

# Chesterfield Council on Aging

## December 2024 Newsletter



**Chesterfield COA & Community Center**  
 400 Main Road, PO Box 7  
 Chesterfield, MA 01012

**Brooke Bullock, Director**  
 coa@townofchesterfieldma.com  
 413-296-4007  
 Mon. & Fri. 9-11am or by appt.

### December Calendar of Events

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b> <b>Advanced Tai Chi</b> 9:30am  <b>Grab'N'Go</b> 11:30am	<b>3</b> <b>Chair Yoga</b> 10am  <b>Tech Drop In</b> 11am-2pm  <b>Mahjong</b> 1pm	<b>4</b> <b>Intermediate Windows Laptop Class</b> 10:30-12  <b>Tai Chi</b> 1:30pm	<b>5</b> <b>Blood Pressure Clinic</b> 11:30am  <b>Grab' N' Go Meal</b> 11:30am  <b>Beginner's Laptop Class</b> 1-2:30pm	<b>6</b> <b>Smooth Moves</b> 9am  <b>Strength for Life</b> 10am  <b>Comp. Maint.</b> 10:30-11:30am  <b>Mahjong</b> 1pm  <b>Tech Drop In</b> 11:30-1:30
<b>9</b> <b>Advanced Tai Chi</b> 9:30am  <b>Grab'N'Go</b> 11:30am	<b>10</b> <b>Chair Yoga</b> 10am  <b>Tech Drop In</b> 11am-2pm  <b>Mahjong</b> 1pm	<b>11</b> <b>Intermediate Windows Laptop Class</b> 10:30-12  <b>Tai Chi</b> 1:30pm	<b>12</b> <b>Brown Bag</b> 11:30am  <b>Grab' N' Go Meal</b> 11:30am  <b>Beginner's Laptop Class</b> 1-2:30pm	<b>13</b> <b>Smooth Moves</b> 9am  <b>Strength for Life</b> 10am  <b>Windows Access.</b> 10:30-11:30am  <b>Mahjong</b> 1pm  <b>Tech Drop In</b> 11:30-1:30
<b>16</b> <b>Advanced Tai Chi</b> 9:30am  <b>Grab'N'Go</b> 11:30am	<b>17</b> <b>Chair Yoga</b> 10am  <b>Tech Drop In</b> 11am-2pm  <b>Mahjong</b> 1pm  <b>Android Phones</b> 1-2:30pm	<b>18</b> <b>Intermediate Windows Laptop Class</b> 10:30-12  <b>Tai Chi</b> 1:30pm  <b>Fiber Friends</b> 7pm	<b>19</b> <b>Grab' N' Go</b> 11:30am  <b>Digital Photos (online)</b> 1-2:30pm  <b>Beginner's Laptop Class</b> 1-2:30pm	<b>20</b> <b>Smooth Moves</b> 9am  <b>Strength for Life</b> 10am  <b>Mahjong</b> 1pm
<b>23</b> <b>Advanced Tai Chi</b> 9:30am  <b>Grab'N'Go</b> 11:30am	<b>24</b> <b>Holiday Closure</b>	<b>25</b> <b>Holiday Closure</b>	<b>26</b> <b>Grab' N' Go</b> 11:30am	<b>27</b> <b>Mahjong</b> 1pm  <b>Tech Drop In</b> 11:30-1:30
<b>30</b> <b>Advanced Tai Chi</b> 9:30am  <b>Grab'N'Go</b> 11:30am	<b>31</b> <b>Tech Drop In</b> 11am-2pm  <b>Mahjong</b> 1pm  <b>New Year's Eve</b>			

## December Classes & Events

### Mondays:

Advanced Tai Chi: 9:30am  
Grab and Go Meal: 11:30am



### Tuesdays:

Chair Yoga: 10am (no class 12/24 & 12/31)  
Tech Drop In: 11am-2pm  
Mahjong: 1pm

