

Goshen Council on Aging

June 2018 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

June COA Events:

Tuesday, June 12th at 12pm

Lunch at Brewmaster's

4 Main St., Williamsburg

The June luncheon will be held at Brewmaster's Tavern in Williamsburg. The COA will be paying for the meal, but any beverage or dessert will be self-pay. Everyone will have a selection of 8 meals to choose from. Please meet us there, or if you need a ride, please give Evelyn a call. Please RSVP to Evelyn so she can make reservations.



Saturday, June 16th, 2-4pm

Ice Cream Social in the upstairs dining room of the town hall. The Library and the Council on Aging will be teaming up to have an Ice Cream Social with plenty of ice cream and toppings! This is open to everyone, so bring your children, grandchildren and your neighbors. We will be serving between 2 and 4 pm. The Library will be presenting their new summer books and any programs that they will be doing. Come and enjoy a summer afternoon!



Tuesday, June 26th 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, June 26th at 1pm

COA Board Meeting in the back room of the town offices. All are welcome. Stop by and give us your thoughts on program plans! We are looking for any volunteers that would like to help out in any way. If you can put on a program or have talent in craft ideas, or medical or nutritional education that we could use at a program, please let us know. We will be putting together next year's

plans and would love to hear from some of our own talented townspeople. If you can't make the meeting, but have some ideas, let one of our board members know so we can get in touch with you. In advance, thank you.

We will not be having coffee hour and our Muscle Strengthening class will take a break until the fall. We will set up times and places and put it in future newsletters.

Other news:

Passes for Free Admission to Area Museums

Have you thought about visiting one of the area's museums or parks this summer? Goshen Free Public Library has passes for free admission to Historic Deerfield, The Clark Art Museum in Williamstown, the Eric Carle Museum of Picture Book Art in Amherst, any of the five Springfield Museums, including the two art museums, the Springfield history museum, the science museum, and the new Dr. Seuss museum and sculpture garden, and to each of Massachusetts' state parks. Drop by or phone the library during open hours (Mon. and Wed. 3-6; Sat. 11-3) to reserve a pass, or for additional details.

The Hilltown Easy Ride has invited you to ride with them to either the July 4th parade in Chesterfield and / or the 250th parade in Worthington on Saturday, June 30th. Make a plan with your neighbor or friend and have a day out. Just call Easy Ride at 296-4232 to reserve your seat.

*Condolences to Deborah and David Tirrell for the loss of Deborah's father, **Joseph Richard**.*

*Condolences to the family of **Elaine Pratt**. Elaine, Everett and her family used to live in Goshen.*

*Condolences to the family of **George St. Amand**. George enjoyed coming to our lunches and visiting with everyone.*



Why Seniors Should Stay Socially Active

As we age, we tend to feel less and less energetic, often preferring to stay home in front of the television or with a good book instead of heading out to spend time with friends. But what most people don't realize is that it is really quite important to stay socially active. It is just as important as staying physically active to enjoy good health. The following are some reasons why you should maintain at least a moderate level of social activity.

Reduced risk for mental health issues: interacting with your peers on a constant basis helps to prevent a whole host of mental health issues. These can range from depression to poor cognitive function. When you stay socially active, your brain is constantly engaged, leading to the maintenance of a sharper mind and reducing the potential for faltering cognitive function. For example, your risk for Alzheimer's disease will be lower as compared to a senior who is socially isolated. The interaction also gives you a sense of belonging and helps you to stay connected to the world around you. This is a fantastic way to reduce stress levels and prevent depression. If you are socially isolated, you will be at much higher risk of feeling lonely and developing depression.

Be more physically active: staying socially active almost always correlates to being more physically active as compared to seniors who are socially isolated. This is because you will tend to get out of the house more instead of just staying home alone every day. Your immune system and nutrition levels will also be improved since socially engaged seniors tend to eat more when they are around others.

In fact, when you stay socially active, you will have lower blood pressure and potentially reduced risk for cardiovascular problems, some cancers, osteoporosis, and rheumatoid arthritis. This reduced risk is a happy by-product of being physically active, since socially engaged seniors tend to get higher levels of physical activity. It also helps that socially engaged older adults tend to be more motivated to maintain their health as compared to their less-engaged peers. Maintaining a decent level of social activity is vital for your health and mental well-being.

