# WORTHINGTON COUNCIL ON AGING NEWS




## NOVEMBER 2026

### 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 Town hall**
**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**

## 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

## SOCKS GALORE

It's that time again to start collecting unused socks to be donated to a local charity We collected 215 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 be a container at the November Potluck and the holiday celebration in December

# COA EVENTS

The Hudson river trip on October 12th was a fun time for all We were treated to beautiful autumn scenery and a delicious lunch and of course shopping!!





Workshop- on October 21st Rick & Ginger Scott presented a program on FIRST AIDE FOR SENIORS was well attended and they led a lively discussion Rick stressed to MAKE THE CALL ALSO Kaitlyn from the Wound Center in Florence share their information regarding wound & colostomy care.





Bingo October 28th, we had a special guest caller!!



# UPCOMING EVENTS

**November 9, 2026 POT LUCK honoring our local veterans**

**Dan Nye from the Veterans Affairs will be attending to answer questions. also, Blood Pressure Clinic.**

**TUESDAY WORKSHOP**
**November 17 1:00 Town Hall**
**STRESS MANAGEMENT**
**Presented by Meg Breymann**
**a question/answer period will follow**

November 19TH **Grab-n-go meals** **All Worthington residents 60 and older eligible.** Enrollment forms must be completed before requesting a meal. These forms are available at all COA events Order deadline November 15th
Each month there will be two choices for dinner This month's Menu: **EGG-PLANT PARM, BEEF BARLEY SOUP, GREEN BEANS, FRENCH BREAD BLUEBERRY CRISP.** 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**

**FOOT NURSE:**
November 19th at the COA office
Nail clipping, Discount price of $25. Call Deb Deane for an appointment. 413-667-5363
**BINGO November 23, 2026 Town Hall FREE**
SAVE THE DATE HOLIDAY LUNCHEON DECEMBER 14th to be at



Huntington Comfort Kitchen & Bar details to be provided in December Newsletter
**Transportation available to all COA events contact Phyllis Dassatti at 413.238.5962 or coa@worthington-ma.us to arrange**

# TOWN ACTIVITIES

**LISTONS- 238-0144**

**CLOSED THANKSGIVING DAY 11/26/26**

## *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



# November Regional News

## Seniors Aware of Fire Education

Most of the rechargeable batteries we use everyday are lithium-ion batteries. They power cell phones, laptops, power tools, e-bikes, scooters, and many other devices. When used incorrectly or damaged, they can overheat, start a fire, or even explode.

Here are a few ways to stay safe:

- Look for products tested and listed by UL, ETL, or CSA. You can find these safety insignias on the product label or packaging.
- Always use the charging cord that came with your product.
- If you lose a charger, purchase a replacement from the manufacturer.
- Charge batteries on a hard, flat surface, away from anything that can burn.
- Never charge batteries on a bed, couch, or other soft surface.
- Charge larger devices, such as e-bikes and scooters, outside when possible.
- Keep charging devices away from exits and doorways so a fire does not block your way out.

A few simple precautions can help prevent a lithium-ion battery fire.

Have a S.A.F.E. charge!

Capt. Steve Estelle,
SAFE Educator
Goshen Fire Department

## TECH CONNECT
SUCCESS FOR OLDER ADULTS

## TECH HELP FOR NOVEMBER

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:

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 this month, 11/19

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 3rd Thursday this month, 11/19

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, 11/10

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

NORTHAMPTON OPEN MEDIA

# GOOD NEWS FOR NOVEMBER 2026

**By Deb Hollingworth**

Here we are in November, the middle of Open Enrollment for Medicare plans. At the risk of beating a dead horse....because you've probably heard enough about Open Enrollment ... here's a review of your options, and reasons you might want to check them out.

My first question is:
"What coverage do you have now?"
...My next question,
"How is that working for you?"

If you're happy with your current coverage, and you haven't received any letters from your insurance provider saying there would be changes..... you can sit tight this year.

If you want to check to see if there will be changes to your RX co-pays next year, you can go on line at Medicare.gov , or speak with a SHINE counselor. Use the online Plan Finder to check out prices for 2027. The Plan Finder looks at RX co-pays for both Advantage plans well as stand alone Medicare D plans. You can also see Plan details for Advantage Plan co-pays for medical services.

There are a number of reasons why this might be important..... could be a change in medical conditions, a new diagnosis, or a new Rx that you need to take. And this year, those of you who received a letter from BlueCross about changes in their HMO and PPO plans should look at options to change coverage.

Options during Open Enrollment:

1. You can dis-enroll in your Advantage plan by enrolling in a medicare D plan. (This will automatically end your Advantage plan as of January 1st when your D plan becomes effective)

2. You can enroll in a different Advantage plan

3. You can go back to original Medicare when you enroll in a D plan.

4. If you go back to original Medicare with a stand alone D plan... you can pick up a Supplement plan (like Medex) anytime during the year.

