

# Goshen Council on Aging

## March 2018 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

Evelyn Culver, Coordinator  
413-268-3316  
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### March COA Events:

**Tuesday, March 13th at 12pm**

#### *Corned Beef & Cabbage Dinner* Town Hall Dining Room

If you like a lot of blarney, you have to come to our March lunch. Patrick Cahillane, Hampshire County Sheriff, will be there to give us lots of blarney. Patrick was born in Ireland and attended St. Michael's High School in Northampton. He is a friend of Bill O'Riordan, and over the last several years Bill has asked his friends to join us for lunch and then add some blarney to our dessert time. We have enjoyed listening to Bill's friends in the past, and I'm sure this will be as good, if not better. We will be serving a traditional corned beef and cabbage dinner with lots of desserts! If you would like to bring a dish, please do, but it is not necessary.



**Tuesday, March 27th at 9am.**

**Foot Care Clinic.** The cost is \$30 at the Town Hall, and \$40 for an in-home visit. Call Liz Loven to make an appointment: 268-7122.

**Wednesdays 10am-11am**  
**Muscle Strengthening Classes in the Town Hall**

Our class is continuing, so come and join us!



**The Goshen COA** is planning many activities this spring season, so please take a minute to write these dates on your calendar. If you are interested in signing up for any of them, please contact Evelyn at 413-268-3316. Let's think spring.

**Our monthly Friday trip will be on March 23rd.** We are planning on going to the **Mt. Holyoke College Art Museum in South Hadley.** We will be meeting the van at 10:30am in the town parking lot and plan on being back for 3pm after stopping for a quick lunch. If you have not gone on the van before, make sure you fill out a

FRTA application. You have to sign up early to ride the van, but if you have to cancel because of illness or some other reason, that is not a problem. Please contact Evelyn to sign up or if you have any questions.

**Saturday, March 24th, 10am-12pm**  
**Painting Class at the town hall**

The Goshen COA will be hosting a painting class on March 24th at the town hall. Coffee will be served. The cost is \$35 pp, and Goshen seniors will receive a discount. This project is open to anyone in the surrounding towns. Each person will choose from two different signs, and the colors that they would like to use. They will then learn to use a vinyl stencil on a selected wood. All signs are made on local wood. Taught by Brenda Liimatainen, this class will break up your winter and help you be creative. Call Evelyn at 413-268-3316 to sign up.

**Gardening for all Seasons:**  
**A Four Session Program by Lorraine Brisson**

The Goshen Council on Aging is hosting a course designed to inform attendees on different aspects of gardening/plant care. "Gardening for All Seasons" will consist of four sessions held on **Saturdays from 10:00-12:00.** Sessions will include instructional time and a craft project for attendees to take home. Additionally, each session will include activities specific to that subject matter. Session topics are: Pruning, House Plants, Perennials and Annuals.



The course will be taught by Lorraine Brisson, MS. with a Masters of Science degree in Horticulture and a career coordinating Horticultural Therapy at the Veterans Affairs Medical Center in Leeds. Attendees are sure to acquire lots of useful plant knowledge.

**Saturday, March 31st , Session 1**

**Pruning:** This session will begin with a general overview of plant botany, with the focus on trees/shrubs. Attendees will learn about plant structure,

and how plants function, including topics such as photosynthesis and water/nutrient uptake. This will be followed by a detailed overview of pruning techniques. The instructor will then review a display of pruning tools. Next, attendees will practice pruning techniques from samples provided. We will then walk across the street to the Memorial Park where the instructor will point out how and where to prune trees and shrubs. Upon our return to Town hall, attendees will create a hanging star ornament from twigs and other natural materials. **The cost for this session is \$5.00.** Sponsored by the Goshen Cultural Council.



