

# Worthington Corners

## September 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 September!**

First day of Fall: September 23rd  
The same day as the autumn equinox in the Northern Hemisphere marks the end of summer, 2:50 a.m.

*"I guess I'm just feeling all September-ish ... All the trees change color, the days get very clear—with little smoke on the horizon from burning leaves. Pumpkins begin to come out."*

~ George Selden

---

Correction: Ed Pelletier was also one of the volunteers in the background that photographed those great pictures from the Annual Picnic on July 10th. Thank you, Ed!

---

### *October Annual Fall Foliage Trip- Oct. 9*



There are still seats available for the Lake George 2.5 hour luncheon cruise October 9th.

Discounted price of \$75 for Worthington residents, \$125 for others.

Call Phyllis Dassatti: 413-238-5962 for more info.

---

### **September Potluck – Veteran's Recognition**

*Monday, September 11th- 12pm Town Hall*

Purple Heart Day (August 7th) was a reminder of the incredible sacrifices made by our military heroes. Come to the potluck on September 11th to honor all veterans who have served. Come, enjoy lunch with neighbors and the friendship of fellow veterans.



If you or know of a veteran who has not received an invitation, please call Phyllis 413-238-5962.

\*\*Mary Kane, RN, Health Nurse will be available for blood pressure clinic.

### **Comcast Offers Affordable Connectivity Program**

Millions of eligible Americans qualify for free internet or discount service under the Affordable Connectivity Program. If you receive federal assistance benefits, you would also qualify. A resident needs to request the discount and form directly from Comcast since Worthington is served by them. Xfinity Store by Comcast at 85 Market Street in Northampton might be of help: 413-289-5475. You can also check out <https://fcc.gov> or search ACP program.

---

### **Get The Facts on Falls Prevention- National Council On Aging**

More than one out of four Americans ages 65+ fall each year. Falls are the leading cause of fatal and nonfatal injuries among older adults. Here are a few reminders for the upcoming season:

- Don't be fooled by falling leaves. Falling leaves can pose a hazard, no matter driving or walking. Leaves can be very slippery, which is a big trigger for autumn slip and falls.
- Avoid slip and falls from the rain. In the fall we get a lot of rain and it can often cause surfaces to be slippery especially when it's cold. This is a recipe for harmful slip and falls that can leave you with serious injuries.

---

### **Fall Cleaning**

I tried the Japanese method of decluttering where you hold every object that you own and if it does not bring you joy, you throw it away.

So far I have thrown out all the vegetables, my bra, the electric bill, the scale, a mirror and my treadmill.

**Calendar of Events**

*Fall Foliage Lake George trip October 9th.  
There will be no potluck in October.*

**Knitting, other crafts, color therapy, chit chat**

September 12th, 3pm

COA office

*Chit chat definition- noun. Light informal conversation about matters that are not important*

**Foot Nurse Clinic**

September 25th at COA Office

*Call Piper Sagan at 413-522-8432 to set up an appointment. Discounted price \$25*

**Tech Support with Peg Whalen**

September 26th, 10am-12pm, COA Office

*Peg Whalen is available to help with technology devices and their use, including smartphones, mobile phones, iPads, etc. Call or text Peg at 413-404-4566 or send email to [nhillcoatech@gmail.com](mailto:nhillcoatech@gmail.com) in advance to schedule enough time for help with your specific needs.*

**Healthy Bones & Balance Class**

Monday and Friday 10:00-11:00, Town Hall

*Call Marcia Estelle at 238-5554 for more info.*

**Yoga Class**

Will return September 23rd

Sunday and Wednesday 9:30-10:30

Four Corners Farm

*"First-timers": call Eileen at 238-4461 to check on the updated schedule.*

**Exercise Class**

Will return September 11

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.

**Reminder: All COA activities are fragrance-free.**

**Transportation News**

**Hilltown Driver Pool**

The Massachusetts Council on Aging granted transportation funds to the COAs of Plainfield, Cummington, Windsor, Goshen, Worthington and Westhampton for residents over 60. This grant will subsidize the already existing "Hilltown Driver Pool" service that the Hilltown CDC provides (this is a separate service from the Easy Ride van). Locally hired drivers are available to take individuals to doctor appointments or on errands when the van is not available. Please go to the HCDC website for more info: [hilltowncdc.org/transportation](http://hilltowncdc.org/transportation) To schedule a ride, contact Ed Pelletier at 413-296-4232.

