

WORTHINGTON COUNCIL ON AGING NEWS

MAY 2026



Photo courtesy of Mari Hall

WORKSHOP WEDNESDAYS

May 27th

1:00

Town Hall

ANNE MARIE PERRONE

All are welcome

Hilltown CDC programs

Refreshments will be served

WORTHINGTON COA EVENTS

April Flower Give-A-Way



Jerry Landry seems happy with his beautiful plant.

Thanks to the Conwell students who playfully assisted with our distribution.



Our first Wednesday Workshop: Thanks to Attorney Janice Ward for her presentation on the importance of having a Power of Attorney Document

Photo courtesy of Jay Dreschnack

COA

Board members, Helyn Myrick, Pat Kennedy, Camille Smith greeting the public at the Consortium Resource Fair on Saturday, April 25

Standing National Honor Society student from Gateway Regional HS, Theodore DeAngelis-Page was a huge help for all vendors



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

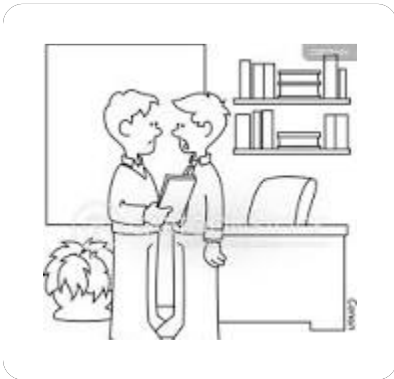
Town Hall

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: eadaneri@gmail.com to inquire

MARK YOUR CALENDARS:

MAY 11- POT LUCK- 12:00 Town Hall

MAY 18TH
TOWN HALL
1:00



MAY 21 Grab-n-go meals

Every third Thursday, meals that have been ordered, will be available for pick up at the Town Hall (12-1:00 Enrollment forms must be completed before requesting a meal.

These forms are available at all COA events. . If you or someone you know has not enrolled, contact Phyllis Dassatti (413) 238-5962 to arrange participation

Each month there will be two choices for dinner This month's Menu: EGGPLANT PARM OR CHICKEN PARM, PASTA , CAPRI BLEND (ASPARAGUS GREEN BEANS) BIRTHDAY CAKE. To order your meal(s) call: **238-1999**. Order deadline **May 17TH** suggest that you bring your own bag for easy transport.

A Donation to the Highland Valley Elder Services would be appreciated.

MAY 20th FOOT NURSE- clipping, warm foot massage.

Discount price of \$25. Call Deb Deane for an appointment. 413-667-5363

June 8th Pot luck - Town Hall 12:00

Ed & SUE LEWIS will share highlights from their Australia Trip. which includes many beautiful birds and astounding animals!

COMMUNITY EVENTS

Ornamental Alternatives: Replacing Invasives with Beautiful Natives that can Restore a Healthy Home Landscape

**Presented by the Worthington Garden Club
At Worthington Town Hall ☞ Open to the Public
TUESDAY, MAY 12, 6 PM**

All states now prohibit sales of invasive plants, but many of these "bad actors" lurk in home landscapes, defending themselves with values like pretty flowers, shade tolerance and colorful fall foliage.

This program calls out trees, vines, shrubs and perennials from Massachusetts' invasives lists, and offers native alternatives that deliver extra landscape value.

Home gardeners can aim for superior flowers, fragrance, fruits and fall color while gaining native resilience... and pollinators & birds will thank you!

Your Presenter:
Chris Ferrero
Cornell Master Gardener
Speaker, Writer, Consultant



This program is supported in part by a grant from the Worthington Cultural Council, a local agency which is supported by the MA Cultural Council, a state agency.



Penny Social Raffle and Pasta Supper

Fundraiser for the First Congregational Church

Where: Worthington Town Hall

When: Saturday May 16, 2026

Time: Doors open at 4:00 PM

Dinner at 5:00 PM

Raffle at 6:00 PM

Cost: \$15 Adults

\$7.50 children 6-12

Free for 5 and under

Fun Multi-generational Event!

Limited tickets due to capacity of Town Hall.

Get them before they are gone.

