

Worthington Corners

November 2024 COA Newsletter



Worthington Council on Aging
2 Packard Common
Worthington, MA 01098

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Welcome November!

"November is at its best with a sort of delightful menace in the air". ~Anne Bosworth Greene

Daylight Savings Ends November 3rd

"Don't forget to turn your clocks back. I'm going to turn mine back to when I was 20." ~Maxine

Veterans Day– November 11th

"Better to honor and glory, and history's iron pen, was the thought of duty done and the love of his fellow-men". – Richard Watson Gilder

Annual Veterans Potluck Celebration

Monday, November 11th
Town Hall

The COA invites all service members and their spouse, partner or caregiver to come enjoy lunch with neighbors and the friendship of your fellow veterans. Veterans, please RSVP to Phyllis: **238-5962**.



Sand for seniors: Program Deadline November 1

Senior Worthington residents in need of sand for slippery steps and walkway, simply call **238-1999** by November 1st to set up a drop off. **Sand delivery will be on Monday, November 18, 2024.** (They will also be picking buckets up from last year, so please leave those out.)

This event is in partnership between the Worthington Police and Fire and Rescue, the Worthington Council On Aging, and the Hampshire County Sheriff and TRIAD, AARP.

If you would like a bucket delivered to your home, call **238-1999**. Leave your name, address, phone number and where you would like the bucket to be placed on your property.

Bus Trip To Thimble Island Cruise



One of the beautiful Thimble Islands in Long Island Sound, visited by the Worthington COA bus trip. Photo courtesy of Pat Kennedy

It was a beautiful day as we cruised the Thimble Islands, appreciating its beauty along with the history going back to the 1600s.

November 21st, 12pm-1pm

Grab N' Go Meals

Pick up at Town Hall

Meal choices for the free monthly (every third Thursday) will be Baked Ziti or Veal Chop, butter-nut squash, sides, dessert and milk. RSVP at **238-1999 by November 17th** with name, address, phone number and the names of the additional people receiving meal. Please make sure to come pick up your meal the day of. One time enrollment forms are available at the Town Hall and COA bulletin board. You may drop off the completed form in the Town Offices and COA office drop box. You will need to RSVP, and you can fill out form when you pick up meal by reservation. Bringing your own bag would be helpful. A donation to the Highland Valley Elder Services would be appreciated.

"Sock It To Me" – Remember "Laugh In"?

Due to the huge success of collecting 201 pairs of socks which were delivered to Aiden Novo, a local resident, for the Holyoke Health Walk-In Center last year, the COA is again asking for your generosity of donating new, unused socks for all age

groups. They can be collected at the Veterans potluck, holiday luncheon, or dropped off outside the COA office. You can also make arrangements to meet at the COA office. Call Phyllis at **238-5962** for pick up or email coa@worthington-ma.us. 201 pairs is just the beginning!

Covid/Flu Vaccine Clinic– October 10th

We thank the Board of Health for a wonderfully successful vaccine clinic on Oct. 10th. We appreciate all the skill and behind the scenes coordination that went into making this event so smooth and easy for all 84 recipients of all ages. Many thanks to all of you who made this magic happen and thank you to everyone who received vaccines as well. Board members: Diane Brenner, Chair, Camille Smith, Katrin Kaminsky.

Tech Help- Good News

The COA office will have Wifi by November 1!

In the meantime, Eileen Daneri can make home visits for tech help until a designated meeting time is set at the COA office. You may contact her at: **238-4461** or eadaneri@gmail.com

Hilltown Artisans Guild Market Show and Sale: November 16 and 17, 10-4, Worthington Town Hall.

Featuring the original work of local artists and artisans. Shop for gifts or home decor. Free Entry.

*All COA Events are Fragrance Free.
Transportation can be provided.
Contact Phyllis: 413-238-5962,
coa@worthington-ma.us*

Calendar of Events

Chit Chat

Please note– there will be no Chit Chat until further notice.

Healthy Bones & Balance Class

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

Yoga Class

PLEASE NOTE CHANGE IN LOCATION
Sunday and Wednesday 9:30-10:30, Town Hall
“First timers”: call Eileen Daneri at 238-4461 to check on any schedule changes.

Exercise Class

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.*

Foot Nurse

November 20th, COA Office
Nail cutting and a warm foot massage. Call Deb Deane to make an appointment: **413-667-0880**

Save the Date: Tuesday, December 10th at 11:30am. Holiday Luncheon at Comfort Kitchen! The menu and more information to be announced. Come and enjoy the festive setting and a fabulous meal. Reservations are necessary as there will be limited seating.

The Council on Aging wishes you and your family a happy, healthy, and hearty Thanksgiving filled with blessings and warm, happy moments.

