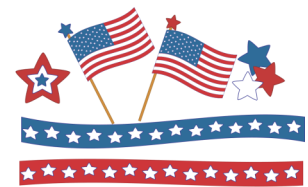


Worthington Corners

July 2025 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



'A picnic is a great way to see what all the foods you love will taste like if you add ants'
~Maxine

Important News about the COA Newsletter

Due to the lack of grant funding, this July issue will be the last newsletter which Kristen Estelle, the Newsletter Designer for nine years, will produce. We appreciate all that she has done.

But Wait-

Many thanks to MaryKay Farley, a COA Board member, who will be volunteering her time and talent to produce a newsletter for Worthington. You will still be able to access paper copies at the Town Hall, Library, The Maples, the bulletin board in front of the COA office and the Worthington Town Website, as well as through your personal email. The regional pages will continue to appear.

If you haven't had the newsletter emailed and would like to do so, please request to have it by emailing **coa@worthington-ma.us**. Include full name, mailing address, phone number.

Regretfully, **Susan VanBuren** has resigned as a member of the Council On Aging Board after serving the town's senior residents for the last 9 years. She will still be volunteering when schedule allows and you will be seeing her at Grab N' Go. Thank you, Susan, for your kindness and laughter.

The BINGO event on June 9th was a success with attendance, and laughter with the anticipation of that winning card. There were also prizes and

refreshments. This will continue to be part of our recreational events starting in the Fall. Dates to be announced. Please come and join in the fun to shout out "Bingo"!

MaryKay and Helyn calling numbers for the lucky winner.

Photo courtesy of Charley Rose



John Sullivan, looking intently for the winning number called

Photo courtesy of Charley Rose

COA Annual Picnic

Monday, July 14th at Noon
Rod and Gun Club

You do not want to miss this annual picnic on July 14th, rain or shine, at the Rod and Gun Club with Worthy-Que BBQ again providing their amazing BBQ chicken and all sides, plus dessert. *By reservation only, seating is limited.* Please call 238-1999 NOW. **DEADLINE JULY 6TH!** Underwritten by The Rolland Fund.

Thursday, July 17th, 12pm-1pm
Grab' n 'Go Meal

Pick up at Town Hall

Choices for the free monthly meal for July: Spinach Quiche or French Meat Pie with Spinach, Carrots, and fresh fruit. Call 238-1999 (Deadline is

Sunday July 13) with name, phone number and the names of additional people receiving the meal. One-time enrollment forms are available at the Town Hall and the COA bulletin board. You may drop 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 bag will be helpful. A donation to the Highland Valley Elder Services would be appreciated. There will be a glass container on the table for your convenience.

Annual Foliage Bus Trip

Wednesday, October 8th

Reservations Necessary

Note: There will a detailed description of the history and information on the Worthington website and paper copies will be available at the Library, Town Hall, COA Office Bulletin Board and The Maples.

First- an excellent traditional luncheon at the Salem Cross Inn. Menu includes: Garden Salad w/Chef's Homemade Dressing, Pick one choice-Baked Haddock or Yankee Pot Roast w/Pan Gravy. Dessert: Apple Cake.

After luncheon, we will travel with our guide to **Quabbin Reservoir**, then head home, but not before making a stop at **Brookfield Orchards**, home of the Apple Dumping!

\$53 per person for senior Worthington residents, \$103 for senior non-residents (tax and gratuities included) Make out check to Town of Worthington. And mail to: COA, PO Box 7, Worthington, MA 01098. Please include meal choice, emergency contact, and your phone number as well. Call Phyllis Dassatti (238-5962) with any questions.

10:00AM: Depart Worthington Congregational Church, Huntington Road , Worthington.

5:15PM: Approximate Return

Calendar of Events

Foot Nurse– July 16th in the COA office
Nail clipping, warm foot massage. Discount 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,
Outdoors, Four Corners Farm
"First timers": call Eileen Daneri at 238-4461 for an updated schedule.

Exercise Class

There will be no exercise class during the summer months of July and August. The class will resume in September. You may contact Judy Babcock at 238-4461

Tech Help

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

The Fire Department Street Sign Offer

The Worthington Fire Department would like to thank our Worthington Seniors who responded to the address street sign offer. They had 43 households register for this first round, which is an excellent start. The firefighters started installations June 16th. If you missed this round, the Fire Department will be expanding the offer to the town later this summer.

**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 continue our important programs for local seniors!

I would like to contribute to the Worthington COA. My contribution of \$_____ is attached.

*(Please write your check out to the Town of Worthington and send to
Worthington COA, PO Box 7, Worthington, MA 01098)*

Name _____ Telephone _____

Address _____

Email _____



Seniors Aware of Fire Education

This Senior S.A.F.E. column is different from the many that have been published over the years. I am going to give you only one piece of fire and life safety advice, which is:

Senior 
SAFE

~ if you are in a structure that is on fire or in one when a carbon monoxide detector sounds,
GET OUT and STAY OUT!

This is the last COA newsletter put together by Kristen Estelle. She has edited, formatted and produced the printed and online editions of the newsletters that go to every senior in seven Northern Hilltowns. She has brought local and regional news for everyone's benefit. This newsletter was the first of its kind when it was recognized by the Department of Fire Services a number of years ago at an annual S.A.F.E educators conference.

I personally thank Kristen for editing and formatting my column. It catches the eye and is an easy read. I also thank her for the "gentle reminder" of the deadline each month.

