

Worthington Corners

September 2024 COA Newsletter



Worthington Council on Aging
2 Packard Common
Worthington, MA 01098

Phyllis Dassatti, COA Coordinator
Phone: 413-238-5962
coa@worthington-ma.us

Hello September!

"There is a time in the last few days of summer when the ripeness of autumn fills the air, and the time is quiet and mellow". – Rudolfo Anaya

Newsletter Reminder: Mailings have been discontinued. You may now access the newsletter by emailing Kristen Estelle your name, email and mailing address, and she will put you on the email list: regionalcoanews@gmail.com You can also find the newsletter on the Constortium website: www.northernhilltownscoa.org

There will be printed copies in the Town Hall, Library, and on the bulletin board at the COA office.

September 9th, 12pm

Potluck Luncheon & Blood Pressure Clinic
Town Hall

Leona Arthen, Worthington Librarian, will share upcoming going-ons with the library for all ages.

September 19th, 12pm (note change in time)

Grab N' Go Meals

Pick up at Town Hall

Menu: Vegetarian Chili or Baked Haddock & Lemon Sauce, Couscous/Veggies/Milk. RSVP at **238-1999** by Sept. 15 with name, address, phone number and the names of additional people receiving a meal. One time enrollment forms are available at the Town Hall bulletin board and the COA office bulletin board. You may drop the completed form in the town office drop box or COA office drop box. Bringing your own bag would be helpful. A donation to the Highland Valley Elder Services would be appreciated.

September 24th, 11:00 am

Movin' and Groovin'

Town Hall

Performance/presentation by Rondae Draft, Ph.D.abd. Refreshments will be served. *This pro-*

gram is supported in part by a grant from the Worthington Cultural Council, a local agency.

Open Space And Recreation Plan Public Visioning Session

Thursday, September 26th at 6:30PM
Town Hall

Come and give your input:

- What are your priorities for conservation in Worthington?
- What are your priorities for recreation in Worthington?
- What would you like to see happen in the Town Center?

Free Flu/Covid Shots Clinic

October 10th from 1-3pm

Town Hall

Join us at the free Flu / COVID shots clinic sponsored by the Worthington Board of Health and Council On Aging in conjunction with the Northampton Board Of Health Department. All ages; open to the public. Preregistration is preferred but will not be required. Information about preregistration will be available soon.

There will be no potluck in October so we can enjoy our...

Bus Trip To The Thimble Islands

October 14th

There are still seats available to the Thimble Islands. Come join your neighbors and friends on this delightful cruise. Call Phyllis Dassatti at 238-5962 for further information.



Sept. 21– Tech Connect Fair from 9am-1pm at the New Hingham Regional Elementary School in Chesterfield. See the Regional section for more details! Hope to see you there!

Calendar of Events

Chit Chat

Sept. 16th, 3pm, COA Office
 Reconnect with friends and neighbors. It may seem trivial, but a little ‘inconsequential’ chit chat can pave the way for laughter and connection.

Foot Nurse

Sept. 18th, COA Office
 Call Deb Deane to make an appointment: 413-667-5363. Still discounted price of \$25!

Healthy Bones & Balance Class

Monday and Friday 10:00-11:00, Town Hall
 Call Marcia Estelle at 238-5554 for more info.

Yoga Class

Sunday and Wednesday 8:30-10:30, outside at Four Corners Farm. “First timers”: call Eileen Daneri at 238-4461 to check on any schedule changes.

Exercise Class

Returning September 16th
 Monday 4:00-5:00 pm Aerobic Training
 Thursday 4:00-5:00 pm Strength Training
 At the Town Hall
 Cost: \$10 per class; \$12 per class for walk-in.
 Call Judy at 238-4457 for more info.

Walk In Tech Help

On hold for now. Call Eileen if you need assistance: 413-238-4461.

