



*(there will be a new local picture for each edition)*

# WORTHINGTON COUNCIL ON AGING NEWS

AUGUST 2025

## 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 Mission of the Worthington Council on Aging is to identify the needs of those in our community age 60 and over and endeavor to develop programs, services and activities to meet those needs. The COA also has a commitment to educate the community at large.

Starting with this issue, the Worthington COA newsletter will be submitted to and emailed by the Town of Worthington. Content will be promoting Worthington information but will also include regional announcements. There will be a limited amount of paper editions. Please call Phyllis at 238-5962 to inquire.

To be included in the town's e-mailings, please go to the town's website: [www.worthington-us](http://www.worthington-us) to register.

# WORTHINGTON COA EVENTS

PICNIC A GREAT SUCCESS!  
OUR FRIENDS AT WORTHY-QUE FED 73 PEOPLE  
A FANTASTIC BARBEQUE LUNCH



## NO POTLUCK LUNCHEON IN AUGUST

POTLUCK LUNCHEON SEPTEMBER 8TH  
12:00 TOWN HALL

Special guest, Elaine Spiro, a Worthington resident will be presented "oldest resident cane.": Elaine was born 4/22/1924 in Chicago. Shelburne did a short stint in Hollywood and was under contract to do movies. Don't think she ever did anything though. She moved to NYC after the war with her husband Bob. They were married for almost 70 years. She raised two boys and then got her driver's license, got her masters in social work and went to work at the age of 55. She moved to Worthington after Bob passed in 2017. BLOOD PRESSURE CLINIC WILL ALSO BE AVAILABLE

FOOT NURSE:

September 17 at the COA office

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

# WEEKLY ACTIVITIES:

## Sundays & Wednesdays

Shaw's 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 \$12.00  
walk-in

## Strength Training

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

## LIBRARY NEWS

### EXPANDED HOURS AT THE WORTHINGTON LIBRARY

TUESDAYS: 3:00pm- 7:00 pm  
THURSDAY: 4:00 pm- 5:00 pm  
SATURDAYS. 10:00 am-4:00 pm

## COMPUTER ASSISTANCE



**COA board member, Eileen Daneri will be available to assist you with computer issues. Please call 238-5962 to inquire.**

WORTHINGTON COA SPONSORED  
ANNUAL FALL FOLIAGE BUS TRIP  
WEDNESDAY, OCTOBER 8

Salem Cross Inn. Includes luncheon, choices available. Tour of Quabbin and Stop at Brookfield Orchards. Discounted price of \$53 for Worthington Seniors over 60 and \$103 for other seniors. Call Phyllis 413-2385962 or email [coa@worthington-ma.us](mailto:coa@worthington-ma.us) for details & reserve a seat by Sept 1<sup>st</sup> (reserved Seating)

**GRAB & GO MEALS**

**Free to all senior residents 60 and over who have registered.**

Each month there will be two choices for dinner This month is Chicken & gravy or Beef wellington both include stewed tomatoes, zucchini, dinner roll & fresh fruit You must call ahead to place order 238-1999 and leave your information (name, address, phone number & meal choice) Deadline August 18, 2025. Every third Thursday, meals that have been ordered, will be available for pick up at the Town Hall. We suggest that you bring your own bag for easy transport. **If you or someone you know has not signed up, contact Phyllis Dassatti (413) 977-6799 to arrange pre-registration.**



**SUPPORT AND SOCIALIZE WITH YOUR  
WORTHINGTON NEIGHBORS:**

**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



## SOCIAL CALENDAR

(FOR LOCAL ESTABLISHMENTS)

### LINKS AT WORTHINGTON

Concert Saturday August 9th, Iron Sabbath, tribute to Ozzy Osbourne under the full moon. Tickets available thru Eventbrite. All ticket proceeds go to the band. \$10.

Concert Friday August 15th, Full Vinyl Jackets and Our Wicked Hearts. Free show.

~~~~~

### LISTONS:

Live Music Series every Thursday (weather permitting) 6:30pm - 8:30pm  
8/7 Just N Kace 8/14 Frank Manzi 8/21 Rounders Revival 8/28 Liquid Courage

Acoustic Sundays on select Sundays of the month. 12pm - 3pm.  
8/17 Lindsay Anne 8/31 Greg Caproni

Mat and Margaritas Pilates Pop Up Classes on Select Sundays with Third Ave Fitness  
8/7 & 8/17 10:30-11:30 weather permitting

~~~~~

### SENA'S BREWERY

Live Music  
Friday 8/1 7-9pm  
AT & the Fantasy Suites (rock/folk/country)

Saturday 8/2 7-9pm  
The Junkets (bluegrass)

Sunday 8/3 4-6pm  
Jim Matus (progressive world fusion, jazz, rock and improvisatory music)

All Shows are free and you can bring their own food.

