

# Goshen Council on Aging

## May 2019 Newsletter



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

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

### May COA Events:

#### Friday, May 10th at 10am Walking Group

The walking group will begin on Friday, May 10th at the DAR beach parking lot. This is open to anyone who would like to join! At this first walk, folks can talk about how often the group would like to get together and where. It would be nice to walk on the several trails that are in the area. Just remember to wear comfy shoes and bring water. If you have any questions, please call Jane McGrath: 268-7077. It's more fun to walk in a group, so we hope to see you!

#### Tuesday, May 14th at Noon

### *Spring Fling Dinner*

Town Hall Dining Room



May will bring May flowers but it will be a surprise what our May luncheon will bring! It will be a meal with variety, but not sure yet of all the details for our spring fling. You will have to come and see what it will be and bring a sweet if you want. But, if you get spring fever and don't feel like baking, that will be fine, but we do always look forward to our many different kinds of desserts. Mike Rock will be around afterward to do a quick review on how to call for help in an emergency. You should always know your surroundings in case of emergency. Mike is the Highland Ambulance Director.

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

#### Friday, May 17th at 10am 3rd Friday Field Trip

Our 3rd Friday Field Trip will be to the Robert Barrett Fishway in Holyoke. We will be leaving the town parking lot at 10am and are planning on using the Easy Ride van. We will be stopping for lunch on our way home. Lunch cost is on your own.



#### Monday, May 20th at 10am Coffee Hour

This month, coffee hour is a week earlier than usual because of Memorial Day. Coffee and a pastry will be served. Come out and visit!

#### Tuesday, May 28th 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.

#### Tuesday, May 28th at 1pm COA Board Meeting

Our next meeting will be on the 28th 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 strengthening classes into June 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.

### Other events:

#### Saturday, May 18th, 9am-3pm Clothing Exchange at Goshen Cong. Church

See back page for more info.

#### Saturday, May 25th, 10-5 Goshen Town Tag Sale

Outside the town office building, 40 Main Street.  
Bring your own tables, chairs, and sale items.



Keep our **"Goshen Age-Friendly Outreach Group"** in mind! If you need help with something and not sure if you can do it, let Henrietta Munroe, chairman of the outreach group, know about it and she can find you some help: 268-7465.

**Save the date of June 15th!**

The COA, Goshen Congregational Church and the Library will be hosting the Ashfield Community band and an Ice Cream Social.



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

Wayne and Kathy Eastman on the passing of both of Wayne's parents: Wayne Eastman, Sr. and Alice E. Eastman.

Gary and Roxanne Cunningham on the passing of Gary's dad, Lester Cunningham.

Norene and Joe Roberts on the passing of Norene's mother, Norma Harry Bagnall. We also send condolences to Arlene Harry, who was Norma's sister-in-law. Norma lived to 102.



Sarah the Fiddler drew quite the crowd on March 31st! Thanks to everyone who came out!

**Happy Birthday in May!**

Lois Bacon, Ann Hackler, Alice Barrett, Susan Smith, Charles Constantilos, Janet Goss, Janice Ellis, Gaye Reinhold, Susan Zuroff, John Miller, Fenida Kandrotas, Robert Berrena, Mario Arrubla, Rosemary Bienz, Anthony Thomas, Glenn Richardson, Darlene Wolfe, Michaela Malinowski, Pamela McCarthy, Edward Dzenis, Mary Richardson, William Gardner, Richard Malinowski, Hermine Antelman

**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



Spring is finally here and we love getting out in it, even with the Spring chores. Here's a couple of ideas on how to enjoy spring safely:

- Fill your mower with gas when the engine is cool.
- Store gasoline outside the house, in a detached garage or shed.
- If you get gas on your clothing, remember it's the gas vapor that is flammable, so wash them as soon as possible.
- Store gas only in the RED containers marked for gasoline.
- Do not start cooking fires with gasoline.
- It's supposed to be another bad year for ticks, so cover up and spray before going out for a hike or yard work.
- Check for ticks on you when coming in from being in the great outdoors.