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

The big cool down of fall has already started and folks are firing up their wood and pellet stoves and plugging in their space heaters. Here are some things to consider as you prepare to use them.



For fireplace and solid fuel (coal, wood, pellet) stoves:

- ~ Have your chimney professionally inspected and cleaned.
- ~ Burn only dry, well seasoned hardwood to reduce creosote accumulation.
- ~ Do not use flammable liquid to start the fire.
- ~ Make sure the damper is open before starting the fire.
- ~ Keep any flammable material at least three feet away from the stove.
- ~ Always use a fireplace screen to keep flying embers and sparks in the fireplace.
- ~ Shovel ashes into a METAL BUCKET with a METAL LID, and place it on the ground well outside the house and away from the porch. Ashes and embers can stay hot for days and ignite combustibles.

If you must use a space heater, here are a few ways to use it safely:

- ~ Do not use a space heater as your number one heating source.
- ~ Keep any flammable material at least three feet from the heater.
- ~ Plug the heater directly into the wall outlet. Do NOT use extension chords or power strips with the heater.
- ~ Always turn off the heater when going to bed or leaving the room.
- ~ Remember, it is illegal to use portable kerosene and propane heaters inside your home because they create carbon monoxide.

One more consideration:

- ~ Make sure you have working carbon monoxide detectors in your house. CO is a colorless, odorless gas, and is absolutely lethal.

Stay warm, SAFELY!

--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.

Emergency Room Advice

Personal experience can be a terrific teacher. This is what I learned in the last 8 months or so. For this note, I will assume you are helping a family member or friend.

If it is necessary to send someone to the hospital emergency room, look at the transportation options, e.g., driving the future patient, or calling 911 and going in an ambulance. If the latter, the patient will be seen initially quicker than if he/she walked in. Plus, if there is a life-threatening issue or the patient is not capable of moving themselves, then obviously you want them to be in EMT care ASAP. Bless those folks.

Follow the ambulance safely – don't rush. It will take a little time for the ambulance to get there and into the hospital and for them to put the patient somewhere that you can see him/her. Take the time to get Necessary Stuff.

And what on earth is Necessary Stuff? This is a technical term (well, maybe not...) meaning identification, medicines, medicine list and schedule, paperwork, phone numbers, and things to do.

Identification – you may need the Medicare card or other insurance.

Medicines – toss (yes, carefully) the pill containers into a plastic bag. Include non-prescription items such as supplements. The hospital pharmacy is well-stocked but there may be meds that they don't have. In this case, they will package them and have you keep them safe. And, remember only the hospital staff is to give medicines while you are there.

Medicine list - Of course you already have this, right? Brand name, generic name, dose, and how many times a day and when the pill is taken.

Paperwork – the MOLST or POLST and a copy of the healthcare proxy. The hospital may already have these but you need to be sure. The default option, if they don't, is to label the patient Full Code and pull out ALL stops if the patient stops breathing. The health care proxy of course lets you ask questions and get answers, and make decisions to the benefit of the patient if they are unable to speak for themselves.

Phone numbers – You will need to call those who need to know, e.g., children, other family members, friends. You should have the number for the primary doctor, any consultants, or case managers. You may need to (*cont. on next page*)

Tech. Help and Training for November



Tech Support Available by Appointment

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

Still Available: Internet Hotspots, PC laptops, refurbished Chromebooks and iPad and Android tablets

Our 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: coatechconnect@gmail.com, **413-296-5080**, or use online request form on our website, www.northernhilltownscoas.org

Need affordable internet access?

We now have a way for you to affordably connect to the internet using an internet "Hotspot" device. They work like WIFI without cable or fiber service. If you are interested in learning more about how these devices work and how they could benefit you, please contact us by phone or email.

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 (11/1 and 11/15)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (11/13)
- Goshen Free Public Library, 42 Main St.
Drop-in tech support, 3rd Thurs. 12-2 (11/21)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (11/21)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (11/22)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 11/12 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 11/12 from 10 to Noon

- Worthington Library, 1 Huntington Rd.
Call COA for date & time: 413-238-5962.

Tech Training:

Must pre-register for training 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 restart on Thursdays November 7- December 5 for four-weeks, 1:00- 2:30. Repeats on December 12, 19 and January 9, 16 from 1:00 - 2:30.

Intermediate Windows Laptop Class starts Wednesdays on October 23- November 27 for 6 weeks, 10:30-Noon. Repeats on December 4, 11, 18 and Jan 8, 15, 22, 10:30-Noon.

