

# Goshen Council on Aging

## September 2018 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

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

### September COA Events:

**Tuesday, September 11th at Noon**

#### *Farm to Table Luncheon*

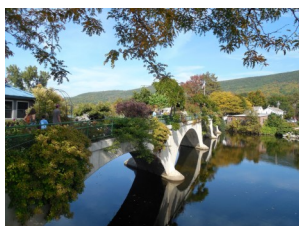
Town Hall Dining Room

Come join us for our Farm to Table Luncheon! The COA board usually furnishes the meal but if you have something and would like to bring it, please feel free to do so. We do have a sign-in sheet and donation jar for our record keeping. When we are finished eating, Shannon Wade will join us and give a short talk on fall prevention.



**Wednesdays, 10am, starting September 12th Muscle Strengthening Classes** in the town hall. Back by popular demand! Joan Griswold does such a good job getting us to use our muscles. Everyone needs to keep their body strong! The class is one hour long and we do not charge per session, but a small donation would be helpful to keep this program going. This is open to all seniors; not just Goshen seniors. The group will meet at the Goshen Town Hall on Wednesdays at 10am every week.

**Friday, September 21st at 11am Field Trip to Shelburne Falls.** We try to have an outing on the third Friday of every month to different locations. This month we will be going to the Bridge of Flowers in Shelburne Falls, and then out to lunch. We will meet at 11am at the town parking lot on September 21st.



**Monday, September 24th at 10am Coffee Hour** in the town hall dining room. Join us for a good visit! Pastry, coffee and juice will be served. If you have questions, or would like to

suggest any ideas, this is the time to do it! Or you may call any member of the COA board. Our names are on the back page of this newsletter.

**Tuesday, September 25th at 9am Foot Care Clinic.**

We have a new foot care nurse! Her name is Piper Sagan, and she comes from Colrain. The cost for an appointment is \$30 at the Town Hall, and \$40 for an in-home visit. Call Liz Loven to schedule: 268-7122.

**Tuesday, September 25th at 1pm COA Board Meeting** in the back conference room of the town offices. All are welcome!

The Council has just organized a new outreach team called "**Age-friendly Goshen**". This group will be working together to help seniors in need. If you have something that you need help with, or you have questions, **call Henrietta Munroe at 268-7465**. In the near future we will be mailing out a questionnaire on needs of our seniors. We encourage you to take a few minutes to fill out the information and send it back.

### Other News:

**Weds. Sept. 5th at 7pm The Goshen Women's Club** meets in the upstairs dining room of the town hall. The group usually meets on the first Tuesday of the month, but this month it was moved to Wednesday because of the state primary. It's a very friendly group! Check them out.

**Sunday, September 16th at 2pm The Goshen Historical Society** presents a program in the town hall about the changes brought to the area as a result of the construction of I-91 over 50 years ago. The presenter is Barry Dietz.



**The Goshen Cultural Council** is now preparing for the upcoming 2018-2019 Grant year. Beginning September 1st, applicants can apply online at [www.mass-culture.org](http://www.mass-culture.org). The Council invites local artists and presenters to apply. The Council also looks to the community for suggestions and ideas

for programming. Programs funded last year included gardening, basket weaving, the Hampshire Regional Musical, Goshen Library (Dinosaurs in the Connecticut River Valley), New Hingham Elementary (Musical Petting Zoo), Chesterfield Parade, Bryant Homestead and many more. Please contact Kathy Boisvert (268-3651) with any questions or suggestions. Thank you, one and all, for your support of the Arts!

**Save the Date!**

**Goshen Congregational Church  
Fall Clothing Exchange**

Saturday, October 20th, 9am-3pm



The spring clothing exchange was such a huge success that they are doing it again! Please drop off your washed, gently-used men's, women's and children's coats and other fall/winter clothing and accessories on Weds. Oct. 17th from 5-8pm or Fri. Oct. 19th from 9am-3pm, then come back on Saturday to shop! Please, no undergarments or lingerie. If the drop off times don't work for you, please call the church at 268-7427 to arrange a different time. Leftover clothing will be donated to local charities.

**A Note from the Director**

Our COA board has had many discussions about who is the oldest Goshen resident. In 2009, Virginia Otis was given what is called the Golden Cane. Here is a little history about the Golden Cane: Mr. Edwin Grozier, Publisher of the Boston Post, sent a gold-headed ebony cane to 700 towns in New England in 1909. It was to be presented with the compliments of the Boston Post to the oldest male citizen of the town. After much controversy, women also became eligible for the cane in 1930.

As is the case in many of those towns, the original cane for Goshen was misplaced and has never been returned.

In 2009, our director at the time, Liz Loven, had another cane made. It is a small 12" replica made by Gilman Smith of Chesterfield.

