



**4 CORNERS FARM STAND** (413) 961-9236 Old North Road Hours: 7am-7pm  
Organic Vegetables and Home-made baked goods  
*(there will be a new local picture for each edition)*

## **WORTHINGTON COUNCIL ON AGING NEWS**

**SEPTEMBER, 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*

### **OCTOBER BUS TRIP SALEM CROSS INN**

**There are still seats still available for the Oct 8 Bus trip to the Salem Cross Inn as posted in the August newsletter, the Town Hall, Library, Maples and COA Bulletin board. Reservations are due soon as possible. Please call Phyllis 238-5962 for more info. Or email [coa@worthington-ma-us](mailto:coa@worthington-ma-us) for details**

**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-us](http://www.worthington-us) to register.**

# WORTHINGTON COA EVENTS



A kickball game was held at RHC on August 28<sup>th</sup>  
The school's Rec committee hosted and COA sponsored this fun family event.  
many from our town attended and cheered for all student participants!

## 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

### 'MOVE AND GROOVE' CHAIR EXERCISE CLASS

Thursday, September 25

3:30 at the RHC Conwell School

Hip Hop intergenerational project! This upbeat workshop is the place where Seniors meet students to "Move and Groove". Please join us for Cotton Eye Joe, Cha Cha Slide.

***THERE WILL NO POTLUCK IN OCTOBER***

# 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 (starts 9/8)  
4:00-5:00  
Judy Babcock  
238-4457

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## WORTHINGTON LIBRARY

TUESDAYS: 3:00pm- 7:00 pm

THURSDAY: 10:am- 6:00 pm

SATURDAYS. 10:00 am-4:00 pm

\*\*\*\*\*

## 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.

## GRAB & GO MEALS

### September 18<sup>th</sup>

**Free to all senior residents 60 and over who have registered. Enrollment forms must be completed before requesting a meal. Enrollment forms are available at all COA events**

**Each month there will be two choices for dinner This month's Menu: Chicken Cordon Bleu or Chicken Parm/Pasta, Spinach, Blended Vegetables, Chilled Pineapple, Milk.**

**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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## 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 Sept 8th Potluck, the November Potluck and the holiday celebration in December. Dates TBA.

## SAVE THE DATE

**Hilltown Community Center** is Celebrating 75 Years of Providing Quality HealthCare to the People of Western Mass.

October 4, 2025

11:00am - 1:00pm

Worthington Historical Society  
6 Williamsburg Rd 01098



SEPTEMBER 22<sup>ND</sup>  
WORTHINGTON TOWN HALL  
1:00 PM

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

**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





## 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

Chinese Raffle  
50/50 Raffle

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



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

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



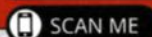
**Vendors Welcome 10x10 spaces available \$20**  
**if Interested contact**  
**Worthingtonrgclub@gmail.com**

**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**





### SENIORS AWARE OF FIRE EDUCATION

Wow! It is already September and it is still hurricane season, which has already messed with us. With this in mind, here are a few ideas on how to prepare for any emergency.



- Have a plan on how to get out of the house in 3 minutes or less.
- Keep eyeglasses, canes, walkers, hearing aids, masks near where you are sleeping
- Make sure pathways are clear of clutter.
- Install night lights (LEDs work well) throughout the house to prevent falls.
- Remember your smartphone has a flashlight built in.
- Make sure your house number is clearly visible from the road so first responders do not have to spend crucial time finding you.
- Get and fill out a FILE OF LIFE from your Council On Aging and post it on the refrigerator.
- Know where you can seek shelter and find sustenance. Stay strong and be SAFE!

-- 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.*

### WHAT DO YOU WANT TO SEE?



Looking back, I've been writing this note since early 2014 and volunteering in the topic since 2007. It occurs to me that I could ask you what you want to read. That I can write, of course... Here is an alphabetical list of topics I would be happy to work on. Please note the list does not include tax or investment advice!

Some of these topics have been at least touched on before, but somehow new information or warnings keep coming up.

#### **Big Five and relatives**

Will, health care proxy, durable power of attorney, advance directive, living will, MOLST, POLST, HIPAA release. Add to this beneficiary designations.

#### **Budgeting**

What to include, format for planning and recording, tips for staying on track

#### **Credit**

Cards, credit bureau records, managing, correcting errors, raising your score

#### **Death**

Dealing with finances and related matters after this unfortunate occurrence

#### **Digital security**

Phone and email and internet safety

#### **Financial literacy**

Finances and our brain, useful facts

#### **Identity theft**

How it happens, how to avoid, how to recover from

#### **Scams**

Recognizing and avoiding and recovering from

#### **Web resources**

For financial topics

Please let me know your thoughts!