## YOUR LOCAL FOOD SOURCES:



### **HILLTOWN MOBILE MARKET Hilltown Market:**

A nonprofit, farmer-led grocery store located at 19 Sawyer Road in Worthington (formerly Sawyer Farm), is open Tuesday through Saturday from 10am to 5pm and is committed to making local food accessible to all.

Hilltown Market works directly with small-scale farmers to bring their produce and goods to local residents. Eighty cents of every dollar spent at the market goes directly back to the farmers, helping to strengthen our rural economy and support the people who grow our food.

Recently, we've had to scale back certain services, including our home delivery program, which will not be available this year. Despite these changes, the market remains open five days a week and continues to connect the community with locally grown food. Because our selection is tied to what's in season, the shelves are always changing. As the months progress, so does what's available – stop by periodically to see what's fresh from local farms. We accept SNAP/HIP, Senior Farmer's Market Coupons, WIC Farmer's Market Coupons, Fresh Connect, Cash, Card, and Check.

Whether you're shopping for a few ingredients or simply curious about the program, we're here to serve the community and support our local farms.

For more information, contact us at [market@hilltowncdc.org](mailto:market@hilltowncdc.org).

### **4 CORNERS FARM STAND (413) 961-9236**

Old North Road



## WORTHINGTON ROD & GUN CLUB'S 3RD ANNUAL CAR SHOW TO BENEFIT

Vehicles of all Years Welcome  
1st 100 get Dash Plaques  
1st 100 receive a goodie bag  
Music by Back in  
Time/Westfield Cruisers  
Food available  
Show Vehicle \$10  
Spectators Free



**September 20th 2025**  
**Gate open @ 8am**  
**Judging 11am-1pm**  
**Awards @ 2pm**

Chinese Raffle  
50/50 Raffle

Special Raffle - Martin Bros  
Signed Sweatshirt, T-Shirt, Hat and  
Kindig-it Design signed T-Shirt!

**\* Rain Date Sept 21st\***



**Vendors Welcome 10x10 spaces available \$20**  
**if Interested contact**  
**Worthingtonrgclub@gmail.com**

**458 Dingle Rd**  
**(Route 112)**  
**Worthington, MA**  
**01098**

Visit our Website or Facebook page for updates/raindate  
[www.worthingtonrgclub.com](http://www.worthingtonrgclub.com)  
<https://www.facebook.com/WorthingtonRodandGun>



**SCAN TO DONATE**

SCAN ME





## Regional News

### SENIORS AWARE OF FIRE EDUCATION

Cooking fires are still the leading cause of residential fires and fire injuries. Here are a few things you can do and not do be a fire S.A.F.E. cook:



- Keep the area around the stove clear of groceries, food packaging, and other items that can burn, like paper towels, hand towels and oven mitts.
- Wear tight fitting sleeves or short sleeves when cooking.
- Stand by your pan while boiling, broiling, or frying food.
- In the event of a fire starting in a pan or pot,
  - smother it with a lid or cookie sheet.
  - Do NOT try to move a burning pan and
  - Do NOT it douse it with water for fear of spreading the fire.
  - Just PUT A LID ON IT!

If the cooking fire gets away from you, call 911 immediately.

Be sure to STAND BY YOUR PAN when cooking,

-- 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.*

### DEMENTIA AND FINANCES



On one of my trips home, Dad activated my Power of Attorney because he caught himself writing two checks to a charity, which dismayed him with worry about doing worse. Probably all of us have a vague or possibly real fear of

dementia. When it comes to finances, there is basis for that fear. This month's note comes directly from a recent New York Times column by Dana G. Smith on financial problems as a sign of possible dementia. "People with dementia can experience money problems or declining credit scores years before memory loss, or other cognitive symptoms, emerge. They might forget to pay their bills, for instance, or no longer be able to stick to a budget."

"One of the reasons why financial mismanagement can be a sensitive indicator is just because it's so complicated," involving the interplay of multiple brain regions, said Dr. Winston Chiong, professor of neurology at the Univ of California, San Francisco. "Consequently, finances can be one of the first areas where cracks in someone's cognition start to appear."

The author points out that poor financial decision-making is especially a concern for those with frontotemporal dementia, a relatively rare form of dementia affecting judgement very early on in the disease. These people might make impulsive purchases and decisions. Others might be more trusting of people than they had been. That of course increases their risk of being scammed.

So I send this not to be scary and alarmist, but to pay attention to a possible warning signal such as missing bill payments, falling for scams, or seeing lower credit scores. If a sign comes, it is important to have open, honest conversations about the future, document important information early, and develop support networks that can help us out.

Yours in health,

Jean O'Neil

TRIAD Committee member  
jeanoneilmass@gmail.com

413-268-2228

## TECH HELP AND TRAINING FOR AUGUST



### 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 services.

### DELIVERING NOW & 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 internet and 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 to [coatechdevices@gmail.com](mailto:coatechdevices@gmail.com).

