



Photo courtesy Farmer's Almanac

WORTHINGTON COUNCIL ON AGING NEWS

SEPTEMBER 2026

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**HUDSON RIVER TRIP OCTO-
BER 12TH DETAILS BELOW:**

THERE ARE STILL SPOTS LEFT
CONTACT: PHYLLIS DASSATTI
@ (413) 238-5962 ASAP



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 ASAP (413) 238-5962; 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

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



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 starting

9/14

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 to inquire

COA EVENTS

Bingo 8/23/26



MARK YOUR CALENDARS:

September 14th

Potluck

September 16th -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.

September 17th **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 **September 13th** Each month there will be two choices for dinner This month's Menu: **VEGETABLE QUICHE OR SWEET & SOUR CHICKEN, HERBED BARLEY, STIR-FRY BLEND, GREEN PEAS & CHILLED PINEAPPLE.** 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 28th **BINGO** Town Hall **FREE**-multiple cards allowed



NO POT LUCK LUNCHEON IN OCTOBER

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) 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!



COMMUNITY KICKBALL GAME

When: Thursday, September 24th
12:00-2:00PM (immediately following school dismissal)
Location: R.H. Conwell Elementary School

Snacks & refreshments will be provided!

- CORI Certified helpers will be on-site, so kids can stay without a parent or guardian
- RSVP on Signup Genius must be completed ahead of time for children to participate without their guardian present
- <https://www.signupgenius.com/go/10C0548A5AB2FABF5C25-65193047-community>

EVERYONE IN THE COMMUNITY IS WELCOME AND ENCOURAGED TO ATTEND WHETHER YOU'RE PLAYING, CHEERING, OR JUST ENJOYING THE SNACKS.

⚠ Please note: This is not a school-sponsored event.
Hosted by Worthington Parks and Recreation
Sponsored by Worthington COA
For any questions please email us parksandrec@worthington-ma.us

LISTONS- 238-0144

Old North Road

SEPTEMBER:

9/3 Thursday Night Live Music-Christina Cantalini 6:30-8:30

9/5 Saturday Session 1-4 with Eleanor Levine

9/12 Saturday Session 1-4 with Doomsday Ladies

9/17 Halfway to Saint Patrick's Day

LINKS AT WORTHINGTON-238-4464Ridge Road Course opens 8:30 daily

UPCOMING TOURNAMENTS

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.

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/>



September Regional News

Seniors Aware of Fire Education



September is Fall Prevention Month, a great reminder to take steps to reduce the risk of falls.

As first responders, we receive many calls each year to assist older adults who have fallen. While some falls result in only minor injuries, others can lead to broken bones, head injuries, or a loss of independence.

The good news is that many of these incidents can be prevented with a few simple changes.

To help reduce your risk:

- Keep walkways, stairs, and entryways free of clutter.
- Secure or remove loose rugs.
- Improve lighting throughout your home, especially at night.
- Install and use handrails on stairs and grab bars in bathrooms.
- Wear sturdy, slip-resistant shoes and avoid walking in socks on smooth floors.
- Have your vision and hearing checked regularly.
- Stay active with exercises that improve strength, flexibility, and balance.

A few minutes spent making your home safer today can help you remain independent, active, and confident for years to come. If you have concerns about fall hazards in your home, don't hesitate to ask a family member, friend, or caregiver for assistance.

Have a safe start to autumn!

Capt. Steve Estelle,
SAFE Educator
Goshen Fire Department



TECH HELP FOR SEPTEMBER

TechConnect will be offering **Q&A style classes this fall on the second Tuesday of each month** at the Chesterfield COA Community Center. Bring your questions and contributions to our roundtable discussion. Hosted by Lizzy Canady from 1-2pm on the following dates:

9/8/2026: Artificial Intelligence: Trends & Topics

10/13/2026: Putting your digital house in order

11/10/2026: TBD

12/8/2026: TBD

No registration necessary.

Tech Support home visit is available by appt. 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 received a device from us and are not using it, please call us 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 Every Tuesday from 11:00 to 2:00

Goshen Library, Drop-In tech support from

12:00 to 2:00, 3rd Thursday, 9/17

Westhampton Library Drop-In tech support, from

2:00 to 4:00, 4th Thursday 9/24

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, 9/8

Worthington tech support - contact

Eileen Daneri eadaneri@gmail.com.



GOOD NEWS FOR SEPTEMBER 2026

By Deb Hollingworth

From time to time, I get questions about MassHealth's "Estate Recovery" from folks who might be eligible for MassHealth benefits but are worried that "MassHealth will take my house" or any and all other assets. Eligibility rules for MassHealth are different depending on whether you are dead.....or alive.

If you are alive..... and want MassHealth benefits your countable assets must be less than \$2,000.

- Countable is the key word here. MassHealth does not count a car if you have one registered in your name, or a prepaid funeral contract, or term life insurance or your home if it is your primary residence.
- MassHealth does count a car if you have more than one, does count a home if you do not live in it, does count a whole life insurance policy if it has a cash surrender value, does count savings and retirement investments. (IRAs are uncountable if you are still actively contributing to them)

Excess Assets

If you have more than the allowed \$2,000 in countable assets, you may be able to transfer excess assets out of your name.

As of this writing 2026, you can transfer \$160,000 of countable assets to your spouse. If your assets are more than that, or you own assets jointly with other family members, or friends, you should probably do asset preservation work with an elder law attorney.

MassHealth will count the asset if you are able to access it..... if you no longer own the asset, or can not access it in your life time.... the asset becomes uncountable.

