



Listons Old North Road Hours: Wednesday - Saturday 11:30am - 10pm *Sunday 11:30am -4pm

WORTHINGTON COUNCIL ON AGING NEWS

OCTOBER, 2025

DAYLIGHT SAVINGS ENDS NOVEMBER 2ND 2:00AM

BOARD MEMBERS

PHYLLIS DASSATTI-Coordinator
CAMILLE SMITH- Chair
HELYN MYRICK-Co-Chair
EILEEN DANERI
JAY DRESCHNACK

MARY KAY FARLEY
Newsletter
PAT KENNEDY
HELEN PELLETIER
JUDY SENA-Secretary

IMPORTANT NOTICE FROM THE WORTHINGTON BOARD OF HEALTH AND COUNCIL ON AGING: FLU/COVID VACCINE CLINIC
at TOWN HALL OPEN TO THE PUBLIC October 10, 2025 1:00 - 4:00 pre-registration preferred but not required call CAMILE SMITH at 413-238-5998 for more information

This Newsletter will be distributed through the town's email service To be included in the town's e-mailings, please go to the town's website:

www.worthington-ma.us to register.

WORTHINGTON COA EVENTS

SEPTEMBER POTLUCK



A golden cane was presented to Worthington's oldest resident, Elaine Spiro, age 101 at the September pot luck luncheon. The cheers and laughter made her day! Photo courtesy of Charley Rose

BINGO SEPTEMBER 22ND



Attendance was great, lots of fun, great prizes. This has become a favorite activity and will become a monthly COA sponsored event photo courtesy of Charley Rose

****SOCKS GALORE****

It's that time again to start collecting unused socks to be donated to the Franklin Homeless in Greenfield. We collected 91 pairs of socks in 2024!

There will be a box in front of the COA office to drop off at your convenience. Or you may call Phyllis 238 -5962. There will be a container at the November Potluck and the Holiday Celebration in December. Dates TBA.

WEEKLY ACTIVITIES:

Sundays & Wednesdays

Yoga
4 Corner Farm
9:30 – 10:30
Eileen Daneri-
238-4461

Mondays & Fridays

Bones & Balance
Town Hall
10:00-11:00
Marcia Estelle-
238-5554

Aerobic Training

Town Hall
Monday 4:00-5:00
\$10.00/class
walk-in \$12.00

Strength Training

Town Hall
Thursday 4:00-5:00
Judy Babcock
238-4457

THE WORTHINGTON FIRE DEPARTMENT is offering free lockboxes to older adults (60+) in October. A lockbox is a small secure box with a combination that holds your house key. When an emergency call comes through 911, the dispatcher will inform the responding officer or paramedic (via secure format) of the location and combination of the lockbox, allowing quicker entry to

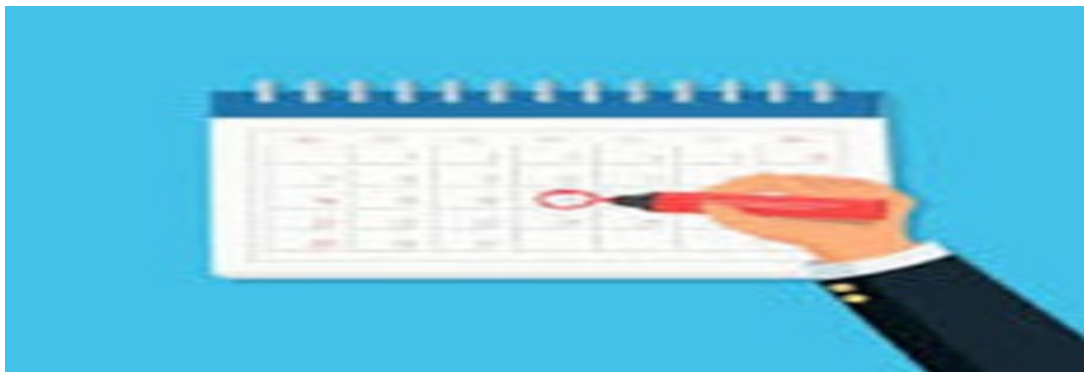
your home. If you would like to participate in this offer, call 413-238-1557 and leave your name, address and phone number. A member of the Fire Department will call back to arrange details and answer all questions. Also, seniors who did not request a street address sign last May, and still want one, call 413-238-1557 and leave your name, address and phone number

TOWN NOTARY SERVICE

Anyone in need of a document to be notarized can contact COA board member, Jay Dreschnack Notary Public, at (413)406-8884, to make an appointment. He will come to your house to accomplish it. Please let him know if it is time sensitive issue. There is no charge for this service for Worthington residents.

