

Worthington Corners

July 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 July!

"July is hollyhocks and hammocks, fireworks and vacations, hot and steamy weather, cool and refreshing swims, beach picnics, and vegetables all out of the garden." ~ Jean Hersey

Massachusetts was the first state to declare the 4th of July a state holiday in 1781.

Newsletter Reminder:

This issue is the last newsletter that will be printed and mailed. You may 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 in the Town Hall, Library, and on the bulletin board at the COA office.

Julie Sharron, Norm Tebo, Deb Crossman and family enjoying the COA Intergenerational breakfast held at the R.H. Conwell School on May 31st.



Sue and Ed Lewis presented their recent amazing trip to South Africa with wild animals and birds we never knew existed at the June Potluck luncheon.

Upcoming Events

July 8th (not 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

Call 413- 238-1999 DEADLINE JULY 1st

Underwritten by the Rolland Trust Fund

July 18th, 11:30-12:30

Grab N' Go Meals

Pick up at Town Hall

Menu: Vegetarian Chili or Sloppy Joe/Bun. California Vegetable Blend, Corn. Fresh Fruit. RSVP 413 -238-1999 by Sunday July 14th: name, address, phone number and the name of any additional people receiving a meal. One time enrollment forms are available at the Town Hall bulletin board, and the bulletin board at the COA office. Enrollment form is needed to receive a meal. You may bring the form with you the day of pickup. A donation to the Highland Valley Elder Services would be appreciated.

No Potluck in August.
Future Potluck—Sept. 9th, 12pm Town Hall

**Movin' and Groovin' has been rescheduled
September 24th, 11am Town Hall**
Refreshments will be served

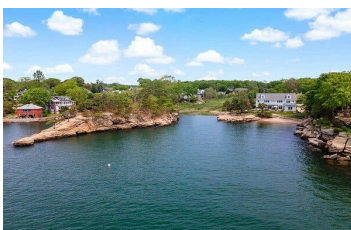
JOIN WORTHINGTON COA FOR A...

Thimble Islands Cruise aboard the Sea Mist

with luncheon at San Marino's Ristorante

Monday, October 14, 2024

Today we travel to Connecticut's Shoreline and visit Branford, founded in 1644. As we travel to Stony Creek Dock, we'll drive through town and view



beautiful old churches and buildings of historical and architectural interest. Upon arrival, we will board the Sea Mist, a 44 foot vessel designed for comfortable cruising through shallow waters. Next, we will relax and enjoy a 45-minute narrated cruise around the Thimble Islands. Discovered in 1614 by Adrien Block, these islands were used for everything from quarrying granite to hiding Captain Kidd's treasure. The infamous captain sailed to the Thimble Islands in 1665, and some say they can still feel his presence today. Before the cruise, we'll dine at San Marino's Ristorante Italiano. Serving the Waterbury area for over 30 years, the restaurant offers casual Italian dining with delicious food in a friendly and warm atmosphere.

The menu features choice of: Eggplant Parmigiana, Chicken Francese or Filet of Sole and includes Garden Salad * Vegetables * Family Style Pasta * Dessert, Coffee, Tea and Pitchers of Soda.

\$50 per Worthington senior resident, \$131.00 per non-resident senior (includes all taxes and gratuities) Please make checks payable to Town of Worthington and include an emergency contact and phone number at sign-up, as well as your meal choice. Mail your check to: Council on Aging, PO Box 7, Worthington, MA 01098. Contact Phyllis Dassatti at (413) 238-5962 for more information. Deadline September 10th. Limited seating.

9:45am: Depart Worthington Church

7:15pm: Approximate Return to Worthington

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, outside at Four Corners Farm. *Call Eileen at 238-4461 to check on any schedule changes.*

Exercise Class

With Judy Babcock will resume in September.
No summer classes.
Call Judy at 238-4457 for more info.

COA Office Hours

located at the rear of Corner's Grocery
Have concerns? Feedback?
*Contact Phyllis:
238-5962, coa@worthington-ma.us*

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

Sand For Seniors

The Police Department and Triad who supplied seniors with a bucket of sand for our safety last winter would like to have the buckets emptied and returned so they can be used next winter. You may call the Police Department at 238-0040. Leave your name, address and phone number for pickup or leave in front of the Police Department.

