

WORTHINGTON COUNCIL ON AGING NEWS

JUNE 2026



MAPLES SEEKS PART-TIME MAINTENANCE TECHNICIANS

The Maples Senior Housing seeks part-time 15 hours-per-week Maintenance Tech for year-round position in Worthington. Job entails a seasonal variety of repair, building maintenance and custodial duties, with on-call response to basic site emergencies. Job is three (3) days a week, five (5) hours per day = 15 hours per week, no benefits, W2 employment. Must be able to lift 50 pounds and operate a tractor, power and hand tools, etc, and work additional hours as needed in the winter, etc .Please contact: Patty Kimura, Property Manager 413-238-5836 Monday- Thursday 9am-4pm. Job starts at \$20/hour. The Maples is an equal opportunity employer.

WORTHINGTON COA EVENTS



POT LUCK LUNCHEON

The COA potluck on May 8th was lots of fun. We were entertained by the R H Conwell School Chorus led by their music teacher Mr. Caine. They performed a spirited rendition of Yankee Doodle which brought cheers and whistles from their adoring audience.

On May 22nd The Parks & Recreation committee along with the COA sponsored an after-school kickball event at the RH Conwell School. Over 20 kids participated . Snacks & cookies were served. Thanks to Coach Fletcher for keeping things organized!



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
\$10.00/class
walk-in \$12.00

Strength Training

Town Hall
Thursday 4:00-5:00
Judy Babcock
238-4457



TOWN NOTARY SERVICE

COA board member, Jay Dreschnack Notary Public is 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.

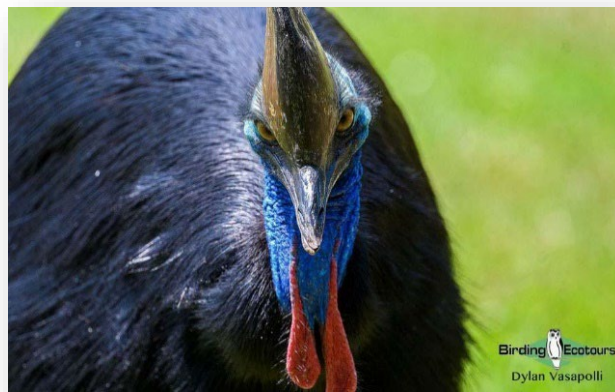
COMPUTER ASSISTANCE



COA board member, Eileen Daneri will be available to assist you with computer issues. Please call 238 - 4461 or email: eadaner-mail.com to inquire

MARK YOUR CALENDARS:

June 8th Pot Luck 12:00 Town Hall will be followed by a presentation by Sue & Ed Lewis of their bird watching expedition to Australia . Anyone who has attended their previous lectures, know their slides are beautiful and stories fascinating. If you are unable to attend the potluck, please come at 12:30 for the presentation.



June 18th

Grab-n-go meals

All residents 60 and older are eligible. Enrollment forms must be completed before requesting a meal. These forms are available at all COA events. To order your meal(s) call: **238-1999**. Order deadline **June 14th** Each month there will be two choices for dinner

This month's Menu: CHICKEN CORDON BLEU, BBQ CHICKEN, COLLARD GREENS, COLESLAW, ROASTED POTATOES, STRAWBERRY SHORTCAKE

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



June
22nd

Town Hall 1:00

Free! multiple cards allowed

UPCOMING EVENTS

WORKSHOP WEDS

June 24

Deb Dreschnack

Fall Prevention Join us for a presentation on the incidence and prevalence of falls in older adults. Deborah Dreschnack is a Gerontologist with extensive experience in falls research and intervention. You will learn about strategies to prevent falls and maintain independence in mobility.

Town hall

1:00

July 13th SAVE THE DATE for the COA Annual picnic at the Rod and Gun Club! Event will be held rain or shine. Enjoy wonderful BBQ chicken and sides lunch from Worthy Q BBQ. Reservation deadline July 6th. 238-1557.



July 15th Foot nurse call Deb Deane for appointment discount \$25.00 for clinic (COA office) discount price \$50.00 for home visit.

TOWN ACTIVITIES

LISTONS- 238-0144

Old North Road :

June Acoustic Sundays 12-3 on the patio.

Thursday's music on the backyard stage

LINKS AT WORTHINGTON-238-4464

Ridge Road

Course opens 8:30 daily

UPCOMING TOURNAMENTS

Sunday, June 14th, SHARPIE

9:00 AM

Third Annual Sharpie Tournament

Chairs: Allison Lucey and Chris Eugin

Event honors and celebrates the golfing legacy of Allison 'Sharpie' Lucey, the longest continuous member of the club.

