

WORTHINGTON COUNCIL ON AGING NEWS

JULY 2026



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PHYLLIS DASSATTI-*Coordinator*
CAMILLE SMITH
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JAY DRESCHNACK *Chair*

MARY KAY FARLEY
Co-Chair, Newsletter
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July 13th COA Annual picnic at the Rod and Gun Club
Event will be held rain or shine . Enjoy wonderful a BBQ
lunch of chicken and sides from Worthy Q BBQ Call
238-1557 for Reservations. deadline **July 6th**

Under written by the Roland Fund

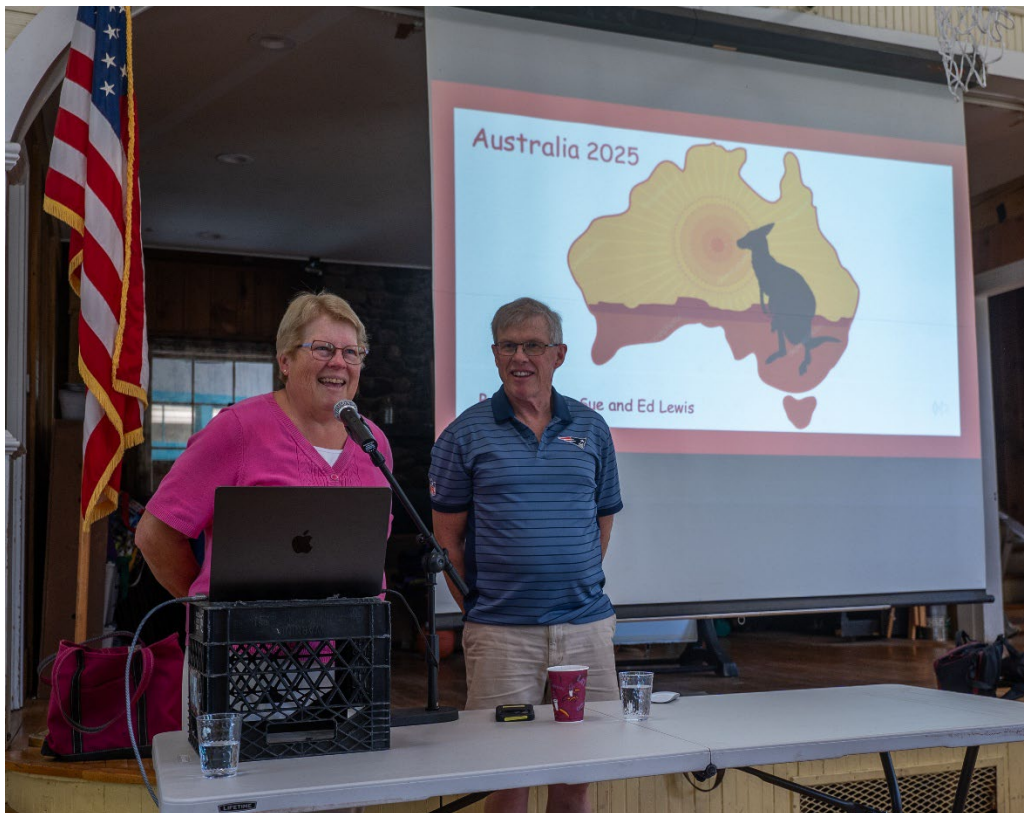
PICNIC WILL TAKE THE PLACE OF POT LUCK

WORTHINGTON COA EVENTS



POT LUCK LUNCHEON

The COA potluck on June 8th was a special treat! Ed and Sue Lewis shared stories and pictures of their Australian trip. Everyone present was enthralled with their spectacular program.





Thank You, Debbi Dreschnack, for the excellent presentation on fall prevention about 20 people attended and participated in a lively discussion afterwards (Photo courtesy of Jay Dreschnack)

WEEKLY ACTIVITIES:

