

Worthington Corners

March 2025 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 March!

"It was one of those March days when the sun shines hot and the wind blows cold: When it is summer in the light and winter in the shade."

~ Charles Dickens

Daylight Savings- March 9th –
Spring Forward 1 hour!

First Day of Spring- March 20

Spring Cleaning?

"My theory on housework is, if the item doesn't multiply, smell, catch fire or block the fridge, let it be. No one else cares and why should you!"

~Erma Bombeck

St. Patrick's Day Luncheon

Monday, March 10th at 12pm
Town Hall

It may not be too late to call in your reservation, with a deadline of February 28. As we teased in the February edition, this is going to be a wonderful St. Patrick's luncheon catered by Chesterfield General Store and Café. Seating is limited and by reservation only. You may call **238-1999** to reserve. The Rolling Scones will delight you with lively Irish music.



Come listen to Worthington Fire Department representatives Janine Modestow and Nancy Brown describe how to get free property address markers. This initiative is a joint effort of the COA, Fire Department, and town volunteers. Address markers make 911 calls more efficient, reducing the time it takes for caregivers and emergency personnel to find your house. This is a free offer. Signups will be in the Spring.

March 20th, 12pm-1pm

Grab N' Go Meals

Pick up at Town Hall

Choices for the free monthly meal (every third Thursday): Tomato and Basil Quiche, Rice, Zucchini, Corn Casserole, Fresh Fruit OR Salmon and Dill Sauce, Rice, Zucchini, Corn Casserole, Fresh Fruit. RSVP at **238-1999** (deadline is 3/16) with name, phone number and the names of additional people receiving the meal. One time enrollment forms are available at the Town Hall and COA bulletin board. You may drop off the completed form in the Town Office and COA drop box. You can fill out the form when you pick up the meal by reservation. Bringing your own bag will be helpful. A donation to the Highland Valley Elder Services would be appreciated.

Valentine Potluck on February 10th



photo courtesy of Ed Pelletier

What a wonderful way to celebrate Valentine's Day with great food, friends and neighbors! The highlight of the luncheon was R.H. Conwell students grades 3-6 handed out heartwarming valentine cards and all grades wrote and recited poems. The remaining cards were given to the Maples residents.

There's no better way to welcome spring than to receive a flowering spring plant!

Spring Flowering Plant Giveaway

Monday, April 14 from 11:00-12:00

Curbside- Worthington Congregational Church
No reservation necessary- first come, first serve
One per household

Save The Date: May 12th at 12pm

Lafayette Visit To Worthington Potluck Luncheon

Town Hall

Members of the Worthington Lafayette Committee will attend our May Potluck luncheon on May 12 to explain the festivities planned for the weekend of June 13 -14 to celebrate the 200th anniversary of Lafayette's visit to Worthington.

Tech Help

Eileen Daneri can make home visits for tech help until a designated meeting time is set a time at the COA office. You may contact her at **238-4461** or **eadaneri@gmail.com**

The COA has acquired Covid-19 test kits. If you would like to have one per household contact Phyllis: **413-238-5962**

St. Patrick's Day- March 17

An American and an Irishman were enjoying a ride in the country when they came upon an unusual sight- old gallows. The American thought he would have a joke on the expense of his Irish companion. "You see that, Shaughnessy, I reckon", said the American, pointing to the gallows. "And now where you would be if the gallows had its due?" "Riding alone" replied Shaughnessy.

Calendar of Events

Foot Clinic

March 19th in the COA office. Nail Clipping and warm foot massage. Still discounted price of \$25. Call Deb Deane for an appointment:413-667-5363

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 Daneri at 238-4461 to check on any schedule changes.

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 at 238-4457 for more info.

Plant Calming Herb That Can Reduce Anxiety and Stress: Lemon Balm

Brushing the leaves of lemon balm releases a minty, calming fragrance. Modern studies show that lemon balm does improve secondary memory and ability to learn, so herbalists will recommend the herb for dementia, Alzheimer's disease and attention deficit hyperactivity disorder (ADHD). Since lemon balm has a mildly sedative quality, it's good for calming the mind before bed. Just pour 1 cup of boiling water over 5-6 fresh leaves or 1 tsp dried leaf. Steep for 5-7 minutes. Strain. Add honey if desired.

**All COA Events are Fragrance Free.
Transportation can be provided.**

Contact Phyllis: 413-238-5962,
coa@worthington-ma.us

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!



PLEASE do your Power of Attorney now!

For more information, please revisit page 5 of the June 2022 newsletter:

<https://northernhilltownscoas.org/files>

For financial safety,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com, 413-268-2228

Seniors Aware of Fire Education

This month our focus is what to do and not to do treating burns and scalds.



