

Goshen Council on Aging

May 2018 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

Evelyn Culver, Coordinator
413-268-3316
ematkc@aol.com

May COA Events:

Tuesday, May 8th at 12pm

Memorial Day Luncheon

Town Hall Dining Room

Our luncheon will honor our veterans. The meal will be a mystery meal! The COA board will be bringing a variety of dishes. If you have one you would like to bring, feel free to do so. If you don't, that's okay, because there is always more than enough!

Gardening for all Seasons: by Lorraine Brisson

*** The third session, Perennials, in *Gardening for All Seasons*, originally scheduled for April 28th, will be on June 2nd instead because of the weather.*** The session on Annuals will still be held on its original date, May 12th. Both of these classes will be held at the Goshen town hall at 10am. If you have not signed up, give Evelyn a call.

May 12, Session 4

Annuals: This session will begin with an overview of different types of annuals on display, and their planting and care requirements. The instructor will provide specific information for individual varieties of annuals. There will be a question and answer session on all aspects of planning and planting your annual flower beds.



For the craft session, attendees will be provided a planter which they will "dress up" and plant with their choice of assorted annuals. The cost for this session is \$8.00.

June 2, Session 3

Perennials: This session will begin with a general overview of perennials. We will discuss topics such as plant selection, site selection (light, soil

type, soil moisture), planting, watering, fertilization, division and overall care (deadheading, insect control). The instructor will have a sampling of perennials (in pots and recently dug) as part of the overview. There will be time for a question and answer period from attendees about their perennial gardens. Attendees are encouraged to bring divisions of perennials from their gardens to swap with fellow attendees. For the craft session attendees will apply a shoe polish/stain mix to a dried gourd to be used as a bird house. The cost for this session is \$5.00.

The above courses are 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.

Wednesday, May 16th at 11:30am

Our trip of the month will be to Magic Wings in South Deerfield. If you haven't seen these beautiful butterflies, you need to! We will leave the town parking lot at 11:30. If you're interested in going, call Evelyn: 268-3316.

Tuesday, May 22nd 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.

Tuesday, May 29th at 1pm

COA Board Meeting. All are welcome!

Wednesdays 10am-11am

Muscle Strengthening Classes in the Town Hall

Our classes will continue into May, so come and join us!

We will not be having coffee hour on the last Monday of May because it falls on Memorial Day.



Happy Memorial Day!

Just a reminder: if anyone needs a ride to doctor appointments, hairdressers, or other needs, please contact Evelyn. We have volunteers who would give you a ride. You may also contact the Hilltown Easy Ride.

The COA is looking into a walking program.

If you like to walk and would like some company, come and join us. We are trying to set up times and dates and would like some input. We were thinking maybe a Saturday morning or afternoon would be good so we could include people who work during the week. If you have any interest or suggestions, please call Evelyn or Jane McGrath at 268-7077.



Other news:

**Sunday, May 6th, 3-5pm
Meet and Greet for Kate Albright-Hanna
Goshen Town Hall**

You are cordially invited to a Meet and Greet for Kate Albright-Hanna. Kate is a candidate for Stephen Kulik's seat in the First Franklin District. A resident of Huntington, Kate comes with impressive experience and a pro-small town agenda. For questions, call Norene: 413-268-7562.

Museum Passes Available at the Library

Did you know you can borrow passes at the library for free admission to the Clark Art Museum and to the five Springfield Museums (the two art museums, the Springfield history museum, the science museum, and the Dr. Seuss museum and sculpture garden)? Passes may be borrowed for one week, by dropping by the library Mon. or Wed. 3-6, or Sat. 11-3.

*We send our condolences to the family of **Kenny Roberts**.*

Golden Treasures: Helen Mollison
by Rose Clark

Helen has been a long time resident of Goshen. She and her husband, Charlie, had 3 children: Debra, David and Donna. Charlie was a caller for Village Squares and taught members in their basement when they didn't have the money to rent a hall. Their kids sat at the top of the stairs peering down at them until she shoed them off to bed...

After 20 years of service at Smith College, Helen retired from her job as receptionist and secretary. She became a board member of the Goshen COA. She was on the board for 15 years, and was our newsletter editor for 13 years. Helen drove seniors to doctor appointments. Her contributions still keep coming. She takes pictures of us at the COA luncheons, etc., and has put together a picture history of our meetings.