### Wednesdays:

Tai Chi: 1:30pm  
Fiber Friends: 7pm (3rd Weds)  
Intermediate Windows Laptop Class: 10:30-12  
(no class 12/25, resumes 1/8)

### Thursdays:

Grab and Go Meal: 11:30am  
Blood Pressure: 11:30am (1st Thurs)  
Brown Bag: 11:30am, (2nd Thurs.)  
Beginner's Windows Laptop Class 1-2:30pm  
(no class 12/26, resumes 1/9)

### Fridays:

Smooth Moves: 9am (no class 12/27)  
Strength For Life: 10am (no class 12/27)  
Mahjong: 1pm  
Tech Drop-In: 11:30-1:30 on 12/6, 12/13, 12/27

### Special Events:

- 12/6: 10:30am - 11:30am  
Computer Maintenance
- 12/9: 1pm - 2:30pm Organizing, Storing, &  
Moving Digital Photos (ONLINE CLASS)
- 12/13: 10:30am - 11:30am  
Windows Accessibility
- 12/17: 1:00pm - 2:30pm  
Android phones

## **Bringing Community Together To Honor Those We Love**

### ***Retirement of Janice Gibeau***

On October 26th, we honored the remarkable career of Janice Gibeau, a longtime Chesterfield resident and former Director of the Council on Aging. Gibeau's innovative leadership expanded the Council's programs, bridging generational divides and transforming the community center into a welcoming hub for all. Her invaluable contributions to Chesterfield will be remembered for years to come.

Among the distinguished guests were Hayley Wood, Economic Security and Outreach Manager from the Massachusetts Council on Aging, Don Willard of the Chesterfield Select Board, and a



*Pictured left to right: Brooke Bullock, Dr. Susan Lowery, Jeane Anastas, & Janice Gibeau.*

representative from the offices of State Representative Lindsay Sabadosa and Senator Paul Mark. A heartfelt thank you to Marianne Hoag, Eileen Theroux, Bev Pomeroy and the COA Advisory Board Members for their tireless efforts in organizing this special event.

## **Veterans Honorary Breakfast**



The Council on Aging hosted a special breakfast on November 10th at the Chesterfield General Store to honor the esteemed veterans of the Northern Hilltowns. This gathering was extremely well attended, thanks to the efforts of Fred Drake, and provided a heartwarming opportunity for veterans to reconnect, share stories, and foster camaraderie.

The COA extends its sincere gratitude to Lynn Hicks, Marianne Drake, Beverly Pomeroy, and Beverly Henrichsen for their contributions to the event's success. We also thank Larry Cervelli who spoke on behalf of the Western Massachusetts Veterans Outreach Project (WMVOP), an organization that educates community providers about the unique needs of Veterans and advocates for legislative initiatives to improve the lives of Veterans and their families. A special thanks also goes to guest speaker Dan Nye, Veterans Service Officer, who enlightened attendees about the numerous resources available to veterans through the Central Hampshire Veteran Service Office.

For those of you that don't know, Massachusetts Veteran Service Officers (VSOs) are available in

every city and town to assist eligible veterans and their dependents. VSOs provide outreach, referrals, benefits assistance, employment support, and coordinate veteran observances. Veterans are encouraged to contact **Dan Nye** directly for any inquiries or assistance they may require. Phone: **413-587-1298**

Email: [vetadmin@northamptonma.gov](mailto:vetadmin@northamptonma.gov)

Thank you for your service. You are our heroes.

## Triad Sand Bucket Delivery

Please register by Friday, December 6th!