COMPUTER ASSISTANCE

COA board member, Eileen Daneri will be available to assist you with computer issues. Please call 238-4461 to inquire.



MARK YOUR CALENDARS:

October 10- Vaccine Clinic

October 16- Grab-n-go meals

Enrollment forms must be completed before requesting a meal. These forms are available at all COA events Order deadline October 12th

Each month there will be two choices for dinner This month's Menu:
**CHEESE LASAGNA, OR BAKED POTATO W/CHILI CON CARNE,
CORN BREAD, VEGETABLE BLEND CHILLED PEACHES**

Every third Thursday, meals that have been ordered, will be available for pick up at the Town Hall (12-1:00) We suggest that you bring your own bag for easy transport. **If you or someone you know has not enrolled, contact Phyllis Dassatti (413) 238-1999 to arrange participation**

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**October 27- BINGO**

**Worthington Town Hall 1:00**

Bring a friend and Come join the fun

Winners will have the opportunity to choose a *non-monetary* prize from the awards table

**November 110 VETERAN APPRECIATION POT LUCK**

**Worthington Town Hall 12:00**

Come meet and greet our local Heros





## ***EVERYONE IS INVITED***

*LISTONS* 3rd year anniversary party on October 4<sup>th</sup>

Live music, mechanical bull, line dancing and other vendors will be attending. 11: 30 am - 9:00 pm



*Save the Date*  
Hilltown Community  
Health Center is  
*Celebrating*  
**75 Years**  
*of Providing*  
Quality Health  
Care to the People  
of Western Mass

October 4, 2025  
11:00 AM - 1:00 PM  
Worthington Historical Society  
6 Williamsburg Rd  
Worthington, MA



**SUPPORT AND SOCIALIZE WITH YOUR  
WORTHINGTON NEIGHBORS:  
CALL FOR THEIR SCHEDULES**

**Golden Rod 238-0144**

Old North Road



**LAW Golf course 238-4464**

Ridge Road



**Liston's 238-3176**

Old North Road



**Sena's 896-262-7413**

Buffington Hill





# Regional News

## STOLEN IDENTITY! HOW DO WE KNOW?

You may have read about the recent, very large hack by China of many US government and corporate computer systems, and possible exposure of our data via the DOGE effort. Because we are now so digital, no one is totally safe from being hurt by an identity theft. If our identity is stolen, it is Really Irritating and causes a Lot of Bother to fix. Even worse, of course, there may be horrid financial consequences.

So how do we know if our identity has been stolen or even just messed with? Here are some ways to ferret out if your identity has been compromised in some way.

- Your credit report shows activity you didn't authorize or initiate.
- Someone has opened a credit card account, or started charging medical bills to you.
- Perhaps your credit score drops without apparent reason.
- You get a message from your bank that something is wrong. Or when you get your bank statement, you find that an expected deposit has not been made or a very small withdrawal has been made that you don't recognize. (This could be a test on their part.)
- You receive a bill for something you did not buy.
- You receive merchandise you didn't order, again a test on their part. You have automatic bill paying set up and all of a sudden that action is denied.
- Your tax return or payment is rejected.
- There is increased spam on your phone, perhaps calls about suspended benefits such as VA or Social Security.
- You realize mail has stopped coming to you.

A good online resource page for us is  
<https://www.usa.gov/identity-theft>

Stay safe!!

Jean O'Neil

TRIAD Committee member

[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## GOOD NEWS FOR OCTOBER 2025

By Deb Hollingworth

Open Enrollment time again for folks who have Medicare! DO YOU NEED TO BOTHER?

October 15th - December 7th every year is our opportunity to review our health insurance coverage.

You can stop reading here

- IF you are still working and covered through your employer or through your spouse who is still working OR
- IF you get your health insurance through your retirement pension OR
- IF you use the VA because you're a veteran

IF you don't have any of those options, then it's a good idea to review coverage during Open Enrollment. Why? Because annually Medicare plans change their monthly premiums, change co-pays for medical treatment(s) and change co-pays for prescriptions. Especially co-pays and premiums for prescriptions Medicare D plans.