**Drivers wanted**

The Hilltown CDC is looking to hire more drivers for the Driver Pool service. The pay is \$16/hour with \$0.625 per mile for gas reimbursement. Make your own hours. If interested, contact Hunt Chase, Director of Community Programs, at [huntc@hilltowncdc.org](mailto:huntc@hilltowncdc.org) or call 413-296-4536 ext. 116.



***The Worthington Council on Aging counts on YOUR support to help build important programming for local seniors!***

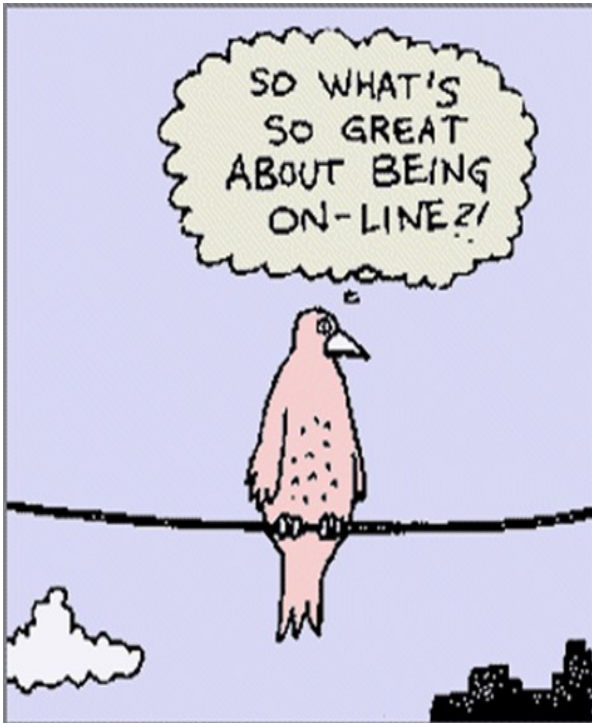
I would like to contribute to the Worthington Council on Aging. My contribution of \$\_\_\_\_\_ is attached.

*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!*



### Good News for Northern Hilltown Seniors!

The seven Northern Hilltowns COAs were awarded nearly \$300,000 over 18 months to increase rural digital literacy and internet access for each of seven towns (Goshen, Williamsburg, Chesterfield, Westhampton, Plainfield, Cummington and Worthington) between September 2023 and January 2025. The funding was secured using the information from the survey we collected early in 2023. The project has four goals: give Whip City or Comcast internet service to those households without; give people laptop/tablet devices to connect to our digital world; train folks to use their new or current devices; offer technical support either in face-to-face appointments, by phone, at drop-in center, through classes, workshops, Zoom, and videos on the Northern Hilltowns Consortium of Councils on Aging website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

We also are **seeking volunteers** for many tasks and a few paid staff to help meet digital needs in our towns. Watch for regular updates, volunteer opportunities, hiring announcements, and schedules for tech support and training. We will be kicking off the grant with a Digital Fair this fall. See [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org) for exact dates and locations or look for flyers and lawn signs. We are excited to offer new digital resources and services and hope you will participate actively.

**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!

### Ongoing Computer/Laptop Classes starting in October

*Classes held on second and fourth Thursdays from 1-3pm in the Chesterfield Community Center.*

Learn more about using a computer or laptop! You don't need to own or bring a computer/laptop. Geared toward everyone, from those interested but know nothing, to beginners, to people comfortable with basics but wanting to learn more specific skills, and intermediate users. The goal of the class is to explore computers, internet, or learn something new! Participants can learn everything from turning on a computer, basic terms, how to make, find, reorganize files, get on the internet, and programs you want to get proficient using. People from all communities are welcome to attend. **Registration requested but not required by calling 296-5080 or emailing [pegwhalenworkshops@gmail.com](mailto:pegwhalenworkshops@gmail.com)** or just stop in. Come on October 12 to the first class! See what it's about, 1-3pm at the Chesterfield Community Center. Classes scheduled for 10/12, 10/26, 11/9, 12/7, 1/4, 1/18.

