

# Worthington Corners

## March 2023 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 March!**

*"Our life is March weather, savage and serene in one hour."*  
~Ralph Waldo Emerson

*"Despite the forecast, live like it's spring"*  
~ Lilly Pulitzer

### **Yeah! Spring!**

Daylight Saving Time! March 12, 2am

Most of us are guilty of saying it wrong with an extra "s."

CBS News poll in March 2022 found that:

- ⇒ 33% preferred standard time year round
- ⇒ 46% of US residents preferred daylight saving time all year round
- ⇒ 21% were ok continuing to clock switch

### **Mark your calendar!**

Watch and listen for additional info about these upcoming events...

#### **St. Patrick's CATERED Luncheon**

*Vendor not yet established at this time*

**Monday, March 13 at Noon**

Town Hall

#### Seating Will Be Limited

Listen for the Robo Call for instructions for reservations

*Underwritten by the Rolland Fund*



### **Spring Flowering Plant Giveaway**

**Monday, April 24 11am-12pm**

Curbside- Worthington Congregational Church



No reservation necessary-first come  
One per household

### Calendar of Events

**Knitting Club**- Knitting club is not limited to knitting. Also crochet, needlepoint, etc.

**Chit Chat**- its about finding common ground and creating bonds with other human beings.

**Coloring Therapy**- Patterns that are placed in adult coloring books are often designed to alleviate stress, anxiety, develop fine motor skills. Adult coloring books can also be used to develop new skills and can also be used to lengthen attention span of adults, helping people who suffer from focus issues. Supplies provided.

Come in!

March 14th, 3pm

COA office, located in the rear of Corner's Grocery

#### **Foot Care Nurse**

March 15th, \$50, COA office. Call Piper Sagan, RN to schedule: 413-522-8432.

#### **Tech Support w/ Peg Whalen**

March 28th (every fourth Tuesday), 11am-1pm  
Bring whatever equipment you have questions about.

COA office, located in the rear of Corner's Grocery  
Call or text Peg Whalen 413-404-4566 or email [nhillcoastech@gmail.com](mailto:nhillcoastech@gmail.com) in advance to schedule enough time for help with your specific needs.

#### **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 9:30-10:30, Town Hall  
"First-timers": please call Eileen at 238-4461 to check on the updated schedule.

#### **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 Babcock at 238-4457 for more info.

## Spring Cleaning?

"My theory on housework is, if the item doesn't multiply, smell, catch fire or block the fridge, let it be. No one else cares and why should you!"

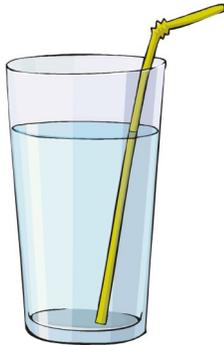
~ Erma Bombeck

## Strategies For A Healthy Spring

Perhaps spring is nature's way of encouraging us to change old habits for new ones. Buy comfortable shoes and head out for a stroll. Walking helps you control your blood sugar, strengthen your bones and heart and improve your sleep.

During spring, a highlight for seniors is gardening- an activity that promotes several health benefits. Tending to a garden can boost Vitamin D levels. Breathing fresh air and listening to the birds can reduce stress and be as relaxing as meditation.

- Dress in layers. Some days are perfect, while others are not. Wear sunglasses and a wide brimmed hat to protect yourself from UV rays that can affect your skin and eyes.
- Keep the Water Handy- As we age, our ability to pick up thirst decreases. It is crucial in the spring and summer when you're more likely outside. Dehydration can cause memory loss, poor concentration and fatigue.
- Stay on top of your Seasonal allergies- Pollen is great for bees but not so much for your sinuses! If you suffer from seasonal allergies, be sure to keep allergy medications on hand to alleviate symptoms and limit your time outdoors.



## St. Patrick's Day- March 17

An American and an Irishman were enjoying a ride in the country when they came upon an unusual sight- an old gallows. The American thought he would have a joke on the expense of his Irish companion. "You see that, Shaughnessy, I reckon", said the American, pointing to the gallows. "And now where would you be if the gallows had its due?"