**Stay tuned to upcoming newsletters for more information on the April (House plants), May (Perennials) and June (Annuals) sessions!**

We send our condolences to the family of **Norm Arnold.**



**Don't forget** to purchase some Meltdown tickets from Bob Labrie! Proceeds will benefit our kitchen in the town hall.

**Monday, March 19th at 7pm** is our **town caucus**, held at the town hall. The town is always looking for new members for various committees. If you're interested in running or know of someone that would like to run, please come to the caucus to be nominated.

Are you retired and wish you could use your skills in a way that is needed? Would you like to know more about our town? This is the time to step forward and say: "I'll give it a try."

Our small town runs on volunteers. We simply could not operate without them. You will be welcomed and appreciated.

**Thursday April 5, 12, 19, and 26th, 12-2pm Basket Class** at the town hall

Jean Weller of Chesterfield will teach how to make a square or round vegetable basket. Material cost is \$5.00. Please contact Evelyn if you are interested: 268-3316. **Limited class space.**

**Sunday, April 22nd Old Country Road** at the town hall

Join us for an annual favorite!



*The above programs are sponsored in part by the Goshen Cultural Council.*

**Saturday, April 28th 9am-3pm Clothing Exchange** hosted by the Goshen Congregational Church. Would you like a new spring wardrobe for your family without spending a cent? You can clean out your closet at the same time! Please drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Thurs. 4/26 5-9pm and Fri. 4/27 9-3, then come back to shop on Sat. the 28th from 9am-3pm! Please no swimwear, socks or undergarments. If you need an alternate drop-off time, please call the church: 268-7427. All are invited to participate whether you donate clothes or not. Leftover clothing will be donated to local charities unless otherwise specified.

**Happy Birthday in March!**

- Mary Berube, Michael Kurland, Paul Britt,
- Kenneth Roberts, Robert A. Bushee,
- Edward Connell, Denise Luzynski, Alison Bowen,
- Roger H. Brown, Stanley Dewey,
- William F Benoit, Robert Raymond,
- Curtis Pichette, Maria Rooney, Thomas Vincent,
- James Vogel, John Dolven, Joe Roberts,
- Robert Emerson, David Silvia, William A Sbrega,
- Beverly L. St. Amand, Brooke Schnabel,
- Elaine B. Ulman, Edward W. Arnold, Sue Freeman
- George M. Monaghan Jr., Carol A. Monaghan
- Mary Ann Korash

***The Goshen COA counts on YOUR support to continue our important programming for local seniors!***

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

*(Please write your check to The Goshen Council on Aging and write "program support fund" in the memo line.)*

Name \_\_\_\_\_

Address \_\_\_\_\_

*Thank You for Helping to Support Your Neighbors!*

**Goshen Council on Aging**



# Regional News

## Seniors Aware of Fire Education



The number one fire safety item in your house is your smoke detector. It does save lives. In a typical home, fire, smoke, heat and toxic gases build up rapidly. So, when a smoke alarm sounds, get out of the building immediately before your escape route is blocked. Make sure you:

- Install smoke alarms on every level of your house and in each bedroom.
- Test them monthly.
- Replace the battery twice a year.
- Check on the back of the detector for its age. If it is 10 or more years old, replace it with a new one which will have a 10 year battery. Smoke alarms do wear out, so replace them.
- Never ever disable your smoke detector. The life you save will be your own.

Be SAFE!

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

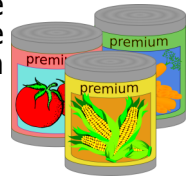
*The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.*

## Hilltown Food Pantry

The Hilltown Food Pantry, run under the auspices of the Northampton Survival Center, is located on the bottom floor of the town office building in Goshen. The pantry is open to people in the towns of Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington. Hours are Wednesdays from 1pm-3pm, and, on the third Wednesday, there are extended hours: 1pm-6pm. During the winter months, the pantry closes if the Hampshire Regional School District closes.

Diane Meehan is the director of the food pantry. If you have any questions, the pantry's phone number is 413-268-7578, and will be answered on Wednesdays, otherwise the call goes to the Northampton Survival Center.