### TECH SUPPORT AVAILABLE BY APPOINTMENT

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

### DEVICES FOR YOU: PC LAPTOPS, DESKTOPS, REFURBISHED CHROMEBOOKS, AND IPADS

There is still time to join the Digital World while supplies last. We have received more PC laptops, desktop computers, refurbished Chromebooks, and a few iPads. 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 by leaving a message at 413-296-5080, or use the online request form on our website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### DROP IN CENTERS:

ALL 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 in August from 11:30 to 1:30, on 8/1

### DROP IN CENTERS: (CONTINUED)

Cummington Community House Drop-In tech support, 33 Main Street, 10 to Noon,  
2<sup>nd</sup> Wednesday 8/13

Goshen Library, Drop-In tech support from Noon to 2:00, 3<sup>rd</sup> Thursday, 8/21

Plainfield Shaw Memorial Library Drop-In tech support, from 5:30 to 7:30, 3<sup>rd</sup> Thursday 8/21

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4<sup>th</sup> Thursday 8/28

### Williamsburg

Meekins Library Drop-In tech support from 10 :30 to 12:30 2<sup>nd</sup> Tuesday, 8/12

Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2<sup>nd</sup> Tuesday, 8/12

Worthington Drop-In tech support at COA office  
– call COA for date/time

### TECH TRAINING CLASSES AND 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](mailto:coaTechTrainer@gmail.com); call or text 413-296-5080, or sign up through the website [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org).

### TECH WORKSHOPS AUGUST:

On Friday at 10:30 – 11:30 at Chesterfield Community Center

**8/1 - Google Drive 10:30 – 11:30**

### COMPUTER CLASSES:

No ongoing computer classes are scheduled. An alternate online resource for basic training can be accessed, with help from us, at [Your paragraph text](#). We can setup 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 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** Sept. 15th 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** WED. 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 email [coa@worthington-ma.us](mailto:coa@worthington-ma.us) for details & to reserve a seat by Sept 1. Limited seating.

**Day Trip** Oct 9 A Chorus Line. Center orchestra seating for the 50<sup>th</sup> Anniversary Production at the Goodspeed Opera House in East Haddam, CT. Center Orchestra seating. Lunch at The Gelston House. Price \$177. Make your check payable to Landmark Tours and mail it to the address above by August 1. A few seats available.

**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. Make check payable to Diamond Tours and mail to address above. One bus only. Wait list still available.

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

**Day Trip** Dec 7, 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 (approx.) Make check payable to Landmark Tours and mail to address above by Oct. 13. Call or email to be added to the Wait List

There are **day trips** to Bronx Zoo, Statue of Liberty, Salem, Radio City Rockettes leaving from Chicopee. Call 413-296-4291 or 413-593-3939 for more information.

## GOOD NEWS FOR JULY 2025

By Deb Hollingworth

It's been awhile since I've talked about the Pharmacy Outreach Program, a great resource for folks who have questions about RXs. This telephone help line (866) 633-1617 has been around for about 20 years and is available M-F 8:30 to 5. Located at UMass Medical-Worcester, and funded by the MA College of Pharmacies and Executive Office of Aging & Independence. Their information line connects you with pharmacists or information specialists who understand prescriptions and the drug plans that cover them.

They can tell you about drug interactions, generics vs. brand names, whether there is another RX that might work as well as the one you are currently taking and review your prescription list. But the number one question information specialists get is about RX cost. And if you are one of those folks who take more than 8-10 RXs daily, co-pays mount up and can be a financial hardship.

If there's a less expensive way to get your RX, the Pharmacy Outreach specialists will know. Whether it's manufacturer's patient assistance programs, prescription discount cards, Rx coupons, free trial offers, manufacturer co-pay cards or co-pay foundations. They can guide you through the labyrinth of options.

As you might guess their phones ring off the hook during Open Enrollment (October 15th - December 7th) when it's time to pick a Medicare D plan for the coming year. They have already begun taking appointments for Open Enrollment, so if you have a complicated RX list with multiple medications with significant co-pays, you might want to give them a call (866) 633-1617. Book your appointment now!

**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**

**NHILLS7NEWSLETTER@GMAIL.COM**

# SCAM ALERT!



*Did you get a message saying that you have **unpaid toll charges?***

*The message warns that your license or registration will be cancelled or suspended if you don't pay.*

## **WHAT TO KNOW**

**EZDriveMA does not send text messages asking for payments for unpaid tolls.**

## **WHAT TO DO**

- Stop!** It's a scam!
- Don't click on the link** in the message to make a payment.
- Call EZDriveMA** at (877) 627-7745 to see if you owe money for unpaid tolls.

*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  
Massachusetts Attorney  
General.**