"Riding alone", coolly replied Shaughnessy.



***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!*

**Would you like to receive your newsletter, in color, by email instead of snail mail?**

If so, please email Kristen at [regionalcoanews@gmail.com](mailto:regionalcoanews@gmail.com) to be put on the email list. Include your address so I will know which mailing list to take you off of. Thanks!

### Your State Representatives

#### **State Senator Paul Mark**

Email: [paul.mark@masenate.gov](mailto:paul.mark@masenate.gov)

Phone: 413-464-5635

Mail: 773 Tyler Street  
Pittsfield, MA 01201

Nearby local office hours:  
Williamsburg Town Hall  
2nd and 4th Tuesdays from 1-3pm

#### **State Representative Lindsay Sabadosa**

Email: [Lindsay.Sabadosa@mahouse.gov](mailto:Lindsay.Sabadosa@mahouse.gov)

Phone: 413-270-1166.

Mail: 76 Gothic Street  
Northampton, MA 01060

May your troubles be less,  
And your blessing be more.  
And nothing but happiness,  
Come through your door.

Irish Blessing



### Caregivers Part 1, Credit Cards



Some of you reading this are or will become caregivers. So in addition to keeping yourself safe from scams, you may have the responsibility for someone else's financial safety. I'm offering some suggestions for meeting that responsibility.

First, an ad! Well, sort of. I'm just putting in a plug for setting up a robust durable Power Of Attorney. Having that paperwork done makes financial caregiving much easier! Contact me if you need a reminder on this.

Let's start with credit cards. You, using the POA, or the elder if they are on their own, can take these actions.

- ⇒ Reduce the credit limit on a card, thereby reducing the amount of potential damage by reducing the amount that can be charged.
- ⇒ Add the name of a trusted individual to the card so that person can also track charges. The trusted part comes in that they won't use the card!
- ⇒ Sign up for alerts by phone or email when a charge is made over a given dollar amount, an amount that you set. This may not prevent the charge but the damage can be stopped more quickly.
- ⇒ Some cards have a card lock that will stop a suspected transaction. The card's documentation will show if this is possible.
- ⇒ Go online and check the card's activities; do this at least monthly or after a use.
- ⇒ Follow the same guidelines as for avoiding scams in general. If you don't trust an offer, don't give your card. Don't give the card number to someone who calls you. Set a different and strong password for each account. Get two-factor authentication.

I know. Life is more complicated than it used to be.

Take care,

Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## March's Good News

By Deb Hollingworth

### Help Wanted: Part One

Have you ever considered working as a home maker or PCA/personal care attendant? Or have you ever tried to find a home care worker? Let me introduce you to PHCAST.

PHCAST stands for Personal and Home Care Aide State Training, and it is a free State resource that offers training for anyone who would like to become a home care worker. And PHCAST maintains a state wide directory to connect workers with those needing home care help. A two fold approach: to give you training and help you find work.



You must have an email address and internet access to use it. You can complete the 10 module online training at your own speed.....in your own home! You can repeat a module as often as you want. At the end of each module, you complete an assessment to advance to the next module. The entire training should take about 37 hours and you get a Certificate of Completion at the end.

It gets better. If you are looking for work as a home care worker, you can register on the State wide directory. Having the Certificate of Completion from PHCAST can be an important credential when looking to be hired.

For more information, go to [www.mass.gov/PHCAST](http://www.mass.gov/PHCAST) or just Google PHCAST and check out some of their videos to see if you might be interested.



***It's Maple Season.  
Support your local Sugar House!***

### March Tech Talk

by Peg Whalen

I talk with many folks that say they don't update their smartphones. They are concerned about an update resulting in their phone being hacked, information stolen, charges to their account or think the phone works fine and doesn't need updating. Here's why they are important. Updates contain privacy and security enhancements that better protect your phone, including improvements to phone features or additional features that make it more useful. **If your phone notifies you of an available update, be sure to allow it to happen.** Automatic updates can be enabled in Settings. iPhone updates can be accessed in Settings/General/Software/Update. Automatic iPhone updates will happen at 2:00am, but you must leave your phone on and plugged in overnight. Android updates can be made automatic as well in Settings / Software Update. Keep it plugged in! Updating only happens periodically so when you get a message saying an update is available, go ahead and update!

