

Worthington Corners

February 2024 COA Newsletter



Worthington Council on Aging
2 Packard Common
Worthington, MA 01098

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Welcome February!

"The February sunshine steeps your boughs and tints the buds and swells the leaves within".

– William Cullen Bryant

Valentine Potluck



Monday, February 12th at Noon
Town Hall

Wearing red is optional! Presenter Bea Van Hagle from the Hilltown CDC will announce the Impact Survey for the Community Development Grant.

"For the last twenty years, I've received a Valentines Day card from the same secret admirer. So, I was upset when I didn't get one this year. First granny dies, now this?"

Save the Dates:

- **March 11th, Noon – St. Patrick's Celebration**
Wearing green optional. The Chesterfield Store will again be serving their fabulous corned beef buffet at the Town Hall. Kelly Slatery from the Highland Valley Elder Services will explain the "Grab N" Go Meal" service which will be delivered to a designated location in Worthington starting in April. More info to follow. Free to all senior residents ages 60+. There will be enrollment forms available.
- **April 8th, 11am-Noon- Annual Spring Flowering Plant Giveaway-** Curbside Worthington Congregational Church
On a first come- first serve basis

Ellen Pelletier seems to be enjoying displaying a pair of the 201, YES 201, pairs of socks donated.

It's going to be a long winter. New socks are always welcome. You may leave a bag or box in front of the COA office.



We received this letter:

Dear Worthington Council on Aging,

Thank you for your donation of over 201 pairs of socks, and other essential winter clothing to the Holyoke Health Center! Your kindness is already helping feet, hands and heads stay warm for members of our community who are experiencing homelessness. We cannot thank you enough for your generosity and incredible gift.

With appreciation,
Aidan Novo

Northern Hilltown Food Pantry-Home Delivery

The Hilltown Food Pantry located in Goshen, is now offering home delivery! Call **413-268-7578** on Wednesdays between 9am and Noon. For more information, including eligibility requirements, call **413-268-7578** (Wednesdays between 1-3).

CDC Housing Rehab Program

The Housing Rehab Program is looking for homeowners who need help with home repairs. Eligible homeowners will receive a 15 year deferred payment loan which has NO payments and NO inter-

est. Home owners over 70 receive a loan with an accelerated forgiveness. Unforgiven loan balances are recaptured only if the property is sold or changes ownership within the loan period.

Please contact Paula Bilodeau at **413-296-4536 ext. 109** or email paulab@hilltowncdc.org

FEMA's Disaster Preparedness Guide for Older Adults

FEMA Recognizes that older adults often face unique hurdles during disasters. The Disaster Preparedness Guide for Older Adults is a resource tailored to fit the community's specific needs. Designed with usability in mind, the guide features user-friendly formats such as checklists, tools and resources. It's a 20 page guide which would be beneficial to have.

Check out the website Ready.gov/Older-Adults to access the guide. If you can't access it, you can request a paper copy. Email coa@worthington-ma.us or call Phyllis Dassatti at **238-5962**. Leave a message and speak clearly when you leave your name and phone number.

Friends of the Library News

Cabin Crafts- The Friends of the Library will host two make-and-take craft sessions to raise money for the library. The cost for each class is \$35 PP. Classes will be held at the Worthington Town Hall. Each class is limited to 12 participants. All fees go to materials and to support children's programs, museum passes, and wish books at the library. Register at The Worthington Library during library hours. Email the friends of the library at worthingtonfowl@gmail.com or call 238-5565.

On exhibit through February: Art and Gelatin Prints. Mykael and Jeanette Hawley have investi-

gated the possibilities of gelatin mono-prints using leaves, flowers, lace, and cut vibrant images.

NOTE- Art Show and Exhibit, Pete McLean, postponed until Spring.

Calendar of Events

Knitting, Chit Chat

February 13th, 2pm (Note: time change)
COA office

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.

All COA Events are Fragrance Free.
Transportation can be provided.
Call Phyllis: 413-238-5962

Groundhog Day: February 2nd



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!

Technology Help and Training for February



Tech Drop in Center Hours:

(no appointment needed)

- Weekly on Tuesdays from 11:00 to 2:00 at 400 Main Rd Chesterfield Community Center
- Meekins Library Drop-In tech support on Tuesday 2/13 from 10 to Noon, Williamsburg
- Nash Hill Place Resident Drop-In tech support, Thurs 2/22 from 10:00 to Noon

Tech Training:

- Beginner's Windows Computer Class continues, weekly Thursdays 1:00 – 3:00, Chesterfield Community Center, 400 Main Rd, lower level
- Intermediate Windows Computer Class sign-up starts now, classes to begin in March.

Must register for classes or workshops.

Email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Must register one week before the scheduled training date.