### REGISTER TO RECEIVE A BUCKET OF SAND DELIVERED TO YOUR DOOR



TRIAD IS OFFERING SAND BUCKET DISTRIBUTION TO CHESTERFIELD RESIDENTS AGE 60+. PLEASE REGISTER **ASAP**. SAND BUCKETS WILL BE DELIVERED THE **SECOND WEEK OF DECEMBER**. PLEASE **EMAIL** OR **CALL** THE CHESTERFIELD COA WITH THE FOLLOWING:

- **NAME**
- **ADDRESS**
- **BUCKET DROP LOCATION**
- **PHONE #**

Call or email the Chesterfield COA

[coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)

## TRIAD Medical Equipment for Loan

Looking to enhance your safety and well-being? TRIAD, a collaborative community policing initiative, brings together seniors, law enforcement, and service providers. Their mission? To keep our community strong and secure through education and crime prevention. One of TRIAD's impactful programs is the Medical Equipment Lending Program.

This program provides much-needed medical equipment, free of charge, to seniors in Chesterfield. TRIAD will deliver the equipment straight to

your door, and pick it up when you've finished using it. Interested in learning more? Visit the Hampshire Sheriff's Office website at [www.hampshiresheriffs.com/](http://www.hampshiresheriffs.com/) or call TRIAD Director David Fenton directly at the Hampshire Sheriff's Office. Together, we can build a safer, more vibrant community for all.

## DO YOU OFFER SHOVELING SERVICES?

WE ARE SEEKING A **LOCAL** PERSON WHO CAN **RELIABLY** SHOVEL PATHWAYS FOR OLDER ADULTS IN OUR COMMUNITY.

### If you provide:

reliable and consistent shoveling services please send:

- your name
- your rate,
- your contact information

We'd be happy to refer your services to our community members in need.

\*Please note, we are not requesting driveway plowing services

\*Please note, students in need of community service hours are not considered a reliable service provider



### CONTACT THE COA:

413-296-4007

[coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)



## TAI CHI EXERCISES

Do you want to discover the gentle art of Tai Chi without the pressure of practicing & memorizing complex forms? The COA & Marty Phinney may offer an "Easy Tai Chi" class designed for beginners that focuses on simple, slow movements that pro-

mote relaxation, stress reduction, and improved physical health. This class would not include the sequential choreography called the Tai Chi Form.

If you're intrigued by the idea of experiencing the benefits of Tai Chi without the commitment of a full practice, please email Marty Phinney with the subject line " Easy Tai Chi" at [phinneypottery@yahoo.com](mailto:phinneypottery@yahoo.com) or call her at **413-268-3228**. We'll gauge interest and potentially offer the class starting in January 2025.

### Oil Painting with Vanessa

Are you interested in joining an oil painting class? The Council on Aging is offering an 8-week oil painting session led by local artist, Vanessa Chatwood Kerby.

The session will run on Mondays starting January 6th and will continue through February 24th. Class will be held in the Chesterfield Community Center from 1pm-3pm. Supplies will be provided.

About The Instructor: Vanessa is a ceramic artist, painter, musician, and educator. She holds an M.A. and BFA in Art Education from the University of Massachusetts Amherst and has been a practicing art educator since 2010.

Register: To reserve your spot, you must register. Email Lynn Hicks: [lynn634hicks@gmail.com](mailto:lynn634hicks@gmail.com) with your full name, mailing address, and phone number.

Participation:  
No one will be denied for lack of funds, but we kindly request a \$10 donation to support future COA art programs. This is an all-ages workshop series open to all residents of the Northern Hilltowns.



### Happy Birthday in December!

Marilyn Davidson, William Coleman, Mary Leake, Geraldine Rogers, Bonnie Borst, Patricia Roberts, Marjorie Jasmin, Marguerite Hewes, Gail Judd, Kirke Henshaw, Luther Curtis, Mary Bancroft, Michael Kuzmeski, Allan Lamere, Kathy O'Neill, Kathleen Brisbois, Arthur Smith, Michael Lucey, Deborah Curtis, Laura Dimmler, Justin West, Richard Blais, Donna Safford, Judith Lyons, Linda Udall, Stephen Liimatainen, Joseph Gazillo, Thomas Houston, Nancy Papillon, Mary Guilmette, Sarah Donley, Peter Scully, Mary Ellen Harrington, Mark Puza, Eric Light, Mark Klitzke, Arleen Snape, Heather Wright, Robert Judd, Stephen Strong, James Bellis, Tammy Wiseman



### ***The Chesterfield Council on Aging benefits from your support for our programs for Chesterfield seniors!***

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

*(Please make out your check to "Town of Chesterfield" and write "COA programs" in the memo line; mail to Brooke Bullock, Director, Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)*

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

Address \_\_\_\_\_

Email \_\_\_\_\_

### Bad News, Good News

Do you want the Bad news first? Then we will end with the Good, being positive as we are.

