



WORTHINGTON COUNCIL ON AGING NEWS

DECEMBER 2025

FOR THOSE GOING TO THE HOLIDAY LUNCHEON PLEASE ARRIVE AT THE COMFORT INN IN HUNTINGTON by 11:30. TRANSPORTATION CAN BE PROVIDED CALL PHYLLIS 238-5962

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*

THE WORTHINGTON COA WISHES EVERYONE HAPPY
HOLIDAYS AND A HAPPY, HEALTHY AND PEACEFUL NEW
YEAR!

WORTHINGTON COA EVENTS



BINGO GAME ON NOVEMBER

17th a great time was had by all
Next game December 15th hope to see
you there! Photo courtesy of Jay
Dreschnack

**DUE TO ALLERGIES, PLEASE HELP US TO MAKE ALL COA
EVENTS FRAGRANCE FREE.**

VETERAN'S APPRECIATION LUNCHEON



THANK YOU ALL FOR YOUR SERVICE



Dorset Anderson's son Norman, gave a presentation on her years in Vietnam as a Donut Dollie. Her story is fascinating and he shared pictures of Dorset and an excellent video depicting her experiences. She is our very own local Heroine! For additional information and fascinating story go to donutdollies.com

WEEKLY ACTIVITIES:

Sundays & Wednesdays

Yoga
Town Hall
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

Corners Store Winter hours
Mon- Sat 10am – 6 pm
Sunday 10am – 4pm

TOWN NOTARY SERVICE



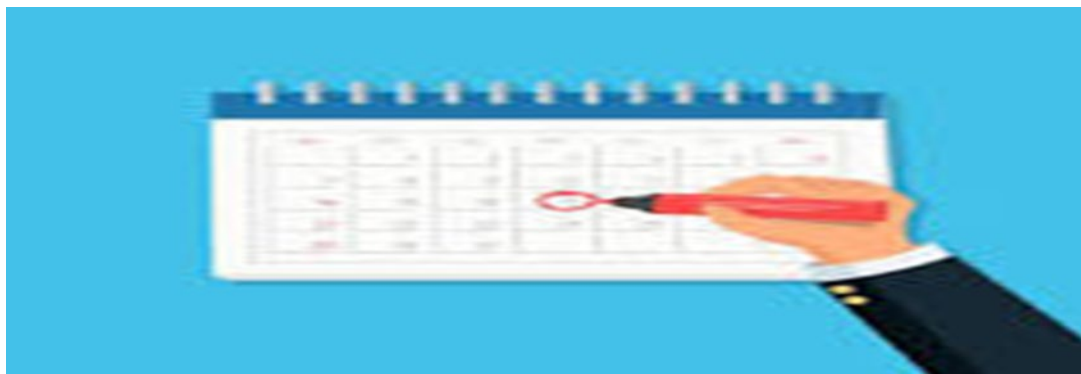
*Maybe you should go home and get some rest.

COA board member, Jay Dreschnack Notary Public is available to notarize your documents. call (413) 406-8884, to make an appointment. He will come to your house. 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 or email: eadaner-mail.com to inquire



MARK YOUR CALENDARS:



December 15TH
Worthington Town Hall
1:00 pm

DECEMBER 18, 2025 Grab-n-go meals

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

Each month there will be two choices for dinner This month's Menu: **BAKED ZITI OR ROAST CHICKEN WITH MASH POTATOES, GRAVY, GREEN PEAS, CORN & APPLESAUCE.** 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) 238-5962 to arrange participation**

JANUARY 12, 2026 POT LUCK

FOOT NURSE:

January 21st at the COA office

Nail clipping, warm foot massage. Discount price of \$25. Call Deb Deane for an appointment. 413-667-5363

**SUPPORT AND SOCIALIZE WITH YOUR
WORTHINGTON NEIGHBORS**
Call for event schedules

WORTHINGTON LIBRARY-238-5565

HOURS Tuesday; 3-7

Thursday 10-6

Saturday 10-4

During December, stop by the Worthington Library (or ask a friend to) to pick up a gingerbread house ornament to decorate as a "Take & Make" craft for all ages!

LISTONS- 238-0144

Old North Road

Sundays: Game Day Bloody Mary's - a sampler meal with a drink.

Thursdays: Martini Flights

12/3-12/7 Hunter's Meal - game meat specials all week to celebrate the end of hunting season.