Walk-In Tech Help For Seniors

1:00-3:00 at the Library
June 20th, July 18th, and August 15

Worthington's Open Space and Recreation Plan

is updating and needs your input! Please take this brief survey about the Town's open space and recreation resources by July 10.

https://www.surveymonkey.com/r/Worthington_OSRP

Seniors Aware of Fire Education

In the last five years there have been more than 500 fires and explosions involving the use of illegal fireworks in Massachusetts. Seven firefighters were injured and the damage was estimated at more than \$1.5 million. More than 200 people, many of whom were children, were treated in medical facilities for serious injuries caused by fireworks.



No wonder Massachusetts law prohibits the possession and use of fireworks by people who are not certified and permitted to use them. The illegal fireworks include sparklers, party poppers, snappers, fire crackers, cherry bombs and the bigger rockets.

There are a whole lot of fireworks events run by certified-permitted people in our area around the Fourth of July. Enjoy them safely!

--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.

Crabby Road

7-4-12



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So Whaddaya Think?

Since my pay for writing these notes depends on how useful you find them – oh wait, I don't get paid! Oh well. I would still like to find out how useful you find them. I've been writing these since 2014 and mostly decided the subjects myself. Occasionally one of you will write or call with a question that ends up as a topic, and that is good. It makes me do more research and learn more. When I am out of my knowledge base, I have several experts I can consult and learn more.

With the transition of the newsletter and the reinvigoration of the Northern Hilltowns Consortium website (northernhilltownscoas.org), it's a good time to do a check. I've written on:

- credit reports
- scams and more scams
- financial literacy
- our mind and money
- the Big Five and extensions thereof
- electronic safety
- nuisance calls and emails
- organizing our life of paper

So which of these topics have caught your attention? Which have you found most helpful, and which should be explored more? Which might be ripe for an update? AND have I left out a topic you think should be covered? I really would like your input.

With appreciation,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com
413-268-2228

Tech. Help and Training for July



Tech Support Available

Receive technology 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: All are Welcome at Any Location! (no appointment needed)

- Chesterfield Community Center, 400 Main Rd.
Weekly on all Tuesdays from 11:00 to 2:00
Bi-Weekly on Fridays, 1:30 to 3:30 (7/12, 7/26)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (7/10)
- Goshen Town Hall, 42 Main St.
Drop-in tech support, 3rd Weds. 1-3pm (7/17)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5-8pm (7/18)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (7/25)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 7/9 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 7/9 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
Drop-In tech support, 2nd Thurs. 1-3pm (7/18)
{appt. preferred}

Tech Training:

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

- Beginner's Computer / Laptop Class
will resume in September
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, until 7/17
- Chromebook training will be available in August.
See next month's newsletter for date & time.

All classes held at the Chesterfield Community Center, 400 Main Rd, lower level. To register, email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Tech Workshops:

- Managing Passwords
Chesterfield Com. Center, Thurs. 7/18 3-4pm

- Accessing Your COA Newsletter Online
Chesterfield Comm. Center, Mon. 7/29 3-4pm

Devices Available:

We have many PC laptops, refurbished Chromebooks and refurbished iPads. 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 request form on our website: www.northernhilltownscoas.org

VOLUNTEERS STILL NEEDED: to learn more about what we need volunteers to help with, contact Volunteer Coordinator: coatechvolcoor@gmail.com, 413-296-5548, or 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.

Day Trip Wednesday, August 7. 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 NOW. Please mail it to the address above. Please include your date of birth for the player card. **This trip is a go. Just a few seats remain.**

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. Departs from the Calvary Baptist Church, Easthampton.

Day Trip Friday, September 13. Boston. 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 Monday, September 23. The Big E, an annual favorite, with free entertainment at Honor Court Stage. Herman's Hermits starring Peter Noone performs at 2pm. **Cost TBD.** Make your check payable to Francine Frenier and send it to the address above. NO REFUNDS due to bargain price.*

Continued on back page.