Helen's joie de vivre is photography. She has compiled many albums. You may have seen her COA album at our luncheons. She has also made some for her family. Helen makes her own greeting cards, crochets and does wonder word puzzles. She loves the outdoors. She still gardens and even mows her own lawn. Helen also loves to travel, driving to North Carolina on her own.

Her favorite treasure is the earrings that she had made from her husband's wedding ring. Thank you, Helen. You are very special to us.

Happy Birthday in May!

- Lois Bacon, Ann Hackler, Alice Barrett,
- Susan Smith, Charles Constantilos, Janice Ellis,
- Janet Goss, Gaye Reinhold, Mildred Barrus,
- John Miller, Robert Berrena Jr., Mario Arrubla,
- Rosemary Bienz, Glenn Richardson,
- Anthony Thomas Jr., Michaela Malinowski,
- Edward Dzenis, Mary Ann Richardson,
- William Gardner, Richard Malinowski,
- Hermine Antelman

***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



Fires caused by cooking accidents are the number one cause of fires by older people. So, this month we'll consider some familiar ways of avoiding and dealing with fires in our kitchens.

- STAND BY YOUR PAN! Never leave cooking unattended.
- Wear short or tight fitting sleeves when cooking. Loose sleeves easily catch fire.
- Put a lid on a grease fire to smother it, then turn off the heat.
- Never throw water on a grease fire. Water will spread fire around.
- Never move a burning pan. You can easily ignite your clothes or spill fire onto someone or something else. Put a lid on it.

Be S.A.F.E.,

--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.



The Hilltown Easy Ride will be starting a program to promote exchange among Hilltown COAs for events and luncheons. We will still be able to do medical rides and shopping as well.

You must be 60+ and live in the towns of Goshen, Chesterfield, Cummington, Worthington or Plainfield to be eligible for the van. All riders must fill out a Demand Respond Application with FRTA. We would gladly help you with that process, or you may go on the FRTA website and download an application. It takes about a week to process, and once you get the acceptance letter you can start booking rides.

We are happy to answer questions:
413-296-4536 or ride@hilltowncdc.org

The dispatcher's new hours are Mon.-Thurs. 8am to 10:30am and Fridays 8am to 11am, but messages will also be checked from home, so please leave a message and it will be returned.

Would you like to receive your newsletter by email instead of snail mail?

If so, please email Kristen at **regionalcoanews@gmail.com** to be put on the email list.

A Good Deed Never Goes...

Sometimes it's hard for a young person or someone who had a run of back luck with their finances to get on their feet. You, being a good person, may be wanting to help them out. Well, love, DO be careful.

It is possible for you to authorize a child or someone else to use your credit card, called "piggybacking". The child, as an authorized user, benefits from your good credit, assuming their activity is reported to the credit bureaus by the card company, and begins to gain or improve their credit. BUT the authorized user is not responsible for paying on the card; you are. If things go wrong... about a third of all cases of piggybacking do not end well, according to a recent Washington Post Color of Money column.

Another example of a good deed that can get punished is co-signing. I once co-signed a car loan for a young friend just out of school. That effectively meant that I had taken the loan on the car. If something went wrong, I could own a wrecked car or get sued for the entire loan amount. All ended well – she kept the insurance up and paid off the loan on time. Alarmingly, a co-sign situation that is growing more common is for grandparents to co-sign a student loan. The bad statistics and consequences on that are just that: bad.

If you are considering doing a co-sign, please read this first:
www.consumer.ftc.gov/articles/0215-co-signing-loan. Then call me. I'm serious!

Selfishly speaking,
Jean O'Neil, TRIAD Committee Member
413-268-2228, jeanoneilmass@gmail.com

Age Friendly in Goshen

By Peg Whalen
Regional Outreach Coordinator for the
Northern Hilltowns Consortium of COAs

The Goshen COA has been hard at work on growing its outreach in 2018. In Goshen:

- there are 338 residents age 60 and over
- older adults now account for 35% of town residents
- between 2016 and 2018, the number of residents age 80 and over increased from 39 to 52

Outreach efforts require more community support. Given these statistics, the COA is considering new outreach methods and finding ways to attract more year-round and seasonal volunteers.