Remember that these changes we make now during Open Enrollment, take effect January 1st 2027.

Questions?....

1. You can call Highland Valley 586-2000 to make an in-person appointment with Caroline Solan, our SHINE counselor for the hilltowns.
2. Phone Lifepath, in Greenfield 413-773-5555... Lifepath is our Regional SHINE office.
3. Call the Medicare help line 800-633-4227....please excuse the typo in last month's Newsletter!
4. For help with BlueCross changes, you might start with the customer service number on the back of your card.
5. Call your senior center.

## BOARDS OF HEALTH ARE ASKING YOU TO SHARE YOUR OPINIONS & EXPERIENCES

Here is an chance to share your opinion and play a role in shaping state policy and funding. The Hilltown CDC and your board of health are working to get people in the Hilltowns to complete the MA Department of Public Health's Health Equity Survey.

Health equity recognizes that people do not all start with the same resources or face the same barriers to good health. Achieving health equity means identifying and addressing these conditions, like differences in income, disability, and other socioeconomic characteristics. These conditions can prevent rural people and communities from attaining good health.

Answering the questions is an easy way to bring programming and funding into our communities. This is the first of many resources DPH will be sending to rural hilltowns, so let's have a voice! The time to participate is now.. The survey is open until the end of November. This is an opportunity to support both health and community residents in need of a little extra. You will find the survey here: Mass.gov/HealthSurvey , or go to Mass.gov and search for "DPH Community Health Equity Survey." Your voice matters, make it loud and clear.

# HOMEBOUND VACCINE PROGRAM




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

**SCAN THE QR CODE**

**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

**OR REGISTER ONLINE**

northamptonma.gov/2219/vax

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



# Fitness for All with Joan

*Better Health. Stronger You. A Healthier Community.*

*Move Strong. Move Well. Live Well.*

## Weekly Class Schedule



Functional fitness designed to help you feel stronger, steadier and more confident in everyday life.

*All Fitness Levels Welcome!*

| | | | |
|---|---|---|---|
| MONDAY 9:30 AM Zoom Only | Cardio Sprints & Total Body Strength | A fun, challenging workout with cardio bursts, strength, balance and core work. | Sponsored by Joan. Donations are appreciated. |
| WEDNESDAY 10:15 AM Goshen Town Hall and Zoom | Total Body Strength | Build strength, improve balance and boost your energy with a variety of functional exercises. | Sponsored by Goshen COA |
| THURSDAY 10:15 AM Zoom Only | Kind & Gentle Movement | Support your everyday movement with gentle, focused exercises for strength, balance and flexibility. | Sponsored by Williamsburg COA |
| FRIDAY 9:00 AM Goshen Town Hall and Zoom | Smooth Moves | Gentle movement with a focus on balance, strength, mobility, foot & hand strength and flexibility. | Sponsored by Joan. Donations are appreciated. |
| FRIDAY 10:15 AM Goshen Town Hall and Zoom | Super Total Body Strength | Cardio, strength, balance, core work and flexibility — with options to challenge your level. | Sponsored by Joan. Donations are appreciated. |

Strength | Balance | Mobility | Flexibility | Cardiovascular Fitness

*Come Move With Us!*

In person or via Zoom
Classes offered Monday – Friday
413-537-8337
Joan@bybhealth.com

*Certified Group Fitness Instructor ♡ Personal Trainer ♡ Health Coach ♡ Nutrition Specialist*

---

# 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

**CORRECTION:**

The October Newsletter incorrectly identified the Plainfield Fire Chief. The current Chief is Robert Shearer.

Our apologies for the error.

**LOSING HILLTOWN LANDLINES by Peg Whalen**

Early in September, current Verizon phone and DSL customers received a six-page letter. Many hilltown customers found it confusing and, understandably, feel concerned. I want to explain why Verizon is making this change, clarify what the letter actually says, and answer some common questions.

**WHY IS THIS CHANGE HAPPENING?**
What drives this change? Increasing costs and decreasing profits. Verizon has to make costly repairs and replace copper wires because their coverings age, stretch, crack, and break. Copper theft is increasing. Maintaining outdated wires for less households doesn't make financial sense.

**DOES THE LETTER REALLY SAY?**
Customers first see the words "What's Changing and When" and the date "November 30, 2026." **What will actually happen to you on November 30, 2026?** Nothing! That date simply marks the day Verizon told the FCC it wants to discontinue service. It is simply Verizon's request, not a final decision. Verizon cannot disconnect your service without required approval. The FCC has not decided the matter as of October 15th. A September 29th document indicates the FCC needs more time to review their request and won't automatically approve it. I believe you can count on the change happening eventually. **Will it happen on November 30, 2026?** NO!