Please contact one of the following people for tickets:

Nancy Babcock: 413- 358-3184

Ashley Tompkin: 413-329-1917

Marcia Estelle: 413-238-5554

Or email: worthingtonchurch536@gmail.com

THE CHESTERFIELD GENERAL STORE AND CAFE

432 Main St

Chesterfield

Known for its wood fired pizza, sourdough breads, and specialty sandwiches

413-296-4354

Open Thursday-Saturday (7AM -7PM)

Sunday (7AM-3PM)

LISTONS-

238-0144

Old North Road

:

May 7th Blooming Table Flower Bar 6pm

May 10th Infinity Lox Permanent Jewelry 12-3pm

May 28th Thursday Night Live Series Kickoff with Misty Blues Band

LINKS AT WORTHINGTON-

238-4464

113 Ridge Road

******COURSE OPEN******



May Regional News

ELDER LAW ISSUES



Local seniors are welcome to come learn about Elder Law issues at a **free** event. This presentation is hosted by the Goshen and Cummington COA's on May 21, 2026. It is being held at 2:00pm in the Goshen Town Hall.

Atty. James Loughman from Donovan, O'Connor & Dodgig, LLP will be the volunteer speaker.

This event is part of the statewide Elder Law Education Program presented by the Massachusetts Bar Association (MBA). Their education program corresponds with the publication of a revised and expanded "2026 Elder Law Education Guide," the 17th edition of the resource guide. The guide will be available at the event and is online at the MBA's companion website, www.massbar.org/elderlaw.



The topics to be discussed this year include:

- Veteran Affairs Financial Benefits,
- how to protect your home and assets,
- power of attorney and health care proxies,
- reverse mortgages,
- Homestead and Life Estates, and
- Medicare/Medicaid changes.

For more information about the presentation, contact Kerry at coa@goshen-ma.us or Chrisoula at croumeliotis@cummington-ma.gov

STRENGTH IN NUMBERS - A FALL PREVENTION PROGRAM

Strength In Numbers- A Fall Prevention Program will be a six-week program starting on May 4 at the Goshen Town Hall at 1:30-2:30pm.



Taught by Physical and Occupational Therapists from the Cooley Dickinson VNA, this

free program covers topics including:

- determining our own risk of falling,
- strength and balance activities to do at home,
- managing medications,
- visual concerns and age-related changes,
- home safety recommendations.

Practical items will be distributed free of charge to participants.

To reap the full benefits of the program, participants are asked to commit to all six sessions if possible. We will meet on six consecutive Mondays with the exception of Memorial Day on May 25.

This program is **free** thanks to grants from the Eversource Energy Foundation and the Roy Foundation.



To **sign up** please contact Kerry Normandin **by April 29** at coa@goshen-ma.us or call 268-8236 ext 118.

We welcome and encourage older adults from all the Hilltowns to attend.

GOOD NEWS FOR MAY 2026

By Deb Hollingworth

When looking for home care help, it's important to understand that Massachusetts does not regulate these businesses unless they have contracts with MassHealth, other State agencies, or are certified Medicare home care providers. Being regulated means they have to meet standards of care in order to keep their certification.

Of approximately 400 home care companies in Massachusetts, only about 1/3 of them are subject to regulation. Standards of care include CORI checking their employees, supervising them on the job, and providing ongoing training to ensure a level of skill. So, that's a good thing.

But odds are, you are more likely to find a company that is not regulated. Does this matter?

Depends on what kind of help you need, and perhaps how long you expect to need it. Because home care help is expensive and regulated companies can bill Medicare, and MassHealth, and may have contracts with the VA or State Home Care agencies like Highland Valley. Which means there may be help paying for the services you need.

Unregulated companies are most likely to be private pay only. Cost of care varies depending on where you live, what you need and how many hours per day, or a week you need.

One good thing in favor of the private pay providers.... the customer is always right, because if you're not happy, you can take your business elsewhere, so these home care providers are highly motivated to please.

While the regulated, certified providers must meet standards of care, they sometimes have issues when it comes to customer service. So there's a trade off.

Let me say that there are many Certified/Regulated home care providers that provide excellent customer service and understand the importance of maintaining a reputation for same. You might look for well established companies who have been in business long enough to establish a reputation for excellence.

Where do you go to look for these providers? You might start with the [Medicare.gov](https://www.medicare.gov) web site. This site lists certified Medicare providers and starts by asking your zip code to narrow the search for those companies near you.