Job well done!

--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.*

Power of Attorney, yet again

Since I last nagged you on getting a POA, I have learned some things. One of them the hard way, but that is to your benefit. Oh, and the person who gives the POA to another person is called the "principal"; the person who receives the authority is the "agent" or the "attorney-in-fact".

1. Before the agent can use the POA for the principal, the principal should notify any third parties, such as banks, that the agent is authorized to act on the principal's behalf. This means that the agent should go to or communicate with the bank or rest home or whatever entity, to insure they can accept the POA and add it to their files. The agent should take a copy of the appointment and proof of identity.

2. Some entities such as a financial institution may need a certified copy of a POA. The attorney who prepared the POA – or any notary public – can prepare a certified copy from an original POA document. This verifies that the POA is still valid.

3. The wording should be explicit as to privileges given to the agent. My best example of that is making sure that complete electronic access to accounts is available. I bank online, many of you do, and the principal may want the agent to be able to continue that.

4. To change the mailing address of the principal for Medicare and Social Security (SS), the agent will need to go through SS, and whether this can be done online or via phone or if a visit is required is fluid these days. In my case, I called SS to set up an appointment to visit and learned that the federal government does not recognize a POA. SS requires that the agent register as a Representative Payee. The paperwork includes a form "Request to be Selected as Payee" and likely a form for a medical provider to certify that the principal cannot or does not want to manage their finances.

5. MassHealth requires the agent to register as an Authorized Representative before the principal's address can be changed, or before MassHealth will share information about an insurance issue. That registration form can be found online: **www.mass.gov/doc/authorized-representative-designation-form-1/download**

6. The principal should keep a list of who they have informed about their POA, in case they later need to revoke it.

Smile!
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com
413-268-2228

Tech. Help and Training for July



GREAT NEWS!

TechConnect will continue providing services through a partnership with Northampton Open Media. 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. Call **413-296-5080** or email coatechdevices@gmail.com.

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 while supplies last. We have ordered more PC laptops/ computers, refurbished Chromebooks, iPads 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 coatechdevices@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 One Friday, 11:30-1:30 (7/18)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (7/9)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (7/17)

- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (7/17)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (7/24)
- Williamsburg Meekins Library Drop-In tech support 2nd Tuesday 7/8 from 10:30-12:30 Nash Hill Place Resident Drop-In tech support 2nd Tuesday 7/8 from 10 to Noon

Tech Training Classes & Workshops:

MUST pre-register for training 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 coaTechTrainer@gmail.com, call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Tech Workshops, July and August:

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

- 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 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 **NOW. Call or email above to be added to the Wait List.**

Day Trip August 3. Triple A affiliates, **Boston Red Sox vs Philadelphia Phillies** at Polar Park, Worcester, MA. A pre-game tour of Polar Park and a ball-park-fare buffet are included. Cost \$90.00 due **NOW.** Make check payable to Francine Frenier and mail to address above. **Call or email above to be added to the Wait List.**

Day Trip Sept. 15. The BIG E, an annual favorite, with free entertainment at The Court of Honor Stage. The Stylistics perform hits from the 70's. Cost \$18 for Northampton Seniors, all other seniors \$20. Make your check payable to Barbara Kaczinski & send to 39 Leeno Terr. Florence, MA 01062 by Sept. 1. NO REFUNDS due to bargain price. Bus leaves from Sheldon Field. **NOTE: check info and mailing address.**

NEW Day Trip Tues. October 8. Historic Salem Cross Inn. Includes luncheon, choices available. Tour of Quabbin and stop at Brookfield Orchards. Discounted price for Worthington Seniors over 60 and \$103 for other seniors. Call Phyllis 413-238-5962 or coa@worthington-ma.us for details and to reserve a seat by Sept 1. Limited seating.

Day Trip Oct. 9. A Chorus Line. Center orchestra seating for the 50th Anniversary Production 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. **Call or email above to be added to the Wait List.**

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. **A 2nd bus has 10 open seats.**

Day Trip Sunday, December 7. 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 \$160 (approx.) Make a check payable to Landmark Tours, mail to address above by Oct. 13.

Good News for July 2025

By Deb Hollingworth

Let's talk a little more about resources for caregivers. Are you a caregiver? Nurses, physical therapists, and other medical professionals certainly are, but you are too if someone depends on you to help them in order to stay home safely.

Maybe you do grocery shopping, or provide rides to medical appointments? But what if you are taking care of someone 24/7, providing personal care, meals, setting up medications, doing laundry and a host of other tasks to make sure the house is run.

Being a caregiver, managing the household, can become a full time job.

What happens if you need care yourself? Who can take over while you get the care you need for a medical procedure, recovery from surgery, or just to recoup your strength? This kind of help is called Respite care. It might be help like someone coming into your home, or it might be a short term nursing home placement for the person you're taking care of.

These short term nursing home placements can be paid for by MassHealth if the person you are caring for qualifies for MassHealth, or in some cases, the VA will pay for short term placement if the person you care for is a veteran and receives medical services from the VA system.



To find out more about the Caregiver Options, you can contact Highland Valley Elder Services at **586-2000** and ask to speak to an Options counselor. Highland Valley also has had Caregiver grants to help with additional expenses when the caregiver needs Respite services support. (Federally funded grants through Highland Valley are subject to availability). And always give your senior center a call to see who to speak to about MassHealth and Veterans services eligibility.

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

Worthington COA

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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
with the Office of the MA
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