For many years, in addition to personal outreach done by the COA Coordinator and five board members, Goshen has had a sixth dedicated "outreach" worker, Dora Emerson. Dora might visit, call, help with rides, and otherwise reach out to the town's oldest residents and homebound older adults. These six COA members provide support to a limited number of town residents. They do so by:

- donating time to deliver meals
- checking regularly with several older adults
- giving rides
- lending a listening ear to older people they know

Looking outside the COA to bolster outreach led them to contact the fire, police, and emergency management departments. The goal is to create an expanding circle of town resources and personnel specially attuned to older adults' needs. The board is committed to working with the other town departments to identify older adults that are on oxygen, live alone or have homes in isolated locations. Advance knowledge provides more effective assistance in times of need – like accidents in the home, ice storms and tornados.

Goshen has a limited number of involved residents. Few as they are, they have created effective, non-intrusive ways to watch out for various older adults. For example, one resident agreed to using a system for alerting their neighbor of their well-being. If the garage door – which is closed every night – is not open in the morning, that person checks with the other to confirm their safety; another plan includes having an older adult make a call each morning to indicate that they are okay and active for the day; a daily call also works well in reverse. A family member, friend or neighbor can call an older adult every

morning at an agreed-on time.

These are simple ways of caring that effectively support town residents. Imagine proposing one of these methods to a neighbor you know or have concerns about. These are non-intrusive solutions that are simple and respectful and are hallmarks of an age-friendly community.

Free Daily Shuttle to Mass General

Cooley Dickinson Health Care and Massachusetts General Hospital have teamed up to provide a free daily shuttle from Northampton to Boston.



The round-trip shuttle leaves from 8 Atwood Drive in Northampton at 6:30am. The shuttle will drop off passengers at the Massachusetts General Hospital entrance on 55 Fruit Street in Boston, and leave at 3pm to return to Northampton.

The shuttle will have the ability to hold 12 people, will be equipped with Wi-Fi, and will run daily Monday through Friday. While the shuttle is free, reservations are required, and must be made 24 hours in advance. Children under 18 years of age are required to have an adult with them. Reservations can be made by calling 888-554-4234.

New Driver's License & ID Requirements

As of March 26, 2018, to get or renew any driver's license, ID card, or learner's permit, customers need documentation showing U.S. citizenship or lawful presence as required by federal and state law. Customers will also need to choose between getting a REAL ID license or ID card, or a Standard license or ID card. Visit Mass.gov/ID for more info and a complete list of acceptable identification documents. Customers are now also able to start applications online. Our new online Info Center includes specific information about the documentation requirements for non-U.S. citizens, drivers over the age of 75, learner's permit holders, and those new to Massachusetts.

**OLDER
AMERICANS
MONTH**



ENGAGE AT EVERY AGE: MAY 2018

Stronger than Yesterday

What interests you? There's never been a better time to learn a new form of exercise or pick up one you haven't done in years.



Chair Yoga

Yoga is for everyone, and this form is gentle and relaxing. It improves your flexibility and may offer relief from arthritis and insomnia.

Tues. 10am, Chesterfield Comm. Ctr
*Led by Michelle Morales-Wolk
Requested donation: \$5/ class.*

Weds. 9am, Westhampton Woods, Unit F
Led by Michelle Morales-Wolk thru 5/23. Free or small donation.

Thurs. 10:45am, Williamsburg Senior Ctr.
Led by Alexandra Mello. \$10/class.*

Yoga for You

*Taught by Michelle Wolk, this class is geared for active adults. Any adult can join. Class is \$12 or 6 classes for \$60.**

Tues. 6-7pm, Williamsburg Senior Ctr.

Dance Class (Modern/ Creative)

Contemporary dance for adults, taught by Susan Waltner. Donations gratefully accepted.

Weds. 10am, Williamsburg Senior Ctr.

Feldenkrais

Create flexibility, strength and balance, with trained instructor Michele Morales-Wolk. Open to all ages.