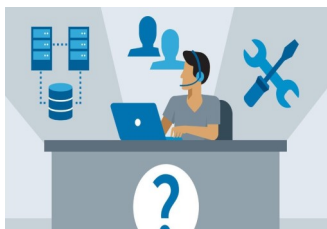
Tech Help Requests or Volunteering:

- Support available by email: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within 24 hours.
- See our updated website www.northernhilltownscoas.org to sign up online as a volunteer or to request tech assistance.

Event Save The Date:

On **Saturday, April 6th** we will be holding a **Tech Connect event** with vendors, mini-workshops, information, and activities at New Hingham Elementary School, Smith Rd, in Chesterfield.

Watch for more information in the coming month.



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!



Seniors Aware of Fire Education

We were now in "Open Burning Season" which began Jan. 15 and ends May 1. This is the time in which you may burn brush, cane, driftwood and forest debris outside. It is against the law to burn construction material or debris. Here are some safety tips for outdoor burns:



- Get a burning permit from your town. They are issued on a daily basis based on weather conditions.
- An adult must attend the fire until it is totally extinguished.
- Have fire control materials at hand — water supply, rakes, and shovels.
- Pick an open area 40 feet from any structure in which to build the fire.
- Do NOT use gasoline or any other combustible liquid to start the fire.
- If the wind picks up, be ready to quickly extinguish the fire.
- If the fire gets out of control, immediately call for help - 911.

The reason I have chosen Open Burning Season for the February topic is because the best time to prevent wild, out-of-control fires is to burn during wet, snowy conditions. These conditions help keep the fire from rapidly spreading on and under ground.

You even have one more day in February to be fire S.A.F.E.!

--Worth Noyes, SAFE Educator
Williamsburg & Cumington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. of Fire Services.

Love is in the Air, but also...

It is the Valentine season again! Love it. But there are issues for some folks around this time of year. One of our friends, a very educated and smart but lonely guy, joined a dating service. He went 0 for 4 on successful interactions. I asked him if he had any advice to share, and this is what he sent.

"I would like to share my thoughts on online dating. My experiences have not been good. I have had four horrible experiences and unfortunately I got burned big time on one of them. The patterns as I look back are similar. Unfortunately you tend to ignore red flags until it is too late. The following patterns are serious red flags:

1. All of them start off by telling you how nice it is to meet you. "You are the first person since my husband died that I feel a real connection to." "Let's move slow before we move to texting, phone before meeting." Always a hint of being flirtatious.
2. They ask a lot of questions about you but are very vague about themselves.
3. They send photos, nothing inappropriate, but ask for none in return.
4. No interest in your past relationships (like why am I online), have been married, kids, etc.
5. When texting, you respond within a reasonable period of time, they respond sometimes hours later with one or two words. They rarely ever respond by using your name, appears to be honey, babe, etc.
6. when texting for specific information, they immediately respond with a text so lengthy, you wonder if it has been scripted.
7. In my case, all have appeared to either been self-employed and/or business owners, and some emergency has come up. "I know we have known each other a short period of time, but can you send me...?"
8. When I have asked for the local address or to send me a copy of their driver's license, I get responses like, "I have trust issues", "If we are going to be life partners, why can't you do this?" etc.

The last one was really good. We had telephone conversations, etc. We were supposed to get together like the next day or a weekend. She called me to say her work required her to go out of town. Shortly thereafter, a panic phone call of an emergency where she needed to borrow \$5,500 until she returned home.

Hope this helps. I have no more shame to hide. By the way, I decided to give up online dating."

Be safe, y'all.

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com; 413-268-2228



February's Good News

By Deb Hollingworth

Recently I've had questions about lifeline services; what they cost and how to get them if you don't have a land line anymore. There are several possibilities including subsidies for both your land line bill and/or your wireless/Smart phone bill. Utility companies are mandated to provide discounts for low income customers. So if you live in subsidized housing or receive SNAP benefits or have MassHealth, you qualify. This applies to both a land line or a wireless bill. To get more information and help applying, you can call Verizon at 1-800 Safe-Link. ((1-800-723-3546). If Verizon is your phone carrier, they will discount your bill. However, the discount is only about \$10/month for a land line, and \$5.50/month for wireless. If you have a Smart phone you might explore apps that act as a lifeline.

For folks who have a land line, but can't afford the Lifeline service fee of about \$30/month, Highland Valley offers to pay for lifeline if you have a medical condition that makes you susceptible to falls. If you call Highland Valley Elder Services at 413-586-2000, you can ask to speak to their Benefits counselor who may have more suggestions on how to cut costs. Also, MassHealth will pay for a lifeline if your doctor orders it. (Like getting a prescription from your doctor).