The Massachusetts Home Care Aide Council also has a helpful web site. This council is a non-profit association of home care agencies that provides training opportunities as well as guidelines for standards of care.

Mass Personal Care Attendant (PCA) Directory helps those who would like to become a PCA worker, those looking for PCA training.... and those looking to hire a PCA worker.

You also might speak with your doctor's office, hospital or rehab for a recommendation, especially if you think Medicare might pay for services.

To get you started.... Your senior center may be able to recommend several home care providers. A lot will depend on what kind of help you need, and whether or not there are ways to get help paying for it.

Next month we'll explore who pays for home care help and whether or not you might qualify for MassHealth benefits.

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

Mail: 11 Stage Rd. Williamsburg, MA 01096

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.

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 check payable to Landmark Tours and mail NOW to the address above. Wait list only.

Day Trip July 12, 13, 14 or 15, Tall Ships in Boston
Contact First Choice Tours 1-413-665-9090.
Also, Southamptton Senior Center has a trip scheduled for July 13th. \$ 157. Departs at 6:00 AM. Call 413-529-2105 to sign up.

Day Trip August 3rd, Monday, Encore Casino. \$50 Cost Includes: round trip bus transportation, driver gratuity & \$20 in free slot play. Meals on your own. Make a check payable to Francine Frenier and mail to address above by June 6, 2026. 19 more passengers are needed for this trip to go.

Day Trip September, TBD Big E.

Day Trip, December 8th, Merry Christmazz Holiday Variety Show. Jimmy Mazz performs seasonal traditional and contemporary tunes from various artists. Yankee Pot Roast lunch and show at Storrowton's Carriage House, W. Springfield. A drive through Bright Nights follows. Make an \$80 check payable to Francine Frenier and mail to address above by October 6, 2026.

TECH CONNECT
SUCCESS FOR OLDER ADULTS



TECH HELP FOR MAY

TechHub workshops and tech support sessions
Chesterfield workshops are one hour beginning at 10:30 am and technical support will follow from 11:30-1:30. Sessions will be held at 400 Main St., Chesterfield, downstairs. Classes are free and there is no need to register. Meekins Library also will host TechHub for workshops and tech support sessions.

Workshops in Chesterfield

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

Workshops at Meekins Library (Workshop at 1:30 followed by 1 hour of tech support)

May 11 Google Workspaces

June 1 Cloud Basics

Tech Support home visit appointments available.

Call or message 413-296-5080 to arrange a home visit.

Devices for you: Refurbished PC laptops and iPads.

If you are looking for a free refurbished laptop or iPad, please call 413-296-5080 and leave us a message. We will offer free devices while our supply lasts. If you have received a device and are not using it, please call our number to arrange a return so someone else can use it.

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, 3rd Thursday, 5/21

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 5/28

Williamsburg

Meekins Library Drop-In tech support
(call library for latest information)

Nash Hill Place Resident Drop-In tech support
from 10:00 to Noon, 2nd Tuesday, 5/12

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



Organizing Partners:

Cummington
Tree Alliance

HILLTOWN
VISION



CUMMINGTON
CULTURAL DISTRICT

Cross Pollination

Community Biodiversity Program Cummington

Learn More:



Announcing **Cross Pollination**, a participatory, community-wide biodiversity restoration and education initiative

- **Climate-Resilient Tree and Shrub Planting**
- **Community Orchard and Historic Garden**
- **Pollinator Corridor**
- **Experiential Learning, Interpretive Signage & Educational Guides**

More details and invitations to take part coming soon!

Contact: cummingtontrees@gmail.com
cummingtonculture.art/cross-pollination-2026

Support:

GRASS
ROOTS
FUND



**WORTHINGTON COUNCIL ON AGING
ATTN: PHYLLIS DASSATTI PO BOX 7
WORTHINGTON, MA 01098**

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HELYN MYRICK
HELEN PELLETIER
PAT KENNEDY
EILEEN DANERI
CAMILLE SMITH**



SCAM ALERT!

If someone knocks on your door saying they have "leftover asphalt" and they offer to pave, repair, or seal your driveway today, **it's a scam!**

- Resist the pressure to act quickly even if it sounds like a good deal
- Get a written contract even for small repairs
- Never pay for the entire project up front
- Get at least 3 written estimates before hiring someone to do work at your home
- Report suspicious paving crews to police

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

