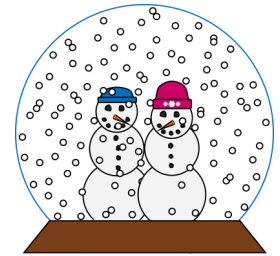


# Goshen Council on Aging

## January 2019 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

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

### January COA Events:

**Tuesday, January 8th at Noon**

#### *New Year's Brunch*

Town Hall Dining Room



Start the New Year off right by coming to our brunch on Tuesday January 8th at Noon! You will be served pancakes, quiche, breakfast casseroles and much more. Mike Rock will be there to give us a few ideas on what to do in case of emergency, and he will explain the AED Machine in case it ever has to be used. If you would like to bring three quarters, we can play LCR after.

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

**Thursday, January 10th at 10am  
Goshen Age-Friendly Outreach**

Will hold a meeting on the 10th at the home of Henrietta Munroe, 578 East Street. If you would like to be involved, please attend this meeting or give Henrietta a call if you need help or have any ideas: **413-268-7465**.

**Tuesday, January 22nd 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.

**Monday, January 28th at 10am  
Coffee Hour**

The COA will host a coffee hour on the 28th in the town hall dining room. Coffee and pastry will be served: just the ticket on a cold winter morning! Please join— it's nice to just get out and visit with one another.



### **Wednesdays at 10am Muscle Strengthening Class**

The COA will be continuing the muscle strengthening classes through the winter on Wednesday mornings from 10-11. Everyone is welcome to attend! It's a free class but donations are welcomed to keep it going.

**During these winter months,** please remember that **if the Hampshire Regional school district is closed, we won't 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.



### **Do you need applications for fuel assistance, SNAP or Brown Bag?**

If so, please call Evelyn (413-268-3316) and she will mail them to you.

**The COA surveys have been mailed out.** We are hoping you will take a few minutes to fill them out and send them back. They go back to Chesterfield because they are part of a grant. All seniors in the seven towns of the Northern Hilltowns COAs Consortium will be mailed these surveys. In the near future, we will have a town forum to discuss the results and what we can do to help our seniors more.

Although no  
one can go back  
and make a  
brand new start,  
anyone can  
start from now  
and make a  
brand new  
ending.

— Carl Bard

A YEAR  
FROM NOW  
YOU WILL WISH  
YOU HAD STARTED  
TODAY

KAREN LAMB

**The December luncheon** had a nice turnout! There were lots of desserts and Santa joined us and had candy for each of us! Thank you Santa.



**The December meeting of the Goshen Women's club** was very productive. The women spent the evening making nice evergreen centerpieces and delivered them to people who just need a little kindness. The club meets the **first Tuesday of the month at 7pm** in the town hall, but does not meet in January and February. All women are welcome to join!

### **New Hours for the Goshen Free Library**

Beginning the week of Jan. 21st, the Goshen Free Library will have new hours:

**Tuesday 3-6pm \*New\***  
**Wednesday 3-6pm**  
**Saturday 11am-3pm**



The library will now be open on Tuesdays instead of Mondays due to all the Monday holidays throughout the year.

### **You Know You're Getting Old When...**

- You have a party and the neighbors don't even realize it.
- You light the candles on your birthday cake and a group of campers form a circle & start singing "Kumbaya."
- You find yourself beginning to like accordion music.
- At parties you attend, the prime topic of choice is "regularity."
- Your ears and your nose have more hair than your head.
- "You know you're getting old when you stoop to tie your shoes and wonder what else you can do while you're down there." - George Burns
- When you get the same sensation from a rocking chair that you once got from a roller coaster.
- When you look in the mirror one day and realize you look like the photo on your Costco card.

### **Happy Birthday in January!**



Kris Celatka, Sandra Greenwood, Donald Otis, Ronald Rehor, Kathleen Eastman, Phyllis Sarafin, Diane Bushee, Patricia Perrault, Joann Sheehan, Angela Otis, John Rooney Jr., Donna Williams, Pearl Woodward, Patricia Morey, Agnes Lulek, Michael McGrath, Neil Wheeler Jr., Bronislaw Zajac, Peter Provost, Jeffrey Korostoff, John Somes.

***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

Candles are really nice to look at and smell, but remember: a candle is an open flame. Here are a few ways to keep that flame from spreading:

- Only burn candles when you are in the room.
- Use sturdy, safe candleholders.
- Keep candles at least 12 inches from anything that can burn.
- Never use candles in bedrooms or when you are tired and feel sleepy.
- Always use a flashlight -- not a candle -- for emergency lighting.
- Never use a candle where medical oxygen is being used.

Have a bright and SAFE New Year!

--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.*



**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.

### The Big Five in the New Year!

Just in case you needed some inspiration for New Year's resolutions, I have some suggestions! At a seminar by Elder Attorney Karen Jackson the other day, I learned some new legal stuff. We already knew about the need for wills and Powers of Attorney and such, but there are a couple new things. So, in brief, here is what she says we need and why:

**WILL** – a will lets you determine what happens to your money, other assets, and Special Things (think family items, antiques). The alternative is that the state will do it for you.

**HEALTH CARE PROXY** – if you are unable to decide or communicate on issues in your health care, someone who you trust and who you talked with and appointed can decide and communicate for you, and do that in your best interests.

**DURABLE POWER OF ATTORNEY** – if you are unable to conduct your business, e.g., pay your bills, someone you trust and who you talked with and appointed can act for you, and do that in your best interests.