Asset Transfers

If you are not dead....but want MassHealth to pay your nursing home bill, the infamous 5 year look back rule applies. Which means MassHealth looks at any/all asset transfers for the 5 years prior to your entering a nursing home.

- If you are married, MassHealth allows you to transfer up to \$160,000 of countable assets to your spouse. This asset limit changes/ increases each year.
- Remaining countable assets will be used to pay your nursing home bill until you have "spent down" to the \$2,000 asset limit.
- If yours is the only name on the deed to your home, MassHealth may put a lien on your property which would be paid when sold.

If you are dead ... have an Estate that will go through Probate... MassHealth will present a bill to Probate for services rendered during the last 10 years of your lifetime. MassHealth starts keeping track of your "bill" after you turn 55, and does not bill estates valued at less than \$25,000.

For more detailed information you might Google MassHealth Estate Recovery.





LGBTQ+ LUNCH

Join us to share a meal together, see folks you know, and meet those you don't.
Hilltowns LGBTQ+ residents and allies welcome!

Wednesday, September 23rd
12 PM

400 Main Rd, Chesterfield, MA 01012

Register by Sep. 18th to join!

413-296-4007
coa@townofchesterfieldma.com
<https://www.townofchesterfieldma.com/council-aging>

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 September 28, Monday. The Big E. An annual favorite, with 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 at 413-238-5962 or email coa@worthington-ma.us for details & to reserve a seat by September 1st.

Trips in 2027

Multi Day Trip April 25- May 1

Savannah, Jekyll Island & Beaufort, SC.

Seven days, six nights. Visit Savannah, "The Belle of Georgia," Magnificent Beaufort, SC "The queen of the Carolina Sea Islands," and Port Royal Sound Maritime Museum and more. Includes hotels, breakfasts and 4 dinners. Price \$987 per person, double occupancy. A \$25 discount is given if paid in full by January 25, 2027. Sign up NOW and pay later. Make the check payable to Diamond Tours and mail to the address above after the first of the year.

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Please email Francine NOW so she can see if there is enough interest to make either of these trips a go:

**\*\*3-day/2 nights trip to Baltimore to see the Red Sox play a game against the Baltimore Orioles along with some sightseeing and visit the National Aquarium. Waiting for the 2027 MLB schedule to come out in December to determine dates.**

**\*\*Seven day trip to Chicago, partial itinerary includes a tour of Chicago, a skyline cruise on Lake Michigan, visit historic Navy Pier and museums. Possible date: October 17, 2027.**

## FALL VACCINE CLINIC

### Cummington Community House

33 Main St, Cummington, MA 01026

Wednesday  
October 21, 2026  
10:00am – 1:00pm



#### OR REGISTER ONLINE:

[northamptonma.gov/2219/vax](http://northamptonma.gov/2219/vax)



Hampshire Public Health  
Shared Services Collaborative  
Prevent. Promote. Protect.



#### FLU VACCINE

Regular (6mos +)  
High Dose (65+)



#### COVID Vaccine

Pfizer (65+)  
18+ & considered high risk.

\*If you are 18+ and unsure about getting a COVID vaccine, talk with your primary care provider. If they recommend vaccination, we can provide it at our clinic after you complete a vaccine eligibility screening questionnaire.



#### NEED HELP REGISTERING?

Call: 413-587- 4903  
[nurses@northamptonma.gov](mailto:nurses@northamptonma.gov)

- Please bring your insurance card, vaccines are free to you
- Limited Walk-ins, pre-registering is recommended



## HOMEBOUND VACCINE PROGRAM

Amherst, Chester, Chesterfield, Cummington,  
Easthampton, Granby, Hadley, Hatfield,  
Huntington, Middlefield, Northampton,  
Plainfield, Southampton, Worthington

#### SCAN THE QR CODE



#### OR REGISTER ONLINE

[northamptonma.gov/2219/vax](http://northamptonma.gov/2219/vax)



Hampshire Public Health  
Shared Services Collaborative  
Prevent. Promote. Protect.



#### NEED HELP REGISTERING?

Call: 413-587- 4903



#### COVID VACCINE

Pfizer



#### FLU VACCINE

Regular and High Dose  
(available during flu season)

- Homebound visit available for Covid, Flu vaccine for ADULTS only
- Homebound includes persons with limited mobility and/or difficulty getting out of the home and their caretakers.
- Please have your insurance card available



## Sharing and Caring: A Memory Cafe

*A group led by two speech-language pathologists  
for adults with memory loss and their care partners.*



Every 1st Thursday, 1pm-2:30pm, Oct 2026-Jun 2027

John James Memorial Town Hall, 42 Main St. in Goshen, MA

Contact Kerry at [COA@goshen-ma.us](mailto:COA@goshen-ma.us) or (413) 268-8236, ext. 118

**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**  
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**CAMILLE SMITH**

## SCAM ALERT!

Scammers are increasingly targeting older adults by convincing them to deposit cash into **cryptocurrency kiosks** (Bitcoin ATMs) located in convenience stores, package stores, gas stations, and other businesses.

How the scam works:

- You receive a phone call, text, or email claiming to be from law enforcement, a government agency, your bank, a utility company, or even a family member in trouble.
- The scammer creates a sense of urgency and instructs you to withdraw cash from your bank.
- They then direct you to a cryptocurrency kiosk and tell you to deposit the money.
- Once the money is sent, it is extremely difficult, often impossible, to recover.

**No government agency or public utility**  
will ask you to pay with cryptocurrency.

**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