Donations of non perishable items, personal care items and paper products are always welcome and appreciated. In-season produce is also helpful. Someone is available at the food pantry after 10am on Wednesdays for donation drop-offs.



### Would you like to receive your newsletter 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.

## Finally – new Medicare cards!

At long last, people on Medicare will be getting new identity cards with a new number. If you haven't reached that magic age yet, please know that a person's current Medicare number is their social security number followed by one or two characters. The characters don't exactly disguise the number, so if you carry your Medicare card, which you may need now and again, you are also carrying your social security number! And that, of course, is a big no-no because of identity theft.

New cards will be mailed starting in April 2018. Some cards may not show up for a while because there are a lot of us who will be receiving them; the government has allowed itself a year.

Now this will be a shocker: there are likely scammers out there who will call and try to trip you up. They might tell you that a fee is required for the card, that more personal information is needed before the card can be mailed, or that your benefits will be stopped until you provide more information. All not true. Just hang up.

Your new Medicare number, called a Medicare Beneficiary Identifier, will still need to be protected to ensure your privacy and security. Make sure you know who you are sharing it with.

The office sending the cards is the Centers for Medicare & Medicaid Services (CMS). CMS says if someone calls and asks for your Medicare number or other personal information, hang up and call 1-800-MEDICARE (1-800-633-4227). Turn 'em in.

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

## Outreach in Cummington continues to expand

By Peg Whalen

Regional Outreach Coordinator for the Northern Hilltowns Consortium of COAs

The Cummington Council on Aging is reaching out to over 300 town seniors. COA board members continue functioning as the primary outreach team, respectfully and regularly watching out for the wellbeing of residents that may be isolated or have special vulnerabilities.

Cummington's COA is the only hilltown board that maintains a specific council position of Corresponding Secretary. In this role, Peg sends cards of support or condolence. The entire COA board identifies people that are ill or families that have recently lost a senior. Birthday cards also go out to residents 80 and over.

Their COA Neighbor to Neighbor ride program provides non-driving seniors with access to transportation by matching volunteers with seniors needing rides to appointments. Early expansion of outreach included a discussion of the book *Being Mortal*, which continued beyond the group meetings. Several book group participants have continued meeting about issues reflected in the group's name: "Living Fully, Aging Gracefully, and Befriending Death". In successive months, the group focuses on "living fully" the first month, "aging gracefully" the second month and "befriending death" the third month, and then repeats the cycle. The discussion group is open to all ages. Participants have come from Holyoke, Williamsburg, Hinsdale, Plainfield and Chesterfield, among others. They meet once a month on the 2nd Tuesday from 1pm to 3pm in the Community House Library room.

Most recently, the Cummington COA initiated contact with younger seniors aged 60 to 69. This growing group of seniors received a personal letter introducing the COA, which invited input and participation. The letter was shared with area COAs. Several neighboring towns are using this approach as an outreach tool to engage younger seniors.

Several book and discussion participants and others have formed Cummington Community Cares, a newly organized town volunteer group, open to all. The initial group includes roughly 20 participants. The group's purpose is to establish a program that strengthens the ability of the people of Cummington to care for each other in the face of disasters and emergencies- large or small, community-wide or personal. The group is exploring what community preparedness involves and how residents can effectively care for each other. Another small group of volunteers is looking at ways to prepare food for people in need. Discussion has started to strategize ways to expand a call list or phone tree to encompass the entire town.

The group is also considering ways to mobilize a group to do "mapping" of community resources and needs. In January and February, Cummington Fire and emergency management members trained a group of residents as the first C.E.R.T. (Community Emergency Response Team), resulting in a small

initial team of residents with the knowledge and skills to assist others in many types of emergencies.

The West Cummington Congregational Church also does outreach to the congregation and other residents by maintaining a call list that any resident can be included on, arranging for nutrition support through coordinated food access, and counts several members of the COA board among the congregation. The Village Church does outreach to its congregation, many of whom are seniors. The Village Church nurtures community and promotes vitality in the village by providing care, connection, and healing to church members. One COA board member has a connection to the congregation.

