

Tuesday, June 20, 2023

\$42.00 cost includes:

- round trip bus transportation
- driver gratuity
- \$20 in free slot play!

Meals on your own

*\$22.00 special discount for Chesterfield seniors
age 60 and over*

Meet the bus: Sheldon Field, Old Ferry Rd.
Northampton. 7:00 A.M, subject to change
Bus leaves casino: 3:30 P.M.

Cash or checks payable to Francine Frenier **due April 21, 2023**

Only 30 seats available ~NO REFUNDS due to bargain price~

Contact: Francine Frenier 413-296-4291 or Francine.frenier@gmail.com