Enjoy a SAFE Spring

--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.*

## Things I Learned from MOM



1. We don't live in a barn.



2. Life's not fair.



3. Things don't just sprout legs and walk away.



4. You are not my maid.

**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! Advance Directive, aka Living Will, and the MOLST

This is not the most pleasant thing to think about, but I'm betting the majority of us saw the situation or have experience in which a person was not allowed to die with dignity or in their own way. An advance directive will let you spell out any wishes about the types of care you do or do not wish to receive, if you are unable to speak for yourself.

How NOT to do it: decades ago, my parents wrote a living will and mailed me a copy, then started on a road trip of some weeks duration. I had no idea *what* they had written, *why* they had written it, *where* they had gone, *what* they were doing or were *going* to do. Things are better now – we can talk about the subject and prepare documents with a lot of thought for and knowledge of medical circumstances we might face.

In our state, we also have the MOLST – Medical Orders for Life Sustaining Treatment. We have been given a copy by hospitals, the VA, and perhaps a doctor's office to fill out and have on file. This standardized form lets us indicate what forms of life-sustaining care we might or might not want, and the form can stand alone or be used in conjunction with a separate advance directive that provides additional information regarding our wishes. It is helpful to talk about the form with others, like your family, health care proxy, and doctor, to ensure that they will do their best to follow the instructions you leave. Two good online resources are: [www.molst-ma.org/download-molst-form](http://www.molst-ma.org/download-molst-form) and [www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/living-wills/art-20046303](http://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/living-wills/art-20046303)

You've talked with your family and doctor, filled out and signed the paperwork, had it signed or witnessed, so now what? Keep the originals where they can be found. Tell your family you have done this (please!). Give a copy to your health care providers and your health care proxy (see March newsletter), and carry a card in your wallet that says you have a MOLST and advance directive. If you travel, take a copy with you. Then continue to enjoy your life!

To a long life,

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

**Northern Hilltowns Consortium of Councils on Aging welcomes Deb Hollingworth**

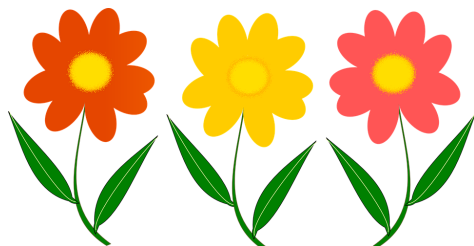
Deb is filling the new position of Regional Community Facilitator. She will help each COA and community develop the next phase of the "Hilltown Strong Communities for Aging in Place" grant initiative from the Executive Office of Elder Affairs. Deb comes to the position with extensive experience in aging. The best summary of her background and achievements has been noted in the Jim Quinn Human Services Award she received:

*Deborah Hollingworth has been saying "how can I help you" for the past 25 years as she answers calls from seniors, their family caregivers and fellow colleagues, connecting them with the resources they need. Deborah is a licensed social worker, has been a SHINE counselor for 20 years, a Certified Information Specialist for almost a decade, but perhaps more importantly, has been a parent caregiver herself. Having been there, done that, makes it easier to help folks dealing with the same issues.*



*In addition to helping seniors and their families, Deborah has worked as a jobs counselor, provided family support services for Food Pantry clients, and social work for VNAs. She has presented workshops for seniors, health care professionals, family caregivers, college students in a variety of settings including 14 years as a workshop presenter at the WNEU social work conference, guest speaker for Smith College's school of social work, programs at HCC, AIC, STCC, GCC, Westfield State and Jewish Community Center's Life Enrichment series, as well as the Massachusetts Law Reform Institute, and National Agency on Aging conference, as well as a guest on Susan Kaplan's Water Cooler series on WGBY.*

**Welcome, Deb!  
Our Consortium is lucky to have you with us.**



**Help and Support for Caregivers**

As a caregiver for a parent or spouse, or for a child with special needs, you may feel overwhelmed and at times invisible. And you may develop caregiver fatigue. Williamsburg Senior Center would like to start a Caregiver Support Group if people are interested. Contact Sherry or Jenn at 268-8407.

