

# WORTHINGTON COUNCIL ON AGING NEWS

## MARCH 2026



### **HILLTOWN CDC HOUSING REHAB PROGRAM**

Offers low to moderate income homeowners as an affordable means to repair their homes. All loans are offered as "deferred payment loans", so there are NO monthly payments and NO interest. A PORTION OF THE LOAN has an accelerated forgiveness schedule for homeowners aged 70 and older. For more information CONTACT:

Paula S. Bilodeau, Housing Rehab Program Manager

Hilltown CDC, P.O. Box 17, Chesterfield, MA 01012, Phone (413) 296-4536

Fax (413) 296-4020

## WORTHINGTON COA EVENTS



## FEBRUARY POT LUCK LUNCHEON

The February Council on Aging potluck, held on February 9<sup>th</sup> was a festive event! The food was delicious and the deserts were Valentine's Day themed. Both the COA volunteers and the tables were nicely decorated in pink and red! Most exciting was a visit from four RH Conwell School students, who brought handmade valentines created by students from all grades from preschool through the sixth grade for all of the guests. These valentines were also delivered to residents at the Maples who couldn't attend the potluck. (photo courtesy of Ed Pelletier)

Staff of Holyoke Health Center (Alder, Tiffany, Gene & Liz. 125 pairs of socks were generously donated by Worthington.

And 125 pairs of socks were also donated to “It takes a village” in Huntington. Your participation was greatly appreciated

## 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

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



## TOWN NOTARY SERVICE

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: eadanermail.com to inquire

Transportation available to all COA events  
and all activities are fragrance free

### MARK YOUR CALENDARS:

FOOT NURSE: MARCH 18- at the COA office

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

MARCH 19, 2026 Grab-n-go meals

Enrollment forms must be completed before requesting a meal. These forms are available at all COA events. To order your meal(s) call: 238-1999. Order deadline **MARCH 13, 2026**

Each month there will be two choices for dinner This month's Menu: **CHEESE & CHIVE QUICHE OR SPAGHETTI WITH MEAT SAUCE, BRUSSELL SPROUTS, GARLIC BREAD, CHILLED PEARS**

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



March 23, 2026  
Town Hall  
1:00

## UPCOMING EVENTS

April flowering plant give-a-way:

April 13<sup>th</sup>

Curbside pick-up from 11-12 at Worthington Congregational church  
on first come first serve basis



## NEW PROGRAM WORKSHOP WEDS

Starting in April; the COA will host speakers who will discuss a variety of elder topics

April 22<sup>nd</sup>  
Atty Janice Ward  
Elder Legal issues



## CHIT CHAT IDEAS

DO YOU REMEMBER:

The MOST EMBARESSING MOMENT OF YOUR LIFE

AND /OR WHEN YOU WERE THE HAPPIEST

## FOOD CUPBOARDS IN THE HILLTOWNS:



### 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. We accept SNAP/HIP, Senior Farmer's Market Coupons, WIC Farmer's Market Coupons, Fresh Connect, Cash, Card, and Check. For more information, contact us at [market@hilltowncdc.org](mailto:market@hilltowncdc.org).

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

Old North Road

Hours: 7am-7pm

Organic Vegetables

Home-made baked goods

### Community Cupboard at It Takes a Village

2 East Main Street, Huntington, MA

<https://www.facebook.com/HilltownVillage/posts/come-visit-our-community-cupboard-at-the-village-closet-2-e-main-st-huntington-w/1317108700450743/>

### The Blossom Center

16 Bell Road, Middlefield, MA

<https://www.facebook.com/groups/711312719054531/posts/2990057381180042/>

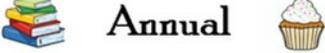
# LOCAL EVENTS

WORTHINGTON LIBRARY-238-5565

HOURS Tuesday; 3-7

Thursday 10-6

Saturday 10-4



**Annual**  
**Book & Bake Sale**

Saturday, April 11, 2026  
10AM - 2PM  
at the  
WORTHINGTON TOWN HALL  
160 Huntington Road, Worthington 01098  
Free General Admission  
9AM-10AM: Early Bird Browsers \$10/Person

Items for sale include gently used fiction and nonfiction books, audiobooks, and DVDs. Items for all ages are available including picture books, young adult novels, and graphic novels. Books are priced at \$1 each.

Baked goods are available by donation. Reusable bags are encouraged.

Proceeds from the event will help fund children's programs, museum passes, and wish list books for patrons of The Worthington Library.

For more information or updates, visit The Worthington Library website [www.theworthingtonlibrary.com](http://www.theworthingtonlibrary.com) or The Worthington Library Facebook page or call Tiffany at (518)253-6233.