Yours in knowledge,

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

## TECH HELP AND TRAINING FOR SEPTEMBER



### GREAT NEWS!

TechConnect is 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

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. 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

### DROP IN CENTERS: (CONTINUED)

Cummington Community House Drop-In tech support, 33 Main Street, 10 to Noon,  
2<sup>nd</sup> Wednesday 9/10

Goshen Library, Drop-In tech support from Noon to 2:00, 3<sup>rd</sup> Thursday, 9/18

Plainfield Shaw Memorial Library Drop-In tech support, from 5:30 to 7:30, 3<sup>rd</sup> Thursday 9/18

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4<sup>th</sup> Thursday 9/25

Williamsburg,

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

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

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 TRAINING CLASSES AND WORKSHOPS:

There are no workshops or classes scheduled for September.

### TECH CONNECT CONTINUES THROUGH OUR AFFILIATION WITH





## Hilltown Easy Ride

### Senior Van

need a ride?

## Call 413-296-4232

Are you a resident of Blandford, Chester, Chesterfield, Cummington, Goshen, Huntington, Middlefield, Montgomery, Plainfield, Russell or Worthington who is 60 Yrs, disabled or veteran in need of a ride to important medical appointments, grocery shopping, or to pick up medications? We want to help.

**FRTA /HILLTOWN VAN**

- Professional drivers
- Handicap accessible vehicle

**DRIVER POOL DRIVERS**

- Compassionate neighbors
- Personal vehicles

Our drivers are your neighbors and they want to support your transportation needs.  
Interested in joining our team? Call us today!



**NORTHERN HILLTOWNS**

Meet Irene, our Northern Hilltown region FRTA van driver.



**HILLTOWN CDC VAN**

Meet Susan, our CDC van driver. She covers needs all over the Hilltowns



**SOUTHERN HILLTOWNS**

Meet Jack, our Southern Hilltown region FRTA van driver.

Some Hilltown Community Health Center and Highland Valley Elder Services consumers may be prequalified for services. Be sure to mention this to our coordinator upon calling.

**DO YOU QUALIFY FOR SERVICES :**  
📞 413-296-4232
🌐 [www.hilltowncdc.org/transportation](http://www.hilltowncdc.org/transportation)

## THE BOSTON SHUTTLE IS BACK!!

After a four-year pause, Cooley Dickinson Hospital has restarted its shuttle service for Pioneer Valley residents. Our voices were heard, and they responded. Here is some information about the Boston shuttle service.



The shuttle leaves Monday - Friday at 6:30 am from the parking lot across from 8 Atwood Drive, Northampton, and travels to Boston with stops at Mass. General Hospital, Mass. Eye & Ear, and Brigham & Women's Hospital. You must have an appointment scheduled at any of those facilities between 10 am and 1:30 pm. The shuttle departs Boston at 3 pm.

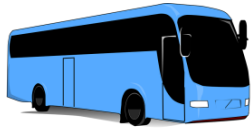
- The shuttle is wheelchair-accessible, is complimentary, and seats 28.
- Each patient may bring one companion.
- You must register at least 24 hours in advance by calling 413-966-8011. They have people
- to reserve seats/answer questions from 8 am - 12 pm, Monday-Friday. If you call outside of those hours, press "1" to leave a message.

We hope that you can make good use of this service so that the shuttle will continue to run well into the future. Please share this information with your friends. There is a parking lot at Atwood Drive to leave your vehicle until you return.

<https://www.cooleydickinson.org/2025/06/cdh-to-restart-weekday-round-trip-shuttle-service-for-patients-seeking-care/>

## 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. Due Now. NO REFUNDS due to bargain price. The 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. 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. Lunch at The Gelston House. Price is \$177. Make your check payable to Landmark Tours and mail it to the address above NOW. A few seats are available.

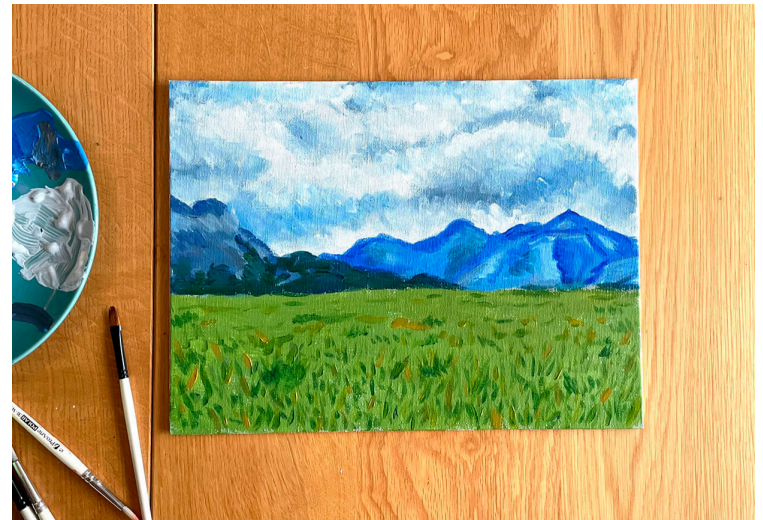
Multi Day Trip October 12-18 Biltmore Estate & Smoky Mountains, Asheville, NC. Seven days, six nights. Visit the Biltmore Estate, the St. Lawrence Basilica, historic Gatlinburg, TN & Asheville, NC. Guided tour of the Smoky Mountains National Park. Price \$1,099. Make the check payable to Diamond Tours and mail to the address above. Wait list.