### Circuit Breaker Tax Credit

Adults age 65 and older are eligible to receive this tax credit when their property taxes and half of their water/sewer bills total more than 10% of their income. Or, if they rent an apartment (without a state or federal subsidy), they may get this tax credit if their rent is more than 25% of their income.

Here are some details:

- Tax filers should use the "Schedule CB form" and "Form 1", respectively.
- It's easy to get the forms. Download Form 1 and Schedule CB Form at the official Department of Revenue site: [www.mass.gov/lists/2017-massachusetts-personal-income-tax-forms-and-instructions](http://www.mass.gov/lists/2017-massachusetts-personal-income-tax-forms-and-instructions)

If you need help, VITA (Volunteer Income Tax Assistance) helps low income and middle income people fill out tax returns for free. Call them at 1-800-906-9887. There are other options including AARP's Tax-Aide program and you can reach them at 1-888-227-7669.

It can be tough to continue taking care of our furry loved ones when illness and death affect our lives. **New 2U Dog Rescue** is a non profit organization in Greenfield run by compassionate volunteers who take in dogs from senior citizens and folks who can no longer care for their beloved pets. Their goal is to place the dogs into a loving foster home environment, evaluate them and match them up with their New2U forever family in the state of Massachusetts.

**Contact Dawn: 413-824-9225,  
new2udogrescue@yahoo.com.**

**RESOURCES DIRECTORY**

<b>Domestic Violence Advocate</b> , Hilltown Safety at Home (HS@H)	413 559-8039
If you need help in an emergency, call 911 or the Safe Passage hotline	888 345-5282
<b>Elder Abuse Hotline</b>	800 922-2275
<b>First Call for Help</b> Information and Referral Resources	800 339-7779
<b>Fuel Assistance</b> Application and Recertification	800 370-0940
<b>Hilltown Elder Network – H E N</b> (sponsored by Hilltown CDC)	413 296-4536
<b>Veterans' Service Officer</b> Tom Geryk	413 587-1299
(Westhampton) Joe Henning	413 207-3541
(Plainfield) Upper Pioneer Valley Veterans' Services District in Greenfield	413 772-1571
<b>Regional Outreach Coordinator</b> , Peg Whalen	413 404-4566
<b>DO NOT CALL Registry</b>	888 382-1222

**Food Services**

<b>Food Bank of Western Massachusetts Brown Bag Program</b>	800 247-9632 or 413 268-8407
<b>Food Stamps - Supplemental Nutrition Assistance Program (SNAP)</b>	413 552-5400
For assistance call Fran @ Williamsburg COA	413 268-8407
<b>Hilltown Food Pantry</b> - Goshen Town Hall - Diane Meehan, Director	413 268-7578 Wed 1-3; 3 <sup>rd</sup> Wed 1-6
<b>Meal Site</b> Williamsburg Senior Center	413 268-8407
<b>Meals on Wheels</b> Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
<b>Northampton Survival Center</b> , 265 Prospect St. Northampton	413 586-6564
<b>Salvation Army Emergency Food, Fuel or Medication Vouchers</b>	413 586-5336/6564

