



Photo courtesy Farmer's Almanac

# **WORTHINGTON COUNCIL ON AGING NEWS**

**AUGUST 2026**

## **BOARD MEMBERS**

**PHYLLIS DASSATTI-Coordinator**  
**JAY DRESCHNACK Chair**  
**MARY KAY FARLEY**  
*Co-Chair, Newsletter*  
**EILEEN DANERI**

**PAT KENNEDY**  
**HELYN MYRICK**  
**HELEN PELLETIER**  
**CAMILLE SMITH**  
**JUDY SENA-Secretary**



**Join The Worthington Coa For A Trip To  
The Hudson Valley and enjoy a cruise  
aboard the classic Rip Van Winkle II**  
**Reservation deadline 9/1** See details be-  
low:

Experience breathtaking views of the historic Hudson River sites— a top-rated attraction in the Hudson Valley. Highlighted by the knowledgeable staff, we'll see some of the region's most unique and fascinating locations on the Hudson River during this 90-minute cruise. We'll enjoy a boxed lunch of gourmet sandwiches, macaroni salad, chips, cookie and fountain beverage on the cruise. Choose from (items *subject to change*):

*First Mate's Request:* Classic Roast Beef w/ Cheddar Cheese, lettuce, tomato & horseradish sauce on a roll

*Captain's Choice:* Oven Roasted Turkey Breast & Muenster Cheese w/ lettuce & tomato on a kaiser roll (mayo on side)

*Sassy Sailor Garden Wrap:* Lettuce/Roasted Red Peppers/Hummus/Cucumber/Celery/Carrot/Bell Pepper/Tomato in a wrap

After the cruise, on our way home we will stop at **Samascott's Garden Market** in Kinderhook to explore their impressive market full of homemade pies, cookies and breads, as well as jams, cheeses, honey, seasonal produce and countless other products from local farms.

**\$55.00 per person for Worthington Residents** (*includes all taxes and gratuities*)

**\$140.00 per person for Non-Residents** (*includes all taxes and gratuities*)

To make reservations, **CONTACT: PHYLLIS DASSATTI @ (413) 238-5962; [coa@worthington-ma.us](mailto:coa@worthington-ma.us)** you will have to provide *an emergency contact and phone number at sign-up*. Make checks payable to Town of Worthington reservation complete upon receipt of fee Mail check to Worthington Council on Aging, PO Box 7, Worthington, MA 01098

**DEADLINE IS SEPTEMBER 1, 2026**

**SCHEDULE: 7:15AM: MEET BUS AT WORTHINGTON CONGREGATIONAL CHURCH, HUNTINGTON ROAD, WORTHINGTON**

**7:30AM: BUS DEPARTS**

**4:00PM: APPROXIMATE RETURN**

Landmark Tours & Cruises, Inc. arranges the components of the tours and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled due to weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Landmark Tours reserves the right to adjust cost based on fuel or other surcharges imposed by airlines or other vendors

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# WORTHINGTON COA EVENTS

## BBQ PICNIC

It was a beautiful day for our picnic on July 13th **WORTHY SMOKE N' BBQ** once again provided a spectacular lunch to approximately 75 Worthington residents. This event was underwritten by the Roland Fund. Photos courtesy of Ed Pelletier & Charley Rose



## 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

### *Strength Training*

Thursday 4:00-5:00

Judy Babcock 238-4457

\$10.00/class walk-in

\$12.00 for both classes

resume in September

## TOWN NOTARY SERVICE

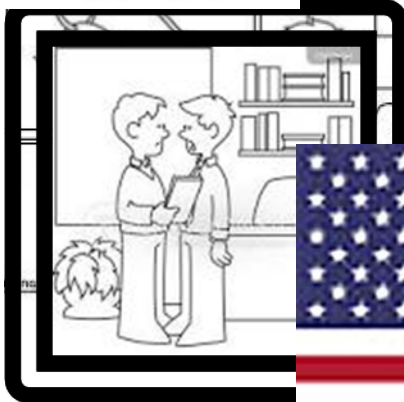


COA board member, Jay Dreschnack is a Notary Public and available to notarize your documents. call (413)406-8884, to make an appointment. He will come to your house. There is no charge for this service for Worthington residents.



## COMPUTER ASSISTANCE

COA board member, Eileen Daneri is available to assist you with computer issues. Please call 238 - 4461 or email: [eadaneri@gmail.com](mailto:eadaneri@gmail.com) to inquire



\*\*\*\*\*250\*\*\* 1776-2026\*\*\*\*\*

## MARK YOUR CALENDARS:

August 20<sup>th</sup>      GRAB-N-GO MEALS

**All Worthington residents 60 and older are eligible.** If you or someone you know has not enrolled, contact Phyllis Dassatti (413) 238-5962 to arrange participation. **Enrollment forms must be completed before requesting a meal.** These forms are available at all COA events or by calling Phyllis. To order your meal(s) call: **238-1999**. Order deadline **August 16th**. Each month there will be two choices for dinner. This month's Menu: **TUNA SALAD OR HAM SANDWICH WITH TWO SLICES OF WHEAT BREAD, BROCCOLI, PASTA SALAD & 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 transportation.