**The Bad** – scams are on the rise in frequency, diversity and impact. Around 50% of people of all ages are likely to lose money to a scam, sometimes hundreds of dollars. The types of scams, e.g., grandparent, social media hack, QR codes, etc., make our exposure and danger so much more likely than before. As for impact, in addition to including how awful we feel about being scammed, the total monetary cost per year in the US might be 10 billion dollars or more. That's dollars with a B.

**The Good** – more agencies and organizations are paying attention and marshaling resources! I've compiled a list of sources for avoiding and reporting scams.

**AARP.** The Association of Retired Persons keeps up with types of scams and issues alerts along with other educational materials. There is a Watchdog Alerts newsletter. Go to their scam web page: [www.aarp.org/money/scams-fraud/](http://www.aarp.org/money/scams-fraud/)

**BBB.** Better Business Bureau prepares topical scam alerts, highlighting current and most active scams. Mind-boggling. To sign up for their newsletter, go to [www.bbb.org/us/news/scams](http://www.bbb.org/us/news/scams), then scroll to the bottom and click on "Sign up for scam alerts".

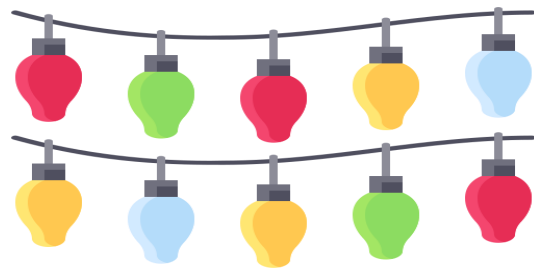
**BBC.** The British Broadcasting Corporation posts a page called Be Scam Safe with a really full set of scam videos and articles. Type into your browser "Be Scam Safe" to connect.

**CFPB.** The Consumer Financial Protection Bureau at [www.consumerfinance.gov/consumer-tools/fraud/](http://www.consumerfinance.gov/consumer-tools/fraud/) talks about understanding scams, knowing your rights, and how-to guides.

**DA.** The Northwestern District Attorney's office advocates for all residents, especially elders, focusing on education and prevention of consumer scams and elder exploitation. Go to [www.northwesternda.org/prevention](http://www.northwesternda.org/prevention) and click on Consumer Protection or call **413-586-9225**.

**VA.** The Veteran's Administration has a new service with information, reporting, and assistance on scams for veterans, service members, and their families. Visit [www.VSAFE.gov](http://www.VSAFE.gov), or call 1-833-388-7233.

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



### Seniors Aware of Fire Education

The holiday season is upon us and most of these holiday observances involve electric lights and candles. Here are a few things you can do to keep your celebration bright and safe.

Senior   
**SAFE**

#### For indoor lights and decorations:

- Buy lights and electric decorations that are listed safe by an approved testing service.
- Check for and replace any lighting that has frayed wires, broken plugs, sockets or switches.
- Never overload outlets.
- Use no more than three (3) strings of lights on a single extension chord.
- Remember to turn off the tree lights and other electric decorations before going to bed.
- Consider using energy efficient LED lights that stay cool.
- Never use lit candles in the tree or near live or other flammable decorations.
- Keep lit candles at least a foot (12 inches) from flammable items.
- Never leave a lit candle unattended.

#### For outdoor lights and decorations:

- Only use electric decorations that are rated for outdoor use.
- Plug them into a ground-fault circuit interrupter (GFCI).
- Use electric connection protectors.
- Anchor outdoor lights and decorations with insulated holders or hooks.