Tech Workshops:

- Internet Basics– Fri. 11/1, 10:30-11:30am
- Using Medical Portals & Telehealth-
Thurs. 11/14, 10:00-12:00pm
- Microsoft Word– Fri. 11/15, 10:30-11:30
- Computer Maintenance– Fri. 12/6, 10:30-11:30
- Organizing, Storing, & Moving Digital Photos (ONLINE CLASS) - Mon. 12/9, 1-2:30pm
- Windows Accessibility– Fri. 12/13, 10:30-11:30
- Android Phones– Tues. 12/17, 1-2:30pm



(ER Advice, cont. from previous page) call a friend who has a key and can take care of pets.

Things to do – there will be some down time so reading or handwork might be appreciated. That's of course in addition to the worrying which I know you can handle.

Yours in health,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com
413-268-2228

On the Road Again... 2024 & 2025 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 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 NOW. Please mail a check to the address above. NO REFUNDS due to bargain price. Waitlist available.

~~~~~2025~~~~~

*Multi Day Trip June 22-26. Montreal & Ottawa. Passports required.* Visit the Biodome, Notre Dame Basilica, Montreal's Underground City, Parliament Hill, Cruise on the St. Lawrence River. Price \$1,052. Discount of \$25 if paid in full by March 26, 2025. Make the check payable to Diamond Tours and mail to the address above.

*Day Trip TBD. Winnepesaukee Railroad.* Enjoy a delicious turkey dinner, prepared by Hart's Turkey Farm Restaurant, aboard the train. Tour the shores of Lake Winnepesaukee. Price TBD.

*Multi Day Trip October 12-18. Biltmore Estate & Smoky Mountains, Asheville, NC.* Seven days, six nights. Visit the Biltmore Estate, the St. Lawrence Basilica, historic Gatlinburg, TN & Asheville, NC. Guided tour of the Smoky Mountains National Park. Price \$1,099. Discount of \$25 if paid in full by July 18, 2025. Make the check payable to Diamond Tours and mail to the address above. **As of November 2024, Diamond Tours is expecting this trip to go, despite the hurricane damage. Please stay tuned.**

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More day trips to come! Any new ideas or special events are always welcome. Please email Francine at francine.frenier@gmail.com. Any interest in a Woosox game? Please email me.

THANK YOU to all the passengers who joined the trips. I hope you enjoy travelling to various places and meeting new friends as much as I do.

~ Francine



Haircuts, manicures, colors, facials, and other hair care options are being offered at Smith Vocational High School on every other Wednesday, starting **October 12 through mid May**.

The cost is \$5.00 for a haircut (please call for other prices.) The Smith Vocational Cosmetology students provide the services with their teacher Ms. Daniels alongside. Simply call 413-587-1414 ext. 3531 for an appointment.

The Salon is located in Room 124 of Building A at Smith Vocational High School, 80 Locust St. Northampton.

All are welcome!

Local chorus invites the public to sing along

Heart of the Valley Chorus, a women's voices barbershop a cappella group, is inviting members of the community to sing along with them at several open rehearsals this holiday season. Anyone aged 8 to 108 who enjoys singing in the "treble" range – soprano, alto, mezzo, and high men's parts – are encouraged to come learn a few holiday songs, with an option to perform along with the chorus at the Bombyx Center for Arts and Equity in Northampton on December 14. Singers under 16 are welcome with an adult.

Heart of the Valley Chorus has been bringing its unique blend of barbershop harmonies to the Pioneer Valley for 40 years. Members come from Longmeadow, Holyoke, Easthampton, Hadley, South Hadley, Leeds, Florence, and Goshen, and range in age from their 20s to their 70s! Singing a variety of music – jazz, Broadway, contemporary, and inspirational – all in four-part barbershop style, the group is dedicated to sharing their music with underserved populations and creating a safe and welcoming space for all singers.

The group's open holiday rehearsals are scheduled for Wednesdays 11/13, 11/20, 12/4, and 12/11 at 6:30pm at the Christ United Methodist Church on Rocky Hill Rd in Northampton. Anyone interested in joining this special holiday program should contact Stephanie at heartofthevalleychorus@gmail.com or visit www.heartofthevalleychorus.org for a registration form.

Worthington Council on Aging
Attn: Phyllis Dassatti
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Worthington COA

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SCAM ALERT!



You get a call or message from a charity looking for donations. Should you donate?

Scammers try to fool you into giving them money.

- They rush you into giving out your credit card number over the phone.
- They use names that sound like a real charity.
- They change the caller ID to make you think it's a local caller.

What to do:

-Research before donating. Look up the charity online & read what others are saying about it.

-Ask the caller to send you more information.

-Don't feel obligated to donate to someone who calls you.

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**

**Working in cooperation
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