September 14<sup>th</sup>      Pot Luck 12:00 Town Hall

September 16 -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.



8/17 & 9/ 24 Town Hall

FREE -multiple cards allowed



**TRANSPORTATION TO ALL  
COA EVENTS AVAILABLE**

## TOWN ACTIVITIES

Friends of the Worthington Library (FOWL) is sponsoring the annual town wide tag sale on Saturday September 12, 2026 from 8 am to 2 pm.

Maps showing participating locations will be available for a donation on the day of the tag sale. If you are having a tag sale and you would like to appear on the map there is a \$5.00 fee. You can sign up during regular open hours (Tuesdays 3pm-6pm; Thursdays 10 am -6pm; Saturday 10am-4pm)

FOR the first time FOWL is providing ad space on the map for a suggested donation of \$25. Ads will be approximately the size of a business card. Please call FOWL member Diane Meehan 413-238-0001 Ads will be first come first serve.

All funds raised will go to the Library for museum passes , wish list and children and family programs

We appreciate your support of the Worthington library!

### **LISTONS- 238-0144**

Old North Road

#### **AUGUST:**

*Saturday Sessions Live Music On Patio 1:00-4:00*

*Thursday's music on the backyard stage 6:30-8:30*

### **LINKS AT WORTHINGTON-238-4464**

Ridge Road

Course opens 8:30 daily

## UPCOMING TOURNAMENTS

August 16<sup>th</sup>

**INDIVIDUAL OPEN CHAMPIONSHIP**

August 28-30

**CLUB CHAMPIONSHIP-(members only)**

September 7

**BASSACKWARDS**

September 25-27

**FLAMING LEAVES**

## 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: 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/>



# August Regional News

## Seniors Aware of Fire Education

Summer heat can be dangerous, especially for older adults. Heat related illnesses can develop quickly and become life threatening if not recognized and treated early.



**Heat exhaustion** occurs when the body loses too much water and salt through sweating. Signs may include heavy sweating, weakness, dizziness, headache, nausea, muscle cramps, and cool, clammy skin. If someone is experiencing heat exhaustion, move them to a cool place, offer water or a sports drink, loosen clothing, and apply cool wet cloths to help lower body temperature.

**Heat stroke** is a medical emergency. Signs include confusion, slurred speech, hot dry skin, seizures, or loss of consciousness. Call 911 immediately and begin cooling the person while waiting for help.

### During hot weather:

- Drink plenty of water.
- Avoid strenuous activity during the hottest part of the day.
- Wear lightweight clothing.
- Stay in air-conditioned spaces when possible.
- Check on neighbors, friends, and family members.

Stay cool, stay hydrated, and stay S.A.F.E. this summer!

Capt. Steve Estelle,  
SAFE Educator  
Goshen Fire Department

## TECH CONNECT SUCCESS FOR OLDER ADULTS **TECH HELP FOR AUGUST**

**Tech Support home visit is available by appointment.**

To arrange a home visit call or message  
**413-296-5080**

### **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, 8/20

Westhampton Library Drop-In tech support,  
from 2:00 to 4:00, 4th Thursday 8/27

Williamsburg,

**Meekins Library** Drop-In tech support (call  
library for latest information) 413-268-7472

**Nash Hill Place** Resident Drop-In tech  
support from 10:00 to Noon, 2nd Tuesday, 8/11

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



# GOOD NEWS FOR AUGUST 2026

By Deb Hollingworth

I'm going to take a stab at trying to clear up some confusion about the Medicare Savings Program (MSP) that many of you have applied for and gotten.

It's been 2 years now since Massachusetts dropped the asset limit and now determines eligibility based on income alone. This was a huge change for this Federal program. Only 12 states have dropped the asset requirement.

MSP...Medicare Savings Program is a Federal program which:

1. pays your Medicare B premium,
2. automatically enrolls you in the Extra Help program which subsidizes the premiums and co-pays for your Rx and
3. automatically makes you eligible for Health Safety Net which gives you free care at any Federally funded clinic or hospital.

MSP is administered by MassHealth. Which is where the confusion may start. If approved, you get a letter from MassHealth. MSP is not a MassHealth program....but you are given a MassHealth ID number and once a year, they send you a re-certification application (looks just like the 2 page MSP application you filled out originally). In order to keep your MSP, you need to complete and return that paperwork to MassHealth.

The Extra Help program that you were automatically approved for when you got MSP, is administered by social security. Fortunately, they don't require recertification every year. Extra Help automatically enrolls you in a Medicare D plan and pays the premium. And when you go to the pharmacy to pick up your Rx, the pleasant surprise is that co-pays are very

low for generics and no more than \$12.50 for any Brand name Rx. The beauty of Extra Help is that enrollment in a Medicare D plan happens automatically without your having to do anything. And as long as you keep your MSP...you will keep your Extra Help.

