

Worthington Corners

May 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

Welcome May!

"Living is just not enough...one must have sunshine, freedom, and a little flower."
~ Hans Christian Anderson

Memorial Day– May 27th

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

Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Friday, May 31st at 8:30am Breakfast with R.H. Conwell Students

R.H. Conwell School Cafeteria

If you like to sign up for the breakfast you can email Ashley Tompkins: atompkins@hr-k12.org or call **238-5856**. The students hope you will stay a while to see the All School Meeting. The whole school comes down to the cafeteria and the Kindergarten Class will run the meeting! Students will share what is going on in their classrooms as well have a special greeting. Only \$2 per person! **Reserve your seat by Wednesday, May 29th.**

June 10th at 12pm Potluck and Blood Pressure Clinic

Town Hall

Do NOT miss Ed and Sue Lewis' presentation! They will be giving us 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.

Spring Flowering Plant Giveaway on April 8th was a success!

95 flowering plants were distributed. The plants were an addition to a beautiful day. R.H.C. students' enthusiasm was infectious and a joy for our residents. Thanks to Dot Hague and Maureen Defalco for lending a hand.



Upcoming Events

Monday, May 13th at 12pm
Potluck & Blood Pressure Clinic
Town Hall



Thursday, May 16th, 11:30-12:30
Grab'N'Go
Town Hall

This month's menu options are Baked Ziti, dessert, and milk OR Chicken A La King, mashed potatoes, Mediterranean Zucchini and Mushrooms, roll, dessert and milk. You must call to reserve (238-1999) **by May 13th** with your name, address, phone number and choice of meal. Enrollment forms are needed to bring the day of to receive your meal, or give completed forms to Phyllis prior. Forms are available on the town hall bulletin board and the COA bulletin board. Enrollment is a one time process. Contact Phyllis at 238-5962 or coa@worthington-ma.us for further info.

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. Join in on the fun! Refreshments served.

This dance class for seniors is brought to you by a generous grant provided by Worthington Cultural



*Kirsten Henshaw,
Peg O'Neil and
Katrin Kaminsky
witnessing a celestial
show like no other!*



Happy Mothers Day! May 12th

Take this time out, relax, and have fun, you deserve it!

Like all parents, my husband and I just do the best we can and hold our breath, and hope we've set aside enough money to pay for our kids' therapy."
~ Michelle Pfeiffer

Calendar of Events

Chit Chat, Knitting, Coloring

May 14th, 2pm
COA office

Foot Nurse

May 22nd, COA Office
Call Deb Deane to make an appointment:
413-667-5363. Still discounted price of \$25!

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.

COA Office Hours

located at the rear of Corner's Grocery
Have concerns? In need of resources?
Want to exchange a puzzle or pay a visit?
By appointment only. Contact Phyllis:
238-5962, coa@worthington-ma.us

*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 _____



TechConnect Fair a Success!

On Saturday, April 6th the TechConnect program held a first of its kind northern hilltowns Consortium of COAs Fair. The event was hosted by the New Hingham Regional Elementary School in Chesterfield. Over one hundred people attended the fair! There were seven exhibitors, including AARP, the NW District Attorney's office, Meekins Library, Comcast, Whip City Fiber, Tech Hub from Holyoke and the Alliance for Digital Equity Network. TechConnect staff hosted tables where fair participants could tour the Northern Hilltowns Consortium website, northernhilltownscoas.org, sign up to join the project as a volunteer, get walk-up tech support for technology questions, and sign up for training and workshops. Many people attended the three mini-workshops offered on managing passwords, tech terms and what they mean, and making your tech device fit your needs.

Comments from those who came included: "The training on how to use the Hilltown Consortium website was very helpful". "I appreciated talking about the politics of being sure all people have technology", "I am going home to get my tech-phobic husband and bring him back. I think he would like this!", "This event really lit a fire under me, I have all these things on my list to learn and now I know how to get started". "I love this for our community! Coming here today let's people know they are not alone in their concerns about learning technology."

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!



But I did my MOLST!

In September 2022, I wrote about living wills and the state Medical Order for Life-Sustaining Treatment (MOLST). You may recall that I said a MOLST is an order, while another relevant document, the living will, is more of a conversation. The MOLST takes effect immediately at an emergency, the living will and advance directives come in when you are unable to respond for yourself. That is why having a living will following conversations with your family or friends is so important – it will help them figure out what you would want them to do.

Now, we have the POLST! It is a portable medical order, meaning if you travel in another state, the POLST will most likely apply. The MOLST may not. We were given a POLST form at the hospital a few days ago so they are becoming available.

These two forms are voluntary; you need not think about or plan for your end of life situation. You can also change the forms if you change your mind. Do know, however, that what happens in the future may not be to your liking. For instance, if the ambulance takes you to the emergency room and you do not have a MOLST or POLST on file, or they cannot find it, you will be designated as Full Code. That means if your heart stops and breathing ceases, they will try everything they can to start you back up. That can include chest compressions and intubation.

Where do they find your forms? Your doctor will have one, the person who has your health care power of attorney and any emergency contacts should have a copy. And of course it should be in that red File of Life folder on your refrigerator at home. You can also carry one of those files with you.