Keep the holidays bright SAFElly!

--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. Help and Training for December



We have more people to help you with your tech needs and requests. Our long period of low staffing is at an end. With more hands on deck we are hoping our final three months will have much higher efficiency and shorter response times.

### More Tech Support Available by appointment

Receive technology help by email, phone, drop-in, or by appointment: [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com), phone or text msg **413-296-5080**.

### Being delivered now: Internet Hotspots

Need affordable internet access? Have you already requested affordable internet? We have a solution that may work for you. Hotspots are small cellular devices you can use to access internet. They work like WIFI without cable or fiber service. Hotspots work in most areas in the hilltowns. If you are interested in learning more about how these devices could benefit you, please contact us by phone or email. If you requested affordable internet and were not contacted in November, please reach out to us again. Calls to **413-296-5080** are now returned and email to [coatechhelp@gmail.com](mailto:coatechhelp@gmail.com) is also a great way to reach us.

### Devices for you: PC laptops, refurbished Chromebooks and iPad and Android tablets

Ky Martus continues 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](mailto:coatechconnect@gmail.com), leave message at **413-296-5080**, or use online request form on our website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### 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  
Three Fridays, 11:30-1:30 (12/6, 12/13 & 12/27)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (12/11)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12-2 (12/19)

- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (12/19)
- Westhampton: to be scheduled. Please contact us for details, [coatechhelp@gmail.com](mailto:coatechhelp@gmail.com) or call **413-296-5080** for day/time.
- Williamsburg  
Meekins Library Drop-In tech support  
2nd Tuesday 12/10 from 10 to Noon  
Nash Hill Place Resident Drop-In tech support  
2nd Tuesday 12/10 from 10 to Noon
- Worthington: tech support at COA office.  
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 [coaTechTrainer@gmail.com](mailto:coaTechTrainer@gmail.com), call or text **413-296-5080**, or sign up through the website [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### Computer Classes:

Beginner's Windows Laptop Class will restart on Thursdays on December 12, 19 and January 9, 16 from 1:00 - 2:30.

Intermediate Windows Laptop Class starts, over six Wednesdays, 10:30-Noon. December 4, 11, 18 and Jan 8, 15, 22, 10:30-Noon.

### Tech Workshops:

- 12/6, 10:30-11:30 Computer Maintenance
- 12/9, 1 - 2:30 Organizing, Storing, & Moving Digital Photos (ONLINE CLASS)
- 12/13, 10:30-11:30 Windows Accessibility
- 12/17, 1- 2:30 Android phones
- 1/10, 10:30 - 11:30 Misinformation
- 1/15, 12- 1:00 Self Learning
- 1/24, 10:30 -11:30 Google Suite
- 1/29, 10- 11:30 iPhones
- 1/29, 6 - 7:00 pm Learn & Watch: YouTube, Libby, Kanopy



## On the Road Again...

### 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 late April TBD. **Encore Casino.*** Boston Harbor casino trip. Lunch on your own, options available on site.

*Day Trip May TBD. **Isabella Stewart Gardner Museum & Maggiano's Little Italy.*** Enjoy a delicious family-style lunch at Maggiano's. Tour three floors of galleries at the Isabella Stewart Gardner Museum on your own or with a guide. Price TBD.

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

*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 July TBD. **FDR Homestead & Library and Hudson River Cruise.*** Start your day with a scenic cruise on the Hudson River. Enjoy lunch at Mahoney's Irish Pub & Steakhouse (TBD.) Tour the home of Franklin D. Roosevelt and the first Presidential Library. Price TBD.

*Day Trip August 3. Triple A affiliates, **Boston Red Sox vs Philadelphia Phillies** at Polar Park, Worcester, MA. A pre-game tour of Polar Park and a ball-park-fare buffet for our group are included. Cost \$90.00. Make check payable to Francine Frenier and mail to address above.*

*Day Trip Sept. TBD. **The BIG E,*** an annual favorite, with free entertainment at The Court of Honor Stage.

