

Worthington Corners

August 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 August!

"The sunshine in August isn't just about the weather. It's also about our mood and spirit. As we experience all that glorious sunlight, we can't help but feel a little more carefree. Ice cream tastes sweeter, and sunsets look more spectacular. ~ Unknown

"If this heat and humidity were anymore obscene, they'd have to bleep out the guy on the weather channel" ~ Maxine

Newsletter Reminder: You may now access the newsletter by emailing Kristen Estelle your name, email and mailing address, and she will put you on the email list: regionalcoanews@gmail.com You can also find the newsletter on the Constortium website: www.northernhilltownscoa.org There will be printed copies in the Town Hall, Library, and on the bulletin board at the COA office.

August 15th, 11:30-12:30

Grab N' Go Meals

Pick up at Town Hall

Menu: Mushroom Cheese Quiche or Italian Sausage Grinder. Zucchini/Cauliflower, pudding with topping. **RSVP at 238-1999 by August 11:** 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. An enrollment form is needed to receive a meal. You may bring the form with you the day of pick up. Bringing your own bag would be helpful. A donation to the Highland Valley Elder Services would be appreciated!

No Potluck in August

**Next Potluck- September 9th at 12pm
Town Hall**

BBQ Picnic- July 8 Rod And Gun Club



Movin' and Groovin' has been rescheduled September 24th, 11:00 am Town Hall

Refreshments will be served

"Summer is really starting to make me sweat... yep, I'm expecting that electric bill anytime now.

~Maxine



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

Sept. 18th, 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.

"For my summer diet, I start with a nice big salad bowl. And fill it with ice cream." - Maxine

Yoga Class

Sunday and Wednesday 8:30-10:30, outside at

Four Corners Farm. "First timers": call Eileen Daneri at 238-4461 to check on any schedule changes.

Exercise Class

With Judy Babcock will resume in September.

Call Judy at 238-4457 for more info.

Walk In Tech Help

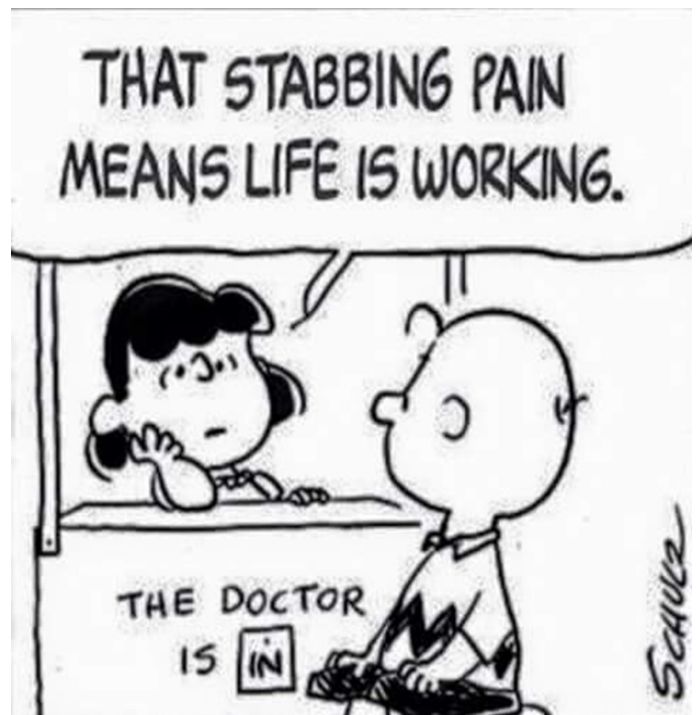
Thurs. Aug. 15th & Thurs. Sept. 19th

1-3pm, Worthington Library

All COA Events are Fragrance Free.

Transportation can be provided.

Call Phyllis: 413-238-5962



Seniors Aware of Fire Education

Emergencies happen fast and need to be quickly attended to. Here are three things you can do to plan for emergencies.

Senior 
SAFE

1. Make sure your house number is clearly visible from the street, so first responders can find your home quickly.
2. Get a FILE OF LIFE from your Council On Aging center, fire or police department. Fill it out with the names of the medications you are taking; post it on or in your fridge (EMTs will look for it if they are transporting you to the hospital).
3. Notify E-911 when someone in your house uses a life support system such as home oxygen or has some other disability. Dispatch will notify first responders which will enable them to render aid more quickly.

Plan to be SAFE!

--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.



QR codes – Questions!

What are they?

They are the ubiquitous white squares printed on labels and packaging that contain black squares and squiggles (most likely a technical term). They might make you think of bar codes, the multiple black lines printed on labels. But the QR code is sort of a spiffy bar code, where more data can be stored in the image. QR codes can store data such as web sites, text, images, payment information, and application downloads.

What does QR stand for?

My guesses were Quaint Rabbit, Quiet Roommate, and Quintessential Realist. Turns out it stands for Quick Response. Who knew. The general idea is that an electronic reader such as on your cell phone can access tons of information quickly. Sorry – Quickly.

