

WORTHINGTON COUNCIL ON AGING NEWS

APRIL 2026



Photo courtesy of Charley Rose

Town Election

Saturday, May 2, 2026

Polling hours are at Town Hall 8:30am to 12:30 pm

In-person early voting will be available the week before from 9am-1pm

Town meeting usually starts at 9:30 am at the school

WORTHINGTON COA EVENTS

March COA POT LUCK



- St. Patrick's Day was celebrated on March 9 by over seventy diners in Worthington at the COA March luncheon! A delicious dinner was supplied by Greg and the staff of the Chesterfield General Store, including corned beef, carrots, potatoes, and cabbages, as well as their world-famous Irish soda bread and yummy chocolate and vanilla cake. Beautiful Irish music was provided by the **Rolling Scones**, and a great time was had by all! **Photos courtesy of Charley Rose**



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



*Maybe you should go home and get some rest.

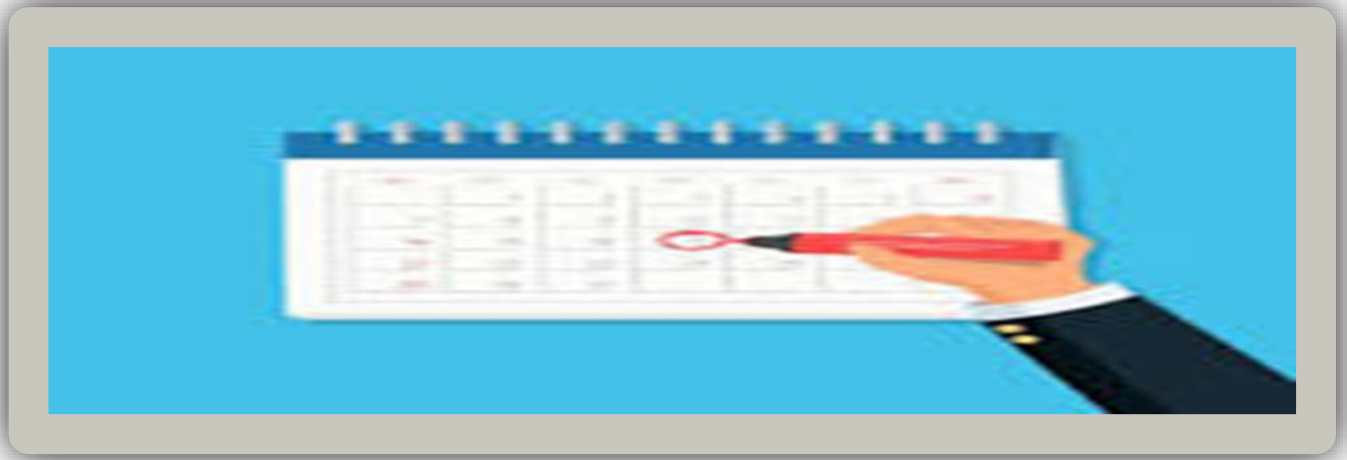
TOWN NOTARY SERVICE

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 Daner will be available to assist you with computer issues. Please call 238 - 4461 or email: eadaneri@gmail.com to inquire



MARK YOUR CALENDARS:

APRIL 16th 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](tel:238-1999). Order deadline **April 10th**

Each month there will be two choices for dinner This month's Menu: HAM & ONION QUICHE (**contains dairy & wheat**) CHICKEN COQ AU VIN (**contains dairy**) Steamed rice capri blend corn, 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) 238-5962 to arrange participation



Winner Pat Myrick

Photo courtesy of Helyn Myrick



April 27th
Town Hall
1:00

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

UPCOMING EVENTS

April flowering plant give-a-way:

April 13th

Curbside pick-up from 11-12 at Worthington Congregational church available while supplies last.

NEW PROGRAM WORKSHOP WEDNESDAYS

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

April 22nd

ATTY JANICE WARD

1:00 Town Hall

Legal issues

Refreshments will be served

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Foot nurse MAY 20<sup>th</sup> Nail clipping, warm foot massage. Discount price of \$25. Call Deb Deane for an appointment. 413-667-5363

## **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:

Ann Marie Perrone Housing Rehab Program Manager

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

## 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: 8 am-6pm

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

:

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

## LINKS AT WORTHINGTON-

238-4464

113 Ridge Road

### MEMBERSHIP FEES DUE NOW

MEMBERSHIP OFFER:

10 Pack of Plays for \$300.

18 holes including cart.

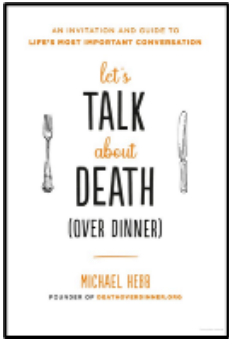
Must be used during the week. No expiration date.

Contact Marcie at [Marcie@greenbarkbookkeeping.com](mailto:Marcie@greenbarkbookkeeping.com)

(put "membership" in subject line)



# April Regional News



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. We still have space. 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*



## SAVE THE DATE

### Hilltown Resource, Volunteer & Job Fair

Whether you are seeking assistance, wanting a way to give back or looking for part-time work, this fair has something for everyone regardless of age.

