

# Goshen Council on Aging

## February 2019 Newsletter



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

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

### February COA Events:

**Tuesday, February 12th at Noon**

**Valentine Lunch**  
Town Hall Dining Room



We will have a cheddar cheese chicken dinner served with several side dishes. You do not need to bring anything, but if you wish, it is always welcomed.

Since it is Valentine lunch, we are going to have a valentine contest. We want you to make one if you want or bring one that is very special to you. You can make it on wood, cut it out of paper, sew, crochet or knit one. Your choice! If you choose not to do one, don't let it stop you from coming to the lunch. Put your thinking cap on, be creative, and you may win a prize.

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

**Monday, February 25th at 10am**  
**Coffee Hour**

The COA will host a coffee hour on the 25th in the town hall dining room. Coffee and pastry will be served. Please join— it's nice to just get out and visit with one another.

**Tuesday, February 26th 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**



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.

**The surveys have been mailed out** and we are very pleased at the amount of people that have sent them back. If you have not done this, you still have time.

**The Goshen Age Friendly Outreach** met in January. This is a group of people that are willing to help others. They will be offering one on one ride to our seniors. If you need a ride to the doctor, hair dresser, shopping, muscle strengthening class, library or to our luncheon, please call: Henrietta Munroe (268-7465) or Evelyn Culver (268-3316). The Easy Ride van is still available and if you need them please call them directly (296-4232). The Outreach team is still offering to deliver books, and if you need sand, they will make sure someone does that.

***If you need something, say something.***

**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.

### Goshen Free Library News

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. On COA luncheon Tuesdays, the library will open at 1 pm, to allow those who

would like to come over right after the luncheon the chance to do so.

**Games and Puzzles at the Library,  
Sat. Afternoons at 1 pm**

Come alone, or bring a friend or family member--all ages are welcome. We have a variety of puzzles and games, including Scrabble, cards, dominoes, jacks, checkers, and Pick-Up-Sticks. Feel free to bring along a favorite to share with others.

**Craft Afternoon at the Library,  
Wednesdays at 2 pm**



Bring whatever project you're working on, or just come and chat.

**Book Group at the Library,  
3rd Weds. of each month, at 3 pm**

Stop into the library during open hours to pick up the month's book.

**We would like to send our condolences to...**

the family of **Carl Smith** of Williamsburg. Carl was the carpenter that made new countertops for our dining room this summer. His daughter Shannon Smith Wade lives in Goshen.

the family of **Debbie Lashway** of Williamsburg. Debbie and her family lived in Goshen and her daughter Becky and her family still does.

**Recipe : Old Fashion Gingerbread**

**Ingredients**


- 1/2 cup sugar
- 1 teaspoon ground cinnamon
- 1/2 cup butter
- 1 teaspoon ground ginger
- 1 egg
- 1/2 teaspoon ground cloves
- 1 cup molasses
- 1/2 teaspoon salt
- 2 1/2 cups all-purpose flour
- 1 cup hot water
- 1 1/2 teaspoon baking soda

**Directions:**

1. Preheat oven to 350 degrees
2. Grease and flour 9" square pan
3. In a large bowl, cream together sugar and butter, beat in the egg and add molasses.
4. In a bowl sift together flour, baking soda, salt, cinnamon, ginger and cloves.
5. Blend into the creamed mixture, pour in the hot water and pour into pan
6. Bake for 1 hour.



**Happy Birthday in February!**



Carolyn Benson, Dianne Mimitz, Frank Kosior  
Sylvia Richardson, Siegfried Haug, Gary Batrano  
Jane Hillman, Christine Lacey, Nicholas Cockoros  
Albert Maiolatesi, Clarence Rowley,  
Dawn Scaparotti, Carl Eldred, Frank Phillips,  
Nelson Nieves, Joan Loven,  
Roxanne Cunningham, Donald Chevalier,  
Gregory Roberts, Wanda Roberts, Judy Pichette  
Deborah Tirrell

***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



There is a reason that February is the shortest month of the year. The weather can be brutal. A February no'easter can bring down power lines, leaving you without heat for an extended time. Here are a few things you should consider having close at hand to stave off the cold:

- warm jacket or coat.
- long pants and long-sleeve shirts and sweaters
- sweatshirts and sweatpants
- over-the-ears hat, mittens and scarf
- sturdy shoes
- sleeping bag or a pile of warm blankets

Stay warm and SAFE!

--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.*

### Free Tax Prep

Household income must be \$54,000 or less.

Put money back in your pocket!

See if you qualify for the Senior real estate tax credit. Free tax prep by IRS-trained volunteers.

Sites in Chester, Chesterfield & Williamsburg.  
Call to make your appointment:  
413-296-4536 ext. 100



### 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! A Will

It is now firmly 2019, and on to those resolutions! From last month – “a will lets you determine what happens to your money, other assets, and Special Things. The alternative is that the state will do it for you.”