Lifeline works when you fall at home, but there are additional features for mobile lifelines in case your car breaks down, or you sprain an ankle while hiking in the woods and need help. The GPS feature can guide emergency responders to your location.

With luck, you may never need to use your lifeline. But you and your family and friends will have some peace of mind knowing you have one.

On the Road Again...

2024 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 April 5 or 15th. Culinary Institute of America-- Enjoy a "CIA" experience with lunch at Catarina DeMedici. Free time to explore the bookstore and bake shop. The \$125 Payment to Francine Frenier is due by February 20th. Please mail a check to the address above. This trip will depart from S. Hadley.

Day Trip Tuesday, May 14. Neil Diamond -The Tribute from Las Vegas - Rob Garrett, known as the King of Diamonds, performs at the Aqua Turf Club, CT. Family style meal of Chicken ala Kathryn & Broiled Scrod included. The \$137 Payment to FNCS is due by March 12. Please mail them to the address above. **Two seats available.**

Nine Day Trip May 29- June 6, 2024. Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Check your expiration date. Cost \$1,644, per person dbl. occupancy - \$25 discount if paid in full by **February 20th**. Make payment to Diamond Tours and mail to the address above. **Four openings.**

Day Trip Thursday June 13. Timeless Music Pop to Broadway – Luncheon and Show at Storowton Tavern Carriage House in W. Springfield. Self-drive or carpool. Cost is \$77 made out to Chesterfield COA and mailed to address above. Chesterfield seniors: please call for pricing.

Day Trip Thursday, July 11th. 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. The \$118 Payment to Landmark Tours is due by May 10. Please mail to the address above. **This trip sold out last year, so reserve early.**

Day Trip Wednesday, August 7th. Resorts World Casino-- Catskills, NY trip. Can you get enough of **Elvis**? Enjoy a lovely ride to the Catskills. Included: King in Concert show, Buffet Lunch and \$25 free slot play, driver gratuity. The \$145 Payment to FNCS is due by May 5. Please mail to the address above. Please include your date of birth for the player card. **THIS TRIP IS A GO.**

Day Trip October TBD. Lake George Cruise- Take a 2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet

will be served on board. Keyboard entertainer performs. Stops at scenic Prospect Mountain and the Lake George Outlets with 30 stores to explore. The \$131 payment to Landmark Tours is due by August 19th. Please mail to the address above. **This trip sold out last year, so reserve early.**

Four Day Trip September 30- October 3. Lancaster, PA. Sight & Sound production of the biblical show Daniel. Cost \$646, per person dbl. occupancy - \$25 discount if paid in full by **June 20th**. Includes: Sight & Sound Theater show, tour of Philadelphia, time in Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail to the address above. Call now to reserve your spot.**

Day Trip Friday December 13. Festival of Trees and Red Rose Lunch. Enjoy the uniquely decorated Christmas Trees at the Mass Mutual Center in Springfield. Enter a chance to win a tree and associated gifts. Some are worth hundreds of dollars. Then walk over to the Red Rose Italian Restaurant for lunch: pizza, salad and bread. The \$TBD Payment is due by October 25. Please mail to the address above.

Do you know about the Hilltown Driver Pool Program?

This is a door-to-door service provided by members of your community looking to support your occasional transportation needs to important medical appointments, related errands and trips to the grocery store. Residents from the towns of Chesterfield, Cummington, Goshen, Hinsdale, Peru, Plainfield, Windsor, Westhampton and Worthington who are ambulatory and at least 60 years of age are eligible for service. This is a grant-funded program; suggested donations range from \$5-\$10. Interested in being a driver? Schedules can be very flexible. For services or more information about supporting this program as a driver reach out to Ed Pelletier at **(413) 296-4232** or email: ride@hilltowncdc.org.



Please take this Hilltown CDC survey:

The Hilltown CDC is applying for funding that supports important programs in our community: the Goshen Food Pantry, the HEN Program, Health Outreach Program and the Housing Rehabilitation Program. You **do not** have to be a recipient of these programs, but **you do** need to be a Hilltown resident. Please take a few moments to share your important feedback and support of this valuable Hilltown resources:

<https://www.surveymonkey.com/r/KTMT25C>

Worthington Council on Aging
Attn: Phyllis Dassatti
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Worthington, MA 01098

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

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CHARITY SCAM

You get a call from a charity looking for donations. Scammers try to fool you into giving money using these tactics:

- They rush you into making a donation;
- They use names that sound like a real charity;
- They change the caller ID to make you think it's a local caller.

WHAT CAN YOU DO TO MAKE SURE THE MONEY IS GOING TO A GOOD CAUSE?

- Research the charity before donating;
- Verify that the organization is registered with the MA Attorney General's Office;
- Look up the charity online & read what others are saying about it.



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