*All COA Events are Fragrance Free.
 Transportation can be provided.*

Contact Phyllis: 413-238-5962, coa@worthington-ma.us

Senior Autumn Safety Tips

Falling leaves are inevitable during Autumn and can be slippery and dangerous for seniors on sidewalks, roads and walkways. Be sure to rake up the leaves and other debris in these areas to prevent falling. If you are a senior and continue to maintain your own outdoor area, don't forget to stretch before and use your legs to prevent injury when bending and picking up things. Invest in some waterproof/slip resistant shoes. They can be used outdoors or indoors. They can also help prevent accidental falls indoors caused by poor lighting, water, or other trip hazards.



The Worthington Council on Aging counts on YOUR support to help build important programming for local seniors!

I would like to contribute to the Worthington Council on Aging. My contribution of \$_____ is attached.

Please write your check to The Town of Worthington and send to Worthington COA, PO Box 7, Worthington, MA 01098)

Name _____

Address _____

Thank You for Helping to Support Your Neighbors!

Seniors Aware of Fire Education

September has been designated "Fall Prevention Month." So, here are some things you can do to keep from falling down to avoid serious injuries:

Senior 
SAFE

1. Stay active.
2. Try balance and strength exercises. Your COA may sponsor exercise sessions.
3. Make your home fall-proof.
4. Wear slip-proof shoes.
5. Have your eyes and hearing checked regularly.
6. Find out what the side effects are from the medications you are taking.
7. Get enough sleep.
8. Limit your consumption of alcohol.

Enjoy a S.A.F.E fall without falling!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. of Fire Services.



TECH CONNECT FAIR

Saturday, September 21st, 9am-1pm
*New Hingham Regional Elementary School
30 Smith Road. Chesterfield, MA*

Don't miss the Tech Connect Fair on Saturday, September 21st at the New Hingham Regional Elementary School! You can drop in anytime from 9am to 1pm. Residents from all towns are welcome to attend! Come and discover an array of tech vendors, engage in mini workshops, attend informative sessions, and participate in tech-centric activities.

One of our previous year's attendees shared, "This event ignited my passion for learning. I have so many items on my list to learn, and now I know how to get started." We're sure you'll gain new insights, get your tech queries solved, and maybe even find a new passion. Plus, we've got door prizes and giveaways adding to the fun. **Can't wait to see you!**

All Those Papers! Part 1

So you know how you throw something out and the next day wish you had it? Sadly, that can happen with papers! We've gone over what papers you should have and how to file them (The Book), now - please don't yell - do I HAVE to keep them ALL??? The good news in short, no. The bad news, you have to figure out which ones. Some of these decisions are personal, some are not. So here we go.

Personal - should you keep old love letters? Photos of past boy or girl friends? The registration for your first car? You decide, we all don't care.

Not personal - here we care as we don't want you to be sad. We'll start with taxes and finish next month with other items. I have to admit I cheated this month and let the IRS write for me. This is too important to chance an error.

Taxes. I used this link - www.irs.gov/businesses/small-businesses-self-employed/how-long-should-i-keep-records and added emphasis on a definition. Let me know if you want more details, or a print of this link. Records here means your tax returns and associated documents, like 1099s, or other documents that were filed with the return or that could have an effect on your return in future years.

"The length of time you should keep a document depends on the action, expense, or event which the document records. Generally, you must keep your records that support an item of income, deduction or credit shown on your tax return until you can amend your tax return to claim a credit or refund, or the IRS can assess additional tax.

1. Keep records for 3 years if situations (4), (5), and (6) below do not apply to you.
2. Keep records for 3 years from the date you filed your original return or 2 years from the date you paid the tax, whichever is later, if you file a claim for credit or refund after you file your return.
3. Keep records for 7 years if you file a claim for a loss from worthless securities or bad debt deduction.
4. Keep records for 6 years if you do not report income that you should report, and it is more than 25% of the gross income shown on your return.
5. Keep records indefinitely if you do not file a return, or
6. If you filed a fraudulent return."

