

# Worthington Corners

## April 2024 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 April!**

*"Our Spring has come at last with the soft laughter of April suns and the shadow of April showers".*  
~ Byron Caldwell Smith

### April Fools' Day

You should know that no one understood it was an April's Fools' joke. No one expected you to have a sense of humor.

I hope life isn't a big joke, because I don't get it!

---

## SAVE THE DATES!

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

### COA Office Hours

*Located At The Rear Of Corners Grocery*  
Have concerns? In need of resources?  
Suggestions? Puzzle exchange, or just for a visit.  
By appointment only. Contact Phyllis: 238-5962,  
coa@worthington-ma.us

**May 13th at 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.

---

### St. Patrick's Day Luncheon

70 senior residents enjoyed the fabulous corned beef buffet prepared by Chesterfield Country Store/Café on March 11th. The toe tapping music provided by The Rolling Scones (Caleb Harris, Phil Darrow and Jeff Knox) were a wonderful addition.



Smiling COA Board members MaryKay Farley and Helyn Myrick wishing everyone a Happy St. Pat's Day!

## The Grab And Go Meals

Kelley Slattery, our guest speaker from the Highland Valley Elder Services explained the Grab N-Go meal distribution that the Worthington COA is now offering for free to senior residents 60 and over.

This is to happen the third Thursday of each month, beginning April 18 11:30-12:30 at the Town Hall. You will enter the Town Hall, grab your hot meal, already packed, and exit.

Bringing a bag of your own might be more manageable for you. There will be enrollment forms available. After that enrollment forms will also be available at the Town Hall bulletin board, and COA office bulletin board which you will turn in at mealtime.

Call 238-1999 to reserve. With instructions, state your name, address, and phone number and your menu choice.

The menu for April 18:

Cheese Lasagna, or Baked Pollack, with Rice Pilaf, Green Beans and Garlic, Carrots and Mandarin oranges and 1% milk

### Deadline—April 14

If you or someone you know is not receiving Robo Calls or Newsletters, please call Phyllis: **238-5962** [coa@worthington-ma.us](mailto:coa@worthington-ma.us) Donations to the Highland Valley Elder Services is greatly appreciated.



## Calendar of Events

### **Chit Chat, Coloring, Puzzles**

April 9th, 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*

## National Walking Day Statistics- April 3

- 500 miles- The walking duration of a pair of tennis shoes
- 50% - the percentage of Americans who exercise regularly
- 65,000 miles- the distance a person walks in a lifetime.
- 10 miles- the distance it would take to walk every week to end 500 pounds of carbon dioxide emissions every year.

Walking does wonders for our mood- Walking increases blood flow to the brain and improves our mood. It's easy to do.. No weights necessary. No running. No special skills or talents. Just get out there and walk!

### ***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](http://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!



## After the Scam...

So you have been scammed. You may have lost money, a sense of security, or just pride. What do you do? Consider these options:

1. Crawl in a corner and cry "poor me, poor me" for awhile.
2. Complain to friends and family at length, accept sympathy.
3. Get ready to move on, learning how it happened and determining to never let it happen again. You might enlist one of those friend and family folks here.
4. Submit a report or complaint to the proper authorities.

I think number 1 would be very tempting, number 2 might be somewhat satisfying. But numbers 3 and 4 are the best choices!

This is a good read for the problem: <https://consumer.ftc.gov/articles/what-do-if-you-were-scammed>. Your first action after realizing there has been a scam is to try and limit your loss. Call the local police department to see if they can help, especially if you lost money or property or had your identity compromised. The sooner the scam is reported, the better the chance that police can recover some money. Contact your bank and credit card firms and tell them there was a fraudulent charge, freeze your credit reports, and change passwords.

Next, if you did lose money, call the National Elder Fraud Hotline at 1-833-372-8311. A case manager will help you through the reporting process and through any remaining steps to take, depending on the type of scam.

If the scam is computer-based, it is also a good idea to report this to the FBI's Internet Crime Complaint Center at [www.IC3.gov](http://www.IC3.gov) for their tracking of cyber crimes. You can also contact the Federal Trade Commission – go to [ftc.gov](http://ftc.gov) for a reporting form. You describe what happened, read their suggestions for next steps, and know that they will share reports with investigative agencies to help others.

After you have limited your loss, be brave and tell others to try and warn them. Post on social media, call those who you think might be vulnerable. Please know you are not the only person who has been scammed – many others have and will be, sadly.

Be brave!  
 Jean O'Neil  
 TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)  
 413-268-2228

## Technology Help and Training for April



**Volunteers Still Needed:** to learn more about what we need volunteers for in providing help to others with technology, contact Volunteer Coordinator: **413-296-5548**, [coatechvolcoor@gmail.com](mailto:coatechvolcoor@gmail.com), or visit [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org).

### Tech Support

- Support available by email: [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com), phone or text msg **413-296-5080**. Response within a day.

