

# Goshen Council on Aging

## March 2019 Newsletter



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

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

### March COA Events:

#### **Saturday, March 9th at 10am** **Painting Class**

The COA, through a multigenerational grant from Highland Valley Elder Services, will be sponsoring a painting class on March 9th at 10am in the upstairs of the town hall. Berkshire Paint and Sip will do the teaching and the painting will be the covered bridge shown below. Anyone one can come and show us your talent! Please call Evelyn for sign up and information.



#### **Tuesday, March 12th at Noon**

#### *Corned Beef & Cabbage Dinner* Town Hall Dining Room

On March 12th, we will be serving our annual corned beef and cabbage dinner. Roger says he will be willing to do the cooking again with lots of help from the board. If you have something special to add, or a dessert you would like to share, please do.



Bill O'Riordan has guaranteed us our entertainment. If you have not come to our luncheons yet, this is the one to come to. Bill and his friends have stopped by over the years and entertained us with jokes and lots of blarney. So wear your green and come eat and enjoy!

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

#### **Friday, March 15th at 10:30am** **Third Friday Outing**

We are planning some fun 3rd Friday adventures, so mark your calendars! The March outing will be on the 15th. We will travel to the Holyoke Mall for a time of shopping and then have lunch on our way home. We will be leaving the town parking lot at 10:30 and returning home by 3pm. We'll take the van, which means Evelyn needs to know who is going a few days earlier. If you have not signed up for the van, you have to get that paperwork done first. Please contact Evelyn to make your reservation.

#### **Thursday, March 21st at 6pm** **Goshen Town Forum on Creating** **Age Friendly Communities**

Many of the surveys we sent out in December have been returned: thank you! If you haven't filled yours out, it's not too late to do so and send it in. A forum to discuss the creation of age friendly communities is set up for Thursday, March 21st at 6pm. Light dinner will be served beforehand. This is a time for town people to get together and tell our COA what you would like for the senior population.

#### **Monday, March 25th at 10am** **Coffee Hour**

There will be a coffee hour on the 25th at 10am in the town hall dining room. Coffee and pastry will be served. It's a nice time to just get out and visit. This hour is not just for women: men are more than welcome!

#### **Tuesday, March 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.

#### **Saturday, March 31st at 2pm** **Sarah the Fiddler**

The COA and the Goshen Cultural Council will be sponsoring Sarah the Fiddler on March 31st at 2pm



in the town hall. Sarah the Fiddler specializes in Irish, Bluegrass, Old-Time and Swing music. If you have not seen her perform this is the time to check her out. Free admission and light refreshments. Donations are always welcome.



**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. It's never too late to start.

**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.

**Goshen Age Friendly Outreach Group** received a few calls last month. Henrietta is glad that a few are reaching out! 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. The COA board is willing to drive and she has others who have offered to help out. If you need sand for your walkway and driveway, let her know. She also has walkers at her home to lend out.

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

**Monday, March 18th at 7pm  
Annual Town Caucus**

The town is always looking for new members for various committees. If you're interested in running or know of someone who would like to run, please

come to the caucus to nominate or be nominated.

Are you retired and wish you could use your skills in a way that is needed? Would you like to know more about our town? This is the time to step forward and say: "I'll give it a try."

Our small town runs on volunteers. We simply could not operate without them. You will be welcomed and appreciated.

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

the family of **Walter Marek**. Wally and his wife Kathy lived in Goshen for many years. He was a carpenter by trade. Wally worked on different town projects and was on many committees while he lived here. He had a business of renting out boats in the D.A.R.

the family of **Joni Martino**. Joni was brought up in Goshen and is the daughter of Don and Betty Chevalier. She returned to Goshen and she and her husband Dean built a new home on Ball Road.



**Happy Birthday in March!**

- Mary Berube, Paul Britt, Robert Bushee, Edward Connell, Denise Luczynski, Theresa Bothwell, Alison Bowen, Stanley Dewey, William Benoit, Robert Raymond, Sheryl Gardner, Curtis Pichette, Michael Kurland, Linda Eldred, Lawrence Hodge, Maria Rooney, Thomas Vincent, James Vogel, Joe Roberts, John Dolven, David Silvia, Robert Emerson, William Sbrega, Beverly St Amand, Elaine Ulman, Brooke Schnabel, Sue Freeman, Edward Arnold, Carol Monaghan, Mary Ann Korash, Lynne Paterson

***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**

Many children visit their grandparents regularly; some live with them. Here are some ideas on how to make your home a safer environment for your grandchildren:

- Store matches and lighters up high in cabinets away from children.
- Install plastic covers over all exposed electrical outlets.
- Move cleaning chemicals like cleansers, drain cleaners and other poisons to high cupboards or install a child-proof lock on low cabinets.
- Store prescription and over-the-counter medicines in a cabinet out of the reach of children.
- If children are playing outside when the skies grow dark or you hear thunder, have them come indoors right away.

