

# Goshen Council on Aging

## November 2018 Newsletter



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

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

### November COA Events:

**Tuesday, November 13th at Noon**

### *Thanksgiving Dinner*

Town Hall Dining Room



The November luncheon will be a traditional Turkey dinner cooked by our committee and Roger Culver. If you have a special dish that you would like to share, please bring it. Our luncheon is the day after Veterans Day so we would like to honor them. Thank you to our veterans.

There is a **Blood Pressure Clinic** set up before our luncheon each month.

**Tuesday, November 27th at 9am**  
**Foot Care Clinic.**

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, November 27th at 1pm**  
**COA Board Meeting** in the back conference room of the town offices. All are welcome!

**Wednesdays at 10am**  
Our **Muscle Strengthening classes** are doing so well. Every week more people attend. We will have some of the strongest seniors in the area! Classes are held on Wednesday mornings at the Goshen town hall. You can start at any time. Classes are one hour long from 10-11.

There will be no coffee hour or third Friday trip this month. Look in the newsletter for future dates.

**"Goshen Age-Friendly Outreach Group"** will be delivering books to the seniors who cannot get to the library or just want someone to visit and bring a few books. If you would like a visit or a book, give us a call. With winter around the

corner and bad weather on its way, be prepared. If you would like to have a bucket of sand on hand and have no way of getting one, we would like to help you get one. If you have something you need help with, please call Henrietta Munroe: 268-7465.

We will be sending out a survey in the near future. Even if you are still working, please take a few minutes to fill out this questionnaire. The survey is part of a grant sponsored by the Northern Hilltowns COAs Consortium and is needed to help us know how to plan for the future.

### Other News:

**On September 28th**, dignitaries from various funding sources and the Goshen CPA joined Goshen residents to celebrate the opening of our Goshen Senior Housing complex called **Highland Village Circle**, located at 42 Main Street.

A representative of Senator Hind's office, Jonathan Gould, presented the Goshen Elder Housing Committee with an official citation of recognition from the State Senate acknowledging the efforts and work of Don Boisvert, Henrietta Munroe, Bill O'Riordan, Maureen Krok and Rochelle Nahmias: all original and current members of the committee.

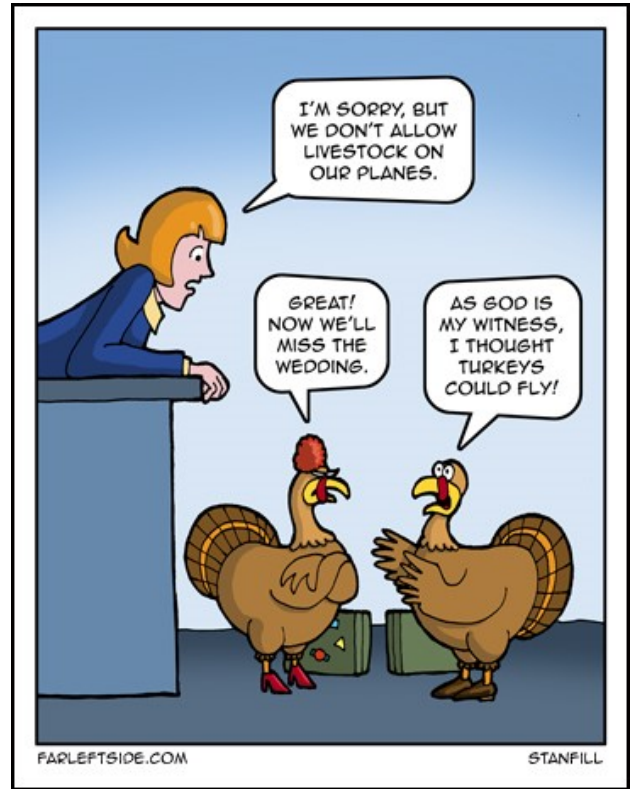


**The Goshen Town Hall** (GHS.42) appeared in the Federal Register as having been placed on the **National Register of Historic Places** on August 28, 2018, researched and written by Norene Roberts. The building was additionally protected from non-compatible changes by a written agreement between Goshen and the Massachusetts Historical Commission in 2016.