Virginia Otis is still going and turns 102 in October! Most of the Board is not in favor of taking the honor of the cane away from Ginny. She may not sleep in Goshen, but that is not by her choice. While looking at the list of 90 and better seniors, this is what we have come up with: Ginny is oldest, followed by Sal Giammarino who is also in a nursing home. Howard and Libbie Parad are next in line, and they live in Florida in the winter. This year they could not make it back because of health reasons. So, drum roll please... our oldest member of town who has lived here most of her life is Esther Korowski! We honor her as the oldest living resident in Goshen who also sleeps here.

**Happy Birthday in September!**



Keith Orcutt, Andrew Bothwell, Judy Dunn, David McCulloch, Michael Lehan, Stuart Wood, William O'Riordan, James Dunn Jr., Helen Reynolds, Gary Griswold, Karen Cherry, Nitza Hidalgo, Charles Amo, David Sharpe, Linda Walden, Maureen Krok, Kate Swol, Sandra Wentzel, Brenda Roberts, Theresa Healy, Mary Ann Freund, Barbara Babij, Lynne Werthamer, Giovanna Bellesia- Contuzzi, David Packard, Janet Briere, James Wentzel Jr., Kathleen Berrena

*We would like to send condolences to the family of **Mildred Barrus.***

*Millie was one of our 90+ residents.*



***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



Hey, it's September again (or almost)! September has its own challenges and joys. Here are a few ideas for keeping it SAFE:

- School buses are on the road again. Be sure to stop a safe distance behind or in front of them when they're showing red lights.
- Discourage ticks and other biting insects by covering up and using bug spray when doing garden/lawn work.
- Do not burn leaves or brush during your fall clean-up. Burning season will begin on January 15, 2019.
- Do not touch or take in any wild animal looking for a winter home.

Enjoy the month, apples and cider and 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.*

### Spa Days at Smith Vocational

Smith Vocational and Agricultural High School Cosmetology Department is pleased to collaborate again with the Chesterfield Council on Aging by hosting a "spa day" once a month to seniors in the surrounding area. They are offering the following: Haircuts \$5.00; Manicure \$4.00; Pedicure \$8.00; Facials \$8.00.

**Friday, September 21st** is the first spa day, in Room 124 of Building A at the school. Available appointment times are **9 and 10 am**. All work is done by students and is supervised by licensed instructors. There is a senior class of 11 cosmetologists, so there are plenty of appointments for haircuts and manicures. However, pedicures and facials appointments are limited to one per hour. Watch for more future dates in the newsletter.



**NEW** for Fall 2018:  
please call the Cosmetology Department directly to make an appointment. Their number is 413-587-1414 ext. 3531.

### Switch, don't switch, switch, don't...

When we switch on our electric lights, the electricity comes from the utility company for nearly all of us. The utility company gets the electricity to sell us from a variety of sources, and we customers have the right to choose where our electric supply comes from. We can use the utility company's source, or switch to one of the multiple other entities who repeatedly call us on the phone at dinner.

Oh dear, that was negative. Let me try again. We can use one of the multiple other entities who call us on the phone and who may be able to promise us a lower rate. They are called an alternate supplier. They may represent interests in another part of the country, obtain their power from renewable resources, or have some other factor.

When we get one of these calls, it is probably not a scam, but we should be careful in switching. There may be a benefit to using a different supplier but there are several possible hiccups.

Ask appropriate questions of the potential supplier about how your contract and costs will go. National Grid has two very useful pages of information on considering your energy supplier:

**[www9.nationalgridus.com/masselectric/home/energychoice/4\\_how.asp](http://www9.nationalgridus.com/masselectric/home/energychoice/4_how.asp)  
[www9.nationalgridus.com/masselectric/faq/faq\\_result.asp?Code=choice](http://www9.nationalgridus.com/masselectric/faq/faq_result.asp?Code=choice)**

I'd also suggest asking friends and neighbors for their experiences. As I said, this may not be a scam phone call, but it may not be financially beneficial to switch, either.

Switching off,

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

Need **Help**  
with your Medicare  
**Plan Comparisons**  
for Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO / PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!**

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from **October 15 through December 7<sup>th</sup>!**

**REMINDER:**

***Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!***

You can call your local Senior Center or call **1-800-AGE-INFO** (1-800-243-4636), **then press or say 3**. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

## Uncle Sam Wants US!

It's voting time! The primary is right after the Labor Day weekend, really inconvenient. BUT we can either remember to vote on September 4th, OR get an absentee ballot and vote before! Our Town Clerks will be quite happy to help. Just note their office hours and plan ahead for closed offices. The last day to request an absentee ballot is Friday, August 31st at 5pm. You can also make this request online at:



[www.sec.state.ma.us/ele/elepdf/2018-Short-Form-Absentee-Ballot-Application.pdf](http://www.sec.state.ma.us/ele/elepdf/2018-Short-Form-Absentee-Ballot-Application.pdf).

