



WORTHINGTON COUNCIL ON AGING NEWS

OCTOBER 2026

ELECTION DAY TUESDAY NOVEMBER 3, 2026

OCTOBER 12TH TRIP: FOR THOSE WHO HAVE CHOSEN TO SPEND THE DAY OVERLOOKING THE BEAUTY OF LAND AND RIVER PLEASE MEET AT 7:15 TO BOARD BUS AT WORTHINGTON CONGREGATIONAL CHURCH, HUNTINGTON ROAD, WORTHINGTON BUS DEPARTS PROMPTLY AT 7:30 APPROXIMATE RETURN TO CHURCH 4:00

BOARD MEMBERS

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

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

WEEKLY ACTIVITIES:

Sundays & Wednesdays
Yoga Four Corners Farm
9:30 – 10:30
First timers contact
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

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



The Worthington Board of Health and Worthington Council on Aging co-sponsored a Flu & Covid clinic on September 24th there were 59 participants of all ages

MARK YOUR CALENDARS:

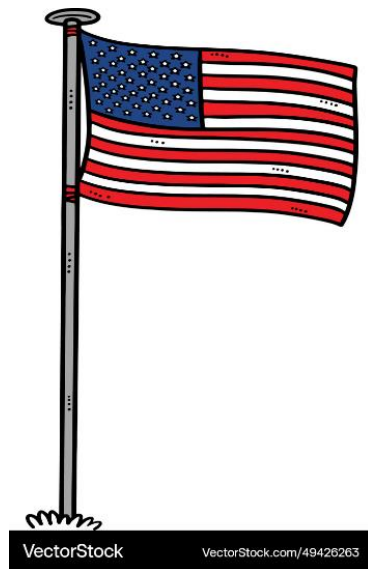
October 15th **GRAB-N-GO MEALS**

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 **October 11th** Each month there will be two choices for dinner This month's Menu: **CHICKEN BROCCOLI CASSEROLE OR TERIYAKI CHICKEN, STEAMED RICE, STIR FRY BLEND CARROTS, YOGURT. VEGETARIAN OPTION- TERIYAKI TOFU.** 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

October 21st
WEDNESDAY WORKSHOP
1:00 Town Hall
FIRST AID FOR SENIORS
Presented by RICK & GINGER SCOTT (RETIRED EMTS)
Will provide a refresher and share the latest safety procedures
a question/answer period will follow

October 26th

BINGO Town Hall **FREE**-multiple cards allowed



NOVEMBER 9- POTLUCK- 12:00

we will have a short program to honor our local veterans

November 18th -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.

****SOCKS GALORE****

It's that time again to start collecting unused socks to be donated to a local charity . we collected 154 pairs of socks in 2025!

There will be a box in front of the COA office to drop off at your convenience. Or you may call Phyllis 238 -5962. There will also be a container at the November Potluck and the Holiday Celebration in December. Dates TBA.

TOWN ACTIVITIES

HALLOWEEN

October 31st

Door to door trick or treat 5-8 parade starts at 4 from
The fire house



Party 5:30-8:00

LISTONS- 238-0144

OCTOBER SUNDAY 10/4- FOURTH ANNUAL FLANNEL FESTIVAL 12-5
LIVE MUSIC- MECHANICAL BULL- KID FRIENDLY

HILLTOWN ARTISAN'S GUILD HOLIDAY SHOW AND SALE

November 14 & 15 10-4 town hall original fine art and items
made by local artist and home décor. Entry is free.

For information, please refer questions to

Hilltownartisansguild@gmail.com



October Regional News

Seniors Aware of Fire Education



October is Fire Safety Month, making it a good time to take a few minutes to review your family's home escape plan. Fires can spread quickly, and having a plan ahead of time can make a big difference.

- Know two ways out of every room.
- Keep hallways, doorways, and stairs clear.
- Practice your escape plan with everyone in your household.
- Keep glasses, keys, medications, and a phone where they can be easily reached.
- Choose a meeting place a safe distance from your home.
- When a smoke alarm sounds, get out and stay out. Call 911 from a safe location.

A few minutes of planning today can help protect you and your loved ones when every second counts.

Stay SAFE this Fire Safety Month!

Capt. Steve Estelle,
SAFE Educator
Goshen Fire Department

In case of a FIRE ---- CALL 911

If you have questions about fire related issues, see below.

FIRE DEPARTMENT Chief Contact Number

- Chesterfield **David Hewes** 413-296-4049
- Cummington **Adam Dragon** 413-634-0333
- Goshen **Cameron Lacey** 413-268-7161
- Plainfield **Dennis Thatcher** 413-634-5566
- Westhampton **Dave Antosz** 413-529-7181
- Williamsburg **Jason Connell** 413-268-7233
- Worthington **Michael Dondiego**
413-238-4445



TECH HELP FOR OCTOBER

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:

10/13/2026: Putting your digital house in order
11/10/2026: Medical Portals, taught by Peg Whalen
12/8/2026: Artificial Intelligence: Trends & Topics

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, 10/15

Westhampton Library Drop-In tech support, from

2:00 to 4:00, 4th Thursday 10/22

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, 10/13

Worthington tech support - contact

Eileen Daneri eadaneri@gmail.com





Take a **RIDE!**



**Western
Mass
Wheelers**

Everyone deserves
the joy of biking.

with the **WESTERN MASS WHEELERS!**

Come experience the joy of cycling!