Hosted by the Friends of the Worthington Library



## Volunteer Opportunities:

- Donate books for the sale (Drop off at Worthington Town Hall during their open hours on Monday, April 6 through Friday, April 10)
- Bake goods to sell (Drop off on Friday, April 10, or by 10 am on Saturday, April 11)
- Set up the tables and books at Town Hall on Friday, April 10 (Stop in between noon and 3 pm)

## LISTONS- 238-0144

Old North Road

:

## MARCH

**Acoustic Sundays in March and April 12pm - 3pm with local musicians.**

**Saint Patrick's Day celebration 3/14 and 3/15 with New Leaf Traditional Irish Music**

**12pm - 3pm both days with specialty menu items.**

## 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](mailto:Marcie@greenbarkbookkeeping.com)

(put "membership" in subject line)



# Regional News

## SENIORS AWARE OF FIRE EDUCATION

This month our focus is what to do and not to do treating burns and scalds.

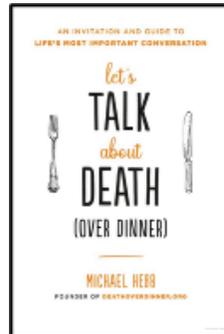


1. First, remove patient from the source of the burn.
2. Call 911 if the burn is deep and/or covering a large area.
3. Run COOL (not cold) water over the burn. This will cool down and stop any boiling fluid under the skin.
4. Do NOT put butter, grease or ointment on the burn. Flush chemical burns continuously with cool water.
5. Remove watches and jewelry from the burn area.
6. If possible, remove clothing from the burned area.
7. If clothing is stuck to the burn, leave it in place and cut away the clothing around the burn.
8. Again, do not hesitate to call 911.
9. Seek medical attention for serious, deep, large area burn treatment.

Have a burn-free and sweet sugar season!

--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.*



**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 April and May.**

"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."

**Michael's book will be provided at an introductory session on Thursday April 16th from 4-5pm. On Thursdays May 7<sup>th</sup> and 14<sup>th</sup> dinners will be held from 4:30-6:30pm 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 Hilltowns 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**



Massachusetts Councils On Aging

# **HILLTOWN RESOURCE AND VOLUNTEER/JOB FAIR**

## ***ROOTED IN THE HILLTOWNS. GUIDED BY CARE.***

The Northern Hilltowns Consortium is proud to sponsor the upcoming Hilltown Resource, Volunteer & Job Fair, an event designed to connect community members to available resources, and to meaningful work and volunteer opportunities that directly support adults across our Hilltowns and western Massachusetts.

Whether you are a senior seeking assistance, a caregiver looking for guidance, or someone hoping to give back, there will be valuable information available. This fair will highlight a wide range of resources available to seniors and their families. Attendees can learn more about services including Veteran Affairs benefits, in-home support, help with housekeeping and daily tasks, transportation assistance, nutrition programs, and other community-based supports designed to make daily life safer and more manageable for older adults.

In addition to providing information about resources available to Hilltown seniors and their families, this fair will bring together local organizations and service providers who are actively seeking compassionate, dependable employees and volunteers. Opportunities range from caregiving, transportation, and nutrition services to outreach, social support, and community engagement. These roles play a vital part in helping seniors remain safe, connected, and able to age with dignity in their own homes. The need is real—and the impact of showing up is profound.

At the Council on Aging, we believe every older adult deserves access to support, respect, and compassionate care. By empowering you with information about what resources are available, we aim to increase your independence. By strengthening community partnerships and empowering people to share their time and talents, we reinforce the networks that serve our elders and enrich the fabric of our small towns. Please join us!

### **Event Details**

 **Saturday, April 25, 2026**

 **10:00 a.m. – 2:00 p.m.**

 **New Hingham Regional Elementary School, Chesterfield, MA**

*All community members are encouraged to attend. Come explore opportunities, connect with local organizations, and help strengthen the care and compassion that define our Hilltowns.*

## On the Road Again..

### TRIPS IN 2026



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

#### **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 and is due NOW. Make the check payable to Diamond Tours and mail to the address above. A few seats are still available.

#### **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 NOW.

#### **Day Trip June 11th, Million Dollar Quartet play.**

New London Barn Playhouse presents a jukebox musical that dramatizes a real and remarkable moment in music history. Four future legends, Elvis Presley, Johnny Cash, Carl Perkins, Jerry Lee Lewis happened to gather in the same studio. Includes a buffet luncheon at Colby-Sawyer College. Price \$177. Make a check payable to Landmark Tours and mail to the address above by April 6, 2026.