Stable support system: staying socially active also ensures that you have a stable support system.

When you have peers who can understand what you are going through, it makes tough times much easier. You can help each other out by motivating each other to stay physically active and sharing health information with each other. Some ways to stay socially active:



- Stay in touch with friends and family. Try to plan regular visits or interactions, even if it is just a conversation over the phone or writing letters and emails.
- If you are physically able, join a gym. This allows you to engage with others socially and at the same time stay physically fit.
- Consider joining us at our luncheons. You will be able to meet lots of new like-minded friends there and build up a stable support system.

Staying socially active and maintaining your relationships are a crucial part of aging healthily. Stay vibrant and active! Aging doesn't mean that your life has to slow down as well.

Condensed from: simplythebesthomecare.com/importance-of-seniors-staying-socially-active/

Happy Birthday in June!

Donald Boisvert, Lynn Tomasaukas
John Monaghan, Patricia Murphy
Susan Wallace, James Sands
Constance Schwaiger, Gregory Linscott
Diane Mollison, Elinor Gagnon
Norene Roberts, Jean Adamites
Jonathan Mayer, Richard Williams
Deborah Zebrowski, Henri Sue Zajac
Valerie Durant, Stephen Murphy, David Lutz

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



Smoking is the third leading cause of fire injuries for older adults. If you or someone you know smokes, here are a few safety tips:

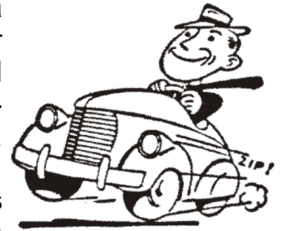
- Smoke outside.
- Never smoke in bed, while drowsy or under the influence of medication or alcohol.
- Use deep, sturdy ashtrays.
- Make sure your butts and ashes are cold before throwing them out; drowning them is a sure way of knowing they are cold.
- Never ever smoke where medical oxygen is used, even if it is turned off.
- Stop smoking; then you won't have to worry about the above tips.

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.

FAQs about the new RMV Document Requirements

If you have to get or renew a driver's license, ID card, or learner's permit, you should note that document requirements have changed.



The RMV often receives questions from customers about the new document requirements for getting or renewing a driver's license. Here are some of the more frequently asked questions with answers to help you:

Q. What if my name is different from the name that appears on my documents?

A. If your current name doesn't match the one that appears on your lawful presence document(s), you must prove your legal name change with an acceptable document in order to qualify for a REAL ID credential. A marriage certificate, divorce decree, or court document all qualify. However, if the names don't match, you can still get a Standard ID or driver's license.

(Article continued on page 5.)

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.

Math and Money

There are three kinds of people. Those who can count and those who cannot. Ba da Dum!

So I read recently about how poorly some states are doing on training their students in financial literacy in school: www.champlain.edu/centers-of-excellence/center-for-financial-literacy/report-national-high-school-financial-literacy. I recognize two things: one, that teachers already have an over-abundance of things to cover, so we can't expect schools to do all this, and, two, that not all parents are able to pass on this information. However, basic economics and financial knowledge are so important in a person's life. Everyone needs this information some way somehow.

Perhaps there is a younger member of the family who could use some money math tutoring? I found a good-looking web page with suggestions for working on math and money with children in Pre-K through eighth grade: www.ixl.com/math/money-and-consumer-math. Here is another resource you could use: www.creditrepair.com/articles/savings-center/math-and-money.

A riddle for you: What happened with the cat who swallowed a coin?
Answer: There was money in the kitty.

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

Outreach in our Livable, Age-friendly Northern Hilltowns

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

The Northern Hilltowns Consortium of Councils on Aging has worked on outreach to older adults for the past three years. The effect has been measurable. All seven northern towns regularly include outreach in the board meetings. Three of the seven towns have outreach teams in place and are recruiting more participants. The other towns are working to create viable outreach teams for their towns.

Our newest opportunity to enhance outreach came to the Consortium early in May. A grant was available to assess communities for livability and age-friendliness. The Consortium applied late April, were funded five days later, with a start-up date of May 10th. The purpose of the funding is for surveying all older adults in Plainfield, Cummington, and Chesterfield. If you reside in these towns, you may have already received a questionnaire. The funding also supports the Consortium in conducting three town forums in June. Please watch for more information about the dates of the forums. Calling the COA is also a way to find out when they are being held. At the point we submitted this newsletter content, the forums were not scheduled yet.