- *GHIN REQUIRED 2 Ball Format, Gross and Net, \$75.00 per person for non-member. \$65.00 for LAW members includes lunch and prizes. Cart Extra.*

Saturday, June 20th LISTONS OPEN

9:00 AM

Chair: James Ryan

Tuesday, June 23rd, NESSACUS TEACHERS

Fun Tournament honor our beloved teachers from Nessacus

Chair: Gary Campbell

Sunday, July 5th

All Day

ONE PERSON SCRAMBLE

Public \$75 Members \$45, Carts extra,

Includes food, prize money 25%

Chair: Emily Figiela

GHIN Required, Gross and Net, Skins Extra

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/>



June Regional News

HILLTOWN MARKET



Hilltown Market is open and ready for orders! See what's new this year and support local farmers while getting quality, delicious, local food!

The Hilltown Market's brick and mortar location is open Tuesday to Saturday 10AM to 5PM at [19 Sawyer Road, Worthington](#).

We do home delivery and drop-off at local businesses around the Hilltowns starting June 1st. We currently do door to door **delivery for a \$5 fee** to help us cover gas and labor. Picking up from pickup locations is totally free. You can find information regarding pickup on the [Hilltown Market Shop](#) webpage in early June.

For more information please contact Jake Russell, Director of Community Food Resilience at Hilltown CDC. 413-296-4536 ext 116 or by email JakeR@Hilltowncdc.org. Our Community Connector, Jen O'Connell, also is available to help with [online ordering](#). She can be reached by email at communityconnectjo@gmail.com or by phone, 413-296-4536 ext 110.

Enjoy this Hilltown food resource. Access to fresh healthy food should be for everyone. The Hilltown CDC is working hard to make sure that no-one is left behind. Regardless of your economic status we want to ensure that our community is eating food produced by their neighbors. If you need help, want to help, or know someone who fits either of those categories let us know!

TECH TALK

Should I be charging my tech devices to 100%?

No! Your smartphone and your other devices do not need a 100% charge to run efficiently. Keep your battery charge between 30% and 80%. Once the level hits 30% charge it a bit. This level is best for keeping a battery healthy. If you remember, unplug it at 80%. Don't charge all night.

For devices, like a laptop or tablet, constantly being plugged in is not good for battery health. Keeping a device plugged in will stress the battery, not preserve it. Batteries, like people, need exercise. Use the device on battery power then recharge.

Folks often wonder if they have damaged their tech device if the battery runs down to zero percent. No, completely depleting the battery does not break it or the device. Although it should be avoided, it's not a catastrophe.

You can check the health of an iPhone battery by opening the **Settings** app. Tap the menu item **Battery**. On the next screen look for and tap **Battery Health and Charging**. The screen will show a percentage representing battery health. If it is under 80% the paragraph below may say the battery is "significantly degraded". Sounds bad!

It's not!! It only means you have to charge it more often. The percentage is a comparison with how long the charge lasted when it was new. For example, my iPhone battery says 79%. I use it a lot each day and find I only need to charge it in the evening. I'm happy with that. It's personal preference. Be wary. The recommendations come from the same company trying to up-sell you.

What if your battery dies out completely or needs a charge every few hours? Replace it, rather than spring for a brand new device. Batteries can be replaced. And if you do decide to buy another device, buy refurbished!

The Goshen COA invites you and your family to a FREE

Ice Cream Social!

Saturday, June 27th from 1-3pm

Tilton Town Field

Wing Hill Rd. Goshen

(Rain location: Goshen Town Hall)

Featuring live music by...

Sidetracked



Music & ice cream... can it get any better?

The COA board will be scooping out bowls of ice cream and we will have plenty of toppings.

Come have a sundae and listen to some fun music at our beautiful Tilton Town Field!

There are a few picnic tables but feel free to bring your own chair.

**ALL AGES from ALL TOWNS WELCOME
to this FREE event!**

*Event made possible by a grant from the
Goshen Cultural Council / MA Cultural Council*



GOOD NEWS FOR JUNE 2026

By Deb Hollingworth

Research shows over 80% of home care help for seniors and the disabled in this country is provided by family. It's estimated over 50 million family caregivers are helping with: errands, housework, transportation to medical appointments, laundry, medication oversight, money management and personal care like help with a shower, getting dressed or daily grooming. That's up 40% in the last decade as our population ages. AARP surveys suggest caregivers are providing an average of 24 hours of help per week. Without going into how much this might cost if families weren't helping, surveys show 78% of caregivers incur out of pocket costs, averaging around \$7,000 each year. A disproportionate amount of this falls on lower income households. AARP says 10% of adults consider themselves caregivers when asked. That's 1 in 10 American adults. In the last 2 months Good News articles, we've talked about where to go to get home care help, and who might help with the cost? This month, let's look at ways family caregivers can get paid.

MassHealth has 2 programs where you can hire your own caregiver, and that caregiver can be a family member, or friend... anyone you are not married to. To qualify: you must be 18 or older, have a primary care physician, need significant daily assistance, and be eligible for MassHealth. Your home, or the caregiver's home if you move in with your caregiver, must meet health and safety guidelines. This program works well for young disabled adults as well as seniors.