12/18 Ugly Sweater Holiday Party 12/18 With A Beer Pong Tournament

Closed Christmas Day 12/25

SENAS-896-262-7413

LINKS AT WORTHINGTON-238-4464

Ridge Road

MEMBERSHIP OFFER:

10 Pack of Plays for \$300.

18 holes including cart.

Must be used during the week. No expiration date.

Contact Marcie at Marcie@greenbarkbookkeeping.com

(put "membership" in subject line)

GOLDEN ROD-238-0144



Regional News

SENIORS AWARE OF FIRE EDUCATION

The holiday season is upon us and most of these holiday observances involve electric lights and candles. Here are a few things you can do to keep your celebration bright and safe.



For indoor lights and decorations:

- Buy lights and electric decorations that are listed safe by an approved testing service.
- Check for and replace lighting with frayed wires, broken sockets, switches, plugs.
- Never overload outlets.
- Use no more than three (3) strings of lights on a single extension cord.
- Remember to turn off the tree lights and all electric decorations before going to bed.
- Consider using energy efficient LED lights that stay cool.
- Never use lit candles in the tree or near live or other flammable decorations.
- Keep lit candles at least a foot (12 inches) from flammable items.
- Never leave a lit candle unattended.

For outdoor lights and decorations:

- Only use electric decorations that are rated for outdoor use.
- Plug them into a ground-fault circuit interrupter (GFCI).
- Use electric connection protectors.
- Anchor outdoor lights and decorations with insulated holders or hooks.

Keep the holidays bright SAFELY!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Depts
The Senior SAFE program is sponsored by many area fire departments and the MA Dept of Fire Services

CREDIT - SCORE!

You probably know by now that your credit score can be a VIN (Very Important Number) (yes, I just made that up) to you. Our three credit reporting companies calculate a score to determine how good a risk you are for some entity who might loan you money. A low score of 300 probably means you won't get that housing or car loan you want or a lower rate on insurance, but a score of 700 or higher probably means you will.

While the report itself is free, you can find out your score by going to the web pages of the credit reporting agencies and paying a small fee.. OR, your bank or credit card company may give you that score periodically.

This is private information! How can they do this!? What right do they have?!? A money lender, such as a credit card company, wants to know how your credit life is going, what kind of risk they are taking in loaning you money. Therefore they have a right to periodically check you out, a soft inquiry that does not affect your score. Then it is just a service for them to share that score with you.

Is there any risk in this? No, if you make sure you are on the actual credit card site, and if you follow another link from that website, make sure it is a legitimate site. Call the card's customer service if you have any doubts. Also, the score may not be exactly what you would get from going to the credit bureau yourself, as the score may come from a slightly different calculation method. Visit AnnualCreditReport.com

The November newsletter had a good article by the District Attorney's office on freezing your credit reports. Because we say to do this all the time, it was good to save that article.

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

On the Road Again...

TRIPS IN 2025/2026



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

For more info call 413-296-4291

Email: francine.frenier@gmail.com

Mail: 11 Stage Rd. Williamsburg, MA 01096

**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 and
NYC on your own-- all leaving from Chicopee.
If interested, call 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** Admission to the 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.

**Day Trip May 3, 2026, Sunday A Grand Night for
Singing** at the Seven Angels Theater in
Waterbury, CT. Pre-show lunch at San Marino's
Restaurant. Price \$132. Make check payable to
Landmark Tours and mail to the address above
by March 6, 2026

**Day Trip June 17, 2026 Isle of Shoals Cruise
and Lobster Lunch** Enjoy at 2.5-hour cruise
from Portsmouth, NH to the Isles of Shoals. Pre-
show lunch at Fosters in York Maine. Price \$TBD.
Make a check payable to Landmark Tours and
mail to the address above by April 6, 2026.

**Day Trip July TBD 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 6, 2026. Those
on the cancelled trip from July 2025 will be
given first chance to sign up.

**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. This trip
quickly filled up. Please email to be added to
the wait list.**



**Photo from October 16, 2025 event
enjoyed by a large group of
attendees.**

The Lumberjack Feud Supper Show had
40 participants. The event was exciting
and won rave reviews. It truly was

The WILDEST Show In Town.

GOOD NEWS FOR DECEMBER 2025

By Deb Hollingworth

As you read this.... Open Enrollment is over for another year.....unless you are one of the BlueCross PPO Advantage members who got a “termination” letter saying your Plan was ending December 31st. If that’s the case, you actually have more time to make a decision about your coverage.