The purpose of the community survey and forums is to obtain input from older adults, those who are not yet retired and those who are. The questionnaire concerns opinions of older adults about the importance of various age-friendly aspects of town life. Nationally there is increasing interest and support for helping communities become more age-friendly and livable for people of all ages. Several other communities across the state received the same funding. The Consortium applied as a multi-town region in rural Western Massachusetts.

Nine hundred and thirty-five (935) questionnaires were mailed in mid-May. Forms have been returning steadily. The final report for the project is due mid-summer. The Consortium will release the results in the coming months.

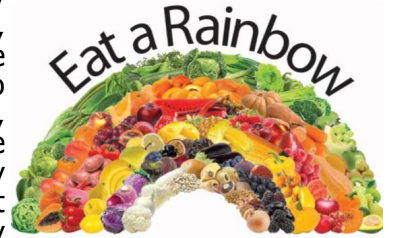
This project has been an unexpected boon for Consortium outreach efforts. Results will benefit not only the Consortium and area councils on aging, but also the towns involved in the survey. With information from the questionnaires and forums, the Consortium more effectively can support town outreach to older adults.

If you have not already returned a questionnaire, please consider filling it out and returning as much of it as possible. If you and a spouse each

received one in the mail, we are interested in hearing from both of you. Our desired return date was May 31st, but if we get yours in June we will still use your input. Thank you to all of those who contributed their thoughts and opinions. We will keep you informed about the results.

Keeping a Healthy Weight as you Age

Why is keeping a healthy weight important? As you age, you may notice changes in your body's makeup. You may lose muscle mass, which may increase frailty. You may also burn fewer calories, especially if you are not very physically active. To prevent weight gain, you may need to eat fewer calories than you did when you were younger. This means you have fewer calories to help you get the nutrients your body needs for energy. So, you need to eat foods that are high in nutrients. Eating nutrient dense foods means "eating the rainbow": a variety of colorful fruits and vegetables, fat free/low-fat dairy, whole grains, seafood, lean meats, poultry, beans and nuts.



What is a healthy weight for you? The body mass index (BMI) is a measure of weight in relation to height. While a BMI score of 18.5 to 24.9 usually indicates a healthy weight for adults, the BMI is limited in how well it gauges body fat in older people or those who have lost muscle. Measuring around your waist may tell you if you carry extra fat. A waist circumference of more than 35 inches for women or 40 inches for men indicates increased risk for a number of health problems.

You may want to check with your health care provider or dentist if:

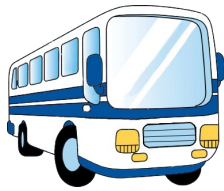
- you find chewing difficult, don't want to eat, or have trouble with your dentures.
- you feel that life events such as the death of a loved one or moving from your home are keeping you from eating well.
- you think your medicines may be making your food taste bad or affecting your appetite.
- you think you should take a daily vitamin like iron or vitamin C.

Source:
www.niddk.nih.gov/health-information/weight-management/health-tips-older-adults#healthy_eating
By: Rita Longe, RDN, LDN



On the Go!

The Northampton Senior Center has arranged the following outings, and you are welcome to join!



Please make your reservations early as these trips fill up fast! **Call Francine Frenier at the Northampton Senior Center: 413-587-1228.**

June 21-Thursday: The Gilded Age of the Berkshires. Tour Ventfort Hall and The Mount. Buffet lunch on terrace at The Mount. Cost is \$112.

June 26-28: Three Day Tour to Lancaster, PA. Two shows, *Jesus at Sight & Sound Theater* (reserved orchestra seats) and *The Wizard of Oz* at Dutch Apple Dinner Theater, and more. \$434 with double occupancy. Pay in installments or pay in full. \$50 Deposit. Trip insurance available.

July 10 – Tuesday: Tour of Mark Twain Home and Wickham Gardens. Lunch at Promenade Shops on your own. Cost is \$74. There is a \$10 discount if paid in full by June 1.

July 24 – Tuesday: Best of Boston. New England Aquarium, lunch on your own at Quincy Market. Duck Boat Tour. Cost is \$109. There is a \$10 discount if paid in full by June 12. Only a few seats left.

August 7 – Tuesday: Tour of Fenway Park and Lunch at Cheers. Enjoy some free time in Boston. Cost is \$123. There is a \$10 discount if paid in full by July 1.