**ADVANCE DIRECTIVE** (living will) – this lets you give some direction on your preferences for medical care, including possibly how you pass from this world.

**HIPAA RELEASE** – this will let your Health Care Proxy get all your medical records, including medicines, thus avoiding privacy restrictions and doing a better job for you.

See you in 2019,  
Jean O'Neil, TRIAD committee member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

# General Contractors

*Are you are interested in steady, local work?*



Hilltown CDC is currently seeking General Contractors who are interested in bidding on Housing Rehabilitation projects funded by various state and federal grant programs. We recently received the FY18 Housing Rehab Grant and will be bidding approximately 18 projects in the upcoming months. In addition, we're in the process of applying for the FY19 Housing Rehab Grant for another anticipated 18 projects.

Projects are planned in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington with the average project of \$30,000.00 - \$40,000.00. Contractors working on Housing Rehab projects are guaranteed payment for all work with a quick turnaround on invoices as well as a steady source of local, year around work.

**GC's must possess a valid Contractor Supervisor's License and a Home Improvement Contractor's License. Lead certification is preferred, but not required. General Liability coverage as well as Workers' Compensation insurance (if applicable) is required.**

HCDC is an EEO/Section 3 Employer. Women & members of minority groups are encouraged to apply.

**Please contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 for an application or email paulab@hilltowncdc.org.**

## 6 New Year's Resolutions for Seniors

January is here. This means the opportunity for a fresh start. Use this time to reflect on your life as a whole. Are you happy with your health? Are you spending enough time with your grandchildren? Do you do enough to give back to your community?

In 2019, set a goal that focuses on bettering your overall health, both physically and mentally. Here are a few New Year's resolutions we suggest considering:

**1. Exercise for 10 minutes every day.** Staying physically active is key to healthy aging.

**2. Explore new volunteer opportunities.** Volunteering is a great way to give back to the community, but it also benefits your own health.

**3. Revive an old friendship.** It's not always easy remaining close to friends who don't live right down the street. Make it your goal to keep in touch and possibly schedule a get-together in the near future.

**4. Spend more time with the grandkids.** Most older adults can agree that there is nothing quite as special as spending time with the grandchildren. But you shouldn't only meet up for special occasions. This year, consider gathering with your loved ones every other week to catch up.



**5. Make healthier dessert decisions.** It's easy to reach for that sugary treat after dinner. Fruits and dark chocolate make excellent natural alternatives if you need to satisfy a sweet craving.

**6. Revisit an old pastime** When was the last time you spent time enjoying that favorite hobby of yours? At some point in the new year, consider breaking out the old needle and yarn, fishing rod, or bottle cap collection you used to be so passionate about. You may even consider introducing it to your grandchild so you have something new to bond over!

*Compiled from:  
[sunriseseniorliving.com/blog/december-2016/8-new-years-resolutions-for-seniors.aspx](http://sunriseseniorliving.com/blog/december-2016/8-new-years-resolutions-for-seniors.aspx)*

## FY19 Housing Rehab Program

Hilltown CDC will be submitting a grant application for FY19 to apply for the Housing Rehab Program in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington. If you have used the Housing Rehab Program in the past or plan to use it in the future, we'd like to hear from you.

We welcome your ideas, suggestions, or input about the design of the program and how we could improve the overall effectiveness of our services. Please call, email, or fax your comments no later than January 2, 2019. We look forward to your input.

Please contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123, fax (413) 296-4020, or email paulab@hilltowncdc.org for more information or for an application to the program.

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

# Stronger than Yesterday

What better way to start off the new year than by joining a new exercise class?



## 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 Sarah Prince  
Requested donation: \$5/class.

Thurs. 10:45am, Williamsburg Senior Ctr.  
Chair Stretch and Strengthen  
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

## Healthy Bones and Balance

Designed to increase participants' strength, mobility, 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

## Stability Ball Exercise Class: "Keep Your Ball Rollin..."

Led by Angel Williams. All levels are welcome. Although it is lightweight, a stability ball can provide a strength-training workout that also emphasizes balance.

Mon. 1pm, Chesterfield Comm. Ctr  
Begins 1/14/19

## 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\*

## Zumba!

Led by Melissa Tee. All levels welcome. \$5/class.\*

Mon. 6pm, Williamsburg Senior Ctr.

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**To find out more, and to register, please contact the appropriate COA:**

### 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:

Jenn Hoffman or Sherry Loomis, 268-8407,  
[sloomis@burgoyne.org](mailto:sloomis@burgoyne.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  
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This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

*The Chesterfield Council on Aging invites Hilltowners of all ages to:*

# Ring in the New Year!

Multigenerational, International Potluck and Musical Extravaganza

**Sunday, January 13th, 2019 from 12pm to 2pm  
New Hingham Regional Elementary School  
30 Smith Rd., Chesterfield, MA**

*Jim Kitchen & the Appliances, Sidetracked,  
Hampshire Regional and New Hingham voices & music... more!*



This community event brings the Hilltowns together with all generations enjoying warmth, friendship and great food. **Bring your favorite international dish to share!** Food from any region is encouraged, from cherished family recipes to your favorite cuisine (*please label your dish w / ingredients.*) The whole family is invited to share in the food and the fun!

*This event is a benefit for the Hilltown Food Pantry: all honoraria and donations received will go to them. Sponsored by the Chesterfield COA. Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA.*