### Drop in Center Hours:

*(no appointment needed)*

- Weekly on Tuesdays from 11:00 to 2:00 at 400 Main Rd. Chesterfield Community Center
- Monthly at Meekins Library Drop-In tech support on Tuesday 4/9 from 10 to Noon, Williamsburg  
*Repeats 2nd Tues. of each month*
- Monthly Nash Hill Place Resident Drop-In tech support, Tuesday 4/9 from 6pm-8pm  
*Repeats 2nd Tues. evening of each month*

### Tech Training:

- Beginner's Computer / Laptop Class  
Thursdays 1:00 – 2:30, restarting 4/25 for six weeks through 5/30
- Intermediate Windows Computer Class  
Wednesdays 10:30 – Noon, restarting 4/24 for 6 weeks through 5/29

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

Must pre-register for classes no later than one week before the scheduled training date.

Email [coaTechConnect@gmail.com](mailto:coaTechConnect@gmail.com); call or text **413-296-5080**, or sign up through the website [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### Event:

On **Saturday, April 6<sup>th</sup>** we will be holding a **FREE TechConnect Fair** with vendors, mini-workshops, information, walk-up tech questions answered, activities, giveaways and door prizes at New Hingham Elementary School, Smith Rd, in Chesterfield. Bring a friend!



### April's Good News:

#### MassHealth Has Released the Medicare Savings Program Application!

By Deb Hollingworth

This Federal benefit program, administered by MassHealth, can reduce your health insurance costs by: paying your Medicare B premium which is \$174/ month this year. It also automatically gives you Extra-Help which is a program that subsidizes your Rx costs, and you get Health Safety Net coverage for hospital costs. If your income is low enough, the Medicare Savings program will, in addition, also pay co-pays for medical services like doctors visits, tests, and emergency services.

This is a great program and the financial eligibility guidelines have changed. Income can be as much as \$2,824/month if you are single and as much as \$3,833 if married. As of January 1st this year, Massachusetts became the 11th State to eliminate the assets limit for this benefit. Eligibility is determined by income alone.

The application is one page, with your signature required on the back side. Applications are now available. I don't know if you've been doing the math, but the savings on your Medicare B premium, which is now being deducted from your social security check, will be restored to your retirement benefit for a yearly savings of over \$2,088 this year. You can get an application, and description of the Medicare Savings Program and how it works, from your Senior Center. If you have questions, or need help determining if you are eligible, or help getting the application completed and submitted, you can ask for a SHINE consult.

This change has been a long time coming and you can thank Mass Senior Action which is our advocacy voice for Massachusetts Seniors.

## 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.

*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 short wait list is available.**

*Day Trip Thursday June 13. Timeless Music Pop to Broadway* – Luncheon and Show at Storwton 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. **A short wait list is available.**

*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. 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. **A short wait list is available.**

*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.

## Seniors Aware of Fire Education

This month the Senior SAFE focus is on fall prevention. Falls are the leading cause of death from unintentional injury among older adults. Here are a number of things you can do to keep from falling down:

- 1. Exercise Regularly.** It will help you build strength and improve your balance and coordination. Ask your doctor about the best things to do. Take advantage of your Council On Aging exercise group.
- 2. Take Your Time.** Get out of chairs slowly. Sit for a moment before getting out of bed. Stand up and get your balance before you walk.
- 3. Keep Stairs And Walking Areas Clear.** Remove any clutter from walking areas.
- 4. Improve Lighting In And Outside Your Home.** Use night lights or a flashlight to light the path from your bedroom to the bathroom. Turn on the lights before using the stairs.
- 5. Use Non-Slip Mats** In the bathtub and shower. Have grab bars installed next to the bathtub, shower and toilet. Wipe up spilled liquids immediately.
- 6. Avoid Uneven Surfaces.** Use only throw rugs that have built-in non-skid backing. Use non-skid pads under rugs. Smooth out wrinkles and folds in carpets. Be aware of uneven sidewalks and pavement out doors.
- 7. Stairways Should Be Well Lit.** Lighting from both the top and bottom of the stairway is important. Have easy-to-grip handrails along the full length on both sides of the stairs.
- 8. Wear Sturdy, Well Fitting Shoes.** Low-heeled shoes with non-slip soles are best. They make a fashion statement and are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.

Be SAFE and fall free!

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

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

**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

Eileen Daneri

Marykay Farley

Jay Dreschnack

Newsletter Designer:  
**Kristen Estelle**  
regionalcoanews@gmail.com

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

## **\$5 haircuts**

SMITH VOCATIONAL  
COSMETOLOGY



Ready for a fresh 'do and a  
new you?

Get your haircut at Smith  
Vocational!

**WHEN:** Tuesdays & Thursdays,  
call to schedule

**WHERE:** The Salon is located in Room 124 of  
Building A at Smith Vocational High  
School, 80 Locust St., Northampton.

**WHAT ELSE:** Manicures, colors, facials, and other  
hair care options, call for other prices

**HOW TO BOOK:** Simply call 413-587-1414 ext. 3531 for  
an appointment. All are welcome!

## **Drawing Class in Goshen!**

*Thursdays, April 4 - May 23 from 1-3pm*  
Goshen Town Hall - Upstairs  
42 Main St. Goshen  
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. Supply list provided upon registration. Register at [www.lenagarcia.com](http://www.lenagarcia.com)

