

Worthington Corners

May 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 May!

"Nature is always aesthetic but more so during May".

"Promise of all sunshine and natural beauty is fulfilled at last".

Memorial Day– May 23rd

"Those who have long enjoyed such privileges as we enjoy forget in time that men have died to win them".

~ Franklin Roosevelt- 32nd President of the United States

Upcoming COA Events

Potluck Luncheon

Monday, May 8th at 12pm
Town Hall

Sue and Ed Lewis will be presenting their world birding experiences in a "Superlative" presentation. You don't want to miss this one!

"Ragtime Five" Brass Quintet Concert

Sunday, June 11 3-4pm
Town Hall

A wonderful afternoon of live, energetic music, for all ages!

Admission is free and open to the public

Bring friends, neighbors, grandchildren-Bring them all!



The Ragtime Five will perform modern arrangements of music of 1890-

1920, ragtime, swing, marches and more. This program is supported in part by the Worthington Cultural Council, a local agency which is supported by the Mass Cultural Council and the Service Incentive Multigenerational state grant awarded to the COA.

\$\$ Great News– Price Reduction! \$\$ Important Information on Foot Care Nurse

A Federal grant awarded to the COA can now offer **half price** for foot care services. The new fee is \$25 for foot care and foot massage. Call Piper Sagan RN, CFCS (Certified Foot Care Specialist) to schedule an appointment for May 22 at the COA office: 413-522-8432.



Technical Support– May 23rd COA office

Monthly technical support 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, ePhoto frames, smart TV, printing, laptops, internet and many apps and software programs. Bring whatever equipment you have questions about. Peg is available from 11am-1pm on the 4th Tuesday of each month at the COA office. **Email nhillcoatech@gmail.com or call or text Peg at 413-404-4566.**

Mother's Day- May 14

Here's to strong women.
May we know them.
May we be them.
May we raise them.

A Mom as a mom:
"You get what you get; deal with it."

A Mom as a grandmother:
"Would you like your grilled cheese cut out in hearts or stars?"

**The Worthington Library announces
spring and summer events:**

- May 6, Library is closed for Town Meeting
- May 27, Pastel Workshop by Greg Maichack 12-2:00pm.
- June 3, Needle Felting with Talia Lefton
- June 10, Friends of the Worthington Library Book and Bake Sale 10:00am-2:00pm. Town Hall (early bird access 9-10am. for \$10
- June 17, Sarah Clay & the StarCats, "Whisper Not"- jazz trio in concert 7:00pm.
- Summer Reading Program- "Find Your Voice- runs Thursdays 10:30-11:30am from July 13 through August 3

Worthington Founders Day Potluck & Entertainment

July 1st, Historical Society lawn

Aedan Madden will return his year for your entertainment.

Sam Kulik will be working with Worthington children and making instruments from household trash. Those children will then treat everyone in attendance to a performance using their new instruments. The Worthington Park and Recreation Department will also be hosting games and other events for children and families. The "family" portion of the day will run from 3:00 to 5:30. Families may then join the potluck and the rest of the evening's activities.



Please send memories of Steve Kulik as a friend, Selectman, and of course as a valuable resident of our community to Evan Johnson at **evanjohanson19@gmail.com** There will be a booklet presented to his family that evening. Also contact Evan Johnson at the above email if you would like to help in the organization, setup, cleanup, children's events or any other aspect.

Calendar of Events

Knitting, Color Therapy, Chit Chat

May 9th, 3pm
COA office

Foot Care Nurse

May 22nd
COA office
Call Piper Sagan, RN to schedule: 413-522-8432.

Tech Support w/ Peg Whalen

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.*

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!

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

sun-gazing.com
INFINITY

**THEY SAY 40 IS THE NEW 30
AND 50 IS THE NEW 40, BUT ALL I
KNOW IS THE OLDER I GET, THE
MORE 9PM IS THE NEW
MIDNIGHT.**

Caregivers Part 3, Electronics

The last in this installment... like I'm writing a serialized short story here... we turn to electronics and keeping your care recipient financially safe.

Our cell phones and internet access are both a major benefit and potential bugaboo all in one! There are many ways to get into trouble but also steps to take to avoid issues. I don't have room to completely describe all the tips here so call me if you need more info.

1. **Passwords.** They should be strong, they should be unique, they should be safeguarded. PAGES have been written on managing passwords.

2. **Two-factor authentication.** This means you put in a password, then get an email or phone text with a second password which is required to continue.

3. **Privacy settings.** Require a code or photo or fingerprint to activate a device. Turn off location tracking. For GPS directions, don't use the real home address; fudge it by giving a park or address close by. On social media, read that media's instructions to learn how to limit who can see a post, meaning just close friends or the entire world.

4. **Security.** Use anti-virus software and keep it up to date. Keep the operating system up to date to take advantage of their security improvements. Activate the firewall. Learn how to erase personal data from a lost phone. Use an authenticator app that will connect to the elder's accounts and alert you when somebody tries to log on (Thanks, Peg Whalen).

If you are working with an elder with diminished capabilities, consider some of the steps that parents can take with their children to provide safety. See <https://connectsafely.org/controls/>. This will help you block an online site that the elder repeatedly accesses to order unneeded merchandise, for instance.