1. First of all, remove the patient from the source of the burn.
2. Call 911 if the burn is deep and/or covering a large area.
3. Run COOL (not cold) water over the burn. This will cool down and stop the boiling fluid under the skin.
4. Do NOT put butter, grease or ointment on the burn.
5. Flush a chemical burn continuously with cool water.
6. Remove watches and jewelry from the burn area.
7. If possible, remove clothing from the burn area.
8. If clothing is stuck to the burn, leave it in place and cut away the clothing around the burn.
9. Again, do not hesitate to call 911 and seek medical attention for serious, deep, large area burn treatment.

Have a burn-free and sweet sugar season!

--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.



Please join us!

"Sharing Stories, Creating Change" Hilltown Exhibit Opening & Community Gathering

The Hampshire County Community Story Archive presents a collection of food stories sharing community wisdom for a better future.

Saturday, March 8th

1:30 to 3:30pm

Join in conversation with storytellers at 2pm

Meekins Library, Community Room
2 Williams Street, Williamsburg

Free & open to the public.
Refreshments will be served!

Visit hcfpc.collaborative.org to learn more

Funded by Mass in Motion, an initiative of MA Dept. of Public Health & Williamsburg Cultural Council, a local agency supported by MA Cultural Council.



Tech. Help and Training for March



GREAT NEWS!

TechConnect will continue providing services. Although we have fewer trainings going forward, drop-ins and tech support will continue. Please take advantage of ongoing service.

DELIVERING NOW AND ACCEPTING NEW REQUESTS: Internet Hotspots

It's not too late if you need affordable internet access! We have a solution that may work for you. Hotspots are small cellular devices you can use to access the internet, and they work in most areas in the hilltowns. If you are interested in learning more, please contact us by phone or email. Calls to **413-296-5080** are now returned and emailing **coatechconnect@gmail.com** is also a great way to reach us.

Tech Support Available by appointment

Receive technology help by email, phone, drop-in, or by appointment: **coaTechHelp@gmail.com**, phone or text msg **413-296-5080** or check the website, **www.northernhilltownscoas.org**, for locations and time. You can attend drop-in at all locations, except Nash Hill.

Devices for you: PC laptops, refurbished Chromebooks, iPads and Android tablets

There is still time to join the Digital World. We have more PC laptops, refurbished Chromebooks and iPad and Android 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 request form on our website, **www.northernhilltownscoas.org**

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
Two Fridays, 11:30-1:30 (3/7 and 3/21)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (3/12)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (3/20)

- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (3/20)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (3/27)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 3/11 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 3/11 from 10 to Noon
- Worthington: drop-in tech support at COA office. Call COA for date & time: 413-238-5962.

Tech Training:

MUST pre-register for training no later than two days before the scheduled training date. All classes held at the Chesterfield Community Center, 400 Main Rd, lower level. To register, email **coaTechTrainer@gmail.com**, call or text **413-296-5080**, or sign up through the website **www.northernhilltownscoas.org**

Tech Workshops, March through August:

*On Fridays twice a month from 10:30–11:30 at
Chesterfield Community Center*

- 3/7 - Computer Maintenance
- 3/21 - Misinformation
- 4/4 - Social Media
- 4/18 - Cloud Basics
- 5/2 - Intro to Google Suite
- 5/16- Microsoft Word
- 6/6 - Microsoft Excel
- 6/20 - Canva
- 7/18 - Windows Basics
- 8/1 - Google Drive

Computer Classes:

No ongoing computer classes are scheduled. An alternate online resource for basic training can be accessed, with help from us, at **www.digitalliteracyassessment.org/login/?location=17640-MG8N-techconnect**

We can set up your access to this website and help you begin to train yourself for very basic to more advanced beginner digital literacy.



On the Road Again...

2025 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 May 6. One day at **Encore Casino in Everett, MA.** Free Slot play. Lunch on your own. Restaurants on site. Cost \$40. I need 15 to sign up to make this trip affordable. Make check payable to Francine Frenier and mail to the address above by March 6.

Day Trip May 19. **Isabella Stewart Gardner Museum & Maggiano's Little Italy.** Enjoy a delicious family-style lunch at Maggiano's. Tour three floors of galleries at the Isabella Stewart Gardner Museum on your own. Price \$144. Make check payable to Landmark Tours and mail to the address above by March 24. **Waitlist only.**

Day Trip June 8. **Winnepesaukee Railroad.** Enjoy a complete turkey dinner, prepared by Hart's Turkey Farm Restaurant, aboard the train while touring the shores of Lake Winnepesaukee. Price \$137. Make check payable to Landmark Tours and mail to the address above by April 8. **Waitlist only.**

Multi Day Trip June 22-26. **Montreal & Ottawa.** Passports required. Visit the Biodome, Notre Dame Basilica, Montreal's Underground City, Parliament Hill, Cruise on the St. Lawrence River. Price \$1,052. Discount of \$25 if paid in full by March 26. Make the check payable to Diamond Tours and mail to the address above. **A few seats remain.**

Day Trip July 16. **FDR Homestead & Library and Hudson River Cruise.** Take a scenic cruise on the Hudson River. Enjoy a boxed lunch on board. Tour the home of Franklin D. Roosevelt and the first Presidential Library. Price \$140. Make check payable to Landmark Tours and mail to the address above by May 28.