This year Rx coverage might be less expensive through a Medicare Advantage plan? While I'm cautious about recommending Advantage plans because of all their copays for medical services, and because you have to get referrals...and in some cases, approval for certain treatments and because not all doctors (especially here in the hilltowns) will accept some Advantage plans....it's looking like this year some Advantage plans may do a better job covering your Rx. It depends on your prescriptions. Which is why it's a good idea to have your prescriptions list reviewed by a SHINE counselor.

Keep reading on the next page for more information on Medicare Open Enrollment from the Assistant Director of the SHINE Program at LifePath.

# MEDICARE KICKS OFF OPEN ENROLLMENT OCTOBER 15TH, ARE YOU READY?

*By Kyra DeCarlo Assistant Director, SHINE Program at LifePath*

The Medicare Annual Open Enrollment Period (OEP/AEP), takes place each year from October 15th to December 7th, for plans starting January 1. Keep an eye on your mail for important plan change information. Your opportunity to change plans for 2026 ends December 7th!

During September and early October, your current Medicare Advantage Plan (HMO, PPO, POS) with Part D drug coverage sends you information about changes to your coverage in 2026. This document is the Annual Notice of Change. This information allows you to make an informed decision about either keeping your current coverage or making a change.

The Open Enrollment period is your opportunity to re-evaluate your current plan and compare it to other available options. By comparing your options you may find a plan that offers you better coverage or saves you money. If you are happy with your current coverage and it still meets your needs, you don't have to make any changes.

Plans automatically renew for 2026. However, it is important to be aware of any changes to premiums, deductibles, cost sharing, provider networks, covered prescription, drug restrictions, etc.

If you do not review your plan and make changes during this time, SHINE counselors can still review coverage with you after Open Enrollment. To help you switch mid-year, we try to find a Special enrollment period option, but you may have to wait until the next Open Enrollment Period to make changes.

During Annual Open Enrollment Medicare beneficiaries can make the following changes to their health and prescription drug coverage for the following year:

- Enroll in or review and switch your Medicare Prescription drug plan
- Switch from Original Medicare to a Medicare Advantage plan
- Switch from one Advantage plan to another
- If you are already in a Medicare Advantage Plan, you can use the Open Enrollment to switch back to Original Medicare with a Medicare Prescription Drug Plan and add a Supplemental Medigap Plan.

The SHINE program, Medicare Health Insurance Counseling Program, provides confidential and unbiased health insurance counseling for Medicare beneficiaries. This is a free service, though contributions are welcome and will go a long way to help support this vital program.

For assistance with any Medicare issue, reach out to SHINE. **Contact Highland Valley Elder Services at 586-2000** to book an appointment with SHINE counselor Caroline Solan. If all her appointments are booked up through December 7<sup>th</sup> call Life Path which is the **Regional SHINE office in Greenfield. 773-5555 ext 1220**. If they get completely booked up for appointments, you might try the **Pharmacy Outreach Project at 866-633-1617**. And if you still can't get an appointment, call your senior center to get the latest information on how SHINE is handling the possible overload of Open Enrollment calls.



## Your Community Connector

Jennifer O'Connell is working for the Hilltown COAs as the Community Connector. She is available to help Hilltown residents that are experiencing challenges, hardship and/or need assistance.

Jennifer can help you meet a variety of your needs to make life easier.

Some examples are:

- Obtaining benefits such as Fuel Assistance, SNAP, Social Security, etc.
- Getting help so you can continue living independently at home
- Arranging for repairs
- Connecting to local groups / activities to prevent isolation and have fun with other community members
- Transportation assistance
- Being unsure of what you need or where to turn

Any and all inquiries are welcome. Call Jennifer at 413-296-4536 ext.110 or email [communityconnectjo@gmail.com](mailto:communityconnectjo@gmail.com)

## On the Road Again...

### TRIPS IN 2025



**Contact Francine Frenier to reserve your seat  
BEFORE mailing payments.**

For more info call 413-296-4291

Email: [francine.frenier@gmail.com](mailto:francine.frenier@gmail.com)

**Mail to: 11 Stage Rd. Williamsburg, MA 01096**

#### Day Trip Dec7, Sunday

#### 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. Make a check payable to Landmark Tours and mail to the address above by October 13. Call or email above to be added to the **Wait List**.