Is there a problem?

So thinking that if an electronic reader, operated or accessed by a human being, can get all that information, is there a chance for mischief? What a surprise, yes, there is and it is called Quishing (I did not make that up). When the reader such as our phone scans the code, information is obtained that could be used to steal identity or money. I just got a bulk -mail letter from an insurance company with a QR code; even if they are a reputable company, if I scan that, I will give them some of my electronic information and they will at a minimum start sending me emails and maybe texts. The FTC warns that standard security programs may not be able to catch problems with QR codes.

Safety precautions are similar to other electronic “things” to which we are asked to respond. Be sure you know where you are clicking, the context, reputation, etc. In other words, who might be trying to push you to a fraudulent website. The AARP Fraud Line gives these three “Don’ts”: Don’t download an app from the code. Find and use the app from your phone’s app store. Don’t pay a bill by clicking on a QR code. Don’t follow a QR code you got online or from a text.

Quietly I leave you for this month,
Jean O’Neil
TRIAD Committee member
jeanoneilmass@gmail.com
413-268-2228

Tech. Help and Training for August



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, 11:30-1:30 (8/9 and 8/23)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (8/14)
- Goshen Free Public Library, 42 Main St.
Drop-in tech support, 3rd Thurs. 12-2 (8/15)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5-8pm (8/22)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (8/29)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 8/13 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 8/13 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
8/12 from 1-3pm. Appt. preferred.

Tech Training:

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

- Beginner's Computer / Laptop Class
will resume on Thursdays September 5, 12, 19, 26, 1:00 - 2:30
- Intermediate Windows Computer Class
starts, Wednesdays 10:30 – Noon, on 9/11 for 6 weeks

Tech Workshops:

- Chromebook Training, 8/9, 10:30-11:30
- iPad Basics Workshop, 8/22, 9-10:30

- Windows Basics Workshop, 8/23, 10:30-11:30
- Accessing the Newsletter Online, 8/28, 10:30-11:30

SAVE THE DATE:

Second TechConnect Fair

New Hingham Regional Elementary School

Sat. Sept. 21st, 9:00 - 1:00

Check website for details!

www.northernhilltownscoas.org

Devices ready for distribution: We have many PC laptops, refurbished Chromebooks and tablets. If you need or are waiting for 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

GOSHEN VOLUNTEER NEEDED WILL TRAIN: to learn more about what we need help with, contact Volunteer Coordinator:

413-296-5548, coatechvolcoor@gmail.com, or visit 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 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 NOW. Waitlist only.

*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 is FREE for Chesterfield Seniors 60+ and \$18 for other seniors.** Make your check payable to Francine Frenier and send it to the address above by September 6th. NO REFUNDS due to bargain price.

*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. Waitlist available.

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 60+ and \$131 for other seniors. Call Phyllis 413-238-5962 for details and to reserve a seat by September 1. Limited seating. Two pick up locations, Worthington and Northampton.

*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. Waitlist only.

NEW *Day Trip Monday, October 21. **Boston Fine Arts Museum.*** 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. Waitlist only.

*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 Asheville, North Carolina

Virtual Good News for August By Deb Hollingworth

Confused? The Good News is that many of you applied for the Medicare Savings Program when MassHealth released the new application in March. And many of you have been approved. Congratulations!

You should have gotten notification from social security that they would be putting your Medicare B premium back in your check, so your social security check should be bigger now. It can take a couple of months for that to happen, but it looks like they are processing faster now. You should also receive a MassHealth ID card (which looks like an ATM card). It's blue and has your MassHealth ID number on it.

Why are you getting a MassHealth card... does this mean you have MassHealth?

No, the Medicare Savings Program is a Federal benefit....not MassHealth. I know you must be sick of me saying that...over and over....but it's easy to think you have MassHealth if they send you an ID card.

Depending on your income, you may need to show that MassHealth ID card at the pharmacy, or when you have doctor visits, because there are additional benefits for those with incomes less than \$2,385 / month (single) or \$3,237/ month {married}. For those at this income, the Medicare Savings Program automatically enrolls you in Extra-Help which will subsidize your Rx co-pays and also pays your co-pays for doctor visits.

So tuck that new MassHealth ID card away in your wallet, and make sure to show it to your medical providers.

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

PRSR STD
US POSTAGE
PAID
PERMIT 183
PAID
Greenfield MA

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SCAM ALERT!



*You get a call or message saying that you did not appear for **jury duty**, you need to pay a fine or you will be arrested.*

What should you do?

- Hang up! It's a scam.
- No one will call if you miss jury duty.
- The sheriff's department will **never** call and ask you to pay a fine.

***VERIFY THE
INFORMATION***

**Massachusetts
Office of the Jury
Commissioner**

(800) 843-5879

*If you have a
consumer problem or
question, contact the*

**Northwestern
District
Attorney's
Consumer
Protection Unit**

**Greenfield
(413) 774-3186
Northampton
(413) 586-9225**

**Working in cooperation
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