Day Trip August 3. Triple A affiliates, **Boston Red Sox vs Philadelphia Phillies Lehigh Valley IronPigs** at Polar Park, Worcester, MA. A pre-game tour of Polar Park and a ballpark-fare buffet are included. Cost \$90.00. Make check payable to Francine Frenier and mail to address above by June 1.

Day Trip Sept. TBD. **The BIG E,** an annual favorite, with free entertainment at The Court of Honor Stage.

Day Trip Oct. 9. **A Chorus Line.** Center orchestra seating for the 50th Anniversary Production on stage at the Goodspeed Opera House in East Haddam, CT. Center Orchestra seating. Lunch at The Gelston House. Price \$177. Make a check payable to Landmark Tours and mail to the address above by August 1. **Note date change.**

Multi Day Trip October 12-18. **Biltmore Estate & Smoky Mountains, Asheville, NC.** Seven days, six nights. Visit the Biltmore Estate, the St. Lawrence Basilica, historic Gatlinburg, TN & Asheville, NC. Guided tour of the Smoky Mountains National Park. Price \$1,099. Discount of \$25 if paid in full by July 18. Make the check payable to Diamond Tours and mail to the address above. **As of March 2025, Diamond Tours**

is expecting this trip to go, despite the hurricane damage around the area. Please stay tuned.

Day Trip Nov-Dec. **A Holiday Event in Waltham, MA.** Reagle Music Theater Players beloved Christmas extravaganza--100 performers, live orchestra, dancers, living nativity, and yuletide tunes. Pre-show lunch at The Chateau Restaurant. Price TBD. Sundays.

Good News for March 2025

Being a caregiver is usually not something you imagine, or plan for. It just happens. It could be your parents needing help, or your child becomes disabled, or your life partner's medical problems become debilitating. Your caregiver responsibilities can happen in an instant due to accident and/or injury. Or they can grow slowly, when the person you are helping begins needing more and more support. It can become overwhelming, and isolating where you focus on what needs to be done day by day.

How do you manage? What help is available?

We usually look to our health insurance because caregiver tasks include helping with personal care, meals, cleaning, grocery shopping, managing Rx, and keeping track of doctor appointments. For those of us over 65 who have Medicare as our primary health insurance, we are surprised and disappointed to discover that Medicare doesn't cover home care services or nursing home costs except for short periods of rehab, or after a hospitalization when your doctor can write orders for the VNA to deliver limited home care help.

In Massachusetts, we also have the State Home Care program which can provide ongoing home care services for residents over 60. These services include help with meals, housekeeping, personal care, transportation to medical appointments, lifeline services and a program called Options counseling to help understand other resources. Unfortunately, availability of workers for home care is limited, especially here in the hill towns. Highland Valley is the agency who oversees and pays for these home care services. Often authorized hours go unfilled because there aren't available workers.

So while Medicare and Highland Valley may pay for some home care, when our caregiver needs are greater, MassHealth is the resource that can help caregivers pay for the help they need.

MassHealth is medical insurance for those with limited financial resources. However, MassHealth has different income and asset eligibility limits for different programs. For caregivers, there are a couple of programs that help.

The PCA (Personal Care Attendant) program lets you hire your own worker, and Mass Health pays for a number of hours determined by a nursing assessment. So those who have significant medical problems, would qualify for more hours than those with less need. The worker you hire can be anyone (*cont. on next pg*)

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

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

(cont. from previous pg) who is not married to the MassHealth member. The PCA program has higher income eligibility limits, and “excess” assets can be transferred before applying. This program pays for care at home, not nursing home. MassHealth also pays for the Adult Family Care Program, like the foster care system, a caregiver can be paid for managing the Mass Health member’s care at home. AFC pays the caregiver a tax free stipend for managing and coordinating services. The program also provides a RN and social worker to help the caregiver access other resources and services.

To enroll in either of these programs, the person needing help must be eligible for Mass Health.

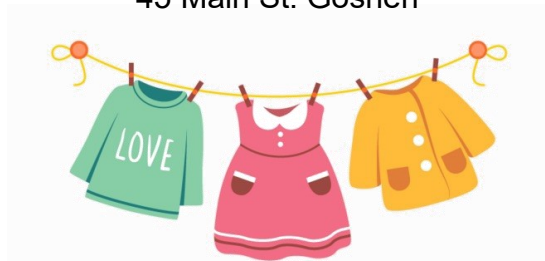
You might contact your senior center or SHINE counselor to ask about Mass Health eligibility. Don’t assume you’re not eligible- it’s worth a conversation to explore the options.



Spring/ Summer Clothing Exchange

Saturday, April 26th, 9am-3pm

Goshen Congregational Church
45 Main St. Goshen



Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men’s, women’s and children’s spring/summer clothing and accessories at the church on Wednesday 4/23 from 6-8pm or Friday 4/25 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 26th from 9am-3pm! All are invited to participate whether you donate clothes or not.