Mon. 7pm, Chesterfield Comm. Ctr.
Requested donation: \$5/class

Thurs. 6pm, Williamsburg Senior Ctr.
*\$10/class**

Healthy Bones and Balance

Designed to increase participants' strength, mobili-

ty, flexibility and balance, H B & B classes are a free, fun way to exercise and socialize. Medical clearance is required.

Mon. & Thurs. 9:30am
Cummington Comm. House

Mon & Fri. 10:30am
Worthington, Maples I Comm. Room

Tues. 10:30am Williamsburg Senior Ctr.

Thurs. 4pm, Williamsburg Senior Ctr.

Hiking

Chuck Horn organizes hikes around the Westhampton/ Easthampton area. To get on his email list, drop him a line: charleshorn@gmail.com

Muscle Strengthening Classes

Strength training keeps your bones strong and helps maintain muscle mass.

Weds. 10am, Goshen Town Hall

T'ai Chi

T'ai Chi is a wonderful activity known to increase balance, centeredness within oneself, and an enhanced relationship with the natural world.

Mon. 9:30am, Chesterfield Comm. Ctr.
(Advanced; \$5/class)

Thurs. 6:30pm Chesterfield Comm. Ctr.
(Beginner; \$5/class)

Thurs. 9:30am Williamsburg Senior Ctr.
*\$10/class**

To find out more about these classes, and to register, please contact the appropriate COA coordinator:

Chesterfield:

Janice Gibeau, 296-4007,
coa@townofchesterfieldma.com

Cummington:

Anne Parsons, 634-2262, coa@cummington-ma.gov

Goshen: Evelyn Culver, 268-3316, ematkc@aol.com

Westhampton:

Julia Lennen, 537-9880,
westhamptoncoa@comcast.net

Williamsburg:

Sherry Loomis, 268-8407, sloomis@burgoy.org
* Financial aid may be available for Wburg residents.

Worthington:

Sandy Epperly, 238-5584, coa@worthington-ma.us

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

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Out and About in May

Sat. May 5th @ 7pm & Sun. May 6th @4:30pm
Spirit of the Hills Community Chorus

Northampton Senior Center, 67 Conz St.
Northampton, MA

Singers aged 8-80, based in Williamsburg, will perform music from the world's community singing traditions of South Africa, Bosnia, England, Basque Spain, Corsica, American gospel, American Jewish traditions, and more. Donation Requested: \$15/adults, \$5/children. **To benefit the Food Bank of Western Massachusetts.** Directed by Penny Schultz. Christopher Haynes Accompanying on piano and accordion.



Sun. May 6th, 2pm
Leadership & Climate Change:

A Special Hilltown Panel Discussion

Chesterfield Comm. Center, 400 Main Rd.
Chesterfield, MA

The Hilltown Eco-Action group in cooperation with Chesterfield Community Center will present a panel presentation followed by Q&A. The event will include special presentations on climate change from three different perspectives and feature: environmental lawyer Kevin Healy, biologist Ed Stockman, and Climate Action NOW co-founder, Susan Theberge.

The topics will include **Lawyers Fight Climate Change,**

Kevin Healy; **Building Solidarity to Respond to Climate Change,** Susan Theberge; and **Our Industrial Food System and Climate Change: A Well-Kept Secret,** Ed Stockman.

The Hilltown Eco-Action Group was formed in January 2017 as part of Defend the American Republic, a group of concerned residents of Worthington and surrounding communities. This group was established to protect the earth in any way we can from the ever-accelerating climate change crisis.

Free to the public. Donations are appreciated.

Tues. May 8th, 1:30pm
Tanglewood Marionettes: "The Dragon King"

New Hingham Regional Elementary School
30 Smith Rd., Chesterfield, MA

A terrible drought has overtaken the land, and all the world has turned brown and lifeless. The Dragon King is ruler over all things water, and the people are beginning to wonder why he has not brought the life-giving rains in such a very long time. An underwater fantasy based on Chinese folklore, *The Dragon King* tells the tale of an intrepid Grandmother who journeys to the bottom of the sea in search of the elusive Dragon King, and the answers to why he has forsaken the land above. Free and open to all ages!

Funded by the Chesterfield Council on Aging through a multi-generational grant from Highland Valley Elder Services.