

Goshen Council on Aging

June 2019 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

June COA Events:

Wednesdays at 10am
Muscle Strengthening Class, Town Hall

Our last class will be on **June 5th**, but we plan to resume in September. Thank you to our leader, Joan, and to everyone who participated!

During the summer, Joan will have a walking group on Friday mornings at 10am. They are planning to walk on some trails, so if you are interested and want to know where they will meet call Jane McGrath 413-268-7077 or email Joan: joan@bybhealth.com. Just remember to wear comfy shoes and bring water. Friendly spouses, partners, friends, and dogs are welcome!

Tuesday, June 11th at Noon

June Luncheon
Town Hall Dining Room

Andrea Luttrell, a Nutritionist from Big Y, will be with us at our luncheon. Andrea is planning on giving us some good ideas on what we should and should not be eating. We will try to have a nutritious lunch for you but I'm sure other goodies will get on the menu.

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

Saturday, June 15th at 2pm

Ice Cream Social

Save the date of June 15 for our ice cream social! Last year was so much fun that we have added to it. The **Ashfield Community Band** will start our afternoon with a concert starting at 2pm. This band has been together for eight years, and the director is Cynthia Mangsen. This event is being sponsored by the Goshen Cultural Council, and is



open to all ages. Bring your family and please bring your lawn chairs!

The Goshen Free Library will be open during this time so you can see what the summer reading activities will be. At 3pm, the COA will be serving ice cream sundaes. Spread the word, invite your neighbors and come spend a summer afternoon in the center of town at the town hall on June 15th



Friday, June 21st at 11am
3rd Friday Field Trip

The weather has not been cooperative so we are not sure if the place we have planned will be ready, but if not, we will still be smelling the flowers. The van will leave the town parking lot at 11am and be back by 3pm. We will be stopping for lunch on our way home. Lunch cost is on your own. Evelyn has to know who is going ahead of time, so she can arrange for the van. Please give her a call if you plan on going.

Monday, June 24th at 10am
Coffee Hour, Town Hall Dining Room

Coffee and a pastry will be served. Come out and visit with your neighbors!



Tuesday, June 25th at 9am
Foot Care Clinic, Town Hall

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, June 25th at 1pm
COA Board Meeting

Our next meeting will be on the 25th in the back room of the town offices. Everyone is welcome!

The Goshen Age Friendly Outreach Group is helping with answering questions and getting rides for people, so keep that in mind this summer if you need anything call Henrietta Munroe, chairman of the board: 268-7465.

Are you interested in playing cards?

The COA would like to set up a **Pitch tournament** in September. We do need some interest to plan this, as we want several teams. If you think you would like to do this, or have any ideas, please let Evelyn know. Right now we are talking about a Friday or Saturday afternoon. This is open to everyone; you do not have to be a senior or from Goshen.



*Her charming song so exquisitely sweet.
So mellow the gentle breath of June day breeze
The birds rejoicing on the leafy trees
And dappled trout in pool bed of the stream
Bask in the sun their spotted skins a gleam.*

- Francis Duggan, "June"

Save the Date!

Saturday, July 27th

Family Fun Day at Tilton Town Field

The Goshen Women's club will be sponsoring a family afternoon over at the Tilton Town Field. The band Sidetracked will be performing. They play a variety of music! There will also be games for the children and hot dogs and hamburgers will be served.



Happy Birthday in June!



Edmond Greenwood, Donald Boisvert,
Lynn Rancourt-Tomasaukas, John Monaghan,
Patricia Murphy, Susan Wallace, James Sands,
Constance Schwaiger, Darlene Roberts,
Diane Mollison, Gregory Linscott
Elinor Gagnon, Norene Roberts, Jonathan Mayer,
Jean Adamites, Richard Williams, Henri Zajac,
Deborah Zebrowski, Valerie Durant,
Richard Schneider, Joanne Bradshaw, David Lutz

***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

Yeah! June is upon us, the beginning of summer weather (we hope) and with the summer weather come some rather nasty storms. Here are few things you can do to weather summer storm power outages:

Senior 
SAFE

- Use a flashlight or battery-powered lanterns. Do NOT use candles.
- Keep refrigerator and freezer doors closed as much as possible.
- Turn off or unplug major appliances, so they will not be damaged by the electrical power surge when power is restored.
- Use portable generators cautiously. Operate them only outdoors in a well-ventilated area. Refuel it only after it has cooled. Do not connect a generator to your home's electrical system except through an approved installed in compliance with your local electrical code.
- Do not go near and never touch a downed wire; it may be energized.

Ride out the summer storms, SAFELY!

--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.

Do you want to eat more fresh, healthy, and locally-grown produce, but find it too expensive or difficult to get?

If you receive SNAP (Food Stamps), or if you are eligible and willing to sign up for SNAP, you may be able to participate in a 10-week Hilltown-grown farm share that is 100% reimbursable through your HIP (Healthy Incentives Program) benefit! You can choose the right size share for your household and pick up your weekly assortment of local fruits and vegetables in Huntington or Worthington without spending any additional SNAP dollars. This "Hilltown Mobile Market" pilot program is available to Hilltown residents this summer and there are a limited number of spots open. To find out more about how to sign-up, go to tinyurl.com/foodinterest or contact Caitlin Marquis at 413-588-5562.



