

Goshen Council on Aging

December 2018 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

December COA Events:

Tuesday, December 11th at Noon

Holiday Luncheon

Town Hall Dining Room



We have invited Santa to come to our luncheon! We will be serving a festive holiday lunch at Noon. Please come and join us. If you want to bring a dish, we welcome it, but it is not necessary.

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

**Thursday, December 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.

**Wednesdays at 10am
Muscle Strengthening Class**

Joan Griswold is the instructor who provides a total body strength workout with balls and resistance bands. All levels of fitness are welcome. Improve your strength and stability and have fun with your hilltown neighbors! Join us!



"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.**

As the winter season approaches, remember that if the Hampshire Regional school district is closed, we will not have any events that day. If we are able, we will send a robo call. We will try to have the function on another day if possible.

Other News:



In November, the town received an AED machine (Automatic External Defibrillator) in memory of Thomas Bisbee, from the Kev's Foundation. Scott and Jen Bisbee and their many friends and family put on an archery shoot in memory of Thomas. Each year they send the proceeds to a different organization that somehow touched Thomas.

The Kev's Foundation was started by Kevin Major's family when he passed away at the age of 17 of sudden cardiac arrest. This foundation goes to schools in the area to make students aware of SCA. This year the foundation is donating AED

machines back to the community. This machine is hanging on the wall in the town hall. Hampshire Regional High School will also receive one. The COA will have a demonstration of this at our January luncheon.

**Sunday, December 2nd at 2pm
Sidetracked Concert**

The Goshen Women’s Club and the Goshen Cultural Council will be sponsoring the band Sidetracked. It is free and refreshments will be served. All are welcome.



**December Community Lunch at
New Hingham Regional Elementary School**

In December, the Community Breakfast/Lunch will be on **Dec 7th**. Please Join Us For Breakfast or Lunch!

Breakfast starts at 8:30am
1st Lunch Students K-3 12-12:30pm
2nd Lunch Students 4-6 12:30-1:00pm

Where? New Hingham Elementary School Cafeteria

How? Reservations are due the Friday before the scheduled Breakfast/Lunch. Please call Rachel at 296-0000 to make your reservation!



Cost? Breakfast- \$2.00 Lunch- \$3.50 or bring your own lunch. Please remember that New Hingham is nut-free.

A Note from the Coordinator

"I would like to wish my board and all who have helped me through the year a very happy and healthy holiday season. Without each and everyone of you, I would not be able to do the things we have done. We are hoping to do more in the

future, if weather and health do not get in our way. Merry Christmas and Happy Holidays to all and a Happy new year." ~ Evelyn Culver



Several generations of veterans, their families and friends joined the students at New Hingham, their principal, Jesse McMillan, teachers and staff to celebrate and acknowledge the courage and contributions made by the men and women who have served in the Armed services. The students also displayed their achievements in completing the Veteran Care Package Drive. New Hingham students and staff brought in 1,510 items for Troops overseas and their families left at home!

Happy Birthday in December!



- David Clapp, Sandra Papush, William Carey,
- William Carter, Jeannine Haas, Joseph Kalentek,
- Doreen Skorupski, Robert Maloni,
- Patricia Wheeler, David Pesuit, Esther Korowski,
- Nancy Burnett, Frank Krok, Nina Pinger,
- James Smith, Paul Webb, Rosemarie Clark,
- Diane Krok, Linda Still, Eugene Toczydlowski,
- John Skorupski, Robert Goss, Marcia Shaw,
- Wayne Eastman, John Riley, Lloyd Ewing,
- Floyd Merritt, Dwight Baghdoyan,
- Richard Richardson

***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

Hilltown Food Pantry

The Hilltown Food Pantry, run under the auspices of the Northampton Survival Center, is located on the bottom floor of the town office building in Goshen. The pantry is open to people in the towns of Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington. Hours are Wednesdays from 1pm-3pm, and, on the third Wednesday, there are extended hours: 1pm-6pm.

Diane Meehan is the director of the food pantry. If you have any questions, the pantry's phone number is 413-268-7578, and will be answered on Wednesdays, otherwise the call goes to the Northampton Survival Center.

Donations of non-perishable items, personal care items and paper products are always welcome and appreciated. In-season produce is also helpful. Someone is available at the food pantry after 10am on Wednesdays for donation drop-offs.



Update on the Healthy Incentives Program (HIP)

Last day to earn HIP benefits is Feb. 28, 2019

HIP announces updated seasonal schedule!



What does that mean for HIP?

HIP will be operating on an extended seasonal schedule. This means that clients may earn HIP dollar through February 28, 2019. We know HIP plays a crucial role in helping you buy healthy fruits and vegetables for your household, therefore HIP will resume in Spring 2019.

To find a location, go to www.mass.gov/massgrown. Click on the map and choose SNAP, under nutrition programs.

