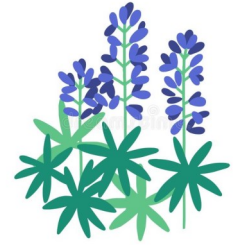


Worthington Corners

June 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 June!

“June is the time for being in the world in new ways, throwing off the cold and dark spots of life”
--~ Joan D. Chittister

Juneteenth, the 19th of June is a federal holiday celebrated annually to commemorate the ending of slavery.

Newsletter Update

The July issue is the last newsletter that will be printed and mailed. The plus side is that it will be digital and there are many ways to access it. You can email newsletter designer Kristen Estelle to be placed on the email list (please include your name, email and mailing address):

regionalcoanews@gmail.com

You can also find the newsletter on the website for the Consortium: **northernhilltownscoas.org**
There will also be printed copies around town. See the regional section of this newsletter for more info.

Upcoming Events

June 10th at 12pm

Potluck and Blood Pressure Clinic
Town Hall

Ed and Sue Lewis will be presenting a stunning recap of their trip to South Africa. Beautiful scenery, amazing animals and great birds.



June 20th, 11:30-12:30

Grab N' Go Meals
Pick up at Town Hall

RSVP by Sunday, June 16th with your name, address, phone number and if you have any additional people receiving a meal. One time enroll-

ment forms are available at the Town Hall bulletin board and the COA office bulletin board.

Save The Date!

July 15th at 12pm (rain or shine)

Annual Summer Picnic

Rod & Gun Club

Menu: BBQ Chicken, side of smoked sweet beans, side of potato salad, coleslaw, dinner roll, dessert and a side of Worthy-Que signature BBQ sauce.

Dine-in. Limited seating.

Reservations only

A robo call will be available July 1st
413- 238-1999 DEADLINE JULY 7
underwritten by the Rolland Trust Fund



Eileen Daneri explaining the Open Space Survey all townspeople will be able to participate in.



Sand for Seniors

The police department and Triad who supplied seniors with a bucket of sand to keep us safe last winter would like to have the buckets emptied and returned so they can be used next winter. You may call the Police Dept. at 238-0400 to leave a message with name, address and phone number for pickup or leave in front of the Police station.

Father's Day- June 16th

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong". ~ Charles Wadsworth

"You can tell what was the best year of your father's life because they seem to freeze that clothing style and ride it out". ~ Jerry Seinfeld



Calendar of Events

Chit Chat will resume in September

Foot Nurse

July 17th, 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?
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 _____

Thank You for Helping to Support Your Neighbors!

Seniors Aware of Fire Education

As summer approaches, many of us are planning road trips, staying in hotels and motels. Here are a few fire safety tips for hotel/motel stays:

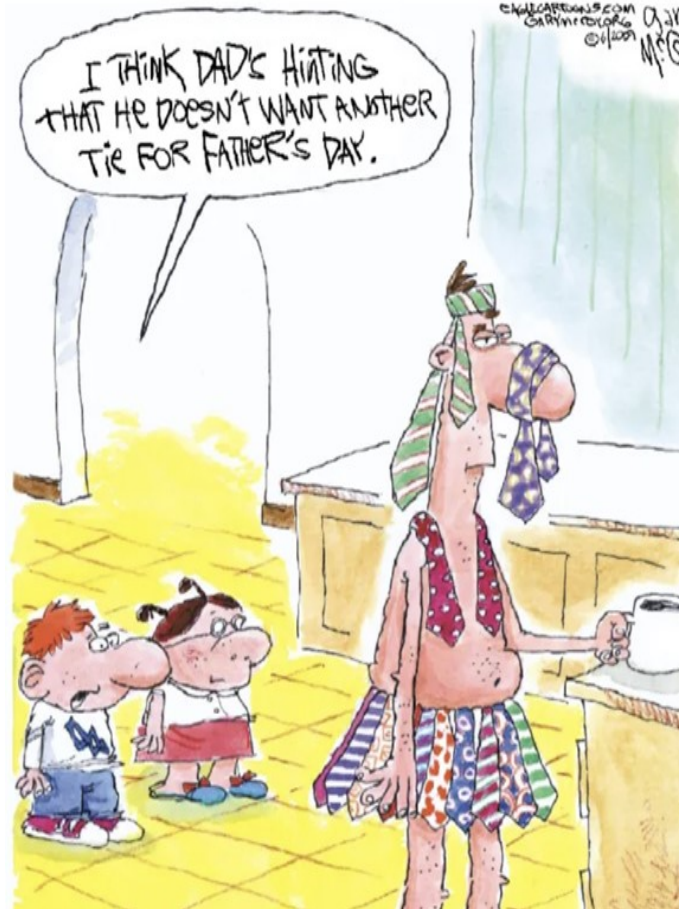


- Select places that have sprinklers and smoke alarms in each room.
- When you get your room, count the number of doors down the hall to the nearest exit.
- If you are deaf or hard of hearing, ask for a Hearing Impaired Kit or for a room that has a strobe alarm in the room.
- Keep your room key, eyeglasses, wallet and flashlight on the night table. When the smoke alarm sounds, take these things with you.
- Feel the door with the back of your hand. If it is hot, don't open it.
- If it is cool, open the door a crack. Be ready to close the door if heat, flames and smoke rush in.
- If there is just some smoke in the hall, get low and go, go down the hall counting the doors to the exit.
- Get out and stay out until the fire officials say it is safe to return.

Have great and SAFE adventures!

--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.



Crypto – warning, Will Rogers...

You've read some news about cryptocurrency, right? Bitcoin? Blockchain? Cryptocurrency is digital money that can be used to purchase things or to form part of an investment strategy. Please do remember though that it is unregulated and the values are highly volatile, so getting into this new form of currency is a high-risk venture.

Also, the skeptic in me points out that the word "crypto" means secretive or hidden, often used in combination with other words such as cryptography, the "practice and study of hiding information". Cryptic coloration is one form of camouflage in animals.

I have paid only passing attention to the development of cryptocurrency, but now, what a surprise, we find crypto sneaking into scams. Actually, there is nothing sneaky about it. Barging is more the correct word! When a scammer requests that we pay up, he or she used to ask us to wire money or send gift cards. Now they may request that we buy cryptocurrency.

Worse, as I learned in a recent AARP newsletter, there are ATM machines that deal in cryptocurrency. The scammer can tell us to go find one of those, easily done, and put in X amount of cash. We might as well be digging a black hole and dumping the cash into it!

Please be safe,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com

Tech. Help and Training for June



VOLUNTEERS STILL NEEDED: to learn more about what we need volunteers to do for individuals in your town, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or through www.northernhilltownscoas.org

Tech Support Available

Help by email, phone, drop-in or appointment: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within a day.

Drop in Centers:

(no appointment needed)

- Chesterfield Community Center, 400 Main Rd.
Weekly on Tuesdays from 11:00 to 2:00
Bi-Weekly on Fridays from 1:30 to 3:30
- Williamsburg
Meekins Library Drop-In tech support monthly
2nd Tuesday 6/11 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
monthly, 2nd Tuesday 6/11 from 10 to Noon
- Worthington Library
Drop-In tech support, 2nd Thurs. 6/13, 1-3pm
{appt. preferred}
- Goshen Town Hall, 42 Main St.
Drop-in tech support, Weds. 6/19 from 1-3pm
- Plainfield Shaw Memorial Library
Drop-In tech support, 3rd Thursday 6/20

Tech Training:

- Beginner's Computer / Laptop Class
Thursdays 1:00 – 3:00, 6/6 through 7/11
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, 6/5 through 7/10

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:

“Cutting the Cable” with Streaming

- Chesterfield Community Center Tues 6/18,
6:00 to 7:00pm
- Westhampton Public Library Wed 6/26,
10:30 to Noon

Devices Available:

We have 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 on our website: www.northernhilltownscoas.org

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.

NEW Day Trip Friday, June 14. Block Island. Enjoy a guided island tour and luncheon at the National Hotel. Make payment to Landmark Tours for \$160 and mail to the address above NOW.

NEW Day Trip Tuesday, July 2. Encore, Everett, MA Casino trip. Free \$20 slot play. Lunch on your own, options available on site. Make payment to Francine Frenier for \$42 and mail to the address above NOW.

NEW Day Trip Friday, August 23. Essex Steam Train & Riverboat, Essex, CT. A train and riverboat excursion awaits. Includes luncheon at Griswold Inn. Make payment to Landmark Tours for \$136 and mail to the address above by July 20th.