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! HIPAA Release

We've reached the last of the Big Five! The Health Insurance Portability and Accountability Act release "will let your Health Care Proxy get all your medical records, avoiding privacy restrictions and doing a better job for you." It does that and more – read on, if you would.

Permission. Overall, this means that we each have a right to see our own health records. I'm old enough to remember when we did not have that right! Those were barbaric times. Also, because my husband and I each filled out a HIPAA release in the medical offices we visit, we can talk to each other's doctor, make an appointment, refill a prescription, take a message, etc. It is all quite convenient.

Privacy. You can control whether your medical information is shared or not. You can prevent someone from accessing your records, OR you can give someone the right to see them so they can help you in some way.

Partial. You can specify which medical records can be seen by the person you list on a HIPAA release. You could allow your sister to talk to your pharmacy, for instance, but not any of your doctors. You could allow a nurse at your work place or a new doctor to see a specific medical test result, but nothing else.

Two websites with lots more on the HIPAA:

www.hhs.gov/sites/default/files/ocr/privacy/hipaa/understanding/consumers/consumer_rights.pdf and
www.hhs.gov/hipaa/for-individuals/index.html

Privately,

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

Accentuate the positive; it's good for your health!

Many people have offered information about positive living but one author, Joanna Castro, from Lifestyle Fifty, best captures the "11 positive things nobody tells you about aging", which are reprinted below:

1. You don't always have to be right.

Remember when you were younger, how important it was to be right? Well, as the years pass by, we begin to understand that being right isn't nearly as important as listening to and weighing up every side of the argument, even possibly deferring to someone else's point of view. We begin to understand that it's often better to lose a few battles in order to win the war.

2. You learn not to judge.

In the Western world, we learn early on to want material things and strive to get them. While this isn't altogether bad, it often brings with it envy and jealousy. We might begin to judge others on their material assets and not on who they are as people. As we get older, 'stuff' becomes less important than people and relationships and we learn not to judge, but just to accept people as they are.

3. You begin to want less.

We accumulate so much 'stuff' on our journey through life in the Western world and much of this is redundant and in excess of what we actually need. As we get older, we begin to realize that sometimes less is more. It's an incremental understanding that we don't need to surround ourselves with a whole lot of material things.

4. You gain more confidence in making decisions.

It's true that age brings wisdom. It can also bring more confidence. Why? Because we accumulate Experience with a capital "E" as we journey through life and our life lessons are powerful tools to draw from to make future decisions. Yes, we've made mistakes, but we've learned from them and that instills an innate confidence for future decision making.

5. Your children become your friends.

It's hard to think of our children as friends when they are firstly so dependent upon us and then perhaps when they're rebellious against us, or even hate us, during their teenage years. What nobody tells us is that as they become adults, grow into their own lives and fulfill their own dreams, we as parents take on a different role. Children now return to the family home and hearth as individuals in their own right and as friends.

6. You understand that there's no point in telling anyone what to do.

At some stage in your life you might feel the urge to offer unsolicited advice and think that you're doing someone a favor. At a certain age, you then realize that there's no point in telling anyone what to do, that actually, if you think about it, being given advice you didn't ask for doesn't feel very nice. What does feel good, though, is if someone plants a seed for you to ponder which leads you on to find the right answer yourself.

7. You learn that wrinkles should be worn with pride.

For women especially, the onset of the first wrinkle is a day of some grief and in the years of growing up, a wrinkle-free face is falsely deemed a prerequisite of beauty by our youth-centric society. Later in life, we realize that we are fortunate to be growing old and that wrinkles stand as a testimony to our experiences. It shows that we have successfully navigated the troughs and peaks of life. Wrinkles represent the days of our lives, each telling a different story.

8. You are able to treat your parents with unconditional respect.

Our parents, although we love them, may have driven us mad at some point in our lives, and for those of us with children ourselves, the pattern is repeated. As we get older, we learn how to treat our mothers and fathers with respect and how to have patience as they reach their autumn years because we have better understanding of the trials and tribulations they have gone through in the process of aging.

9. It's O.K. to play the fool again.

As children we laughed, played the fool and generally didn't think too much about what other people thought about us. Then our egos developed, self awareness set in and we began to reign in our inner child, and squash the idiosyncratic part of us that was once so spontaneous. When we reach a certain age, it begins to matter less what other people think and not taking ourselves so seriously becomes an option once again.

10. You learn not to criticize.

As we get older, we learn there's little value to be gained by criticizing anyone. If we need to say something, it's far better to say something positive than dwell on what's negative. By mid-life, we have learned through trial and error that positive reinforcement always puts us in a much better position.

11. You are thankful for growing old.

Not everyone grows old. Many die before their time or in the prime of their life. With age comes gratitude and the knowledge that with every passing year we are privileged, and being grateful becomes a daily ritual that enhances our lives in so many positive ways.