For more information on DTA (Department of Transitional Assistance) programs, please visit mass.gov/dta.

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.

So Clever!

You know the scammers are good at spoofing where a phone call is coming from, e.g., the IRS or a friend. They are getting clever in other ways as well. At a TRIAD meeting the other day, Dave Fenton of the Sheriff's office told us about a really sophisticated scam that he encountered. The scammer was looking for female names in the phone book likely to belong to an older person (for instance they would ignore Beyonce)... and call the person. The caller would ask for the man of the house, sometimes finding out the man was dead. He makes sympathetic noises, gets more information such as the man's name (Harold, let's say), finds out he was a veteran, and hangs up.

A month or two later, he calls back and asks to speak to Harold "about his pledge". The caller learns, again, that Harold has passed away, and says something like "Oh gosh, we have a pledge from him, saying he would be willing to give \$100 to the Northeast Veteran's Association. I wonder if you, ma'am, would like to honor the pledge that Harold made?"

You see what happened here. The caller is clever about getting personal information, then doesn't act on it until time has passed and the original call is forgotten. The caller then plays on the feelings of the widow, giving an expectation that she will send money. So – we don't answer in the first place, right? If we do answer, we don't give out any personal information. And we don't let anyone play on our sympathies or patriotism.

Safely,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

Developing Rural Age and Dementia Friendly Communities in the Hilltowns

Many communities across the country are looking at what it takes to help people age in their own homes. It's an important issue for all ages, not just older adults. The Northern Hilltowns Consortium of Councils on Aging recently completed a pilot program to explore the readiness and interests of towns in becoming age friendly communities. Surveys were sent to each resident 60 years and older in Plainfield, Cummington and Chesterfield. Results showed that of all the issues related to having age friendly and/or livable communities, the most commonly shared concerns included the importance of transportation, housing, accessibility to town facilities and other sites, traffic safety and sidewalks. Having a central source of complete information about community events, supports, programs and services was one of the highlights people shared in the second phase of the pilot program.

When folks were asked about the importance of remaining in their own homes, **87%** said that it was **Very Important**. When asked about reasons they might move, the most common reasons included: looking for a home that will help you to live independently as you age (54%); looking for a different home size that better meets their needs, concern about the expense of maintaining the current home,

and needing more access to public transportation.

Now the rest of the Northern Hilltowns: Goshen, Williamsburg, Worthington and Westhampton, are launching both the distribution of surveys to everyone over sixty and conducting public forums about what people would like to do about moving toward becoming Age Friendly Communities. Because the return rates were so high in the first three towns, it's anticipated that the voices of folks from the remaining towns will be equally clear and compelling. Please let us know what's important to you and what improvements you would like to see in your communities. If you have other thoughts you would like to share, please contact: Jan Gibeau, Chair, Northern Hilltowns Consortium of Councils on Aging: 413-296-4007 or coa@townofchesterfieldma.com.



Need help with your housing repairs?

Hilltown CDC received funding for the FY18 Housing Rehab Program, and we're currently applying for the FY19 Housing Rehab Grant. We're accepting applications from homeowners who live in ***Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington*** who need help with their housing repairs. Here's a sample of some the work that can be performed under the Housing Rehab Program:

Possible Repairs:

Siding	Roofs and Chimneys
Windows and Doors	Floor Joists, Flooring
Insulation, Walls, Ceilings	Foundation Work
Septic Systems and Sewer Tie-in's	
Handicap Accessibility Work	
Plumbing and Electrical Updates	
Wells, Pumps, and Hot Water Tanks	
Lead Paint Removal	
Asbestos Removal	



HOUSEHOLD INCOME GUIDELINES/ LIMITS:

<u>Household Size</u>	<u>Gross Annual Income</u>
1	\$45,200
2	\$51,650
3	\$58,100
4	\$64,550
5	\$69,750
6	\$74,900
7	\$80,050

Funding is provided by the US Dept. of HUD/ DHCD and MA CDBG Programs.

These are ***NO interest/NO payment loans*** which are forgiven over 15 years, and all work is completed by licensed contractors. Please don't delay! Funding is available right now, and you may be surprised to find out you qualify! Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email paulab@hilltowncdc.org for more information and an application.

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.**

2019

April 13: MGM & Majestic Theater Combo. Spend the morning at the MGM casino. Receive a \$10 free bet. Following lunch on your own, spend the afternoon at the Majestic Theater and receive a \$3 snack coupon. Enjoy the musical "The Marvelous Wonderettes." Cost is \$61. There is a \$10 discount if paid in full by February 1st.

April 27-May 5: Memphis-Home of the Blues & Tunica-Casino Capital of the South. Cost is \$798 per double. There is a \$25 discount if paid in full by Jan. 15. This 9 day trip includes: 8 nights lodging including 4 consecutive nights at a Tunica area Casino Resort. 14 meals including: 8 breakfasts and 6 dinners. Admission to the Tunica Museum, free time on Beale Street in Memphis. Guided tour of Memphis. Admission to Memphis Rock N' Soul Museum. Mansion Tour of Home of Elvis Presley – 'Graceland' . . . and Sun Studio.