**Health Services**

<b>Highland Valley Elder Services</b> Intake referral for homecare, etc.	413 586-2000
<b>Hilltown Community Health Center</b> - Medical & Dental	413 238-5511, ext. 131
<b>HOPE Nurse</b> , Robin Laferriere, RN	413 238-5511, ext. 313
<b>Janet Dimock</b> , HealthWise Community Health Worker	413 238-5511, ext. 149
<b>Podiatrist</b> <b>Dr. Michael Coby</b> , call Williamsburg Senior Center to schedule (Alternating months at the Senior Center)	413 268-8407
<b>Foot Care</b> <b>Oni, RN</b> , foot care in Goshen, Call Liz Loven for appt.	413 268-7122
<b>Oni, RN</b> , foot care in Williamsburg or in-home visits	413 268-8407
<b>Oni, RN</b> , foot care in Plainfield or in-home visits	413 522-7219
<b>Diane Roeder</b> , foot care in Whamp & Chesterfield	413 374-0457
<b>SHINE, Medicare &amp; Drug Coverage Part D &amp; Prescription Advantage</b>	
<b>Wayne Glaser</b>	Call your COA for appointment
<b>Richard Bauman (Westhampton)</b>	413 527-5240
<b>Lorraine York-Edberg</b>	413 773-5555, ext. 2275
<b>Mass Health and New Health Coverage</b>	
<b>John Bergeron, HCHC-Huntington</b>	413 667-2203
<b>Buliah Mae Thomas</b> at Hilltown Comm. Health Center	413 667-2203

**Transportation Services**

<b>Cummington</b> Neighbor to Neighbor Drivers	413 634-2262
<b>Westhampton transportation</b> appts or groc. shopping, Louise Jasionkowski	413 527-5134
<b>Williamsburg Medical Rides</b> Williamsburg Senior Center (to schedule)	413 268-8407
<b>PVTA Dial-A-Ride</b> (tickets sold at Williamsburg Senior Center)	866 277-7741
<b>FRTA Van</b> Fran Goebel	413 296-4232

**Local Councils on Aging**

<b>Chesterfield COA</b> , Janice Gibeau	413 296-4007
<b>Cummington COA</b> , Anne Parsons	413 634-2262
<b>Goshen COA</b> , Evelyn Culver	413 268-3316
<b>Plainfield COA</b> , Deborah Thibault	413 634-0275
<b>Westhampton COA</b> , Julia Lennen	413 537-9880
<b>Williamsburg Senior Center</b> , Marie Westburg	413 268-8407
<b>Worthington COA</b> , Sandra Epperly	413 238-5584

**Goshen Council on Aging  
Town of Goshen  
40 Main Street  
Goshen, MA 01032**

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Greenfield MA

## **Goshen COA Board:**

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This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

## **Out and About in March**

**Thurs. March 15th at 12:15pm**  
**St. Patrick's Day Songs & Stories with**  
**folksinger and storyteller Tim Van Egmond**  
*Williamsburg Senior Center, 141 Main Rd.*  
*Haydenville, MA*

Van Egmond will accompany himself on a wide variety of traditional instruments, including guitar, hammered dulcimer, and limberjack (a wooden puppet that taps out a rhythm dancing on a paddleboard). His captivating talent, warmth, and engaging humor create a moving and enjoyable experience for all.



*This program is supported in part by a grant from the Williamsburg Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*



**Fri. March 16th, 9am & 10am**  
**Spa Day at Smith Vocational**  
*80 Locust St. Northampton, MA*

Students in the Cosmetology program are offering the following: Shampoo, cut & style \$5.00; Manicure

\$4.00; Pedicure \$8.00; Basic Facial \$8.00. Please call 413-296-4007 to make an appointment. Each appointment takes about an hour and are scheduled for 9 am and 10 am in Room 124 of Building A at the school. Following the Spa Day, enjoy lunch at the Oliver Smith Restaurant!

**Sun. March 18th at 2pm**  
**Sidetracked**  
*Chesterfield Comm. Center,*  
*400 Main Rd. Chesterfield, MA*



Roots rock, Country and Blues for all ages. Come shake off the winter blues and enjoy this concert that will have you on your feet in no time.

*Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA, which coordinates these programs in partnership with: the Westhampton COA, Chesterfield Public Library, CFCEs of Westhampton and Chesterfield, Davenport Childcare, and New Hingham PTO.*

**Tues. March 20th at 4:30pm**  
**Prediabetes Informational Meeting**  
*Hilltown Community Center, 9 Russell Rd.*  
*Huntington, MA*

Free yearlong class offered to all area residents with prediabetes. Contact Ellie Brasil at 413-667-2203 ext. 322 or ebrasil@hchcweb.org for more information.