Whew.
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com
413-268-2228

Tech. Help and Training for September



Tech Support Available

Receive technology help by email, phone, drop-in or appointment: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within a day.

Drop in Centers: All are Welcome at Any Location! (no appointment needed)

- Chesterfield Community Center, 400 Main Rd.
Weekly on all Tuesdays from 11:00 to 2:00
Bi-Weekly on Fridays, 11:30-1:30 (9/6 and 9/20)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (9/11)
- Goshen Free Public Library, 42 Main St.
Drop-in tech support, 3rd Thurs. 12-2 (9/19)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (9/19)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (9/26)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 9/10 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 9/10 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
On hold for now.

Tech Training:

Must pre-register for classes no later than one week before the scheduled training date. All classes held at the Chesterfield Community Center, 400 Main Rd, lower level. To register, email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Computer Classes:

Beginner's Windows Laptop Class will resume on Thursdays September 5, 12, 19, 26, 1:00 - 2:30

Intermediate Windows Laptop Class starts Wednesdays 10:30 – Noon, on 9/11 for 6 weeks

Tech Workshops:

- Zoom – Fri, 9/6/2024, 10:30 – 11:30
- Mac basics – Wed, 9/11/24, Noon-1pm
- Google Drive – Fri, 9/20/2024, 10:30 – 11:30

- Accessing the newsletter online – Mon, 9/30 at Noon - 1:00pm
- Facebook – Fri, 10/4/2024, 10:30 – 11:30
- What does THAT mean: tech terms – Wed, 10/9/24, 11:00 - 12:00pm
- MS Excel – Fri, 10/18/2024, 10:30 – 11:30
- Streaming – Sat, 10/26/24, 10:30 - 12:00pm

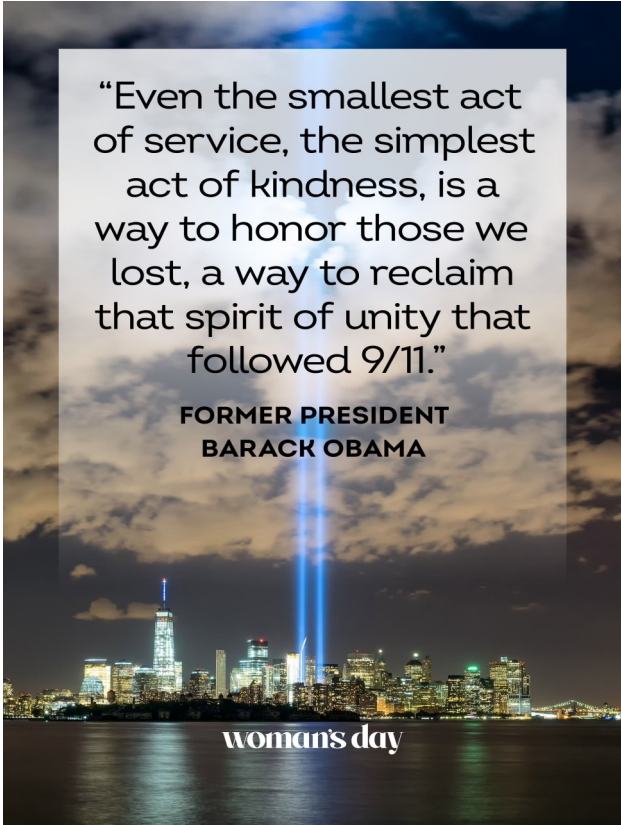
TechConnect Fair

New Hingham Regional Elementary School
Sat. Sept. 21st, 9:00 - 1:00
Check website for details!

www.northernhilltownscoas.org

Devices ready for distribution: Our recently hired staff member Ky Martus, is distributing devices. Please remind us if you requested one and are still waiting. We have more PC laptops, refurbished Chromebooks and iPad and Android tablets. If you need or are waiting for a device to connect to the internet, have something so old it is not working effectively, or need a different type of device please contact us. Email coatechconnect@gmail.com, leave message at **413-296-5080**, or use online request form on our website, www.northernhilltownscoas.org

Cummington Drop-In Volunteer Needed - Will Train: to learn more about what we need help with, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or through www.northernhilltownscoas.org



“Even the smallest act of service, the simplest act of kindness, is a way to honor those we lost, a way to reclaim that spirit of unity that followed 9/11.”

