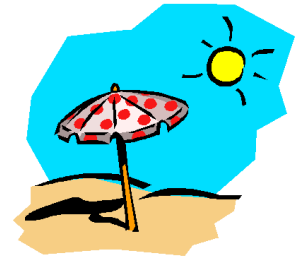


# Goshen Council on Aging

## July 2018 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

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

### July COA Events:

The COA Board voted to take a break in July from our usual luncheon and activities. We hope you have a lovely, healthy month enjoying family and friends!



We will be meeting again on August 14th for our annual appreciation luncheon. Keep in mind we would love to see our 90 and better members joining us at that time. We also invite our new neighbors who have moved into the elderly housing to join us. Keep cool and enjoy.

#### Tuesday, July 24th 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, July 31st 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 if you have 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, let one of our board members know so we can get in touch with you. In advance, thank you.

#### We would like to thank Lorraine Brisson

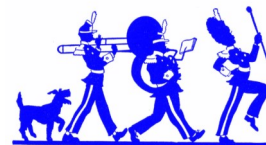
for doing a great job on her program *Gardening for All Seasons*. Each session had a good turnout and everyone got to bring home a craft project or plant.



The Fiscal year has closed and a new one is upon us. I would like to thank my board and everyone that has helped throughout this year. This was my first year and I have learned a lot and know I have so much more to learn. I hope you have enjoyed our programs and will look forward to what we plan for the next year. Good thoughts and good fun for 2018-2019.

~ Evelyn

The Hilltown Easy Ride will bring seniors to the Chesterfield 4th of July parade! See page three for details.



### Crutch

In small towns  
Boyhood friend's homes  
Become verities:  
Touchstones of memory,  
Comforting without speaking,  
Confirming all of us young.

When B-Ball games were  
Always "pickup," and  
Like Runyon's floating craps,  
Their location known mysteriously:  
Time and Place:

Youthful words were few,  
Action was more important.  
Years later the games remain  
In fading Sports Page minds:  
Who won, who lost, who cried?

Who cared? Unending games  
Now being called one by one  
On account of darkness.  
Like they were—  
Like they always were.

By James Francis Cahillane  
(From "The Pilot's Satchel" 2016)

## Hydration is a Key to Good Health



Dehydration has been associated with increased mortality among older adults and can precipitate emergency hospitalization. Dehydration has also been associated with impaired cognition or acute confusion, falling or constipation.

**Why are the elderly more susceptible to dehydration?** The amount of body water decreases by approximately 15% between the ages of 20 and 80. The elderly often experience diminished thirst which leads to reduced fluid consumption. The kidneys have less ability to concentrate urine and retain water, and aging kidneys are less able to conserve or excrete sodium. Insufficient fluid intake can also be the result of reduced swallowing capacity, decreased mobility, or comprehension and communication disorders. Disease-related factors such as incontinence can increase water loss. Dehydration may also be caused by hot weather, over-heated homes or use of laxatives or diuretics.

### What steps can be taken to prevent dehydration?

- Drink plenty of fluids with medications
- Drink water and preferred beverages
- Try for a minimum intake of 3 pints (48 oz) or more

*Reference:*  
[www.h4hinitiative.com/everyday-hydration/how-your-needs-change-over-time/hydration-and-elderly](http://www.h4hinitiative.com/everyday-hydration/how-your-needs-change-over-time/hydration-and-elderly)



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."

### Happy Birthday in July!



Linda Clapp, Lisa Newman, Ronald Loven,  
Roger Culver, Shirley Toczydlowski,  
Helen Mollison, Caren Miller, Rose-Marie Carr  
Libbie Parad, Peter Andreas, Gary Cunningham  
Patrice Woodward, Wendy Connell,  
Susan Gesmer, Yvonne Gittelson, Jane O'Riordan  
Barbara Qurceto, William Kelly, Rita Petko-Sands  
Jeffrey Bliss, Marcia Chen, Evelyn Culver  
MaryLou Joyner, Evan Daniels, Pamela Skinner  
Chester Brown, Constance Baugh, William Fivel  
Santha Parke, Henrietta Munroe, Cynthia Roberts  
Ernest Carver, Jr., Denise Linscott,  
Richard Larson, Thomas Rudzik, Anna Dow.  
Homer Bissell, John Kroll.