FREE
to take a ride!

**NO BIKING
EXPERIENCE**
is necessary!

The Western Mass Wheelers are highly trained volunteer riders dedicated to sharing the joy of cycling with everyone.

Their adaptive bicycles make it possible for people of many ages and abilities to experience the freedom and fun of a bike ride!



**WEDNESDAY,
OCTOBER 14**



2:30 PM



**GOSHEN TOWN CENTER
PARKING LOT**



RAIN DATE: The event will be rescheduled in the event of inclement weather.



Questions?



Joan Griswold



joan@bybhealth.com



413-537-8337



Thanks to the Western Mass Wheelers for making the joy of biking possible for all!

GOOD NEWS FOR OCTOBER 2026

By Deb Hollingworth

Open Enrollment is here again...October 15th - December 7th where we have an opportunity to switch our health insurance. For those of us with Medicare Advantage plans (HMOs or PPOs) and those of us who have a Medicare D plan for our Rx coverage, this is the time each year when we can review our coverage, check out any changes ...and see if what we have, is what we want to keep for next year. If we don't do anything...our coverage will automatically renew January 1st for next year.

Here are the things we can do during Open Enrollment:

1. Enroll in a Medicare D plan, or switch your D plan.
2. Enroll in a Medicare Advantage plan, or switch Advantage plans.
3. Enroll for the first time in a Medicare Advantage plan.
4. Or drop your Medicare Advantage plan and switch back to original Medicare with a Medicare D plan.

If you need help figuring all this out...you can contact your SHINE counselor, Caroline Solan at Highland Valley 586-2000 and make an appointment to see her in person, or email her with your questions and she can help that way. csolan@lifepathma.org.

Caroline works Wednesdays, but will have Tuesday appointments as well during Open Enrollment.

Last year SHINE appointments across the State were booked up quickly. If this happens again (as expected) you can also get help through Medicare by calling 1-800-633-4327..... 24 hours x day, 7 days a week! I have heard good reports from folks using the Medicare help line. And all you night owls can catch them when phone lines are perhaps less busy.

When calling the Medicare help line, they will encourage you to make a Medicare.gov account, a tool that lets you see the activity on your Medicare coverage. The Medicare.gov web site has good step by step directions on how to do that.

BlueCross Blue Shield MA and Mass General Brigham Coverage Issues

Last month, there were news articles and letters about the BlueCross Blue Shield HMO/PPO Advantage plan changes regarding Mass General Brigham and Woman's primary care provider (PCP) coverage.

As of October 1st, Primary Care Providers are unable to bill the BlueCross Advantage plan, and consumers with BlueCross PPO's can expect to pay higher fees for their PCP visits.

Fortunately the October 1st deadline for coverage has been extended to December 31st. This extension allows for continuity of care, giving consumers time to make changes to their coverage.

If you have a BlueCross HMO Advantage plan, or a BlueCross PPO plan, you should call the customer service number on the back of your insurance card. And during Medicare Open Enrollment (October 15th - December 7th) you should consider switching to coverage that your PCP can bill.

Here are your options:

1. You can disenroll from your Advantage plan by enrolling in a Medicare D plan. (Enrolling in a D plan will automatically cancel your Advantage Plan)
2. You can enroll in another/different Medicare Advantage plan.
3. You can go back to "original Medicare" and enroll in a Medicare D plan so you have Rx coverage
(Any of these changes would take effect January 1st)

If you go back to original Medicare with a D plan,.....remember you can enroll in a Medex-type supplement any time during the year if you need more coverage than original Medicare provides.

Still have questions? BlueCross customer service can help, or your SHINE counselor, or the Medicare help line at 1-800-633-4327.

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



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

- 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



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 or (413) 268-8236, ext. 118

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

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. Room still available.

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.

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 the 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.*

Multi-day trip Chicago, 7 days, 6 nights,

The partial itinerary includes a tour of Chicago, a skyline cruise on Lake Michigan, a visit to historic Navy Pier and museums. Includes hotels, breakfasts and 4 dinners. Price \$946 per person, double occupancy. A \$25 discount is given if paid in full by July 17, 2027. Sign up NOW and pay later. Make the check payable to Diamond Tours and mail to the address above.

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

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

**\*\* Day trip for shopping and lunch.**

#### **TechConnect TECH TIP from Peg Whalen**

Blue light is just one of the ways tech devices can interfere with sleep. It's The blue light from a phone, laptop, or other device confuses the brain into thinking it's time to wake up instead of fall asleep. Electronic screen light comes in all colors, but the blues are the worst. Blue light fools the brain into thinking it's daytime. When that happens, the body stops releasing a sleep hormone called melatonin. Melatonin is nature's way of helping us wind down and prepare for bed. The body starts releasing it a couple of hours before bedtime. Darkness helps trigger the release of melatonin; blue light delays it. It is best to shut off alerts when you go to sleep and keep screens that emit light out of your bedroom, dimmed or off.

**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!

Look out for possible scams on social media!

- Shopping scams offering high-priced items for cheap. Sometimes orders never arrive or are not what was ordered.
- Investment scams using ads and testimonials offering fool-proof investments.
- Romance scams where they build a love connection then invent problems and ask for money.

### **To avoid scams on social media:**

- Limit who can see your posts and contacts on social media.
- Never let someone you met on social media direct investment decisions.
- Before you buy, check out the company. Search online for its name plus "scam" or "complaint."

### **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