FORMER PRESIDENT
BARACK OBAMA

womans day

On the Road Again... 2024 Trips



Contact Francine Frenier to reserve your seat **before** mailing any payments to determine availability: 413-296-4291, francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

*Day Trip Monday, September 23. **The Big E***, an annual favorite, with free entertainment at Honor Court Stage. *Herman's Hermits* starring Peter Noone performs at 2pm. **Cost is FREE for Chesterfield Seniors 60+ and \$18 for other seniors.** Make your check payable to Francine Frenier and send it to the address above NOW. NO REFUNDS due to bargain price.

NEW Day Trip Monday, October 14. Thimble Islands Cruise along the Connecticut shore line aboard the Sea Mist. Includes luncheon, choices available. Discounted price for Worthington Seniors 60+ and \$131 for other seniors. Call Phyllis 413-238-5962 for details and to reserve a seat by September 1. Limited seating.

Day Trip Tuesday, October 15. Culinary Institute of America-- Enjoy a "CIA" experience, lecture and tasting with lunch at Catarine de Medici. The \$147 payment to Francine Frenier is due NOW. Please mail a check to the address above. Waitlist available.

Day Trip Friday, December 13. Festival of Trees and Red Rose Lunch. Enjoy the uniquely decorated Christmas Trees at the Mass Mutual Center in Springfield. Enter a chance to win a tree and associated gifts. Some are worth hundreds of dollars. Then walk over to the Red Rose Italian Restaurant for lunch: pizza, salad and bread. The \$30 Payment to Francine Frenier is due by October 25. Please mail a check to the address above. NO REFUNDS due to bargain price. Waitlist available.

October 2025~~~~Blue Ridge Mountains Asheville, North Carolina



Fall / Winter Clothing Exchange

Saturday, September 21st, 9-3pm

Goshen Congregational Church
45 Main St., Goshen



Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/18 from 6-8pm or Friday 9/20 from 9am-3pm, then come back to shop on Sat. the 21st from 9am-3pm! All are invited to participate whether you donate clothes or not.

A WILLIAMSBURG FORUM ON OUR CLIMATE AND ENERGY FUTURE

Sunday, September 22, 2 pm

Our Climate Future: What to Expect in New England

Temperature and precipitation projections for New England, anticipated challenges of these changes and what you can do to prepare.

Presented by:
Toni Lyn Morelli,
Northeast Climate Adaptation
Science Center, UMass

Events are at the Anne T. Dunphy School in Williamsburg. Childcare and light refreshments will be provided.

Brought to you by Indivisible Williamsburg and the Williamsburg Energy Committee

SAVE THE DATE!

Sunday, October 6, 2 pm	Sunday, October 20, 2 pm	Sunday, November 3, 2 pm
How to Save Money with Energy Upgrades	Your Electricity Bill 101	Our Electricity Future

Worthington Council on Aging
Attn: Phyllis Dassatti
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Worthington COA

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SCAM ALERT!



You get a message saying your package cannot be delivered. They provide a link to click to schedule delivery.

What should you do?

- Stop and verify the information before you act.
- Don't click on the link or call to claim the package or schedule a delivery.
- Keep tracking information if you are expecting a delivery.

***VERIFY THE
INFORMATION***

USPS.com
1-800-275-8777

UPS.com
1-800-742-5877

FedEx.com
1-800-463-3339

If you have a consumer problem or question, contact the

**Northwestern
District
Attorney's
Consumer
Protection Unit**

Greenfield
(413) 774-3186
Northampton
(413) 586-9225

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