**Hamilton at the Bushnell on Wednesday, November 12 with the Holyoke Senior Center. Call 413-322-5625 for more information. Tickets are going fast.**

**There are day trips to Radio City Rockettes, Craft Festival at Mohegan, NYC on your own -- all leaving from Chicopee. If interested, call 413-296-4291 or 413-593-3939 for more information.**

**\*\*\*\*\* 2026 Multi Day trips to Washington DC and Mackinac Island \*\*\*\*\***

#### Multi Day Trip April 17-21, Washington DC 5 days, 4 nights

Visit or tour George Washington Mount Vernon Estate, Garden & Memorial, Arlington National Cemetery, Smithsonian Institution, Capitol Building, World War II Memorial and more. Price \$790. Take a \$25 discount if paid in full by January 26, 2026. Make the check payable to Diamond Tours and mail to the address above.

***No money is due until early January.***

**Multi Day Trip September 27- October 3, Mackinac Island**, the quaint Michigan island where no vehicles are allowed. Trip is for 7 days, 6 nights. Tour the island by horse & carriage, cruise the Soo Locks, visit Bronner's Christmas Wonderland, Frankenmuth Bavarian Village and much more, not to mention the plentiful fudge shops. Price \$959. Take a \$25 discount if paid in full by June 27, 2026. Make the check payable to Diamond Tours and mail to the address above.

***No money is due until next year.***

**Day trips for 2026 being planned: Isle of Shoals Cruise and Clam Bake, FDR Homestead & Library and Hudson River Cruise.**

# TECHNOLOGY HELP FOR OCTOBER



**TechConnect 2.0** is providing free services through a partnership with Northampton Open Media. We offer free devices, drop-ins and one-on-one tech support. Please take advantage of ongoing services.

## Internet Hotspots

If you need affordable internet access, we have a solution that may work for you. Hotspots are free prepaid cellular devices used to access internet in most areas in the hilltowns. To learn more please contact us by phone or email. (see contact below)

## Tech Support Available by appointment

Receive technology help by email, phone, drop-in, or by appointment at [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com) phone call or text msg **413-296-5080**. You also may attend drop-in at any location.

## Devices for you

PC laptops, refurbished Chromebooks, iPads  
There is still time to join the Digital World while supplies last. 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. Call and leave a message or use the online request form on our website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

## Tech Support Drop in Centers:

(no appointment needed)

Chesterfield Community Center

Weekly on all Tuesdays, 11:00 to 2:00

Cummington Community House, 10 to Noon,  
2<sup>nd</sup> Wednesday 10/8

Goshen Town Hall, 12:00 to 2:00, 3<sup>rd</sup> Thursday, 10/16

Plainfield Shaw Memorial Library, 5:30 to 7:30, 3<sup>rd</sup>  
Thursday 10/16

Westhampton Library, 2:00 to 4:00, 4<sup>th</sup> Thursday  
10/23

Williamsburg

Meekins Library, 10 to Noon 2<sup>nd</sup> Tuesday, 10/14

Nash Hill Place (Resident onl), 10:00 to Noon, 2<sup>nd</sup>  
Tuesday, 10/14

Worthington COA office – call COA for date/time



*"Given the right framing, a "difficult" conversation does not need to be difficult. It can be liberating. It can even be transformative," Michael Hebb. Death Doula Stacey Mackowiak will lead us through a "guided conversation that transforms a seemingly difficult conversation into one of deep engagement, insight, and empowerment."*

A discussion series around the book "Let's Talk about Death over Dinner," by Michael Hebb, will be offered at the Cummington Community House in October and November.

Michael's book will be provided at an introductory session on Thursday October 16 from 4-5pm. On Thursdays November 6 and 13 two dinners will be held from 4-6:30pm to share our thoughts on questions posed in the book. Participation is limited to 15 individuals. Please RSVP with Polly at [pryan@town.plainfield.ma.us](mailto:pryan@town.plainfield.ma.us) or call 413-212-1581.

All individuals in the 7 COA consortium hilltown's are welcome to participate. (Williamsburg, Goshen, Cummington, Plainfield, Worthington, Chesterfield, and Westhampton).

*This is an event funded by a grant from the Massachusetts Council on Aging (MCOA)*



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

# Scam Alert!



*If someone knocks on your door saying they have “leftover asphalt” and they offer to pave, repair, or seal your driveway today, **it’s a scam!***

- Resist the pressure to act quickly even if it sounds like a good deal.
- Get a written contract even for small repair projects.
- Never pay for the entire project up front.
- Get at least 3 written estimates before hiring someone to do work at your home.
- Report suspicious paving crews to police.

*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  
Attorney General**