Resource Directory

Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 387-3120
If you need help in an emergency, call 911 or the Safe Passage Hotline	888 345-5282
National Suicide Prevention Lifeline	800 273-8255
Elder Abuse Hotline	800 922-2275
First Call for Help , Information and Referral Resources	211
Fuel Assistance , Application and Recertification	800 370-0940
Hilltown Elder Network – HEN (sponsored by Hilltown CDC)	413 296-4536, ext. 120
Veterans' Service Officer: Williamsburg, Chesterfield, Cummington, Goshen	
Dan Nye or Steve Connor	413 587-1299
Westhampton – Joe Henning	413 207-3541
Plainfield – Brian Brooks	413 772-1571

Food Services

Food Bank of Western Massachusetts Brown Bag Program	413 338-2920 or 800-247-9632
SNAP, Supplemental Nutrition Assistance Program (Food Stamps)	413 552-5400
Williamsburg Sr. Ctr, 268-8410 for assistance	
Hilltown Food Pantry , Goshen Town Hall – Diane Drohan, Director	413 268-7578 Wed. 1-3
Meal Site , Williamsburg Senior Center Café	413 238-2920 Mon.-Thurs.
Meals on Wheels , Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center , 265 Prospect St., Northampton	413 586-6564
Grab and Go Meals: Chesterfield COA, Mondays, Thursdays, 11:30	413 296-4007
Cummington, Plainfield COAs, Tuesdays, Noon	413 634-2262
Goshen COA, 3 rd & 4 th Tuesday, 11:30	413 268-8236 x 118
Westhampton COA, 3 rd Thursday, Noon	413 387-3960
Williamsburg COA, Tuesday Wednesday 11:30	413 338-2920
Worthington COA Thursday, 11:30	413 238-238-5962
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336 or 586-6564

Health Services

Highland Valley Elder Services , Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center , Medical & Dental	413 238-5511, ext. 131
Hope Nurse Greta Cullett	413 238-5511, ext. 322
HealthWise Comm. Health Worker, Ellie Mathias	413 238-5511, ext. 322
Foot Care , Piper Sagan, RN. -Williamsburg or in-home visits	413 268-8407
Plainfield, Cummington, call COA	413 634-2262
Goshen, Call Piper for appt.	413 522-8432
Worthington, call Deb Dean	413 667-5363
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Lorraine York-Edberg	413 773-5555, Ext. 2275
Deborah Hollingworth call COAs,	
Williamsburg, Chesterfield, Goshen	
Worthington, Cummington, Plainfield, Westhampton	
Mass Health & Insurance Coverage	
Buliah Mae Thomas, Navigator: Hilltown Comm. Health Ctr.	413 238-5511

Transportation Services

PVTA Dial-A-Ride Williamsburg	413 268-8407 or 866-277-7741
Hilltown Easy Ride Van and Driver Pool , Ed Pelletier	413 296-4232
Westhampton Transportation , appts. or shopping Danielle Buzzee	413 246-0278
Williamsburg Medical and Carpool rides , call to schedule	413 268-8407

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cummington COA , Chrisoula Roumeliotis	413 634-2262
Goshen COA , Kerry Normandin	413 268-8236, ext. 118
Plainfield COA , Polly Ryan	413 212-1581
Westhampton COA , Amy Landau	413 203-9808
Williamsburg Senior Center , Melissa Wilson	413 268-8410
Worthington COA , Phyllis Dassatti	413 238-5962

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

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On the Road Again: 2024 Trips
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Four Day Trip September 30- October 3. Lancaster, PA. Sight & Sound's spectacular theatrical experience of the biblical show Daniel. Cost \$646, per person dbl. occupancy. Highlights: Sight & Sound Theater show, tour of Philadelphia, visit the Liberty Bell, Holocaust Memorial, The Mint, and spend time at Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail to the address above now. Call now to reserve your spot. Four seats available.**

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 Monday, October 14. Thimble Islands Cruise along the Connecticut shore line aboard the Sea Mist. Includes luncheon, choices available. Discounted price for Worthington Seniors over 60 and \$131 for other seniors. Call Phyllis 413-238-5962 for details and to reserve a seat by September 1. Limited seating.

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.

NEW 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 \$85 payment to Francine Frenier is due by August 21st. Please mail a check to the address above. **Call NOW to reserve a seat. This trip is a go.**

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 \$30 Payment to Francine Frenier is due by October 25. Please mail a check to the address above. **NO REFUNDS due to bargain price.**

October 2025~~~~Blue Ridge Mountains