We would like to send condolences to the family of **Philip Perrault**. He leaves his wife, Patricia.



Thank you, Sandra Greenwood, for the beautiful double rainbow photo you submitted for our newsletter!



**Happy Birthday in November!**



Salvatore Giammarino, John Woodward, Jr., Sylvia Orcutt, Angela Vincent, John Mogilka, Maralee Harry, James Barrett, Gregory Hayes, Richard Still Jr., James Lyons, David Verge, Donna Kolodziej, Scott Wallace, Kathleen Roberts, Nancy Wood, Alan Carr, Susan Harry, Chester Lulek, Kathryn Boisvert, Robert Adamites, Maria Arrubla, Dora Emerson, Leonard Szarkowski, Bradley Howe, Joel Carr, Bonnie Murphy, Richard Nadeau, Paul Overby, Janet Nadeau, James Russell, Sr., Lynda Constantilos, Dana Smith.

***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



As the heating season has begun in earnest, we love to gather in front of the fireplace and around the wood stove. May these tips help you have a warm and safe heating season:

- Have your chimney professionally cleaned every year.
- Make sure your wood stove is approved by a national testing agency, like Underwriter's Laboratory (UL).
- Do not use an accelerant for starting a fire in the fireplace or solid fuel stove.
- Keep anything that can burn at least three feet from the fireplace and the wood stove.
- Dispose of ashes in a metal container, with a lid, away from the house, garage and porch.

Have a warm and S.A.F.E. heating season!

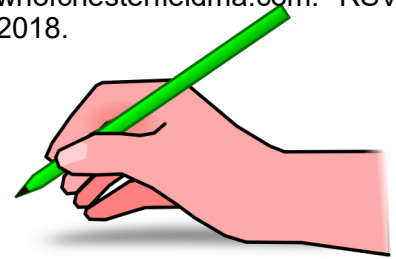
--Worth Noyes, SAFE Educator  
Williamsburg & Cummington Fire Departments

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

### Drawing Class Coming Soon!

Want to try something new next year? Boo Cherau will be offering a 6 session weekly drawing class on Thursdays in January 2019 from 10am-12pm at the Chesterfield Community Center. We hope to start on January 10th but we need to get a sense of how many people would be interested.

Can't draw, you say? Come find out that everyone can learn to draw. If you are interested or would like to know more, please contact the COA at 296-4467 or [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com). RSVP by December 10, 2018.



### 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.

### Freeze for Free!

You may remember the Equifax debacle, in which many credit report accounts were hacked and jeopardized. When I waxed eloquently in December of last year on the benefits of freezing your credit reports, there was a charge to MA residents to place a freeze at two of the three major credit bureaus. Well, good news! As of September, we can freeze all our accounts at no charge. There is now no charge for thawing the report, either.

Quoting me: "With a credit freeze in place with each of the credit bureaus, no one can access your account to do anything fraudulent or otherwise. The exceptions to this are government agencies and collectors. You receive a pin that you can use to thaw your report if you need, say to apply for a car loan."

Experian.com, Equifax.com, and Transunion.com are the web addresses for the big three. You can also call to do a credit freeze: Experian – (888) 397 3742. They call it a security freeze. Equifax - (800) 685-1111. They also call it a security freeze. Transunion – (888)-909-8872. You can use an automated system or talk to an agent; I recommend the latter.

- If you reach a point in the freezing process where they ask you for a credit card to pay for something, back out. Something isn't right. Freezing and thawing are NO COST.
- Write down and file your PIN. You will need it if you ever want to thaw your report.
- The credit bureaus have added lots of consumer options in recent years. If you are stuck doing a freeze, give me a call.