So where's the confusion?

1. I get calls from folks who say...I never applied for this Medicare D plan? So how did I get one?

It happened automatically...and if you don't like what you were assigned, you can switch. (A SHINE counselor can help with that.)

2. I get folks asking why they have a MassHealth ID number if they didn't enroll in MassHealth? And...medical providers seeing your MassHealth ID number in the system may say "Oh, I see you have MassHealth?"

To which you should answer, "No I don't have MassHealth, I have the Medicare Savings Program which is a Federal program, that subsidizes my Medicare". Even your doctor's office may not understand the difference.

3. Some folks that are approved for Medicare Savings Program have a low enough income to qualify for QMB, and those MSP folks will be mailed a MassHealth ID card. Don't throw it out!

QMB folks have the added benefit which pays any/all co-pays from medical providers. So, if you receive a MassHealth card in the mail, show it to your doctor, and make sure they have it in your medical record.

Questions?

Call your senior center, or your SHINE counselor at Highland Valley, Caroline Solan: 586-2000.

## 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 September 28, Monday. The Big E. An annual favorite**, free entertainment at The Court of Honor Stage. Frankie Avalon performs his hits. Cost \$18 for Northampton Seniors, all other seniors \$20. **Make your check payable to Francine Frenier and mail to the address above.** Due Now. NO REFUNDS due to bargain price. The bus leaves from Sheldon Field.

**NEW Day Trip Monday October 12th Worthington COA Fall Foliage Bus Trip.** Hudson River Narrated Cruise aboard the Rip Van Winkle II, choice of gourmet boxed lunch on board, and Market stop.

Discounted price for Worthington Seniors over 60 and \$140 for other seniors.

Call Phyllis for details at 413-238-5962 or email [coa@worthington-ma.us](mailto:coa@worthington-ma.us) to reserve a seat by September 1st.

### **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. Wait list only.

### **Trips in 2027**

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

## HELP WANTED

For the past several years the Northern Hilltowns Consortium of COAs has been able to offer a resource called the Community Connector. This service is funded through a grant from Highland Valley Elder Services. The program is designed to help residents in the 7 northern hilltowns connect with the services they need. The Connector helps you determine eligibility for benefits like SNAP, fuel assistance, subsidized housing, home care services, the Circuit Breaker tax credit. The program was created to help each of us understand how systems work, what benefits are available, and how to apply for them.

This position is Part Time, with flexible hours. Average of about 25 hours per month. Basic computer skills, knowledge of benefit programs and experience working with seniors on "later life" issues is helpful.

For more information, you can contact Jess Humphries at the Chesterfield COA, 400 Main Road, P.O. Box 7, Chesterfield, MA 01012 or email [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)

# Courage in Cummington

## The World War II Refugees



- Saturdays, 2-5 from July 11 to August 29

- With extended hours for Hilltown History Trail— August 1, 10-5

The Old Parsonage, 38 Main Street, Cummington

The Kingman Tavern Museum, across the street, is open for free tours on these dates!

The Cummington Historical Commission has a special exhibit, "Courage in Cummington, the WWII Refugees," on display at the Kingman Tavern Museum. In 1940, Cummington minister Reverend Carl Sangree organized a temporary haven in a home in Cummington for recently emigrated European refugees. Between 1940 and 1944, a total of 39 refugees, many of whom were artists and intellectuals, used their time at the hostel to refine and retool their skills to find permanent jobs and homes in the United States. This exhibit centers the refugees' stories of exile and new experiences in America. This exhibit will run through the end of August. The museum is open on Saturdays from 2-5 and is located at 38 Main St., Cummington.

## SCAM ALERT: BEWARE OF TEXT SCAMS

The texts often warn you about a problem you didn't know existed and then try to get you to act quickly to resolve it. Some of the common ruses seen are contained in the scam alert on the last page. The Northwest DA Office Consumer Protection Unit encourages folks to report these types of messages by calling 413-586-9225. NWDA also encourages you to mark suspicious messages as SPAM and block the sender. Need help blocking, contact TechConnect to learn how, 413-296-5080

**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  
EILEEN DANERI  
CAMILLE SMITH**

## SCAM ALERT!

If you get a text message you weren't expecting, **it could be a scam!** What it looks like:

- A message saying there's a problem with payment information.
- An alert about suspicious charges to a bank account or a credit card.
- A package delivery notification.
- An invoice for unpaid tolls or traffic tickets.
- A notice for failure to report to jury duty.
- A bill for an expensive product or service you didn't order.
- A random message from a number you don't recognize or someone you don't know.

What to do: Don't reply. Slow down and verify the information independently. Block and report suspicious messages.

### **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

