

Worthington Corners

March 2024 COA Newsletter



Worthington Council on Aging
2 Packard Common
Worthington, MA 01098

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Hello March!

*“By March, the worst of the winter would be over.
The snow would thaw, the rivers begin to run, and
the world would wake into itself again.”*

- Neil Gaiman

Daylight Savings Time- Sunday, March 10th

Reminder - Turn your clocks 1 hour ahead.

The 1st day of Spring- Tuesday, March 19th

How can you tell the weather's getting warmer?

There's a spring in everyone's step!

Welcome Marykay Farley!

As our newest board member; we look forward
to working with her.

St. Patrick's Day Celebration (Dine-In) Buffet

Monday, March 11th at Noon

Town Hall

The Chesterfield Store will again be serving their
fabulous Corned Beef Buffet! The Rolling Scones
will be performing for your listening pleasure.

Reservation Only. Limited Seating.

Call **238-1999** –

Leave your name and phone number

Underwritten by the Rolland Trust Fund.

Kelly Slattery from the Highland Valley Elder Ser-
vices will be explaining the Grab-N-Go meals that
will be offered every third Thursday of the month
beginning April 18th, 11am-12pm at the town hall.
Free meal for all senior residents 60 and over. En-
rollment forms will be available at this celebration
as well as the Town Hall bulletin board and COA
office bulletin board to bring the day of meal distri-
bution. Reservations are necessary. Robo call will
be set up April 1 with further instructions.

Valentine Potluck on February 12th

What a wonderful, well attended way to celebrate
Valentine's Day with great food, friends and neigh-
bors! The highlight of the luncheon was the R.H.
Conwell students handing out heartwarming val-
entine cards to all. Any remaining Valentines were
given to the Maples residents. Guest Presenters
Faith Williams, Associate Director at CDC, and
Bea von Hagke explained the CDC grant they re-
cently received for home improvement loan oppor-
tunities.

**Aren't
they just
adorable?**

*Pic by Charley
Rose*



*RHC student
with Denise Sullivan.*

Pic by Ed Pelletier

*Faith Williams,
Associate Director
at CDC*



SAVE THE DATES!

April 8th - 11:00 am-Noon
Annual Spring Flowering Plant Giveaway-
Curbside Worthington Congregational Church
First Come-First Serve

May 13th– 12pm
Potluck
Town Hall

May 28th– 11am
Movin' and Groovin'
Town Hall



Rondae Drafts, Ph.D.abd. Executive Director MUSIC Dance.edu will be in Worthington to teach Movin' and Groovin chair dance class for seniors. For those who have had this experience, you know how much fun it is! Join us.

This dance class for seniors is brought to you by a generous grant provided by Worthington Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

June 10th– 12pm
Potluck
Town Hall
Not to be missed!

Ed and Sue Lewis will be presenting a stunning recap of their trip to South Africa in October 2023. Beautiful scenery, amazing animals and great birds are all in store for you.

Easter – March 31st

“Easter is the only time when it’s perfectly safe to put all your eggs in one basket”.

~ Evan Esar

Welcome to Foot Nurse, Deb Dean R.N.
with 22 years experience of being a
Foot Care Specialist!

March 20th – COA Office
Call for appointment 413-667-5363
Still 50% discount of \$25 for Worthington seniors

Calendar of Events

Knitting, Chit Chat

March 19th, 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.*

Isn't it amazing how much exercise and extra fries sound alike?

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



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!

SAVE THE DATE!



TechConnect Fair
APRIL 6, 2024, 10 AM-3 PM
 New Hingham Elementary School
 Chesterfield

Join us for a festive event offering technology support and exploration, giveaways, and more.
 For adults 60 and older.



A program of the Northern Hilltown's Consortium of COAs

www.northernhilltownscoas.org

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!

*May your troubles
 BE LESS AND YOUR
 blessings be more
 AND NOTHING BUT
 happiness come
 THROUGH YOUR DOOR.
 -Irish Blessing*

The English Language – gotta love it...

I enjoy those pieces that question why our language includes things such as spellings that are the same but the sound is different, e.g., cough, rough, though, and through. Then there are the words that just make me smile, like “kerfuffle”.

Our language changes all the time, too. We now have phishing and smishing and vishing and catfishing, and more. The AARP has a nice page with some definitions:

www.aarp.org/money/scams-fraud/info-2023/glossary-of-scam-terminology.html

A few highlights – phishing means they send real-looking emails to get us to click and provide information. Smishing means real-looking and sounding text messages on our phone. Vishing is a voice message, again to get us to buy something or to provide information. Catfishing is making a fake online profile, perhaps to start a romance scam or begin an online game and from that a relationship (which likely won’t end well).

Never mind the word, the idea is the same. A hacker or scammer pretends to be our bank or Medicare or the insurance company. He or she sounds real or friendly or helpful or scary, depending on how they are working their scam. They are trying to get us to willingly give up critical information so they can steal something from us, like our identity or funds in our bank account. Apparently tax season causes a rise in all these things, including fake emails – phishing! to get tax identifier numbers. If it happens to us, we can report this to phishing@irs.gov

Here’s to safe fishing,
 Jean O’Neil
 TRIAD Committee member
jeanoneilmass@gmail.com

March's Good News

By Deb Hollingworth

Donald Trump, Joe Biden and Bernie Sanders all agree on one thing. The cost of our prescription drugs is too high. Americans pay more for their Rx than any other nation. This is not news: we know this.

