

Goshen Council on Aging

April 2019 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

Evelyn Culver, Coordinator
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April COA Events:

Tuesday, April 9th at Noon

Baked Ham & Roasted Chicken Dinner

Town Hall Dining Room



Spring is on its way! The committee will be making the main menu but if you would like to fill in and make your specialty, please do. Looking forward to all the great desserts that everyone makes. It makes us feel good to know there are so many dessert bakers, not to mention the people who look forward to eating those desserts!

In February we asked for your favorite valentine and what a wonderful display we got. We couldn't get over the creative arrangement of items. Sooo we thought you might like to bring in a spring item to show us. Put your thinking caps on: maybe an Easter egg, spring decoration, plant, special card, or even your special sports team. It is April!

After lunch we will have a speaker from Care One in Northampton, who will be talking to us about Medication Management. There will be a medicine take back day on April 27th from 10am to 2pm at the Goshen police station. Please get old drugs out of your home. If you have any questions, call the police station and leave a message. 268-3116.

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

Friday, April 12th at 9am
Field Trip to Country Treasures Quilt Shop

Country Treasures Quilt Shop, one of New England's premier quilt shops located in Chester, Vermont, is a fabric and notions supplier, operating since 1990. With over 6,000 bolts of fabric, 10,000 fat quarters, homespun, reproduction fabrics, batiks, a large selection of flannel, quilting patterns, notions and a gift shop, Country Treasures is not just for quilting enthusiasts. Additionally, classes are available six days per week for

students of all skill levels.

Our field trip will include a craft session taught by Suzanne Ashe, Proprietor, in which we will create a hanging fabric ornament. This will be followed by lunch in the classroom with the main dish and dessert pies from the Southern Pie Company.

After lunch, we will all have an opportunity to stroll about the shop – there is lots to see! On our return trip, time permitting, we have the option of stopping at the Vermont Country Store – a time capsule back to our youth.

We will be carpooling from the town parking lot, departing at 9am. Please arrive a few minutes early to allow adequate time for prompt departure. Arrival time is 10:30am, followed by the craft session, lunch and free time. Our anticipated return time is 4:00pm. To register, please call Evelyn at 268-3316.



Tuesday, April 23rd 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, April 29th at 10am
Coffee Hour

Coffee and a pastry will be served. Last month we could not have it because of the wind and the ice. Let's not have that happen in April. Maybe if the weather is nice we can get out and walk the parking lot. Nice time to just get out and visit.

Tuesday, April 30th at 1pm
COA Board Meeting

Our next meeting will be on the 30th in the back room of the town offices. Everyone is welcome to come and bring their ideas.

Wednesdays at 10am
Muscle Strengthening Class

The COA will be continuing the muscle strength-

ening classes through the spring on Wednesday mornings from 10-11. Everyone is welcome to attend! t's a free class but donations are welcomed to keep it going. It's never too late to start.

Goshen Age Friendly Outreach Group received a few calls last month. We are happy that people 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 something, say something.

We are looking for someone to organize a **small walking group**. There are two groups of walkers: the ones who like to go out on the trails with some company and maybe their friendly dog, and then there are the ones who can walk around the parking lot just for fresh air and some exercise. The walk organizer could schedule times and places. If this is something you might like to do or you have any ideas on this, come to our monthly board meeting on April 30th at 1pm in the back room of the town offices. If that is not possible, but you would like to help, give Evelyn a call.

We would like to thank Ronnie Loven for painting the downstairs of the town hall!

It is nice to see the fresh look. In the near future we will also see some new curtains.



Thank you to all who attended our painting class on March 9th! We had people from age 7 to 80.

Happy Birthday in April!

Claire Byrom, Michael Grinley, Susan Kalentek, Stephen Fancy, Peter Therkelsen, Annmarie Dresser, Elizabeth Loven, Scott Healy, Martha Monaghan, Beth Sperry, Steven Barrus, June Millington, Ann Marie Deres, Francis Burnett, David Tirrell, James Berube, Robert Haskell, Steven Daiber, Marcia Phillips, Victoria Verge

Birthday Forecast

warm and sunny
with scattered calls
cards and presents
extremely high chance
of cake and candles
and occasional patches
of feeling really old



Birthday Forecast - a funny... by Bad_Poetry_Goods

Zazzle

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

Seniors Aware of Fire Education

Last month, we considered ways in which grandparents can prepare a safe environment for their grandchildren. This month, let's turn things around and consider some ways children can help their grandparents keep things safe. Here are a few ways:

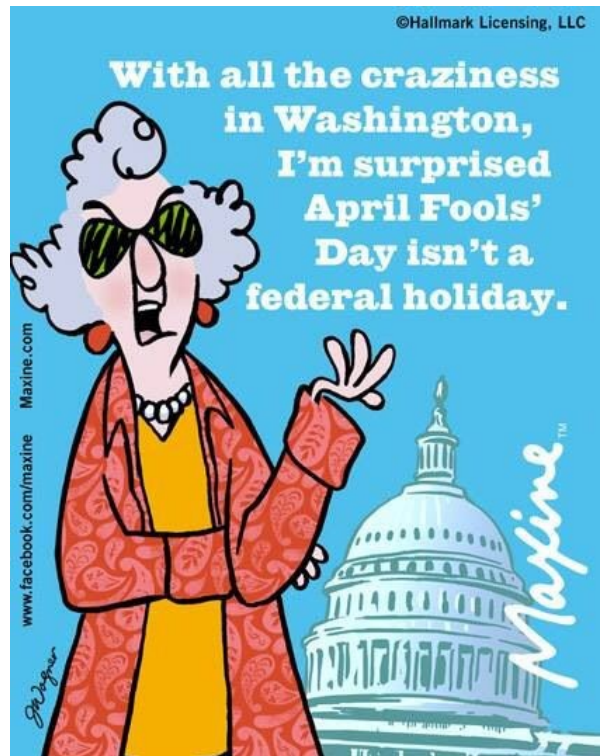
Senior 
SAFE

- Children can test each smoke alarm to make sure it is working by using a broom handle to push the test button.
- Have the children draw a floor plan of your house and mark with arrows two ways out of every room.
- Have the children help develop and draw a house fire escape and evacuation plan.
- Have the children lead a fire drill at your house and help them designate a safe place everyone can meet once out of the house.
- If your grandchild has participated in a S.A.F.E. program in school, pay attention to his/her suggestions.

Have a SAFE April!

--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 to be put on the email list.

The Big Five! Durable Power of Attorney

Remembering – “if you are unable to conduct your business, e.g., pay your bills, someone you trust and who you appointed can act for you, and do that in your best interests.”

What does this mean? Well, you know life. You have to watch your bank balance, pay your bills, file your taxes, sign a contract for house repair, sell a car, renew a CD, and on and on. So you do all this just fine, but what happens if you have an accident and go into a coma, are just too sick to do anything, or find you are getting less capable of handling your legal and financial affairs? If you have a durable power of attorney (POA), you can have someone act for you even if you become mentally or otherwise unable to take care of things.

The person you give power of attorney rights to should be trustworthy! They should also know something of your business and finances or be able to figure it out from your files. We'll write about file management later – such fun.

Powers of attorney involve a number of important decisions including who to appoint, how narrow or broad the coverage will be, when and how the POA will take effect and terminate, how the document will be stored and distributed, and how the POA fits within the broader estate plan. So, although there are do-it-yourself POA forms online, this is one document you really should ask an attorney to advise you and prepare based on your specific needs.

For more riveting reading, see: info.legalzoom.com/durable-power-attorney-massachusetts-20314.html

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

Northern Hilltown Consortium of Councils on Aging receives a three year grant award from the Executive Office of Elder Affairs

A grant proposal "Hilltown Strong Communities for Aging in Place" has received a three year grant from FY 2019 to FY 2022 to develop stronger community systems that help older adults remain in their own homes and actively participate in community life. This grant extends the Consortium's ongoing efforts to reduce isolation and loneliness of older adults by building strong community based outreach networks.

Progress made has included surveys of everyone 60 and over in the seven towns of Chesterfield, Goshen, Worthington, Westhampton, Williamsburg, Cummington and Plainfield, asking about how important the elements of AARP's "Age Friendly Communities" are to them, followed by ongoing Community Forums to discuss strengths and challenges for each town. The next step will be to form core teams that will develop strategies for improving several shared problems with transportation, accessibility, walkability, social supports and access to important information.

If you returned your survey, thank you for contributing your thoughts and ideas! If you haven't, it's never too late. The Consortium always wants to know how to best serve the seniors in our seven towns.