* You are invited to the *
* * * * *
* **Northern Hilltowns Celebration of** *
* **our Membership in the AARP Network Of** *
* **Age Friendly Communities** *
* * * * *
* Thursday, June 27, 4-6pm *
* Chesterfield Community Center *
* 400 Main Road, Chesterfield MA *
* * * * *
* RSVP by June 15 *
* coa@townofchesterfieldma.com *
* or call 413-296-4007 *
* * * * *
* Refreshments served. Representatives from *
* the State Office of Elder Affairs, AARP Massa- *
* chusetts and the Massachusetts Healthy Aging *
* Collaborative will join us and our hilltown *
* neighbors for this kickoff event. *
* * * * *



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.**

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.

June 25: A presentation by Friendship Tours / Ship Shop about an upcoming 14 day Mediterranean Cruise in 2020 will be held at the Northampton Senior Center starting at 5:00 p.m. Come see what it's all about.

July 17: New Date. Westchester Broadway Dinner Theater, On Your Feet, the story of Pop Latin star Gloria Estefan. Enjoy the upbeat lively music. Cost is \$126. Pre-show luncheon at the theater.

August 8: Museum of Russian Icons & Worcester Art Museum. Enjoy a guided tour of the Russian Icon museum in Clinton, MA. A Buffet Lunch is included at O'Connor's Restaurant in Worcester. Conclude the day at the Worcester Art Museum for a guided tour. Cost is \$109. There is a \$10 discount if paid in full by **June 3.**

Oct. 10: A Day in Vermont. Cost \$78. There is a \$10 discount if paid in full by August 15th. Visit and shop at some quaint places in Vermont, including the Vermont Country Store in Weston. Luncheon included at West River Marina Restaurant. Enjoy the foliage by the river.

**Coming in 2020:
Mediterranean Cruise - 14 Days -**

Via the Royal Caribbean's Vision of the Seas

From \$2,579

Come to a presentation on June 25, 2019





What's in a scam?

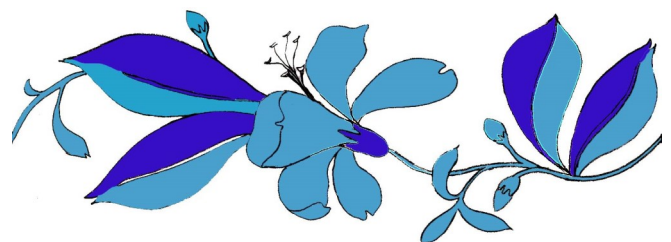


Learn about Scams, Fraud, and Identity Theft including:

- ◇ Telemarketing
- ◇ Why to be on the "Do Not Call List"
- ◇ Signs of a scam
- ◇ Common scams
- ◇ How identity theft happens
- ◇ What to do if your identity is stolen

Weds. June 19, 2019, 1:30 p.m.

Where:	Chesterfield Community Center 400 Main Rd, Chesterfield, MA
Who:	Ann E. Lynch Assistant Attorney General
Sponsors:	Hilltown Community Development www.hilltowncdc.org , 413-296-4536  Enriching lives in a rural economy Office of Attorney General Maura Healey www.mass.gov/ago 617-727-8400 



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

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Goshen COA
Board:**

Evelyn Culver,
Coordinator

Kathy Boisvert

Liz Loven

Henrietta Munroe

Sandy Papush

Lorraine Brisson

Newsletter Editor
and Designer:
Kristen Estelle
regionalcoanews@gmail.com

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Out and About in June

**Tuesdays, 11:30am
Meditation & Relaxation Class**

Wburg Senior Ctr, 141 Main St., Haydenville, MA

Class dates: 5/28, 6/25, 7/9, 7/23, 8/6, & 8/20. Class will be taught by Lynn Lovell who teaches yoga and music in the area. Come and learn how to meditate and relax with Lynn! Please contact the Burgy Senior Center if interested at 268-8407.

**Wednesday, June 12th at 1pm
Caregiver Support Group**

Wburg Senior Ctr, 141 Main St., Haydenville, MA

As a caregiver for a parent, spouse, or a child with special needs, you may feel overwhelmed and, at times, invisible. Our support group will be held monthly on the second Wednesday at 1:00 pm at the Senior Center Café. Call 268-8407 to sign up. ALL are welcome!

**Wednesday, June 19th at 1:30pm
What's in a Scam?**

Cfield Comm. Ctr., 400 Main Rd., Chesterfield, MA

More info on page 5.

**Wednesday, June 26th at 12:30pm
Music & Comedy with James Kitchen & Mike Metzger!**
Wburg Senior Ctr, 141 Main St., Haydenville, MA

You won't want to miss this! Come and enjoy these two local cut-ups—they're not only funny but good musicians too! (If you'd like to come at 11:45 for lunch, please call two days ahead to reserve: 268-8407.) All are welcome!

**Thursday, June 27th from 4-6pm
Celebration of AARP Membership of Age-Friendly Communities**

Cfield Comm. Ctr., 400 Main Rd., Chesterfield, MA

The Northern Hilltowns have been recognized by AARP as being age friendly communities! More info on page 4.