The Good News is that efforts to reduce our cost are underway, starting with the Biden administration's Inflation Reduction Act which became effective August 16th, 2022. As of January 2023, co-pays for most insulins are now reduced to \$35/month or less. Vaccines are now zero co-pay including the shingles vaccine. Next year OOP starts. That's a cap on Out Of Pocket spending on Rx. So once you have spent \$2,000 in co-pays on your prescriptions, you will not have Rx co-pays for the remainder of the year.

The Federal government is also targeting high cost Rx. We have to wait until January 2026 to see savings on Eliquis, Xarelto, Jardiance, Farxiga, Entresto, Imbruvica and Stelara which are on the list of the first 10 Rx to be reduced. And in 2027, we'll see another list of 10 Rx to be reduced. This is because Medicare will be able to negotiate with the drug manufacturers and pharmaceutical companies will have to pay a "rebate" if they raise their prices more than the rate of inflation. This may seem like a slow process, but it's progress.

In Massachusetts, we've had out of pocket spending limits for Rx co-pays with our Prescription Advantage program since the 1990s, but this has only been available to lower income residents. The Federal OOP program does not have income/asset eligibility rules. Everyone is eligible. For more information on Rx costs, or if you have questions about generics, or other cost savings measures, you can contact the Pharmacy Outreach Program at **866-633-1617** or call your senior center to ask for an appointment with your SHINE counselor.



Technology Help and Training for March



Volunteers Still Needed: to learn more about what's needed to help others with technology contact the Volunteer Coordinator at **413-296-5548**, email coatechvolcoor@gmail.com, or visit the website www.northernhilltownscoas.org.

Tech Support

- Support available by email: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within 24 hours.

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 3/12 from 10 to Noon, Williamsburg
Repeats 2nd Tues of each month
- Nash Hill Place Resident Drop-In tech support, Thurs 3/12 from 10:00 to Noon
Repeats 2nd Tues of each month

Tech Training:

- Beginner's Computer / Laptop Class
Thursdays 1:00 – 3:00, for 6 weeks starting 3/7 through 4/11, or 4/18 through 5/23
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, for 6 weeks starting 2/21 through 3/27 or 4/3 thru 5/8

All classes held at the Chesterfield Community Center, 400 Main Rd, lower level.

Must register for classes or workshops no later than one week before the scheduled training date. Email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Event Save The Date:

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

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 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 \$131 (price correction) Payment to FNSC is due by March 12. Please mail them to the address above. **A few seats are 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 - is due NOW. Make payment to Diamond Tours and mail to the address above. **A few seats are available.**

Day Trip Thursday June 13. Timeless Music Pop to Broadway – Luncheon and Show at Storrowton 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 FNSC 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. Waitlist available.**

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 October 14th. 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.**

NEW Day Trip October 15. Culinary Institute of America-- Enjoy a "CIA" experience, lecture and tasting with lunch at Catarine de Medici. The \$TBD Payment to Francine Frenier is due by August TBD. Please mail a check to the address above. This trip will depart from Hadley.

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.

Summit to Fight Fraud: Preventing Fraud and Scams for Older Adults and Others Tuesday, March 19th at 10am

Sponsored by Investor Protection Trust, and presented with the Massachusetts Securities Division, the Pension Action Center will host a free in-person **AND live-stream event** on fraud prevention on Tuesday, March 19th. The event is free of charge, but registration is required.

Hosted in the UMass Ballroom space from 9am-3pm, with programming starting at 10am after a breakfast welcome reception, we will gather a group of experts in this field: guest speakers and panelists including several Q&A sessions. We aim to have presenters from community law enforcement, AARP MA, the Banker's Association, state officials, in addition to other stakeholders and experts in this space.



Link to Register: <http://tinyurl.com/2rkbejux> OR email your COA Coordinator/Director for the link.

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NEW Drawing Class in Goshen!

Thursdays, April 4 - May 23 from 1-3pm
Goshen Town Hall - Upstairs
Suggested Donation of \$10 per class

This eight week, two hour drawing class is geared for beginners who would like to learn to draw, or would like to grow their skills in drawing. We tackle questions like "How do you break down what you see in order to draw it?" "How can you see the shape, line, value?" and "How can I suggest movement within my drawing?" Senior, adult and teen participants will work on these skills in an encouraging and relaxed atmosphere. Each class will begin with a warm up, and then a drawing project. The goal is to stretch our brain, try something new and to have fun together.



Save the Date: Saturday, April 13th at 3pm

4D1G Gospel Quartet

Goshen Congregational Church
45 Main St., Goshen

Come enjoy this HymnSing and gospel music with us! Dennis Ainsworth on piano. More details to follow.

Save the Date: Saturday, April 27th, 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! More details to follow.