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

## Central Hampshire Veterans' Services – Hilltown Schedule



### Williamsburg Town Hall

141 Main Street

Haydenville, MA 01039

**Hours: Every Monday- 2:00 to 4:00**

### Cummington Community House

33 Main Street

Cummington, MA 01026

**Hours: 1<sup>st</sup> and 3<sup>rd</sup> Monday- 9:00 to 11:00**

### Goshen Town Offices

40 Main Street

Goshen, MA

**Hours: 1<sup>st</sup> and 3<sup>rd</sup> Monday- 11:30 to 1:30**

### Worthington Town Hall

160 Huntington Road

Worthington, MA 01098

**Hours: 2<sup>nd</sup> and 4<sup>th</sup> Monday- 9:00 to 11:00**

### Chesterfield Community Center

400 Main Road

Chesterfield, MA 01012

**Hours: 2<sup>nd</sup> and 4<sup>th</sup> Monday- 11:30 to 1:30**

For additional information or to schedule an appointment with the Veterans' Agent, please contact our main office at 413-587-1299. Our main office hours are: Mon, Wed, Thurs, and Fri – 8:30am to 4:00pm, and Tues – 8:30am to 1:00pm.

Main Office: Central Hampshire Veterans' Services, Memorial Hall, 240 Main Street, Room 4,

## Welcome aboard, Jen Hoffman and Sue LaRock!

The Northern Hilltown COA Consortium is happy to announce that leadership roles in all seven COAs are filled!

Jen Hoffman is the new Senior Center Director for Williamsburg. She has a background in health care, holds a masters degree in Public Health and has over 20 years of experience in healthcare administration. She looks forward to meeting Burgy seniors and making the Senior Center a welcoming place for all.

Sue LaRock, long time resident of Plainfield, has been appointed to the position of Plainfield COA Coordinator. Sue will be the welcoming face of the COA, providing information and guidance to seniors as needed, and managing the nuts and bolts of the multifaceted programs for Plainfield folks.

## Tips for Holiday Eating

The holidays are a time to enjoy friends, family and food. And, contrary to popular belief, you can have all three without putting on the extra pounds! On average, Americans gain approximately one to two pounds during the holiday season. While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies.

In preparation for a big holiday party or feast, **do not skip meals throughout the day** as this may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber in your diet by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.

Holiday meals tend to be large, buffet-style, and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.



### Strategies to help you avoid overeating

- Use a smaller plate. This allows you to put less food on your plate and encourages proper portion sizes.
- Start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall.
- Eat slowly and savor every bite. Before you go back for seconds, wait 10 minutes to see if you really are still hungry.
- Get some physical activity after dinner. This is a great time to go for a walk and catch up with family members, or play catch or a game of basketball with the kids.

Source: [www.eatright.org/health/lifestyle/holidays/stay-mindful-with-4-tips-for-holiday-eating](http://www.eatright.org/health/lifestyle/holidays/stay-mindful-with-4-tips-for-holiday-eating)

By: Rita Longe, RDN, LDN

**RESOURCE DIRECTORY**

**Domestic Violence Advocate**, Hilltown Safety at Home (HS@H)  
If you need help in an emergency, call 911 or the Safe Passage hotline

**Elder Abuse Hotline**  
**First Call for Help** Information and Referral Resources  
**Fuel Assistance** Application and Recertification  
**Hilltown Elder Network – H E N** (sponsored by Hilltown CDC)  
**Veterans' Service Officer** Tom Geryk  
(Westhampton) Joe Henning  
(Plainfield) Brian Brooks

**DO NOT CALL Registry**

413 387-3120  
888 345-5282  
800 922-2275  
800 339-7779  
800 370-0940  
413 296-4536 x120  
413 587-1299  
413 207-3541  
413 772-1571  
888 382-1222

**Food Services**

**Food Bank of Western Massachusetts Brown Bag Program**  
**Food Stamps - Supplemental Nutrition Assistance Program (SNAP)**  
Call Chesterfield COA for assistance

**Hilltown Food Pantry** - Goshen Town Hall - Diane Meehan, Director  
**Meal Site** Williamsburg Senior Center  
**Meals on Wheels** Highland Valley Elder Services (HVES)  
**Northampton Survival Center**, 265 Prospect St. Northampton  
**Salvation Army Emergency Food, Fuel or Medication Vouchers**