### Tech support hours for Sept., Oct., Nov.

Drop-in center open Wednesdays, 10am-3pm, first and third weeks of each month, at Chesterfield Community Center. Just stop by or pre-schedule a time slot online at:

[northernhilltownscoas.org/p/86/Sign-up-for-technology-help](http://northernhilltownscoas.org/p/86/Sign-up-for-technology-help)

Starting 9/6, 9/20, 10/5, 10/4



## The Book! Part 1. First Priority, Emergency

By Jean O' Neil and Deb Hollingworth

**The Problem.** So, are we all drowning in paperwork? Do we have piles of Probably Important Papers around? Are there some actually important papers that we can't put our hands on? If, heaven forbid, someone had to come in and deal with our paperwork life, would they want to just run away? We are guessing at least some of these questions have some truth in their answers.

**The Solution.** We plan on suggesting some ways to tame the paper beast. If you use the ideas that we are going to share for the next several months, you should be able to get your paper life in order. We have broken the whole enchilada into bite-sized, doable pieces.

**The Benefits.** Why would you want to tackle this? What if getting your paperwork organized could save you money, or be critical to your well-being in an emergency, or help your family take care of things if you can't?

We will be writing for three scenarios. One, there is a sudden death or incapacity. Two, there is a prolonged illness. (In both cases, others will have to step in to keep things going). Three, there is a desire to just get organized and not fret. We've all heard of the benefits of decluttering...

**FIRST PRIORITY.** Let's start with information that is needed in an emergency. Say you have a 911 event and the EMTs are here to take you or a loved one to the hospital. If you have a red packet of File of Life on your refrigerator and have kept the paper inside current, you have helped yourself a great deal. Our Senior Centers can get you a File of Life magnet.



Even without that magnet, you can write out the relevant information and carry it in your wallet and give a copy to a trusted friend or family member.

### That includes:

- Your name, birthdate, address, and phone numbers
- Health insurance provider
- A list of medicines, allergies, any recent medical events
- Chronic medical conditions such as heart disease or diabetes
- The name and number of your primary care doctor
- Contacts to tell about your situation, who to call first, who to call as backup
- Contact information for your Durable Power of Attorney and Health Care Proxy (see June and July 2022 newsletters)
- Location of your critical information binder or folders (see next newsletter!)

### Other priority information may include:

- Location of your house and car keys
- Codes for a security system or lock box, for the garage door
- Passwords for computer systems
- Pet care (name of caretaker, food and medicine instructions, name of vet)

You will have to decide where to keep this information as some of it is sensitive. It should be made available to those who need it but kept secure against access by others.

The next chapter, if you want to get a head start, will be on Assets and Liabilities, which can include an inventory of assets, and listing of financial obligations like mortgages, credit cards, loans, and monthly household overhead/bills.

**When we're young,  
we sneak out of our  
house to go to  
parties.**

**When we're old, we  
sneak out of parties  
to go home.**



## 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 September 22. **The Big E**, an annual favorite, with free entertainment at Honor Court Stage. **Cost is FREE to the first 20 Chesterfield Seniors and all others \$18**. Make your check payable to FNCS and mail to the address above. NO REFUNDS due to bargain price.*

*Day Trip October 9. **Lake George Cruise** - Take a 2.5 hour luncheon cruise through the vistas of Lake George. A Captain's Luncheon Buffet will be served on board. Special pricing for Worthington Seniors \$75, for all other seniors the cost is \$125. Make your check out to Landmark Tours and mail to Worthington COA, PO Box 7, Worthington, MA 01098 by September 5th. Two pick up locations-- Worthington and Northampton. A similar trip sold out recently, so reserve early. For further information contact Phyllis Dassatti at 413-238-5962.*