The letter's 3rd page contains a notice because the FCC required Verizon to include it. The notice explains how you can share your opinion. The FCC will post its public notice on its website, www.fcc.gov. As of mid-October, that notice has not appeared. If you or your town officials submit comments to the FCC, identify the proceeding using WC Docket No. 26-252. .

My summary of the rest of the letter? "You should know there are plenty of options for getting phone service, and each comes with its own pitfalls."

Technical jargon may also confuse you. Here is what some of it means:

- "Legacy" are older "obsolete" equipment, including some landline-connected home alarms and personal emergency buttons,
- "Fiber" means fiber-optic wires. These wires have hair thin strands of glass that transmit sound/info using light, hence the term optic.
- "FiOS™" is Verizon's trademarked name for its fiber-optic service.
- "Mobile wireless voice options" are wireless calling services, either cell phones, satellite phones, WIFI calling or VoIP (Voice over Internet Protocol). If you own a flip phone, a flat phone that doesn't fold, cell phone, smartphone, iPhone, Android or Pixel, you already have a mobile wireless voice option.

**COMMON QUESTIONS**
**How do I get help?** Contact your Council on Aging (COA), TechConnect, 296-5080, MA Department of Telecommunications, 800-392-6066, Whip City Fiber, 413-485-1251, Wired West, 833-991-9378 or other service.
**What happens to medical devices?** Some older medical monitors connect to landlines. Newer medical devices can use the same technology as cell phones. Tell your doctor about the upcoming change. Your doctor can help you find a replacement that communicates through cellular networks.
**Do I have to get internet service? Or a cell phone?** Maybe. If you already have broadband, Wi-Fi, a funny-looking box with flashing lights, a hotspot, or an internet bill from Whip City Fiber or Wired West, you are already paying for internet service. Adding phone service may be simple. If you don't have internet service, you could get it and use it only for your phone, or you could choose a basic cell phone instead.
**Are any options exactly like a landline during a power outage?** Nope! Today's alternatives all require electricity, either from an outlet or a battery. However, you can buy battery backups that provide temporary power when the electricity goes out. Think of them as tiny generators. Options include an uninterruptible power supply (UPS), a device with a built-in battery, or a portable power station. You can also charge phones and laptops from a car battery using an inexpensive adapter that plugs into the vehicle's cigarette-lighter-style outlet. And during extended power outages, town emergency plans include places where residents can charge their devices.
**How do I pick an option?** This doesn't have to be expensive. Help is available if you want to find the lowest-cost option. TechConnect staff can help you understand the choices and decide which one best meets your needs.
**Do I have a choice?** No. **Is it fair?** Maybe not. **Is there help?** Yes! Plenty of help is available with choosing, obtaining, and learning to use your new service.

# 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**

## 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. 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 October 17-23, 2027 Chicago, 7 days, 6 nights**. The partial itinerary includes a tour of Chicago, a skyline cruise on Lake Michigan, a visit to a historic Navy Pier and museums. Includes hotels, breakfasts and 4 dinners. Price $946 per person, double occupancy. A $25 discount is if paid in full by July 17, 2027. Sign up NOW and pay later. Make the check payable to Diamond Tours and mail

**Multi Day Trip July 22-25** ** (exact dates to be determined) 3-days/2 nights trip to Baltimore to see the Red Sox play two games against the Baltimore Orioles along with some sightseeing.

**Day Trip December TBD** Christmastime at the Reagle Theater in Waltham, Ma.
In the planning stages.

## TechConnect TECH TALK from Peg Whalen

Remember Disney's "It's a Small World After All"? I've always loved that song and its message of connection. Today, our world is connected in ways we could hardly have imagined when that song first captured our hearts. Taking a little creative license, I've given the familiar tune a new digital twist

***It's a Digital World For All***
It's a world of tech, and a world of skills
It's a world of change, and a world with thrills
There's so much to be shared
That it's time we're aware
It's a digital world for all.

I'd love it if all of us were singing this song. Many of you already do, and I encourage more of you to join them and add your voice.

You've lived through party-line phone service, rotary dialing, and wireless phones. Today, we have handheld computers that make calls, take pictures, send text messages, write emails, and connect us through video. *Telehealth* appointments let us meet with our primary care providers from home. *Mobile banking* saves trips to the bank, *prescription refills* are easier, and *online shopping* means fewer trips to stores. We can explore subjects that interest us, learn almost anything for free, and even work or volunteer from home. We can watch young family members who live elsewhere grow up, share holidays with loved ones through video calls, and stay connected through social media like Facebook and Instagram. Online games offer stimulating interactions and a way to relieve boredom. Digital connections also help us maintain friendships with people we might otherwise lose touch with, whether we've moved closer to adult children or retired from jobs where we enjoyed the company of coworkers.

There really is so much to share, explore, and learn. I encourage you to build your digital skills in whatever ways you find helpful. The possibilities are waiting for you.

**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**