800 247-9632 or 413 268-8407  
413 552-5400 or 413 296-4007  
413 296-4007  
413 268-7578 Wed 1-3; 3<sup>rd</sup> Wed 1-6  
413 268-8407  
413 586-2000 or 800 322-0551  
413 586-6564  
413 586-5336/6564

**Health Services**

**Highland Valley Elder Services** Intake referral for homecare, etc.  
**Hilltown Community Health Center-** Medical & Dental  
HOPE Nurse, Robin Laferriere, RN  
Janet Dimock, HealthWise Community Health Worker  
**Podiatrist** Dr. Michael Coby, call Williamsburg Senior Center  
to schedule (Alternating months at the Senior Center)  
**Foot Care** Piper Sagan, RN  
foot care in Cummington, call Peg Daniels  
for appt.  
foot care in Goshen, call Liz Loven for appt.  
foot care in Plainfield or in-home visits  
foot care in Williamsburg or in-home visits  
Diane Roeder, foot care in Whamp & Chesterfield

**SHINE, Medicare & Drug Coverage Part D & Prescription Advantage**  
Wayne Glaser  
Lorraine York-Edberg  
**Mass Health and New Health Coverage**  
Buliah Mae Thomas at Hilltown Comm. Health Center

413 586-2000  
413 238-5511, ext. 131  
413 238-5511, ext. 313  
413 238-5511, ext. 149  
413 268-8407  
413 634-2229  
413 268-7122  
413 522-8432  
413 268-8407  
413 374-0457  
Call your COA for appointment  
413 773-5555, ext. 2275  
413 667-2203

**Transportation Services**

**Cummington** Neighbor to Neighbor Drivers  
**Westhampton transportation** Appts or groc. shopping, Louise Jasonkowski  
**Williamsburg Medical Rides** Williamsburg Senior Center (to schedule)  
**PVTA Dial-A-Ride** (tickets sold at Williamsburg Senior Center)  
**Hilltown Easy Ride Van** Ed Pelletier

413 634-2262  
413 527-5134  
413 268-8407  
866 277-7741  
413 296-4232

**Local Councils on Aging**

**Chesterfield COA**, Janice Gibeau  
**Cummington COA**, Anne Parsons  
**Goshen COA**, Evelyn Culver  
**Plainfield COA**, Susan Metcalfe LaRock  
**Westhampton COA**, Julia Lennen  
**Williamsburg Senior Center**, Jennifer Hoffman  
**Worthington COA**, Sandra Epperly

413 296-4007  
413 634-2262  
413 268-3316  
413 743-5345  
413 537-9880  
413 268-8410  
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

**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 November

**Mon. November 5th at 5pm  
Grange Veterans Day Breakfast**  
400 Main Rd. Chesterfield, MA

All vets invited! Sponsored by the Chesterfield Grange. Please call Mary Ann Coleman for reservations: 296-4787.



**Fri. November 9th at 9:30am  
Veterans Day Breakfast & School Assembly**  
New Hingham Regional Elementary School  
30 Smith Rd. Chesterfield

Breakfast at 9:30am, assembly at 10:15am. Contact Jesse McMillan, Principal, with any questions: 413-296-0000. Please RSVP to Rachel Cenedella, Admin. Assistant: 413-296-000 or rcenedella@hr-k12.org.

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

Students in the Cosmetology program are offering the following: Haircuts \$5.00; Manicure \$4.00; Pedicure \$8.00; Facial \$8.00. Please call 413-587-1414 x3531 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. Upcoming additional spa days: Dec. 21st, Jan. 25th, March 1st, April 12th and May 17th.

*Save the date!*

**Sun. December 9th at 3pm  
Christmas Carol Sing at Goshen Cong. Church**  
45 Main St. Goshen, MA

*There's still time...*

*Join the Northampton Senior Center on their  
December trip:*

*December 10 — Monday:*

**White Christmas Big Band** show and luncheon at Aqua Turf, Plantsville, CT. Rob Zappulla and his 13-piece Big Band will perform holiday favorites. Cost is \$102.



Call Francine Frenier at the Northampton Senior Center to make your reservation:  
413-587-1228.