If you already have a will and it is current, great, but you are in the minority. In 2014, 64% of Americans did not. I found some good suggestions for getting going: <https://money.usnews.com/money/personal-finance/family-finance/articles/steps-to-writing-a-will>. Feel free to share this with someone else who needs a jumpstart.

That was a long URL to type in. You can also search your browser for “steps in writing a will” and the above article by Geoff Williams from June 2018 should come up. If you want, contact me and I’ll get you a copy of the article, either paper or electronic.

I don’t recommend following either the ads that pop up at the beginning of the search results, or the instructions to do a hand-written will. If you cannot find an attorney to help, there are online forms to fill out for our state. I’m also trying to see what local resources exist to help with a will and will let you know... I will, yes I will.

Willfully, - ok, I’ll quit-  
Jean O’Neil, TRIAD committee member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

## Goshen Senior Housing

Applications to get on the waitlist for the new senior apartments at Highland Village Circle, 41 Main Street in Goshen, are now available at the Goshen Town Offices or by calling Cindy Thibeau, Housing Services Coordinator at the Hilltown CDC, 413-296-4536 x105. You can also download the application from our website: [hilltowncdc.org/housing](http://hilltowncdc.org/housing).

Goshen Senior Housing is available for seniors age 62 and older who need affordable and/or accessible housing. Some income restrictions apply. For more information about availability of units please contact us.



## DID YOU KNOW? Medicare Patient's Rights

### Important thoughts about going to the hospital or emergency room.

Many people can find that they can feel overwhelmed when either going to an emergency room or being admitted to a hospital. It helps to know what your rights are and to expect to discuss them fully before signing the various consent forms you may receive.

You should expect to:

- Discuss and be informed of the status of your inpatient stay and whether it will be for observation. They do not have to make that decision prior to your entering the hospital but you should ask for an explanation and other options that may be available. They have financial implications.
- Receive considerate and respectful care. You should expect respect for your cultural, psychosocial, spiritual and personal values, beliefs and preferences. If you have special needs, let people know.
- Have a family member (or other representative of your choosing) and your own physician notified promptly of your admission. Know the name of the physician/provider who has primary responsibility for coordinating your care and the names and professional relationships of other physicians and non-physicians who will see you.
- Receive information about your health status, diagnosis, course of treatment, prospects for recovery and outcomes of care (including unanticipated outcomes) in terms you can understand. Insist on communication that is clear and complete enough for you to participate in the development and implementation of your plan of care.

*(Continued on next page)*

## Need help with your housing repairs?

On behalf of the town of Chesterfield, the 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](mailto:paulab@hilltowncdc.org) for 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.**

**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 21: Chesterwood/Naumkeag.** Enjoy a guided tour of Chesterwood, home of artist Daniel Chester French. Then on to Naumkeag for lunch and a tour of Joseph Choate's 44 room cottage. Take some time to tour the gardens. Lunch will be provided by the Red Lion Inn and include a

choice of sandwich and accompaniments. Cost is \$123. There is a \$10 discount if paid in full by April 1.

**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.

**August 8: Museum of Russian Icons & Worcester Art Museum.** Enjoy a guided tour of the Russian Icon museum in Clinton, MA. Lunch is on your own at O'Connor's Restaurant in Worcester. Then on to the Worcester Art Museum for a guided tour. Cost is \$86. There is a \$10 discount if paid in full by June 3.

***What fun adventures are you going to make time for this year?***

*(Continued from previous page– Medicare)*

- Participate actively in making decisions regarding your medical care, and receive information about any proposed treatment or procedure in order to give informed consent or to refuse a course of treatment.
- Participate in any and all ethical questions that arise in the course of your care, including issues of conflict resolution, withholding resuscitative services and forgoing specified emergency interventions in accordance with state law.
- Be provided with an appropriate assessment and management of your pain, information about pain, pain relief measures, and to participate in pain management decisions.
- Participate actively in planning for your discharge and fully discuss your readiness to return home or to another recommended setting. Should you feel uncomfortable and at risk with the plan that is presented, you may also immediately request a review by the Quality Improvement Organization. If such a review is requested, you will have the right to remain in the hospital until noon of the following day.
- For more detailed information about hospital discharges and related issues, a good source is the Center for Medicare Advocacy website: [medicareadvocacy.org](http://medicareadvocacy.org). Your current Medicare booklet is also very helpful.



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Town of Goshen  
40 Main Street  
Goshen, MA 01032**

PRSR STD  
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**Please Join Us for the...**

**Wild & Scenic Film Festival**

**Tuesday, February 12, 2019  
6:30-8:30pm**

***Snow date: February 19***

**Chesterfield Community Center  
400 Main Rd. Chesterfield**



**Celebrate the 50<sup>th</sup> anniversary of the Wild & Scenic Rivers Act and the Westfield River's 25 years as a National Wild & Scenic designated river.**

**Be inspired, rejuvenated and awed as you watch these 6 short films submitted from all over the world and touring in this annual film festival.**

**Suggested donation \$5 (kids free).**



**Sponsored by The Westfield Wild & Scenic Committee and The Chesterfield Cultural Council**