#### **Day Trip June 23rd, Portsmouth Harbor Cruise and Fosters' Lobster/Clambake.**

Before the Portsmouth Harbor cruise, enjoy lunch at Fosters in York Maine offering a choice of **lobster or BBQ chicken or vegetarian option.** Price \$160. Make a payable to Landmark Tours and mail to the address above by April 16, 2026. (replaces the Isles of Shoals trip)

#### **Day Trip July 1st, FDR Homestead & Library and Hudson River Cruise.**

Take a scenic cruise on the Hudson River. Enjoy a boxed lunch of gourmet sandwiches on board. Tour the home of Franklin D. Roosevelt & the first Presidential Library. Price \$140. Make check payable to Landmark Tours and mail it to the address above by May 6, 2026. Wait list only.

#### **Day Trip July 12, 13, 14 or 15 Tall Ships in Boston**

Contact The Travel Group 1-888-320-8687 for more info.

#### **Day Trip August 3rd Encore Casino.**

\$50 Cost Includes: round trip bus transportation, driver gratuity & \$20 in free slot play. Meals on your own. Make check payable to Francine Frenier and mail to address above by June 6, 2026. 35 passengers are needed for this trip to go.

#### **Day Trip September TBD Big E.**

#### **Day Trip Nov/Dec, TBD Holiday trip**

## STATE CIRCUIT BREAKER TAX CREDIT

**Receive up to \$2820** with the Circuit Breaker Tax Credit refund!

Are you: A Massachusetts resident that was 65 or older before 12/31/25

Do you have a yearly income:

Under \$75k for single person, not head of household

Under \$94k for head of household

Under \$112k for married couples filing joint return

If you meet these guidelines, please call or email Jennifer O'Connell, the Community Connector, for assistance. 413-296-4536 ext 110, or email [communityconnectjo@gmail.com](mailto:communityconnectjo@gmail.com) You can receive up to three prior years worth of tax credit refunds This tax credit also applies to individuals who do not owe taxes but you do have to file a state tax return to get it.

## GOOD NEWS FOR MARCH 2026

By Deb Hollingworth

**Yipe!** This is the time of year when I sometimes hear from folks that the health care plan changes they made last Fall during Open Enrollment....are not working out.

**Usually this happens** when they go to pick up a prescription and discover that this year's co-pay is significantly more than they had to pay last year. Or, if they had a United Health Care (AARP) plan and didn't change it, they might be told that their medical provider can't bill their United plan any more.

### **WHY are all these changes happening?**

Because they can. And health insurers are always trying to improve their bottom line ... and they are allowed to charge more for Rx co-pays, drop medical providers from their network and increase co-pays for medical services if it improves their profit margins.

The **Good News** is that if you are currently enrolled in a Medicare Advantage plan.... you are allowed to switch to another Advantage plan or opt out altogether and return to original Medicare and enroll in a Medicare D plan for Rx coverage. You have until March 31st to make any changes. After that, you are locked into your plan's coverage until January next year.

You can ignore all this if you have an Advantage plan that is through your retirement/pension. It is usually unwise to opt out of health coverage provided through your pension....because if you do make a change, you will not be able to get that pension benefit back.

**Best strategy** is to check with a SHINE counselor to see if you can make changes, and see if there are better options.

Our SHINE counselor for the hill towns is **Caroline Solan** at Highland Valley 413-586-2000 or you can call the Regional SHINE office at Lifepath in Greenfield, 413-773-5555.



## An UPDATE on YOUR Tech Services

**TECH CONNECT 2.0** has continued operating on funds from the original Tech Connect program since March of 2025. With the support of Northampton Open Media, the Alliance for Digital Equity, our COA directors, volunteers and librarians, we have supported over 350 technology calls from older adults in the hilltowns. We grow more popular as word of mouth spreads that we are a source of refurbished devices, free tech support and training.

We are exploring state and community grants. It has been rough going in the current funding climate. We are funded through the spring / early summer but then must rely on ourselves and the community to support the service if we are to continue.

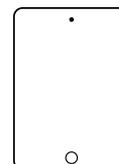
We are considering asking for donations for home visits, placing a donation box at drop-in sessions, and launching a fundraising drive in April. Stay tuned for specific changes and announcements in the next COA newsletter.

*Lizzy Canady*

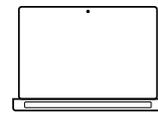
*Nancy Brown*



Smartphone



Tablet



Laptop



Desktop

## TECHNOLOGY HELP FOR MARCH



**NEW Best Ever! TechHub** is returning on alternate Fridays to present workshops. Workshops are one hour beginning at 10:30 am. A 2 hour drop in session will follow. All sessions will be held at 400 Main St., Chesterfield, downstairs. No need to register

March 6	Zoom Basics
March 20	Social Media Basics
April 3	Online Safety Basics
April 17	Avoiding Misinformation
May 1	Cloud Basics
May 15	MS Excel
May 29	Windows Operating System Basics
June 5	Designing with Canva

**Tech Support** home visit is available by appointment. Call or message 413-296-5080 to arrange a home visit or email [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com) for help.