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. 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

There are day trips to Bronx Zoo, Radio City Rockettes, Craft Festival at Mohegan

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



### ACRYLIC PAINTING CLASS

JOIN US!! GOSHEN COA SPONSORED ACTIVITY

Acrylic Painting Class  
Goshen Town Hall - Upstairs Dining Hall  
42 Main St, Goshen, MA 01032

Learning to capture an object through painting, to see its shape, value, lighting, line is a satisfying practice. Participants will work on developing traditional painting methods including color mixing/theory, value, line, shape, and "seeing" what they are painting. Students will complete 2-3 paintings during this class time, and will be allowed to work at their own speed and move onto the next project when they are ready. Inspiration will come from still life's of every day objects and photos.

Thursdays 10am-Noon  
9 classes: Sept. 18 -Nov. 13  
Suggested Donation of \$10 per class  
All materials and supplies provided  
Register at [www.lenagarcia.com](http://www.lenagarcia.com)

## GOOD NEWS FOR SEPTEMBER 2025

By Deb Hollingworth

I confess... sometimes I struggle finding Good News with our current events...and this month especially I am so tempted to call this column Bad News because a perfect storm is brewing which looks like it will result in substantial increases in your monthly premiums, deductibles and co-pays for Medicare D plans.

Do you care, will this effect you? That depends. The answer is No....if you get your Rx through the VA because you are a veteran.

The answer is No... if you get your health insurance through your retirement pension plan, or your spouse's pension plan. (like municipal or State employees)

The answer is No, not as much....if you don't take any Rx...or if your Rx are just generics.

But the answer is Yes....if you are one of those Medicare beneficiaries who take brand name Rx and have a "stand alone" Medicare D plan. Which means you do not have a Medicare Advantage plan where your Rx are included.

Of the 70 million Medicare beneficiaries...there are a lot of us who like traditional Medicare and who have resisted enrolling in a Medicare Advantage plan, so we have a "stand alone" Medicare D plan.

AND, Open Enrollment is coming up... October 15th– December 7th where we have to decide to stick with our D plan that we've had this year.....or change plans because the cost for premiums, co-pays and deductibles will be lower if we switch plans?

In 2006 when Medicare D plans were "invented".....there were 22 Medicare D plans for New England residents. This past year we were down to 14. That number may shrink again for

2026 ... as Health insurance companies that offer Medicare D plans are looking at their bottom line and determining there's not a large enough profit margin to continue to offer them.

What's making the cost of Medicare D plans increase this year?

- rising cost of RX.....we have some remarkable new RX on the market now, but they come with significant co-pays as many of us taking blood thinners have discovered.
- regulatory changes which allow D plans to increase their monthly premiums as much as \$50 x month where before they were limited to \$35 x month increases.
- cutbacks in subsidy that these health insurance companies were getting as part of the Deficit Reduction Act passed in the summer of 2022. A recent Wall Street Journal article said subsidy cutbacks expected to be as much as 40%.

All these factors impact profit margins....so we anticipate changes in D plan costs as we help folks during Open Enrollment this year.

The Good News is that there are Medicare familiar counselors who can help you sort through your options. Suggest you call early for **an appointment!**

**SHINE counselor** Caroline Solan at Highland Valley Elder Services ... 413-586-2000

**Pharmacy Outreach Program** ... 866-633-1617

**LifePath regional SHINE office** ... 413-773-5555

.....



Trip to Polar Park where the group watched the WooSox play on August 3<sup>rd</sup> in Worcester

**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!

### Government & Business Imposter Scams



*They say they want to help, but they just want to steal your money!*

- Someone is using your account, or they found suspicious activity.
- Your information or Social Security # is being used to commit crimes.
- There's a security problem with your computer.

#### WHAT TO DO

**Do not respond.** Just hang up!

**Do not** call the phone number they provide.

**Don't click** on links in text or email messages.

**Verify** the information. Call your bank using the phone number on your card or statement.

**Get help** for tech issues from someone you trust.

*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

[www.NorthwesternDA.org](http://www.NorthwesternDA.org)

Working in cooperation with  
the Office of the MA Attorney  
General.