**Please join us! ALL community members encouraged to attend**

 Saturday, **April 25, 2026**

 10:00 a.m. – 2:00 p.m.

 **New Hingham Elementary School  
30 Smith Rd, Chesterfield, MA**

**Why Come?** Our hilltowns thrive when we show up for one another. Your impact can be profound. Help strengthen the economy and networks that enrich our community and serve older adults.

**What You Will Find?** We will have information brochures, limited **tech help, blood pressure clinic**, and HEN program help and job **applications**. There also are **giveaways and door prizes**: Campground stay, Williamsburg Market gift certificates, stained glass, and others.

### Participating organizations include:

**Hilltown CDC,  
Highland Valley Elder Services,  
HEN Program,  
Foothills Health District, SHINE,  
Trinity Health, Service Net,  
TechConnect,  
Veterans Affairs,  
Elder Care Access,  
New England Wound Center,  
Consumer Protection,  
Funeral Consumer Alliance  
Blood Pressure Clinic, and more**

## GOOD NEWS FOR APRIL 2026

By Deb Hollingworth

### Finding home care resources can be a challenge.

If you need a little help...like grocery shopping, rides to medical appointments, meal prep, trips to the bank, or help remembering to take Rx, there are several affordable resources available.

If you need help daily for personal care like bathing, dressing as well as help with laundry and meal prep, then finding a reliable, skilled provider can be more complex.

Let's start with those of us who need a little bit of help to keep ahead of housework, laundry and making meals. And perhaps you want to give up driving, but still need to get to medical appointments, or out to do errands.

Affordable resources might include home care services from Highland Valley Elder Services, 586-2000 or the HEN (Hilltown Elder Network) program at the Hilltown CDC 296-4232.

Your COA or senior center might be able to help with transportation to appointments and help with meals. They also can recommend ways to get you started thinking about what kind of help you need, and who provides it. Most of these services are free or at a low cost.

For even more help understanding what's available, call the Community Connector, 413-296-4536 ext. 110, or send an email to [communityconnectjo@gmail.com](mailto:communityconnectjo@gmail.com).

Highland Valley has a free consultation service called Options Counseling which can give you an overview of resources for your particular situation.

## The next challenge is paying for home care services.

Home care help can be paid for a number of ways.

1. Medicare pays for home care services if you are discharged home after rehab or hospital for a planned surgery or after an unplanned medical event. Your doctor can "write orders" for OT, PT or RN. While helpful, these services are not designed to give you daily assistance and are short term, usually for 2-4 weeks.
2. If you need more help and are an eligible veteran, you may be able to get ongoing services through the VA. Call your senior center to see when you can speak with your veteran's agent.
3. While Medicare doesn't pay for ongoing home care help, MassHealth does. And you may be eligible for MassHealth benefits. Check with your SHINE counselor for eligibility requirements. 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.
4. Long Term Insurance policies, if you have one, pay for home care benefits. So dust off that policy you began years ago and read the contract to see how to access your benefit.
5. Paying privately is expensive, but if you want to stay home safe and get the care you need, this may be the time to consider it.

Next month we'll talk about how to look for home care services providers. Meanwhile, don't miss an opportunity to see what's available at the **April 25th Resources Fair which is being held at New Hingham School** in Chesterfield.

**See you there!**

## DEMENTIA TALK – FOR CAREGIVERS

Are you a caregiver of a person who has dementia? Caregiving is hard work; education, support, and community can all have a positive impact! Heidi Zahra, MSN RN, is a faculty lecturer at the Elaine Marieb College of Nursing from UMass Amherst.

**On Thursday, April 30<sup>th</sup> at 10am in Plainfield,**

Zahra will speak with caregivers on the topic of sleep, a very common challenge for caregivers of people with dementia. She will also share additional educational offerings and programs for care partners. This is a nice way to connect with other caregivers and share ideas and stories.

For more details Contact Polly at [pryan@town.plainfield.ma.us](mailto:pryan@town.plainfield.ma.us) or call 413-212-1581.

## WHAT IS THE NORTHERN HILLTOWNS CONSORTIUM?



The Northern Hilltowns Consortium (NHC) is comprised of the Directors/Coordinators of seven Northern Hilltowns – Williamsburg, Westhampton, Chesterfield, Goshen, Cummington, Worthington and Plainfield.

This group of COAs has been meeting monthly since the late 1990's. It is a partnership, collaboration, support group, network of dedicated, knowledgeable, and highly effective COA leaders. The group focuses on ways to improve quality of life, help maintain independence, reduce isolation and loneliness to support aging in place in the hilltowns.

The Consortium has had success in applying for grants over the years because our small towns collaborate. This funding benefits our seven-town region, most notably bringing you the TechConnect Program (nearly \$300,000 in 2023). The NHC has been awarded Service Incentive Grants (SIG) since 2015 to develop and coordinate services in our region. For several years we have also received Highland Valley Elder Service grants for our Community Connector Program, intergenerational and fitness programming. The group has hosted region wide events, such as the successful "Let's Have a Conversation about Memory", featuring Dr. Rebecca Starr. NHC collaborates to get grants and create worthwhile events to bring to you and our communities.