**ART EXHIBIT**

**Gray and Gay:**

**Reflections on Love Makes a Family**

**May 1-June 30**

**Reception: May 19, 2-5pm**

**Chesterfield Community Center  
400 Main Road Chesterfield, MA  
Hosted By Chesterfield Council on Aging**

**The art exhibit opening at the Community Center features** the photo text exhibit "Love Makes a Family". First shown 25 years ago, it features twenty LGBT families. Although originally intended to bring a positive image to families not usually represented in schools and colleges, it became a milestone in the movement when an Amherst grade school and the creators of the exhibit were sued by five families in order to keep it from being shown. This lawsuit became a national case and brought national press attention to the issue.

Please join us on May 19 from 2 to 5 at the Chesterfield Community Center to see the exhibit, talk with friends and enjoy light refreshments.

# Stronger than Yesterday



## 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.

Weds. 9am, Westhampton Woods, Unit F  
Led by Michelle Morales-Wolk  
Beginning 4/17 for 10 weeks.

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 and Ray Fontaine organize hikes around the Westhampton / Easthampton area. To get on their email list, drop Chuck a line: charleshorn@gmail.com*

## Muscle Strengthening Classes

*Strength training keeps your bones strong and helps maintain muscle mass. Led by Joan Griswold.*

Mon. 10am, Plainfield Town Hall  
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

## 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

### Cummington:

Anne Parsons, 634-2262, coa@cummington-ma.gov

**Goshen:** Evelyn Culver, 268-3316, ematkcc@aol.com

### Westhampton:

Julia Lennen, 537-9880, westhamptoncoa@comcast.net

### Williamsburg:

Jenn Hoffman or Sherry Loomis, 268-8407,  
sloomis@burgoyne.org \* Financial aid may be available for Wburg residents.

### Worthington:

Sandy Epperly, 238-5584, coa@worthington-ma.us

**Goshen Council on Aging  
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Goshen, MA 01032**

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## Out and About in May

**Fri. May 17th at 9am & 10am  
Spa Day at Smith Vocational**  
*80 Locust St. Northampton*

Last spa day of spring! Cosmetology students are offering: 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. May 18th, 9am-3pm  
Clothing Exchange**

*Goshen Congregational Church, 45 Main St., Goshen*

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Weds. May 15th from 6-8pm and Fri. May 17th from 9am-3pm, then come back to shop on Sat. the 18th from 9am-3pm! All are invited to participate whether you donate clothes or not.

**Sat. May 18th, 5-9pm  
The Burgy Senior Prom**

*Anne T. Dunphy School, Earl Tonet Gym  
1 Petticoat Hill Rd., Williamsburg*

You are invited to join Williamsburg at our Senior

prom! Dancing, live music and a DJ, finger foods & punch, prizes, photo booth and vintage cars! Dig out your vintage wear or come as you are! (No jeans please.) Did you go to your Senior Prom? If so, tell us your stories or bring pictures. If you didn't, you get a second chance without the first-date jitters! Please RSVP to the Senior Center: 268-8407.

**Thurs. May 23rd, 6:30pm  
Green Burial Presentation**

*Westhampton Library, 1 North Rd., Westhampton*

Have you thought about being environmentally-friendly even after you are gone? Natural or "green" burial is the interment of the dead in a simple coffin or shroud without the use of embalming fluids, allowing natural decomposition of the body. Curious and want to learn more? Speakers Kate Mason, a retired hospice nurse and Joan Pillsbury, a retired nurse, are both involved with Funeral Consumers Alliance of WM and Green Burial Massachusetts, will give us an overview and answer your questions.

**Thurs. May 30th, 2pm  
Medicaid, Trusts and Probate Presentation**

*Westhampton Library, 1 North Rd., Westhampton*

The Mass Bar Association is providing a presentation on Medicaid, Trusts and Probate. Northampton Attorney Mary Melnik-Penney has been matched with us through the Elder Law Program and will be the presenter. This would be a good time to come and hear about "Taking Control of your Future". All ages welcome to attend.