**Saturday, April 13th at 7pm
Chesterfield Community Center
400 Main Rd.**

**Community Forum:
Ban of Nuclear Weapons**

**Wednesday, April 10th
7:00 pm**

**Chesterfield Community Center
400 Main Rd.**

Join us and learn about the:



- 2017 Treaty on the Prohibition of Nuclear Weapons.
- Nuclear weapons industry, and the impact, costs and risks our nuclear arsenal has on life on earth.
- Development and meaning of becoming Treaty Aligned as a community

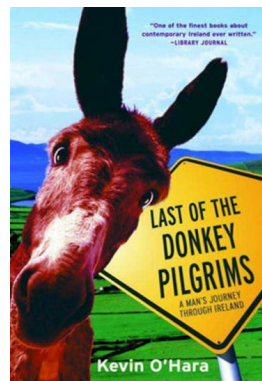
Speaker : Lydia Wood
NuclearBan.US

Hosted by Chesterfield Council on Aging

**You're Invited:
Come to Ireland with Kevin O'Hara**

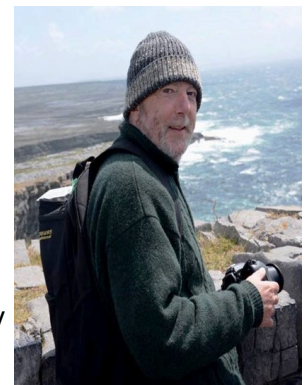
**Sunday, April 28th
2-4pm**

**Chesterfield Comm. Ctr.
400 Main Rd.**



Kevin is the author of two memoirs, "Last of the Donkey Pilgrims", the story of his 1,700 mile, eight month journey around Ireland with his faithful

donkey "Missie", and "Luck of an Irish Lad", a precise and witty story of growing up in America as an Irish Catholic in the 50s and 60s. Mr. O'Hara is an accomplished photographer and storyteller. Please join us at the Chesterfield Community Center where he'll entertain us with tales and photos from his whimsical but timeless donkey journey of long ago.



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.**

*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.

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.

*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 4 seats available.** Trip insurance 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. Trip insurance available.

July 11: Westchester Broadway Dinner Theater, **On Your Feet**, the story of Pop Latin star Gloria Estefan. Enjoy the lively upbeat music. Cost is \$126. Luncheon prior to the show at the theater. There is a \$10 discount if paid in full by May 20.

*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.

*October 10: **A Day in Vermont.*** Cost TBD. There is a \$10 discount if paid in full by August 15. Visit and shop at some quaint places in Vermont. Luncheon included at West River Marina Restaurant. Enjoy the foliage by the river.

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

On February 12th, a group of about 40 people came to celebrate the 50th anniversary of the Wild and Scenic Rivers Act and Westfield River's 25 years as a National and Scenic designated river.



**Goshen COA
Board:**

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Out and About in April

Tues. April 2nd, 5-6:30pm

Community Soup & Bread Night

The Old Creamery, 445 Berkshire Trl. Cummington

Come and enjoy FREE soup and bread, games, and community building. All proceeds to benefit a local Hilltown non-profit. VOLUNTEERS welcome. For more info, contact Seva: membership@oldcreamery.coop

Weds. April 10th at 7pm

Community Forum: Ban of Nuclear Weapons

Cfield Comm. Ctr. 400 Main Rd., Chesterfield

See flyer on page four.

Fri. April 12th & May 17th at 9am & 10am

Spa Day at Smith Vocational

80 Locust St. Northampton

Last spa days of spring! 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.

Sat. April 13th at 7pm

Square Dance

Cfield Comm. Ctr. 400 Main Rd., Chesterfield

See flyer on page four.

Sun. April 21st at 8:45am

Easter Breakfast

Goshen Congregational Church, 45 Main St. Goshen

Come and enjoy a delicious breakfast on Easter morning before church service. The fellowship will provide the food.

Sun. April 28th at 2pm

The Goshen Town Hall: Myth and Fact

Goshen Town Hall, 42 Main St. Goshen

Norene Roberts will explain how the current 1911 town hall replaced the first one, who was involved, how money was raised, who was hired to design and oversee construction, some of the design features, and information uncovered in the 2016 historic rehabilitation. This is Goshen Historical Society's first program of 2019. All welcome!

Sun. April 28th from 2-4pm

Come to Ireland with Kevin O'Hara

Cfield Comm. Ctr. 400 Main Rd., Chesterfield

See flyer on page four for more info.

Sun. April 28th at 3pm

4D1G Gospel Group & Choir

Goshen Congregational Church, 45 Main St. Goshen

Everyone invited; bring your family and friends! Free. Refreshments available.