August 15 – Wednesday: Guided tour of Kennebunkport with time to shop. Lunch at Mike's Clam Shack. Cost is \$109 with a discount of \$10 if paid in full by July 6th.

August 19 – Sunday Matinee: Tanglewood Music Center. Leonard Bernstein Memorial Concert, featuring Yo-Yo Ma. Shed seats, lunch on your own. All-inclusive cost is \$84. Limited Seats.

Sept. 7-11: Washington D.C., 5 days, via bus, \$540 with double occupancy. Full day at the Smithsonian. Pay in installments or pay in full by June 1 and receive a \$25 discount. \$100 Deposit. Trip insurance available.

Other trips in the planning stages:
MGM Casino, Big E,
Halloween in Salem,
White Christmas Big Band

RMV FAQs, continued from page 3

Q. Can a laminated Social Security card be accepted? What about other laminated documents?

A. No. Laminated Social Security cards are not acceptable for a REAL ID credential. If you have a valid SSN and other required documents, you can get a Standard driver's license or ID. Customers with a laminated Social Security card that want a REAL ID can order a replacement Social Security card through the Social Security Administration website. The RMV does not accept laminated documents to meet any of the new lawful presence or other identification requirements.

Q. What versions of a U.S. birth certificate can the RMV accept? **A.** We are able to accept a certified copy of a U.S. birth certificate regardless of shape and size ("short-form," "long-form," and "card" versions) as long as it is stamped with a raised seal of the issuing agency of the document. The issuing agency can be the city, town, or the Vital Records Office for the state where you were born. We do not accept hospital-issued birth certificates.



The photo above is of Bob and June Persing, Plainfield residents, who joined 17 others from the Northampton Senior Center friends group on a trip to the Polish Center of Discovery & Learning in April. They enjoyed the informative and humorous stories told by docent Ron Lech, who exudes such a passion for this special museum. The ten room museum was filled with artifacts, history, costumes, artwork, and other memorabilia. A return visit is surely necessary to appreciate all the museum has to offer. Prior to the museum visit, the group enjoyed lunch at the Munich House.

The Northampton Senior Center friends group welcomes folks of all ages to join us on our future trips (see trips listed to the left). For more information, please contact Francine Frenier on Monday afternoons by calling 413-587-1228.

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

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Out and About in June

Wed. June 5th, 12:15pm

Duane Carlson: Sing - Along to the Oldies!

*Williamsburg Senior Center, 141 Main. St.
Williamsburg, MA*

Come and sing the oldies and popular songs with a great singer! Free. Refreshments served. Call the center two days ahead if you'd like to reserve lunch at the congregate meal beforehand at 11:45am: 413-268-8407.

Sun. June 10th, 2pm

"Common Creatures" by Fran Ryan

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

In this Horizon Production presentation, environmental educator, Fran Ryan, will reveal the secret lives of the Eastern chipmunk, the Eastern gray squirrel and the meadow vole. She will discuss their characteristics, behaviors, life cycles and shed some light on these creatures. While many of know a little something about those "charismatic species," like bears, big cats, wolves and whales – the big stars of the wild kingdom – these little guys just don't get a lot of press. Their stories, however, are just as fascinating. Come and get a peek into the lives of these interesting furry neighbors and see what makes them tick, and how best to live happily alongside them. Free and open to the public.

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

vices.

Mon. June 25th, 11:45am

Chesterfield COA Annual Picnic

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

Come Join your friends outdoors and in the community room! **Open to all seniors in the neighboring towns.** This is a program for more exchange among the Hilltown COAs for events and luncheons. Come and join our Annual Picnic Fun by RSVP'ing to Jan Gibeau at 413-296-4007 at least 48 hours in advance. Reserve a ride on the Hilltown Easy Ride Van by calling 413-296-4232 at least 48 hours in advance.



Free Fun Fridays offer visitors no-cost admission to many of the most treasured cultural venues in Massachusetts. Here are the places that will have free admission on **June 29th**:

Lyric Stage Company of Boston, MIT Museum, Berkshire Theatre Group, Nantucket Whaling Museum, The Mount: Edith Wharton's Home, Concord Museum, Worcester Art Museum, Clark Art Institute, Children's Museum in Easton and the Edward Gorey House.