NEW Day Trip Friday, September 13. Boston, MA Charles River Sightseeing Cruise & Harvard Museum of Natural History, home of the Glass Flowers. Includes lunch at The Cheesecake Factory. Make payment to Landmark Tours for \$124 and mail to the address above by August 1st.

Day Trip September 9-29 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.**

Continued on back page.

The Newsletter is Changing

There are some changes coming with this newsletter and we'd like to let you know what to expect.

First, a brief background. In its current format, the newsletter is a group effort of all seven towns that make up the Northern Hilltowns Consortium of COAs: Chesterfield, Goshen, Cummington, Plainfield, Worthington, Westhampton and Williamsburg. The newsletter has both a local section and a regional section. The regional section is the last four pages of the newsletter and includes information relevant to folks in all the Consortium towns. The local section is either two or four pages, depending on which town you live in. The local section includes information about activities and services specific to your town.

For the last several years, the monthly newsletter has been primarily funded by a generous Service Incentive Grant originally administered by the Executive Office of Elder Affairs and, recently, by the Massachusetts Councils on Aging. Last year we also received some funds from a specific line item in the state budget.

Many people in the Consortium have worked long hours to apply for and then manage this funding. This includes keeping in contact with people in the relevant agencies and our state legislators. That funding allowed us to produce, copy and mail a paper edition of the newsletter to all of you.

All of us- COA coordinators, directors and volunteers- have happily done this work because we truly believe the newsletter is a vital resource for our communities. Because it has been mailed to every household in the seven Consortium towns that has a resident who is 60 years old or over, it is our primary means of sharing information with you about everything we do – from lunches and crafting groups to information about home safety and medical insurance and everything in between.

We also believe that a paper newsletter matters to our readers, even if the world is moving on to solely electronic means of communication. Many of you have told us how much you value receiving a traditional paper newsletter.

Unfortunately, the funding that has allowed us to copy and mail this newsletter has nearly run out. Despite our best efforts, we have been unable to find alternate funding. In an increasingly digital world, funding for copying and mailing a paper newsletter is no longer supported. Reading online has become the norm.

To that end, we would like to inform you about what will be changing. Unless your COA makes

specific alternative arrangements, the July 2024 issue of this newsletter will be the last time we mail a paper copy to you. After July, we can still provide you with an electronic copy of the newsletter.

Readers who currently receive the newsletter as a PDF via email will continue to receive it that way. Readers who do not receive the newsletter via email but would like to, please contact our newsletter editor, Kristen Estelle, with your name, email **and mailing address**, so she knows which town's newsletter you'd like to subscribe to: **regionalco-anews@gmail.com**

In anticipation of this change, we have created a user-friendly and informative website, where you will be able to access the newsletter for all the consortium's towns: **northernhilltownscoas.org**

We understand that many of you may not want to receive the newsletter by email or do not have the technology to do so. Please know we are working to ensure the newsletter reaches you. As you see on the previous page, our TechConnect team offers technology classes, as well as free devices you can use to go online. Additionally, some of the COAs are considering leaving paper copies in public places around town. Check the local news portion of the newsletter to see what your town's COA has planned in this regard.

You are always invited to contact your COA with any questions or concerns.



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

PRSR STD
US POSTAGE
US POSTAGE
PAID
PERMIT 183
PAID
Greenfield MA

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Newsletter Designer:
Kristen Estelle
regionalcoanews@gmail.com

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

On the Road Again: 2024 Trips
continued from page 4

NEW Day Trip Friday, October 4. Vermont's Finest. Stops at Scott Farm Orchard for freshly pressed cider and slice of apple pie, & Robb Family Farm Sugarhouse to sample maple cream and syrup. Lunch at The Marina included. Make payment to Landmark Tours for \$127 and mail to the address above by August 19th.

NEW Day Trip Tuesday, 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 Monday, October 21. Boston Fine Arts Museum. Guided tour and many exhibits to explore on your own including: Jewelry--Beyond Brilliance, Art of Japan, Dali: Disruption and Devotion. Lunch on your own at one of three dining options within the Museum, or bring your own to eat outside the Museum. The \$72-\$88 (depends on how many passengers) payment to Francine Frenier is due by August 21st. Please mail a check to the address above. **Call NOW to reserve a seat so the price can be set.**

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 a check to the address above.