Sundays

& Wednesdays

Yoga starting 6/24
Four Corners Farm
9:30 – 10:30
Eileen Daneri-

238-4461 Mondays

& Fridays

Bones & Balance
Town Hall
10:00-11:00
Marcia Estelle-
238-5554

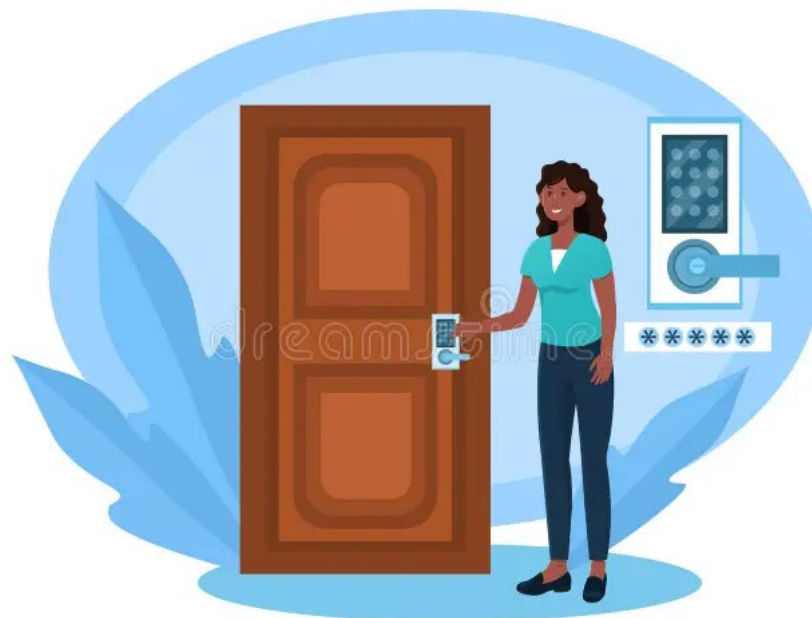
Aerobic Training

Monday 4:00-5:00
Town Hall
\$10.00/class
walk-in \$12.00

Strength Training

Town Hall
Thursday 4:00-5:00

Judy Babcock 238-4457
\$ 10.00/class
walk-in \$12.00 for both



WORTHINGTON FIRE DEPARTMENT is offering free lockboxes to older adults (60+) A lockbox is a small secure box with a combination that holds your house key. When an emergency call comes through 911, the dispatcher will inform the responding officer or paramedic (via secure format) of the location and combination of the lockbox, allowing quicker entry to your home. If you would like to participate in this offer, . Also, seniors who did not request a street address sign last year , and still want one, call after July 6 th 413-238-1557 for either and /or both programs and leave your name, address and phone number. A member of the Fire Department will call back to arrange details and answer your question. Deadline July 20th



Volunteer Opportunities

Make a difference in as little as 2 hours per week!

Since 2009, It Takes a Village has offered a crucial safety net for families in Western Massachusetts, providing basic needs supplies, easing postpartum struggles, and helping families transition from crisis to stability.

Current Openings Include:

- ✓ Home Visits Volunteers for postpartum families
- ✓ Assist at the Village Closet Basic Needs Center
- ✓ Delivery drivers for families lacking transportation
- ✓ **Your** skills can help families



"Our volunteer was an amazing resource. I don't know how I ever would have gotten through those early months without her."

We Need Your Help!
www.hilltownvillage.org

Contact us Today
(413)650-3640

Make a Difference
info@hilltownvillage.org

MAPLES SEEKS PART-TIME MAINTENANCE TECHNICIANS

The Maples Senior Housing seeks part-time 15 hours-per-week Maintenance Tech for year-round position in Worthington. Job entails a seasonal variety of repair, building maintenance and custodial duties, with on-call response to basic site emergencies. Job is three (3) days a week, five (5) hours per day = 15 hours per week, no benefits, W2 employment. Must be able to lift 50 pounds and operate a tractor, power and hand tools, etc., and work additional hours as needed in the winter, etc. .Please contact: Patty Kimura, Property Manager 413-238-5836 Monday- Thursday 9am-4pm. Job starts at \$20/hour. The Maples is an equal opportunity employer.

MARK YOUR CALENDARS

Transportation can be provided ~call (413)238-5962

July 15th Foot nurse call Deb Deane 413-667-5363 for appointment & discount price \$25.00 for clinic (COA office) discount price \$50.00 for home visit.

July 16th

GRAB-N-GO MEALS

All Worthington residents 60 and older are eligible. 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 **July 12th** Each month there will be two choices for dinner This month's Menu: **BROCCOLI STUFFED CHICKEN, FRENCH MEAT PIE, SPINACH, CARROTS FRESH FRUIT, MILK, DESERT** 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**



July 27th & Aug 17th

Town Hall 1:00

Free! multiple cards allowed

NO OTHER COA EVENTS IN AUGUST

Chesterfield General Store & Café
432 Main Road Chesterfield, MA
(413)296-4354

TOWN ACTIVITIES

LISTONS- 238-0144

Old North Road :
July-Acoustic Sundays 12-3 on the patio.
Thursday's music on the backyard stage

LINKS AT WORTHINGTON-238-4464

Ridge Road
Course opens 8:30 daily

UPCOMING TOURNAMENTS

Sunday, July 5th

All Day

ONE PERSON SCRAMBLE

Open to Public Play
Public \$75 Members \$45, Carts extra,
Includes food, prize money 25%
GHIN Required, Gross and Net, Skins Extra
Chair: Emily Figiela

July 11 - 12th

All Day

15TH ANNUAL WORTHINGTON CUP

Best Ball of Two, 36 Holes
Open to Public Play, Play is Gross Scores
Championship and 1st Division, Gross Scored
Gross and Net 2nd Division
Application and Payment Due by July 1st
Chair: Emily Figiela

August 1st

All Day

WORTHINGTON SNOWMOBILE CLUB

Chair: Billy Spitzer

FARMERS' MARKET COUPONS PROGRAM ANNOUNCEMENT

\$5 Coupons are available for eligible Worthington seniors to use for fresh fruit and vegetables at farmers markets in the area. Please contact Phyllis Dassatti for more information- 238-5962

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.