The Adult Family Care (AFC) program RN makes an initial assessment to determine needs and provides ongoing RN support making home visits on a routine schedule. This program also provides social work support to help with issues including paperwork, and help for the caregiver locating additional resources if/when needed.

The AFC program pays a 24/7 caregiver to provide or manage care that includes getting you to medical appointments, providing meals, grocery shopping,

laundry, personal care and socialization. This works whether you live with your caregiver, or your caregiver moves in with you.

Example: Mary Smith lives with her daughter and goes to a day program during the week while her daughter works. She also receives PT, and other services which her daughter coordinates. The AFC program pays Mary's daughter a monthly tax free stipend for the care and services she manages for her Mom. For more information on AFC program providers, you might start with a call to Highland Valley Elder Services 413-586-2000 and ask for an Options counselor.

The PCA program (Personal Care Attendant) is another MassHealth program that pays family caregivers for the hours of hands on help you need. To be eligible, you can be any age, have a primary care physician, need hands-on care, and be eligible for MassHealth. The PCA program RN makes the initial assessment and determines a Care plan that is reviewed annually unless medical conditions change, in which case the RN can make changes to your Care plan. You must need help with hands on personal care....as the program name suggests. Your Care plan might allow for 9 hours of help a week, or more, depending on your need. (The most generous Care plan I've seen was for 90 hours of help weekly for a quadriplegic). Your PCA worker(s) can be friends, neighbors, family or someone you hire from the State PCA registry. You must be able to hire/fire/supervise your worker, or have a surrogate that provides that oversight. One of the oldest PCA program providers in our area is STAVROS for Independent Living located in Amherst. For more information you can contact them at 413-256-0473 or Highland Valley and ask for their Information and Referral department or their Options counselor.

Both these programs require you to be eligible for MassHealth which has financial eligibility guidelines. To learn more about MassHealth regulations, you can check with your COA to see if a SHINE counselor would be the way to start.

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 July 12, 13, 14 or 15th Tall Ships in Boston. Contact First Choice Tours 413-665-9090 for additional info.

Also, Southamptton Senior Center has a trip scheduled for July 13th. Cost is \$157.

Departs at 6am. Call 413-529-2105 to sign up.

Day Trip August 3rd Encore Casino. \$50 Cost Includes: bus transportation round trip , driver's gratuity & \$20 in free slot play. Meals on your own. Make check payable to Francine Frenier and mail to address above by July 1, 2026. **Just 8 more** passengers are needed for this trip to go.

Day Trip September Date TBD Big E.

Day Trip December 8th Merry Christmazz Holiday Variety Show. Jimmy Mazz performs seasonal traditional and contemporary tunes from various artists. Yankee Pot Roast lunch and show at Storrowton's Carriage House, W. Springfield. A drive through Bright Nights follows. Make an \$80 check payable to Francine Frenier and mail to address above by October 6, 2026.

TECH CONNECT
SUCCESS FOR OLDER ADULTS



TECH HELP FOR JUNE

TechHub workshops & tech support sessions

Chesterfield workshops are one hour beginning at 10:30am and technical support will follow from 11:30 to 1:30. Sessions will be held at 400 Main Rd., Chesterfield, downstairs. Classes are free and there is no need to register.

Workshops in Chesterfield

June 12 Designing with Canva

June 26 Zoom Basics

Tech Support home visit is available by appointment. Call or message 413-296-5080 to arrange a home visit.

Devices for you: Refurbished PC laptops if you are looking for a free refurbished laptop or iPad, please call 413-296-5080 and leave us a message. We will offer free devices while our supply lasts. If you have received a device from us and are not using it, please call our number to arrange a return so someone else can use it.

Drop-in Centers (*no appointment needed*)
Chesterfield Community Center 400 Main Rd.

Weekly on all Tuesdays from 11:00 to 2:00
Goshen Library, Drop-In tech support from 12:00 to 2:00, 3rd Thursday, 6/18

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 6/25

Williamsburg

Meekins Library Drop-In tech support (call library for latest information)

Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2nd Tuesday, 6/9

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



WORTHINGTON COUNCIL ON AGING
ATTN: PHYLLIS DASSATTI PO BOX 7
WORTHINGTON, MA 01098

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HELEN PELLETIER
PAT KENNEDY
EILEEN DANERI
CAMILLE SMITH



SCAM ALERT!

If someone knocks on your door offering to repair your roof, fix your chimney, or do other home improvement projects, ***it could be a scam!***

- Resist the pressure to act quickly even if it sounds like a good deal
- Get at least 3 written estimates before hiring someone to do work at your home
- Check their license with the state at 888-283-3757
- Never pay for the entire project up front
- Get a written contract even for small repairs

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