Have a SAFE sugar season!

--Worth Noyes, SAFE Educator  
Williamsburg & Cumington 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! Health Care Proxy

As we said before – “If you are unable to decide or communicate on issues in your health care, someone who you trust and who you appointed can decide and communicate for you, and do that in your best interests.”

The person you ask to serve as your health care proxy should know how you want to be treated and which treatments you do or don't want (you are in a coma, unconscious, or otherwise incapacitated). That person should agree to this commitment, and the two of you should carefully talk over your wishes. That person will be able to ask questions of the medical providers and weigh their answers against your wishes. Here is a good read- [www.everplans.com/articles/how-to-be-a-good-health-care-proxy](http://www.everplans.com/articles/how-to-be-a-good-health-care-proxy). For our state, more information and an online form is here: [www.massmed.org/patient-care/health-topics/health-care-proxies-and-end-of-life-care/massachusetts-health-care-proxy---information,-instructions-and-form-\(pdf\)](http://www.massmed.org/patient-care/health-topics/health-care-proxies-and-end-of-life-care/massachusetts-health-care-proxy---information,-instructions-and-form-(pdf))

So you know that devil in the details business – who on earth do you trust with possibly making such a huge decision for you? How do you assure that your wishes will be followed when the time comes? Most often a family member is selected but it can be a friend – the important thing is to trust that person you choose. Once you have a signed and witnessed Proxy, make several copies and give them to your doctor, hospital, potentially clergy and lawyer, and for sure the person you picked to act for you. You keep the original.

Best wishes,

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

**Need copies?** If there are any documents referenced in the TRIAD column that you would like to have a copy of, please ask your COA. They will print paper copies for you.

## Need a Will? Power of Attorney? Other legal help?

The Hampshire Elder Law Program is available for low-income Hampshire county residents who are 60 or more years old. Call 413-586-8729 to see if you qualify. If you do qualify, you will be given the contact information for an attorney who will work with you for free to prepare your documents.

## Coordinator- Council on Aging Cummington MA

Ten hours per week position. Must be computer savvy. Requires confidentiality and ability to work with seniors.

Send resume to:  
P.O. Box 95, Cummington, MA 01026



## There's a new game in town!

Looking for a great way to get some exercise, socialize and meet new people? A mashup of tennis, racquetball, badminton and ping-pong, played indoors and out, people of all ages are playing **PICKLEBALL!** Come to the Westhampton Town Hall and learn about the healthy, friendly game that's sweeping the nation!

We encourage everyone to come and give it a try. For players of all ages, from beginners to experienced players of all levels, all are welcome. We have paddles, balls and a net. All you need to bring is a pair of good sneakers and a smile!

- Sign up for **new player instruction**: Contact Dale and Alan Kasal [drkasal@gmail.com](mailto:drkasal@gmail.com) or text to [413-842-6148](tel:413-842-6148)
- Sign up to be on the email list and **player roster** and to see which neighbors are playing! [bit.ly/add2whroster](http://bit.ly/add2whroster)
- Sign up for **open play** (for *all player levels* who don't need beginner instruction): [bit.ly/whpbsignup](http://bit.ly/whpbsignup)
- **To arrange play at the Town Hall for experienced players, or for more information**: Contact Dale and Alan Kasal [drkasal@gmail.com](mailto:drkasal@gmail.com) or text to [413-842-6148](tel:413-842-6148)

### More information about Pickleball!

Video: One of the fastest growing sports in America!

[bit.ly/pickleballinfo](http://bit.ly/pickleballinfo)

What is pickleball?

[usapa.org/what-is-pickleball/](http://usapa.org/what-is-pickleball/)

Where to play: tennis courts, gyms, schools, senior centers, town halls around the country!