4 CORNERS FARM STAND (413) 961-9236

Old North Road
Hours: 8am-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/>



July Regional News

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 August 3rd Encore Casino. \$50 Cost Includes: bus transportation round trip, driver's gratuity & \$20 in free slot play. Meals on your own. Make check payable to Francine Frenier and mail to address above by July 1, 2026. **Just 3 more** passengers are needed for this trip to go.

Day Trip September Date 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 Storowton'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.

Trips in 2027

Watch for upcoming details on a 3-days/2 nights trip to Baltimore to see the Red Sox play the Baltimore Orioles along with some sightseeing. Waiting for 2027 MLB schedule to come out in December.

TECH CONNECT SUCCESS FOR OLDER ADULTS TECH HELP FOR JULY

Tech Support home visit is available by appointment.

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

Devices for you: Refurbished PC laptops

We have free refurbished laptops while supplies last. Please call 413-296-5080 and leave us a message if you are interested. If you have received a device from us 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)

Sites open to residents of all towns
(except Nash Hill location)

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, 7/16

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 7/23

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, 7/14

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



GOOD NEWS FOR JULY 2026

By Deb Hollingworth

This month we talk about nursing home care. Something you don't want to know until you need to know. Statistics say for those of us 65 or older, 70 percent will need nursing home care in our lifetime. But only 20 percent will need long term placement. (The rest being short term rehab stays after a medical event.)

What if you are part of that 20 percent?

How does a nursing home placement happen?

Usually this starts with a hospitalization, perhaps after a 911 event, maybe after a planned surgery when you are discharged from the hospital to a nursing home for rehab. If you were admitted to the hospital and stayed the 3 midnights....Medicare pays for this short term rehab stay which is usually a few weeks at best.

At some point the nursing home determines you have maxed out your Medicare rehab benefit and you need to be discharged. Home? What if you are "not ready", and you or your family caregiver(s) feel it is "unsafe" for you to go home.

You can stay in the nursing home, but switch from being a rehab patient, to being a long term resident, which means Medicare stops paying your monthly bill and you either pay the bill yourself or apply and get approved for MassHealth which pays most long term residents ongoing monthly bills.

What if you are home, and your situation has deteriorated to the point where you need to be a residential placement, a long term, not rehab nursing home resident. How to you make the transition from home to nursing home without the 911 event or hospitalization?

This is called a Community Admission.

You can contact the nursing home of your choice and make arrangements. They will need a medical summary from your doctor, and a payment source, either you plan to pay your bill yourself, or you complete and submit a MassHealth application. If you already have MassHealth, this process is simpler in that you only need to file the long term supplement section which gives MassHealth current verification of your income and assets. If your countable assets are less than \$2,000

(and you haven't transferred or 'gifted' any significant assets in the past 5 years)..... then you would be eligible for MassHealth to pay your ongoing nursing home bill. If your assets are more, you submit verifications and MassHealth will determine your "spend down" amount before becoming eligible.

Unlike a hospital discharge to a nursing home, a community admission takes longer, because we are waiting for an available bed in the nursing home of our choice. (With hospital discharges to nursing home...you take the first available bed, not necessarily the nursing home of your choice). With a community admission, the nursing home you choose, may put you on a waiting list when your paperwork is complete and call you when a bed becomes available. You can accept the bed, or delay and ask to be kept on their waiting list for the next bed. This is sometimes common when caregivers feel they can postpone placement a little longer. Getting the process started, getting on a waiting list is recommended if you wish to avoid the 911/hospitalization admission process.

Another option is a short term nursing home stay, called a Respite placement. Respite is for caregivers providing 24/7 care where the person needing care is placed in a nursing home, giving the caregiver a "respite" break. These are usually at least 2 weeks, and depend on bed availability. Not all nursing homes offer Respite stays. Check with the Highland Valley Ombudsman director, Michele Wolf, 413-588-5744. Michele provides oversight for the nursing homes in our area. She can give you a listing of all facilities and speak with you about which provide dementia care, or dialysis, or specialized rehab programs. She may also know nursing homes who have a VA contract. Which brings us to how to pay for short term Respite stays which are not covered by Medicare.

The VA contracts with a few facilities and may pay for short term placement for veterans, check with your veteran's agent. And MassHealth may also pay for short term placement if you have MassHealth. Odds are, you won't need this information, but if you do, you might have a conversation with the Ombudsman program director at Highland Valley.

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

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COA@WORTHINGTON-MA.US
413-238-5962**

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CAMILLE SMITH**



SCAM ALERT!

It's a **SCAM** if someone calls you claiming:

- You are getting a new, plastic Medicare card.
- Medicare is switching to a card with a chip in it.
- It's a new year so you need a new card.
- They need you to verify your Medicare number.

Report Medicare Fraud to:
Medicare 1-800-633-4227
or
Senior Medicare Patrol 1-800-892-0890

**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