### ***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

## Senior SAFE

Finally, grilling season is here. Here are a few tips on how to grill and not get burned or worse.

#### In general:

- Always grill outdoors.
- Do not grill on a porch/deck with a roof over you.
- Grills should be at least 10 feet from the side of a building.

#### For gas grill safety:

- Open grill lid when you light it. It will keep built up propane from exploding.
- If you smell gas while cooking, get away from the grill. Call 911.
- Always turn off the burner and propane cylinder when done cooking.
- Never leave a burning grill unattended.

#### For charcoal grill safety:

- Use only charcoal lighter fluid and not gasoline.
- Never add lighter fluid to hot coals or small fire.
- Allow coals to burn out completely; after they are cold, wait 48 hours before disposal.
- Never use a charcoal grill indoors.

Have a S.A.F.E summer grilling!

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



## The Easy Ride Van will be in the 4th of July parade in Chesterfield!

We want you to be, too! No need to worry about how to get there: we would pick you up and bring you home! If anyone is interested in being on the van in the parade and has the acceptance letter from FRTA to ride, **we would love to have you.** Seating is limited, so please RSVP soon!

**We will also be in the 250th celebration parade for Worthington on June 30th!** As with the Chesterfield parade, we invite anyone to ride with us on the van in this parade. If you have the acceptance letter from FRTA to ride the van, you are good to go. We would pick you up and bring you home.

### Rate Change News

Here are the new rate changes.

How much does it cost?

- One way trips that originate and end within the same town are \$1.25.
- One way trips to adjacent towns that are within our service area are \$1.75.
- One way trips beyond an adjacent town that are within our service area are \$2.25.
- PCA/escorts are \$0.75 all one-way trips.
- Trips to Senior Centers are half fare.

Fares listed are for one way. Call or email with any questions: 413-296-4232 or [ride@hilltowncdc.org](mailto:ride@hilltowncdc.org).

## Is your home falling down and you can't afford to fix it?

If you live in the towns of Chesterfield, Cummington, Goshen, Plainfield, Peru, or Worthington, help may be available!

The Hilltown CDC is accepting applications from income eligible homeowners that need help repairing their homes. These are NO PAYMENT / NO INTEREST loans that are forgiven over 15 years. Loan amounts can go up to \$40,000 and can include any of the following work:

Siding, Windows, and Doors  
Roofs and Chimneys  
Plumbing and Electrical  
And more!

Septic Systems and Sewer Tie-in's  
Handicap Accessible Work  
Wells, Pumps, and Hot Water Tanks



Why not give us a call today to find out if you're eligible? Get those repairs made now while funding is still available! Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email at [paulab@hilltowncdc.org](mailto:paulab@hilltowncdc.org) to request an application.

## Reaching Out to Older Adults in Westhampton

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

Westhampton Council on Aging outreach is unique among the seven northern hilltowns. Town COA board members already have been functioning as an Outreach Team. The town of Westhampton has had a well-balanced COA board. The composition of the board has similar representatives to the key players found on developing outreach teams elsewhere. In the other towns, reported previously (Plainfield, Cummington, Goshen, and Chesterfield), the COAs have worked to form outreach teams.

Westhampton COA outreach work is in addition to the customary activities and responsibilities generally expected of COA board members. The COA includes:

- One board member who also serves as the Westhampton Hilltown Elder Network (HEN) Coordinator;
- Another board member is part of the town's TRIAD;
- Two COA members who are involved with the Westhampton Congregational Church;
- and Board Chair currently coordinating the volunteer driver program for older adults that request help getting around.

The board is committed to working with other town departments. Looking outside the COA to bolster outreach led the board to contact fire, police, and emergency management departments, library, among others. Their goal is integrating the circle of town resources and personnel attuned to older adults' needs. COA outreach also is well supported by additional supports for town residents.

Westhampton has a widely-distributed monthly community newsletter. "The Bell Tower" goes to all residents in Westhampton, without requiring a subscription. The Westhampton Congregational Church does outreach to congregation and community members when they become aware of a need. The town library provides support for home-bound readers with delivery and pick up of library materials.

Westhampton COA has the only Friends of Westhampton Council on Aging among the seven northern hilltowns. Westhampton COA Friends is instrumental in supplementing COA programming support and financial resources for activities, programs, and events.