**Devices for you:** Refurbished PC laptops 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.

### Drop-in Centers schedules (no appointment needed)

Chesterfield Community Center 400 Main Rd.

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

Goshen Library, Drop-In tech support from

12:00 to 2:00, 3<sup>rd</sup> Thursday, 3/19

Westhampton Library Drop-In tech support, from

2:00 to 4:00, 4<sup>th</sup> Thursday 3/26

Williamsburg

Meekins Library Drop-In tech support from 10 :30 to

12:30, 2<sup>nd</sup> Tuesday, 3/10

Nash Hill Place Resident Drop-In tech support from

10:00 to Noon, 2<sup>nd</sup> Tuesday, 3/10

Worthington tech support - contact Eileen Daneri

[eadaneri@gmail.com](mailto:eadaneri@gmail.com)

NOTE: Plainfield and Cummington residents should call 413-296-5080 for an appointment or use the Chesterfield site.

### **Internet Hotspots**

Funding for hotspots data ended in February. Call 413-296-5080 for help on finding the right low- cost internet plan for you.

## TECH TALK

from Peg Whalen

I want to share once again an experience I had a while ago so that others can benefit from my mistake. On a trip to Philadelphia by train I brought two carry-on bags with me and my laptop. To keep the laptop safe when I briefly left my seat I tucked it overhead between my carry-on bags. Later, when I was exiting the train, I got distracted. I grabbed both carry-on bags and, yup, you guessed it, I left the laptop behind. Losing the laptop itself was frustrating but could be replaced at some expense. The information loss was a tragedy. Before leaving, I had not backed up the files, photos, and programs on the laptop. **I knew better!** It happened anyway.

Backup your information in case of device loss, viruses, scams, equipment failure. If you do not know how to protect electronic information, find assistance with ways to stay safe.

What should I have done? I could have used one of the "clouds", like Microsoft OneDrive, Google Drive, Apple iCloud, or my external hard drive at home.

I urge you to consider attending the May 1<sup>st</sup> Cloud Basics workshop offered by TechHub. Make an informed decision about trusting Clouds. I wish I had had my head in the Clouds!

## #SlamTheScam 2026



National "Slam the Scam" Day is designated by Social Security's Office of the Inspector General to raise awareness of government imposter scams, which continue to spread across the United States. Slam the Scam Day is Thursday, March 5, 2026, as part of National Consumer Protection Week, which takes place this year from March 1-7.

Watch for more info at

<https://youtu.be/c6svESSADHM>

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

JAY DRESCHNACK , CHAIR  
MARYKAY FARLEY, CO-CHAIR  
JUDY SENA, SECRETARY  
HELYN MYRICK  
HELEN PELLETIER  
PAT KENNEDY  
SUSAN VANBUREN  
EILEEN DANERI  
CAMILLE SMITH

The Goshen COA presents:

## Live Well, Age Well Informational Series

**March 10-**  
**Age in Place Specialist**  
Erin Curtain,  
Occupational Therapist

**March 17-**  
**Learning about Brain  
Health with Dr Joo from  
MGH/Harvard via zoom**

**March 24-**  
**Funeral Alliance of  
Western MA**  
Planning memorial services

**March 31-**  
**End of Life Doula  
Stacey Mackowiak**  
Legacy projects & vigil planning

Join us on Tuesday afternoons in March from  
4:30-6pm at the John James Memorial Hall in  
Goshen! Light dinner included each week.

Register by March 2nd for one or all weeks:  
email [coa@goshen-ma.us](mailto:coa@goshen-ma.us) or  
call Kerry Normandin at 413-268-9354.  
Older adults from all towns welcome!



Massachusetts  
Councils On Aging

Funded by a grant awarded to the Massachusetts Association of  
Councils on Aging by the Massachusetts Executive Office of Elder Affairs

## SCAM ALERT!

Fraudsters build trust by posing as romantic partners they meet online, often through unsolicited messages or apps. Once trust is gained, they push **fake investment opportunities** with promised high returns, using false reports to encourage more investment. After taking the money, they shut down accounts and disappear.

### Protect Yourself:

- Be cautious about what you share online—scammers use social media and dating details to target victims.
- Never invest based on advice from someone you've only met online.
- Research investments at [www.investor.gov](http://www.investor.gov).
- If it sounds too good to be true, it probably is.

### Northwestern District Attorney's Consumer Protection Unit

Northampton  
(413) 586-9225

Greenfield  
(413) 774-3186

Working in cooperation with the Office of  
the Massachusetts Attorney General