[places2play.org/map](http://places2play.org/map)



**RESOURCE DIRECTORY**

<b>Domestic Violence Advocate</b> , Hilltown Safety at Home (HS@H) If you need help in an emergency, call 911 or the Safe Passage hotline	413 387-3120 888 345-5282
<b>Elder Abuse Hotline</b>	800 922-2275
<b>First Call for Help</b> Information and Referral Resources	800 339-7779
<b>Fuel Assistance</b> Application and Recertification	800 370-0940
<b>Hilltown Elder Network – H E N</b> (sponsored by Hilltown CDC)	413 296-4536 x120
<b>Veterans' Service Officer</b> Tom Geryk	413 587-1299
(Westhampton) Joe Henning	413 207-3541
(Plainfield) Brian Brooks	413 772-1571
<b>DO NOT CALL Registry</b>	888 382-1222

**Food Services**

<b>Food Bank of Western Massachusetts Brown Bag Program</b>	800 247-9632 or 413 268-8407
<b>Food Stamps - Supplemental Nutrition Assistance Program (SNAP)</b> Call Chesterfield COA for assistance	413 552-5400 or 413 296-4007
<b>Hilltown Food Pantry</b> - Goshen Town Hall - Diane Meehan, Director	413 296-4007
<b>Meal Site</b> Williamsburg Senior Center	413 268-7578 Wed 1-3; 3 <sup>rd</sup> Wed 1-6
<b>Meals on Wheels</b> Highland Valley Elder Services (HVES)	413 268-8407
<b>Northampton Survival Center</b> , 265 Prospect St. Northampton	413 586-2000 or 800 322-0551
<b>Salvation Army Emergency Food, Fuel or Medication Vouchers</b>	413 586-6564
	413 586-5336/6564

**Health Services**

<b>Highland Valley Elder Services</b> Intake referral for homecare, etc.	413 586-2000
<b>Hilltown Community Health Center-</b> Medical & Dental	413 238-5511, ext. 131
HOPE Nurse, Robin Laferriere, RN	413 238-5511, ext. 313
Janet Dimock, HealthWise Community Health Worker	413 238-5511, ext. 149
<b>Podiatrist</b> Dr. Michael Coby, call Williamsburg Senior Center to schedule (Alternating months at the Senior Center)	413 268-8407
<b>Foot Care</b> Piper Sagan, RN	
foot care in Cummington, call Peg Daniels	413 634-2229
foot care in Goshen, call Liz Loven for appt.	413 268-7122
foot care in Plainfield or in-home visits	413 522-8432
foot care in Williamsburg or in-home visits	413 268-8407
Deb Dean, foot care in Westhampton	413 667-5363
Diane Roeder, foot care in Chesterfield	413 374-0457
<b>SHINE, Medicare &amp; Drug Coverage Part D &amp; Prescription Advantage</b> Wayne Glaser	Call your COA for appointment
Lorraine York-Edberg	413 773-5555, ext. 2275
Deborah Hollingworth (Chesterfield)	413 296-4007 or 413 268-8317
<b>Mass Health and New Health Coverage</b> Buliah Mae Thomas at Hilltown Comm. Health Center	413 667-2203

**Transportation Services**

<b>Cummington</b> Neighbor to Neighbor Drivers	413 634-2262
<b>Westhampton transportation</b> Appts or groc. shopping, Louise Jasionkowski	413 527-5134
<b>Williamsburg Medical Rides</b> Williamsburg Senior Center (to schedule)	413 268-8407
<b>PVTA Dial-A-Ride</b> (tickets sold at Williamsburg Senior Center)	866 277-7741
<b>Hilltown Easy Ride Van</b> Ed Pelletier	413 296-4232

**Local Councils on Aging**

<b>Chesterfield COA</b> , Janice Gibeau	413 296-4007
<b>Cummington COA</b> , Anne Parsons	413 634-2262
<b>Goshen COA</b> , Evelyn Culver	413 268-3316
<b>Plainfield COA</b> , Susan Metcalfe LaRock	413 743-5345
<b>Westhampton COA</b> , Julia Lennen	413 537-9880
<b>Williamsburg Senior Center</b> , Jennifer Hoffman	413 268-8410
<b>Worthington COA</b> , Sandra Epperly	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  
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Coordinator

Kathy Boisvert

Liz Loven

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Lorraine Brisson

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

*Save the Date!*

**4D1G Gospel Group & Choir**

Goshen Congregational Church  
45 Main St. Goshen

**Sunday, April 28th at 3pm**

Everyone invited!

Free. Refreshments available.

Bring friends and family!



**COMMUNITY  
SOUP &  
BREAD  
NIGHT**



**ONCE A MONTH  
FIRST TUESDAYS  
5:00-6:30PM**

Come and enjoy FREE soup and bread, games, and community building. All proceeds to benefit a local Hilltown non-profit. VOLUNTEERS welcome.

**TWO MORE DATES:**

March 5  
April 2

For more info contact Seva at  
membership@oldcreamery.coop