*Day Trip Sept 5-Oct 26 TBD. **A Chorus Line.*** 50th Anniversary Production on stage at the Goodspeed Opera House in East Haddam, CT. Lunch at The Gelston House. More details to come. Price TBD. Wed.Thurs.Sun

*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 December 2024, Diamond Tours is expecting this trip to go, despite the hurricane damage. Please stay tuned.**

*Day Trip Nov-Dec. **A Holiday Event in Waltham, MA.*** Reagle Music Theater Players beloved Christmas extravaganza--100 performers, live orchestra, dancers, living nativity, and yuletide tunes. Pre-show lunch at The Chateau Restaurant. Price TBD. Sundays.

## Good News for December

### By Deborah Hollingworth

The Good News this month is a reminder that we have a resource called The Connector which can work for you if you have questions about benefits, resources, and services. When your circumstances change, and you could use some help, but don't know what's available or where to start, the Connector can help you "connect" with the resources you need.

This help is available to the seven hilltowns of Plainfield, Cummington, Worthington, Goshen, Chesterfield, Williamsburg and Westhampton through a grant from Highland Valley. We have helped people figure out housing options, determine if folks are eligible for benefits like fuel assistance, SNAP, Circuit Breaker property tax rebates, and if folks qualify for subsidies on their health insurance.

Often it's brainstorming on how to survive a change in medical conditions, or shrinking finances and increasing household overhead/bills. What to do when life throws us a curve ball, or when we might be worried about outliving our savings/investments.

The Connector can help you understand what's available when you're being discharged from a nursing home, or whether you might be eligible for MassHealth and whether MassHealth might pay family caregivers for the help they provide.

There's help out there, but unless you know the eligibility requirements... unless you know how the 'system' works... unless you know what's available... you can't get it, if you don't know about it.

The Connector is here to help you get those resources, over a phone call or a home visit to help with an application. Whatever works for your situation. It's a no cost resource, funded through Highland Valley.

To get help, call your COA and they will get you Connected!

**Chesterfield Council on Aging**  
**400 Main Road, P.O. Box 7**  
**Chesterfield, MA 01012**

Chesterfield COA

Marianne Drake, Chair  
Bev Henrichsen, Vice Chair  
Bev Pomeroy, Treasurer  
Francine Frenier, Secretary  
Lillian Bisbee  
Laura Dimmler  
Lynn Hicks  
Marianne Hoag  
Jim Martin  
Tim McElroy  
Eileen Theroux



*Financial Advisor: Nancy Hewes*  
*Librarian: Dee Cinner*  
*Art Com: Gigi Kaeser, Chair;*  
*Dee Cinner*



Brooke Bullock, Director  
Jen Peotter, Data/Financial  
Accounting Manager  
Kristen Estelle,  
Newsletter Designer

**The Goshen Council on Aging** invites you to a three part discussion group based on the book *Let's Talk About Death Over Dinner* by Michael Hebb.

\* **January 7, 2025, 4-5pm**

Introduction and receive a copy of the book.

\* **February 18, 2025, 4-6:30pm**

Catered dinner and a prompted discussion facilitated by Stacey Mackowiak, End of Life Doula.

\* **February 25, 2025, 4-5pm**

Follow up conversation (optional).

This important and engaging program is free and limited to 15 participants; older adults from all Hilltowns are welcome. Please contact Kerry Normandin, Goshen COA Director, by 1/3 to sign up: 413-268-9354 or [coa@goshen-ma.us](mailto:coa@goshen-ma.us) All three parts will take place in the John James Memorial Hall, 42 Main St. Goshen, MA. Funded by a grant from the MCOA.

*"...encourages people to pull up a chair, break bread, and really talk about the one thing we all have in common."*

*"...transform your difficult conversations into an opportunity of celebration and meaning, changing not only the way we die, but also the way we live."*



Massachusetts  
Councils On Aging