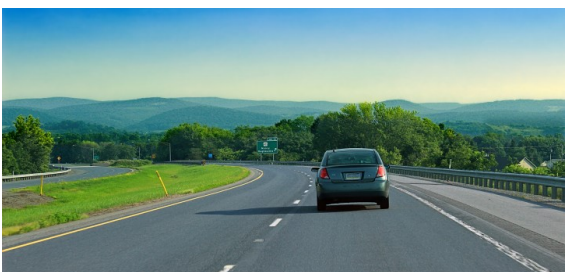
*Day Trip November 4. **Elvis- A Musical Revolution- North Shore Theater**. An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make \$259 payment to First Choice **NOW**. Mail to the address above. A few seats remain.*

### ~~COMING IN 2024~~

*Multi Day Trip May 2024. **Nova Scotia, Prince Edward Island & New Brunswick. Passport required**. Cost TBD per person dbl. occupancy. **This 9 day trip includes:** 8 nights lodging including 5 nights in Canada, one night stay in Maine coming and going. 14 meals including: 8 breakfasts and 6 dinners. Guided Tour of Acadia National Park, Guided Tour of Halifax, Peggy's Cove & Lunenburg.*

*~~Since Lake George and Lake Sunapee were so popular and sold out in 2023, I will run these two trips in 2024.~~*

*Looking for day trip ideas for 2024. Please email Francine at address above.*



Northern Hilltowns Consortium of COAs presents:

## Another Conversation About Memory Thursday, September 28th

Chesterfield Community Center, 400 Main Rd.  
Chesterfield, MA 01012



### Program:

- 10:00 **Check in & Coffee**
- 10:30 **Welcome and Program Overview**  
Jan Gibeau, R.N. PhD. Director,  
Chesterfield Council on Aging
- 11:00 **Understanding Memory Impairments**  
Dr Rebecca Starr, MD, AGSF, Medical  
Director, Geriatrics, Cooley Dickinson  
Healthcare  
Sharon Asher, RN, BSN, MBA,  
Program Director Pioneer Valley  
Memory Care Initiative  
  
*How does memory work?  
What is normal for memory in older  
adults?  
Types and range of memory changes  
Evaluation and treatment of memory  
impairments  
Getting help: resources available  
Pioneer Valley Memory Care Initiative*
- 12:00 **Tools and Tips for improving your memory**
- 12:30 **Lunch**
- 1:30 **Impact of memory impairments on  
personal and family Life**  
Deb Hollingworth, LCSW, Regional  
Connections Facilitator  
  
*Adjusting to the impact of learning about  
your diagnosis  
What it's like to be a caregiver or being the  
one who needs help  
Common challenges for both care  
recipients and caregivers  
How to talk with someone with memory  
impairments*
- 2:30 **Closing remarks: What's Next?**

*Lunch and refreshments will be provided*

**RSVP BY SEPTEMBER 21st:**

coa@townofchesterfieldma.com or  
413-296-4007



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

PRSR 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.**

### **Fall / Winter Clothing Exchange**

**Saturday, September 30th, 9-3pm**

Goshen Congregational Church

45 Main St., Goshen



Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/27 from 6-8pm or Friday 9/29 from 9am-3pm, then come back to shop on Sat. the 30th from 9am-3pm! All are invited to participate whether you donate clothes or not.

### **WHY ENGLISH IS HARD TO LEARN**

We'll begin with *box*; the plural is *boxes*,  
But the plural of *ox* is *oxen*, not *oxes*.  
One fowl is a *goose*, and two are called *geese*,  
Yet the plural of *moose* is never called *meese*.

You may find a lone *mouse* or a house full of *mice*;  
But the plural of *house* is *houses*, not *hice*.  
The plural of *man* is always *men*,  
But the plural of *pan* is never *pen*.

If I speak of a *foot*, and you show me two *feet*,  
And I give you a *book*, would a pair be a *beek*?  
If one is a *tooth* and a whole set are *teeth*,  
Why shouldn't two *booths* be called *beeth*?

If the singular's *this* and the plural is *these*,  
Should the plural of *kiss* be ever called *keese*?

We speak of a *brother* and also of *brethren*,  
But though we say *mother*, we never say *methren*.  
Then the masculine pronouns are *he*, *his*, and *him*;  
But imagine the feminine . . . *she*, *shis*, and *shim*!

**- ANONYMOUS**  
via LoveThisPic.com