May 21: Mamma Mia, the musical with Abba's greatest hits woven into the story, is performed at Warner Theatre in Torrington, CT. Pre-show lunch at La Cupola Ristorante & Inn is included. Cost is \$109. There is a \$10 discount if paid in full by March 1.

May 21: Enjoy a carousel ride and tour the **New England Carousel Museum** in Bristol, Ct. Bring your own lunch from home. Dessert and beverage will be provided at the Carousel Museum. Then on to the **Hill-Stead Museum** in Farmington, CT for an art tour with time to explore the gardens and grounds on your own. Time for shopping and/or catch a quick bite to eat at West Farms Mall. Cost is \$77. There is a \$10 discount if paid in full by March 4.

May 29-31: Ogunquit, Maine. Two night getaway at the Meadowmere, city tour of Portland, Nubble Lighthouse Cruise, time to stroll Perkins Cove, and much more. Cost is \$460 per double. There is a \$25 discount if paid in full by Feb. 11. Sign up early; only 22 seats available.

June 11-13: Island Hopping. Stay in Hyannis for two nights. Take the high speed ferry over to Nantucket one day and Martha's Vineyard on the other. Enjoy the free time, lunch on each island.

Stop in Edgartown. Includes 2 breakfasts. Cost is \$550 per double. There is a \$25 discount if paid in full by Feb. 25.

Sept. 4-12: Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Cost is \$1,070 per double. There is a \$25 discount if paid in full by June 1. This 9 day trip includes: 8 nights lodging including 5 nights in Canada, 14 meals, guided tour of Acadia National Park, guided tour of Halifax, and more. Guided Tour of Prince Edward Island. Admission to the natural wonder: "Hopewell Rocks".

Nov. 9-24: Panama Canal Cruise— 16 days. Starting at \$1,999 per double. Bus to NY Pier. Return home from Tampa airport to Bradley, then bus to Northampton. Escorted cruise on Norwegian Dawn. Lots of daily activities. Includes all meals on board, free style dining. Limited seats. Sign up by Sept. 1, 2019. Passport required.

Highland Valley Elder Services joins Meals on Wheels America and Subaru of America in Sharing the Love this Holiday Season!

The eleventh annual Subaru Share the Love® Event will help deliver nutritious meals and compassion to the seniors of Hampshire and Hampden County.

Highland Valley Elder Services continues to participate in the 2018 Subaru Share the Love Event as a member of Meals on Wheels America through January 2, 2019. Subaru of America donates \$250 for every new Subaru vehicle sold or leased to the customer's choice of participating charities.

Participating Meals on Wheels America members, like Highland Valley Elder Services (HVES), will receive a share of the donation raised by Subaru in their state. HVES has partnered with Steve Lewis Subaru in Hadley, MA to raise awareness for the popular year-end sales and giving event, and drive support for Meals on Wheels through meal deliveries for consumers.

Over the last 10 years, Subaru of America and its participating retailers have donated more than \$118 million to its charity partners. This year's event is on track to bring that total to over \$140 million, proving there's no limit to the amount of love we can all share.

By purchasing or leasing a new Subaru during the Subaru Share the Love Event and selecting Meals on Wheels as your charity of choice, you can help deliver nutritious meals and other important services to seniors right here in Hampshire and Hampden County.

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

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US POSTAGE
PAID
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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

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Out and About in December

Sun. December 2nd & 9th from 2-4pm

Sat. December 29th from 1-4pm

10th Annual Parade of Trees

Clark Chapman House, 234 College Hwy, Southampton

This is a free event featuring traditional, contemporary, and whimsically decorated trees for the holiday season. Santa will be available for pictures on the 2nd and 9th. Holiday refreshments served. Vote for your favorite tree!

Sun. December 9th at 3pm

Christmas Carol Sing at Goshen Cong. Church

45 Main St. Goshen

Fri. December 21st, 9am & 10am

Spa Day at Smith Vocational

80 Locust St. Northampton

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 9am and 10am in Room 124 of Building A at the school. Upcoming additional spa days: Jan. 25th, March 1st, April 12th and May 17th.

Save the Date

Ring in the New Year!

**International Food Potluck and music by
James Kitchen & Friends**

Sunday, January 13, 2019 from 2-4pm
New Hingham Regional Elementary School
30 Smith Rd., Chesterfield, MA

This community event brings the Hilltowns together with all generations enjoying warmth, friendship and great food. Bring your favorite international dish to share!

This event is a benefit for the Hilltown Food Pantry: all honoraria and donations received will go to them. Sponsored by the Chesterfield COA.