Still thinking for the future,
 Jean O'Neil
 TRIAD Committee member
jeanoneilmass@gmail.com
 413-268-2228

Tech. Help and Training for May



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, or visit www.northernhilltownscoas.org.

Tech Support

- Support available by email, phone, drop-in or appointment: 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
- Friday, May 3, 17 and 31 from 10:00 to 12:00 at 400 Main Rd. Chesterfield Community Center
- Monthly at Meekins Library Drop-In tech support on Tuesday 5/14 from 10 to Noon, Williamsburg
- Monthly at Nash Hill Place Resident Drop-In tech support, Tuesday 5/14 from 10am-12pm and 6pm-8pm
- May 10th, Goshen COA, 10am-12pm
- May 20th, Plainfield COA, 9am-11am

Tech Training:

- Beginner's Computer / Laptop Class
Thursdays 1:00 – 2:30, continuing through 5/30 (new class starting in June)
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, continuing through 5/29 (new class starting in June)

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; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Tech Workshops:

- iPad Basics, Worthington Library, Thurs. 5/2, 1-2
- Email Basics, Goshen COA, Fri. 5/10, 9-10
- Cyber security/online safety in Plainfield, Monday, May 20th 11-Noon

Devices Available:

We received our first shipment of PC laptops, Chromebooks and tablets. If you need a device to

connect to the internet, have something so old it is not working effectively, or need a different type of device please contact us.

Email coatechconnect@gmail.com, leave message at **413-296-5080**, or use online form to make request at: www.northernhilltownscoas.org

May's Good News

By Deb Hollingworth

Just a quick note here on how it's going with the Medicare Savings program that I can't seem to stop talking about. The two page application was just released March 1st and for those who filled one out and got it in, I began hearing from you by the end of March that you had received an approval letter from MassHealth already with benefits to start April 1st. This means MassHealth is taking about 3 weeks to process these applications. Amazing. This program pays your Medicare B premium, so you can expect a letter soon from social security with a new social security benefit statement showing they have put \$174 / month back in your retirement benefit.

It's a good idea to keep that acceptance letter from MassHealth because up in the right hand corner there will be your ID number which starts 1000, followed by about 6-7 more numbers. This number is also your ID for Health Safety Net which is another benefit that you get automatically. Health Safety Net can be a life saver because it pays hospital bills that your Medicare and/or Medicare supplement might not cover. And you may get yet another letter saying you have Extra-help which is a benefit that supplements the cost of your prescriptions. You need to give your pharmacists that ID number and show them the Extra-help letter. Same goes for any hospital bills. You would need to let the hospital know you have Health Safety Net so they can bill any residual costs that your Medicare is not picking up.

And ...this is curious....you may not even have to apply in order to get these benefits? I had a caller who received a letter from Prescription Advantage which is a Rx subsidy program for Massachusetts residents. Her letter said that Prescription Advantage was terminating her coverage because she had gotten the Medicare Savings program. How can this be she asked? She never applied. It seems that MassHealth is reviewing all those who have had Health Safety Net the past few years and are automatically approving them for the Medicare Savings program. This is definitely good news. So if you receive any letters saying you have been approved for Medicare Savings program, and you want to know how that happened, call your senior center and ask for a SHINE consult. We can check it out for you. Same goes if you want an application and are having difficulty trying to find it online- just give us a call.

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. **\$20 discount for any Chesterfield Senior over age 60 who goes on any trip advertised in the newsletter through 2024.**

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 NOW. Please mail to the address above. **A few seats are 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 Friendship Tours is due by June 5th. Please mail to the address above. Please include your date of birth for the player card. **There is a second bus. If interested, call again.**

Day Trip September TBD. Big E. Dependent on the offered entertainment.

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. Ten seats available.**

*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. A 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. **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 \$147 payment to Francine Frenier is due by August 15th. Please mail a check to the address above.

Day Trip October TBD. Boston Fine Arts Museum. In the planning process.

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

Here is an important thing to add to your spring chores. Check your house numbers and make sure they can be easily seen from the road. Why? Seconds count in an emergency! First responders (police, firefighters and EMTs) can find your house faster when your home is properly marked.

Senior 
SAFE

USE LARGE VISIBLE NUMBERS!

- The numbers need to be at least 4-inches in height and facing the street. (Some communities require taller numbers.)
- The letters should be on a contrasting background so they can be seen from a distance.
- The numbers should be under lighting so they can be seen at night.
- If possible, the outside lights should be turned on for the responders.
- If your driveway is long and if your house is not visible from the road, put your house number on both sides of your mailbox, or on a sign post at the end of your driveway. (The Hampshire County Sheriff's TRIAD program has number signs and posts available to everyone to be planted at the end of the driveway. Contact your COA or police department on how to get the number sign and post.)

Be prepared for the time when seconds count!

--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

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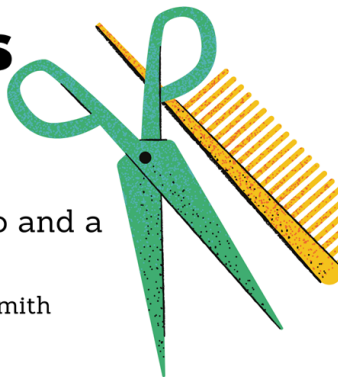
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\$5 haircuts

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!