If you do nothing.... and December 31st comes and goes.... and your PPO plan ends.... you will automatically revert to “original Medicare A&B without Rx coverage.” But you will have until February 28th to pick a Medicare D plan for Rx coverage.

And with luck, there should be SHINE appointments available in January and February for help if you need it. Remember if you wanted to pick up a Medicare Supplement plan (that we used to call Medex), you can do that anytime during the year!

For folks who have a United Health/AARP Medicare Advantage plan, there’s another problem.

You may have received a letter saying that Brigham and Woman’s medical providers (including hospitals) will not be in network for United Health next year.

For more information call the number on the back of your UHC card to ask if you can use your doctor and/or hospital and be billed at the out of network co-pay?

It might be time to dump UHC and either revert to original Medicare A&B and pick up a D plan for Rx.....or switch to a different Medicare Advantage plan. Not all Advantage plans work well in our hill towns. Health New England and BlueCross usually are best. You should have until March 31st to do this.

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 communityconnector@gmail.com

LAST MINUTE MEDICARE COVERAGE RESOURCE

By Adam Frank, Councils on Aging and Grants Program Coordinator, Executive Office of Aging & Independence

With so many residents seeking help to review their Medicare coverage options, SHINE appointments are filling quickly—and we want to make sure everyone still has access to reliable information and support.

To help meet this growing demand, the state SHINE team partnered with AARP to create an educational video that offers an overview of Medicare and the Open Enrollment process. The video explains coverage options and demonstrates how to use the Medicare Plan Finder to compare Medicare Advantage and Medicare Part D plans available in your area.

You can watch the video here:

<https://www.youtube.com/watch?v=RFgjEI3-SZO>

TECHNOLOGY HELP FOR DECEMBER



Tech Support home visit available by appointment

Call or message 413-296-5080 to arrange a home visit or email coaTechHelp@gmail.com for appt.

Devices for you: **Refurbished PC laptops, Desktops, Chromebooks, and iPads**

If you need a device to connect to the internet or have something so old it is not working effectively, please contact us. Leave a message at 413-296-5080, or use the online request form on our website, www.northernhilltownscoas.org.

Drop in Centers *(no appointment needed)*

Chesterfield Community Center 400 Main Rd.

Chesterfield, **every Tuesday** from 11:00 to 2:00

Goshen Library, Drop-In tech support from 12:00 to 2:00, 3rd Thursday, 12/18

Westhampton Library Drop-In tech support, from 2:00 to 4:00, usually 3rd Thursday, 12/18

ONE WEEK EARLY DUE TO CHRISTMAS

Williamsburg Meekins Library Drop-In tech support from 10 :30 to 12:30, 2nd Tuesday, 12/9

Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2nd Tuesday, 12/9

Worthington tech support - contact Eileen Daneri eadaneri@gmail.com.

NOTE: Drop-in Centers in Cummington and Plainfield have been discontinued due to low demand. Town residents should call 413-296-5080 for an appointment or use the Chesterfield site.

Internet Hotspots

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 internet and work in most areas in the Hilltowns. If you are interested, please contact us by phone 413-296-5080. Unlimited data plans are available through February. At this point, funding for hotspots will end and residents can purchase their own SIM card for \$30/month from Mint Mobile or the carrier of their choice.



Men's and women's haircuts, manicures, colors, facials, and other hair care options are being offered at Smith Vocational High School. Appointment times have changed to Tuesday and Thursday from 9- 11 am. Appointments are available now through mid-May.

\$5.00 is the cost for a haircut. Please call for other prices. The Smith Vocational Cosmetology students provide the services with their teacher Ms. Daniels alongside.

Simply call 413-587-1414 ext. 3531 for an appointment.

The Salon is located Smith Vocational High School in Room 124 of Building A at 80 Locust St., Northampton.

ALL ARE WELCOME



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!

Medicare Imposter Schemes



WHAT THEY SAY

- They need your Medicare number to send you a new card.
- They threaten to take away your benefits if you don't sign up for their plan.
- They offer "free" medical equipment or supplies.
- They say your doctor asked them to call.

WHAT TO DO

- Just hang up!
- Medicare will not call you asking for your Medicare, Social Security number or personal information.
- Report suspicious calls & messages.

Medicare
1-800-633-4227

**Senior Medicare
Patrol**
1-800-892-0890

*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.**