The NHC website contains every COA's newsletter each month. We encourage you to read all or some of them. It also has a variety of information about resources, tech services, and town COA details. Please visit the website at <https://www.northernhilltownscoas.org>.

**All seven of the Consortium Councils on Aging will be at the April 25<sup>th</sup> Resource, Volunteer and Job Fair**

## FREE GUIDED TOUR - MELVILLE HOMESTEAD



A free guided tour of Arrowhead, Herman Melville's historic home and farm, is planned for Friday April 17th from 11am to noon. It is located at 780 Holmes Road in Pittsfield, Massachusetts. At least 12 participants are needed for this event. Please RSVP with Polly at [pryan@town.plainfield.ma.us](mailto:pryan@town.plainfield.ma.us) or call 413-212-1581

## COMMUNITY CONNECTOR

The Hilltown Elder Network (HEN program) is looking to help our Hilltown seniors! If you are in need of assistance with house cleaning, meal prep, grocery shopping, or transportation please call the number below to sign up. It is a free service, if income eligible, provided by the Hilltown CDC.

If you are a senior looking to make a little extra money (\$22 an hour) while helping out a community member, please call! Hours are flexible and can be as little as two hours a week. We have some HEN caregivers that are also receive HEN services.

We will be having a job fair on Saturday, April 25th from 10-2 at New Hingham Elementary school. The Hilltown Elder Network will have a booth with all the info you will need to get started as a caregiver or sign up to begin receiving help. Feel free to contact Jennifer O'Connell at 413-296-4536 ext. 110 or email at [jennifero@hilltowncdc.org](mailto:jennifero@hilltowncdc.org) for more information or to sign up sooner than the job fair.

## 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**

**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 NOW to the address above. Wait list available.

**Day Trip May 8<sup>th</sup>, Friday, FDR Homestead, Library and Val Kill.** Contact Forbes Library 413-587-1011.

**Day Trip June 11th, Thursday, 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 NOW to the address above. I need 10 more to make the trip a-Go.

**Day Trip June 23rd, Tuesday, 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 NOW to the address above.

**Day Trip July 12, 13, 14 or 15 Tall Ships in Boston**  
Contact First Choice Tours 1-413-665-9090.

**Day Trip August 3<sup>rd</sup>, Monday 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**

**TECH CONNECT**  
SUCCESS FOR OLDER ADULTS



**TECH HELP FOR APRIL**

**TechHub** workshops and tech support sessions are returning to Chesterfield. Alternate Friday workshops are 1-hour beginning at 10:30 am. Technical support drop-in sessions follow from 11:30-1:30. All sessions are held downstairs at 400 Main St., Chesterfield. Classes are free. No need to register. See below for date and topic changes from previous newsletters.

### Workshops

**April 3 Online Safety & Avoiding Misinformation**

**April 17 Introduction to Google Workspace**

May 1 Cloud Basics & Google Drive

May 15 MS Excel Basics

May 29 Windows 11 Operating System Basics

June 12 Designing with Canva

June 26 Zoom Basics

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 (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, 4/16

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4<sup>th</sup> Thursday 4/23

Williamsburg

Meekins Library Drop-In tech support from 10 :30 to 12:30, 2<sup>nd</sup> Tuesday, 4/14

Nash Hill Place Resident tech support from 10:00 to Noon, 2<sup>nd</sup> Tuesday, 4/14

Worthington tech support - contact Eileen Daneri [eadaneri@gmail.com](mailto:eadaneri@gmail.com).

*NOTE: Plainfield/Cummington residents should call 413-296-5080 for an appt or use Chesterfield site.*

### Internet Hotspots

Hotspot funding ended. Call 413-296-5080 for help on finding the right low- cost internet plan for you.



NORTHAMPTON OPEN MEDIA

**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**

## SCAM ALERT!

The Northwestern District Attorney's Office  
**Consumer Protection Unit** offers free  
assistance to residents.

**We Can Help With:**

- Disputes between residents and businesses
- Preparing consumers before major purchases
- Protecting individuals from fraud, identity theft, and scams
- Educating the public on consumer protection

**For a consumer question or  
complaint please call:**

Northampton  
(413) 586-9225

Greenfield  
(413) 774-3186

Working in cooperation with the Office of  
the Massachusetts Attorney General



## SCAM ALERT!

Concerned about identity theft?  
Consider **FREEZING YOUR CREDIT**.

A credit freeze limits outside access to  
your credit reports. It can help prevent  
someone from opening new accounts  
and loans in your name.

Call the credit agencies for a **FREE**  
credit freeze:

**Equifax** 1-800-685-1111

**Experian** 1-888-397-3742

**Transunion** 1-888-909-8872

**Northwestern  
District Attorney's  
Consumer Protection Unit**

Northampton  
(413) 586-9225

Greenfield  
(413) 774-3186

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the Massachusetts Attorney General