Take care,

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com; 413-268-2228

May's Good News

By Deb Hollingworth

There may be help paying for your Medicare B premium if your income is less than \$2,734/month or less than \$3,123/month if married. Countable assets need to be less \$18,180 or \$27,260 married. This is a significant increase in the financial eligibility limits for this program, and one of the ways the State is helping residents with their health insurance costs.

We often forget about the Medicare B premium because it's deducted from our social security benefit before the remaining benefit is auto deposited in our checking account. So we never get a bill, just a reminder at the end of the year from social security saying this is your benefit, this is what we took out for your Medicare B premium. This year it's \$165/month. So if you do the math that's \$1,980 for the year. If you qualify, you get a letter from social security saying they are putting that \$165/month back in your check.

This benefit is called the Medical Savings benefit or the Senior Buy-in benefit or the MassHealth Buy-in benefit. Frustrating? Confusing enough without giving a benefit multiple names, but who am I to argue?

Better news: if your income is less than \$2,309/month, this Senior Buy-in acts like a Medex plan. Meaning, it supplements your Medicare, so when you have a doctor visit, or any medical service, Medicare pays about 80% of the bill and this Senior Buy-in pays the rest. You have no co-pays.

Why is this Good News now? It used to be that you couldn't have more than \$7,000 in countable assets, and your income had to be much lower. So many more people could qualify now and see \$165/month put back in their social security check.

Curious? You can contact a SHINE counselor through your senior center to see if you qualify.

Massachusetts will end its COVID-19 Emergency status on May 11

1. What does that mean for our residents?
The COVID-19 public health emergency in Massachusetts and the vaccine mandate for more than 40,000 state workers will both end on May 11, in conjunction with the federal government's end date for the public health emergency

2. So what happens going forward?
Three years after the onset of the pandemic, the state, and much of the world, is shifting towards treating COVID-19 less like a pandemic and more like a respiratory illness.

2. So COVID-19 is over?
No, we will continue living with COVID-19. We can now incorporate the tools to manage this virus into our standing response to respiratory illness within our communities and healthcare system.

3. No More vaccine mandates then?
Certain workers will still be subject to vaccine mandates under rules from the state Executive Office of Health and Human Services and the federal Centers for Medicare and Medicaid Services.

4. Does this mean nobody is getting COVID-19?
No, on March 30th Massachusetts health officials reported 2,023 new COVID-19 cases and 59 new deaths in the last week. So for those with weakened immune systems, masking, social distancing, hand washing, and monitoring yourself for systems remains important.

5. What should I do if I'm having symptoms?
As always, if you're not feeling well, stay home! Your local Boards of Health, through the Foothills Health District will continue to provide free COVID19 test kits as long as they're available. If symptoms are mild, use over the counter measures. If severe, feel free to reach out to your Public Health Nurse (contact info below), your Primary Care Provider, or if life threatening call 911.

FootHills Health District: Michael Archbald, RN
413-268-8408 (office)
413-522-7112 (cell)

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 June 20. **Encore Casino.*** Boston Harbor casino trip. **Free \$20 slot play.** Make payment to Francine Frenier for \$42 due **NOW.** *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. **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 4. **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.



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19 Sawyer Road in Worthington, MA

Storefront hours: Tuesday - Friday: 8 AM - 7 PM
Saturday - Monday: 10 AM - 4 PM

Coming soon:

Free delivery to a pick up location near you and door delivery service available for a small fee

Check us out at:

www.hilltownmobilemarket.com

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 at 42 Main Street, in the upstairs dining room. The classes will be on two Fridays: May 12 and May 26 from 1pm-2:30pm. Please call or email Kerry Normandin (**268-8236 x118** or **coa@goshen-ma.us**) by May 8 to register for this great workshop.

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

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

Elder Law Education Program - 2023

Local seniors can learn about elder law issues at a free event (in person) hosted by the Williamsburg Senior Center on **May 17th at 3:00 pm at the Town Office building, 141 Main St., Haydenville.** The presentation is part of the statewide Elder Law Education Program sponsored by the Massachusetts Bar Association.

Among the topics this year are Veteran's Affairs Financial Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes, and alternatives to nursing home care.



Please register in advance for this event by calling the senior center at **413-268-8410** or emailing **seniorcenterdirector@burgy.org**.

ATTENTION MASSHEALTH CONSUMERS

If you receive MassHealth you may have noticed that since March 2020 you haven't gotten a recertification review. These are usually sent out every year to recertify your eligibility for MassHealth. Covid changed that. Anyone who was on MassHealth before March 2020 did not lose benefits during the Public Health Emergency. This coverage protection ended April 1st 2023. MassHealth has begun to review eligibility for over a million MassHealth members. If you have MassHealth you will be receiving a Big Blue envelope with a recertification application and letter explaining how to fill it out and return it. Until this happens, your MassHealth coverage will remain in place.



MassHealth expects to take a year getting everyone recertified. So you may receive your Big Blue envelope next month, or in October, or next February. Until then, your coverage remains in place. If you have questions when you get your Big Blue envelope, you can call your senior center to speak with a SHINE counselor.