If you need to check that you are registered, talk to your Town Clerk or go online to [www.sec.state.ma.us](http://www.sec.state.ma.us), then click on the Elections and Voting tab on the left. There is a lot of information there, including an easy link to the absentee ballot application

The next date to remember is **October 17th**, the date to make SURE you are registered to vote to be able to participate in the **November 6th elections**. You can register online if you have a valid MA ID or driver license. Go to: [registertovotema.com](http://registertovotema.com)

Voting is one of our most important citizen participation actions. So, does your / one vote really matter? Yes, it can, though it is not probable. Read this for a good overview of the question - [www.thoughtco.com/can-one-vote-make-a-difference-3367480](http://www.thoughtco.com/can-one-vote-make-a-difference-3367480)

Thanks to Brenda Lessard for checking me.  
Thanks to you for reading,

~ Jean O'Neil

### SAVE THE DATE

*Northern Hilltowns Consortium of Councils on Aging*

#### **Hilltown Elders: Protecting Your Health and Safety**

Monday, October 15, 2018  
9:30 -2:00  
Chesterfield Community Center

Many questions come up every day about what you need to know about medical services, emergency rooms, hospital discharge, Medicare protections and the new Medicare card. Recently these questions came up in recent local surveys and community public forums in three hilltowns: Chesterfield, Cummington and Plainfield. People have said that they also want easier access to information about how to get the help they need when they need it. Knowing how it all works makes a big difference.

Meet professionals from Medicare Patrol, Legal Professional, Highland Valley Elder Services, primary care physicians, Mass Council on Aging and the Executive Office of Elder Affairs.

Come for the day or only part of the day!  
Lunch will be served.

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

### Cummington:

Anne Parsons, 634-2262, [coa@cummington-ma.gov](mailto:coa@cummington-ma.gov)

**Goshen:** Evelyn Culver, 268-3316, [ematkc@aol.com](mailto:ematkc@aol.com)

### Westhampton:

Julia Lennen, 537-9880,  
[westhamptoncoa@comcast.net](mailto:westhamptoncoa@comcast.net)

### Williamsburg:

Sherry Loomis, 268-8407, [sloomis@burgoy.org](mailto:sloomis@burgoy.org)  
\* Financial aid may be available for Wburg residents.

### Worthington:

Sandy Epperly, 238-5584, [coa@worthington-ma.us](mailto:coa@worthington-ma.us)

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

PRSR STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

## **Goshen COA Board:**

Evelyn Culver,  
Coordinator

Kathy Boisvert

Liz Loven

Henrietta Munroe

Sandy Papush

Lorraine Brisson

Newsletter Editor  
and Designer:

Kristen Estelle  
regionalcoanews@gmail.com

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

## **Out and About in September**

### **Tues. Sept 25th, 9am Big E Day Trip**

*Bus departs 9:00am from COA parking lot, 400 Main Rd, Chesterfield, MA. Bus leaves: 4:30 P.M. from the Big E.*

Cost includes: round trip bus transportation, entrance fee to the exposition. Circus Spectacular @ 1pm at the Big Top- FREE. The Drifters & Platters perform @ 3pm at the Court of Honor Stage--FREE. \$10 per Chesterfield Senior (age 60 or over). Open to all ages and all communities for \$14. Cash or checks payable to Chesterfield COA due by September 12th. Only 35 seats available. NO REFUNDS due to bargain price. **For reservations: call Francine Frenier 296-4291 or call the COA @ 296-4007.** Scooter and wheelchair assistance available; the COA can help with the rental fee. Limited Availability- First Come First Serve to Chesterfield Seniors only.



### **Thurs. Sept. 27th, 12:15pm Steve Damon from A Natural Music School Senior Center Café, 141 Main St. Williamsburg**

Come and enjoy songs and stories by an entertaining local musician! Please call two days ahead to reserve lunch, if you're interested: 268-8407.

### **Save the date! Saturday, October 20th 9am-3pm Goshen Congregational Church Fall Clothing Exchange 45 Main St. Goshen**

The spring clothing exchange was such a huge success that they are doing it again! Please drop off your washed, gently-used men's, women's and children's coats and other fall/winter clothing and accessories on Weds. Oct. 17th from 5-8pm or Fri. Oct. 19th from 9am-3pm, then come back on Saturday to shop! Please, no undergarments or lingerie. If the drop off times don't work for you, please call the church at 268-7427 to arrange a different time.

**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.