### ***The Regional COA Newsletter benefits from your support!***

I would like to contribute to the COA Newsletter. My contribution of \$\_\_\_\_\_ is attached.

*(Please make out your check to "Northern Hilltown Consortium/ Town of Chesterfield" and mail to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)*

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

***Thank you for helping support this vital resource for our seniors!***

## On the Road Again... 2023 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 April 16. Tina – The Tina Turner Musical-* An amazing musical at the Bushnell Theater in Hartford. Featuring iconic songs "What's Love Got To Do With It", "River Deep – Mountain High," "Proud Mary." Show at 1pm in Orchestra seats. Then a dinner stop on your own at Blue Black Square in W. Hartford. Make payment to First Choice for **\$199** which is due NOW. Mail to the address above. **TWO seats left.**

*Day Trip May 18. Beatles Show- Ticket to Ride-* A 4-piece band that plays high quality, exacting renditions of songs written by the Beatles spanning their entire decade together. Self-Drive to the Log Cabin. Arrive 11:15am. Luncheon will include whole steamed LOBSTER, chicken & ribs. Make payment to FNCS for **\$78** which is due NOW so we can get good seats. Mail to the address above.

*Day Trip May 22. Staying Alive- A Tribute to The Bee Gees.* Five-course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNCS for \$120 due NOW. **WAIT LIST ONLY.**

*Day Trip July 20. Lake George Cruise-* Take a 2 1/2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. A stop at the Lake George Outlets. Make payment to Landmark Tours for \$TBD due **April 21st.** Mail to the address above.

*Day Trip August 10 Garden in the Woods-* This trip includes a walking guided tour of the Garden in the Woods in Framingham followed by a luncheon at the Longfellow's Wayside Inn. Entrée choices are Breast of chicken, Baked Salmon, or Yankee Pot Roast. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$122 due **June 10th.** Mail to the address above.

*Day Trip September. BIG E.* A YEARLY favorite. Make payment to FNCS for \$TBD by **August 1st.** Mail to the address above.

*Multi Day September 29-October 9, 2023. Mt. Rushmore, Crazy Horse - S. Dakota & Devils Tower - Wyoming.* 11 days. Stops at Corn Palace, Wall Drug, National Museum of Great Lakes, Iowa Museum of Natural History, Des Moines Art Center, and Eck Visitors Center at Univ. of Notre Dame. Cost \$1,178. \$25 discount if paid in full by

**June 22, 2023.** Contact Francine to reserve your seat.

*Day Trip November. Elvis- A Musical Revolution- North Shore Theater.* An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make payment to First Choice for **\$259** by **July 21st.** Mail to the address above. **TWO SEATS AVAILABLE.**

## Haircuts and Manicures at Smith Vocational High School



**Tuesdays & Thursdays,  
March through May**

Cost is \$5.00 for a cut or a manicure for men and women. The Smith Vocational Cosmetology students provide the services with their teacher 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!**

*Save the Date: Saturday, April 29th, 9-3pm*

## Spring / Summer Clothing Exchange



Goshen Congregational Church  
45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Wednesday 4/26 from 9am-3pm or Friday 4/28 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 29th from 9am-3pm! All are invited to participate whether you donate clothes or not.

**Worthington Council on Aging**  
**Attn: Phyllis Dassatti**  
**PO Box 7**  
**Worthington, MA 01098**

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### **Worthington COA**

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# SCAM ALERT!



*People you meet online aren't  
always who they say they are.*

### **SIGNS OF A SCAM**

- They profess love quickly.
- They ask for money to pay for an emergency or offer investment opportunities.
- They ask you to buy gift cards, transfer money, or invest in cryptocurrency.
- They claim to live or do business far away so that you can't meet in person.

### **WHAT TO DO**

Never send money or gifts to anyone you haven't met in person—even if they send you money first.

Only scammers tell you to buy gift cards, wire money, or by cryptocurrency.

Once you send it, you won't get your money back.

*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  
with the Office of the MA  
Attorney General**