Westhampton's variety of supports for older adults demonstrates the town's unique ways of helping. With Westhampton's population changes,

the needs for outreach continue to grow. Please talk with your COA director or board members about opportunities for you to participate in outreach. Outreach is happening everywhere!

## Become an Elder Advocate!

**A three-day ombudsman certification training** will be held at Highland Valley Elder Services **October 3-5, 2018.**



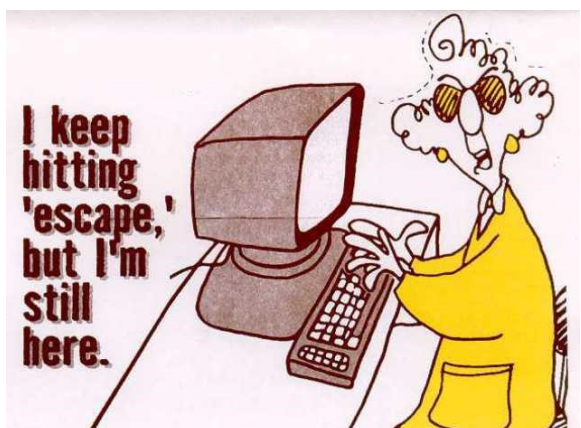
Ombudsmen help ensure the quality of life for nursing and rest home residents. Volunteers are thoroughly trained to assist residents with benefits, rights and entitlements guaranteed under federal, state, and local laws. Ombudsmen assist and empower residents with the tools for self-advocacy and they may make all the difference!

The Ombudsman Program is a federally mandated advocacy program for nursing home and rest home residents throughout the United States. Highland Valley administers the program in Hampshire and Hampden County. **We are in need of four new ombudsmen to cover facilities in Hampshire County.**

Please note: New volunteer recruits are required to interview with the program director and to complete a CORI background check prior to this training. **For more information, please call Don Freeman at (413) 588-5755.**

**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.



**RESOURCE 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
Call Chesterfield COA for assistance	413 296-4007
<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>Hilltown Easy Ride 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> , Sherry Loomis	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**

PRSR STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

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

## Out and About in July

**Wed. July 4th, 7am-2pm**

### **Chesterfield July 4th Celebration**

Pancake Breakfast (Firehouse)	7:00 - 10:00
Food & Vendor Booths	8:00 - 2:00
Historical Exhibits (Edwards Museum)	9:00 - 10:30
Hilltown Art Display (Town Hall)	9:30 - 2:00
Heritage Pops Concert Town Center)	9:30 & 11:30
<b>PARADE</b>	10:30 - 11:30
Chicken Barbecue (Church)	11:30 - 1:30
Classic Car Show (Town Offices)	11:30 - 1:30
Magic Show & Face Painting (Park)	11:30 - 1:30
Sidetracked Band (Car Show)	11:30 - 1:30
Family & Kids Softball (Ball Field)	12:30 - 1:30
Firefighters Contest (Ball Field)	11:30 - 12:30

*Sponsored in part by the cultural councils of Chesterfield, Cummington, Goshen, Williamsburg & Westhampton.*



**Weds. July 11th, 11am**

### **Wild West: The Mystery of the Haunted Piano**

by the ScienceTellers

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

You're invited to a WILD WEST Library Adventure — part of the Chesterfield Public Library 2018 Summer reading program. ScienceTellers brings science to life. Not too

long ago, Science and Storytelling were accidentally mixed. Here is what happened! This interactive story allows kids of all ages to explore the fascinating science behind chemical reactions, combustion, air pressure, inertia and more. Don't miss this classic action-packed western with 'notes' of science!

*Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA, coordinated in partnership with the Chesterfield Public Library.*

**Tues. July 17th, 12pm**

### **Cummington COA Annual Picnic**

*Pettingill Memorial Field, 14 Main St.  
Cummington, MA*

Cummington will be having its annual COA picnic on Tuesday, July 17th, at the Pettingill Memorial Field, by the playground, at 12:00 noon. This year we're inviting folks from other COAs to join us. If you plan to come, please give Anne a call at the Cummington COA by the 11th so we can plan accordingly: 413-634-2262. If you need a ride, reserve it with the Hilltown Easy Ride Van at 296-4232.

