

Goshen Council on Aging

July 2019 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

July COA Events:

Tuesday, July 9th at Noon

Summer Luncheon

Town Hall Dining Room

JULY!! It is finally summer and the COA board has decided to have a summertime luncheon on July 9. It will be a light lunch, and, if you don't want to cook, it's the place to be at 12 Noon. If you would like to bring a dish or a dessert, it is always welcome. Our appreciation luncheon will be at the ball field in August.



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

During the summer, Joan Griswold will lead a **walking group on Friday mornings at 10am**. They are planning to walk in different areas, some trails and some just on roads. 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! Each week they post the designation.

Tuesday, July 23rd at 9am
Foot Care Clinic, Town Hall

For an appointment at the Town Hall, call Liz Loven to schedule: 268-7122. For an in-home visit, call Piper directly: 413-522-8432.

Tuesday, July 30th at 1pm
COA Board Meeting

Our next meeting will be on the 30th in the back room of the town offices. Open to the public!

Our third Friday trip in May to the Fishway was so much fun, but July may be too hot, so we will take time off and stay cool. We will be making plans for next year so if you have any sugges-

tions, let Evelyn or any board member know. We will be looking into new entertainment for our luncheons also, so if you want to participate or know of something we should be learning about, let us know. We do have to plan ahead since our newsletter information has to be in early.



Field trip participants at the Robert E. Barrett Fishway in Holyoke.

There will not be a Coffee hour in July or August. Make some plans with your neighbors to have tea under the shade trees; after all, it is summer! We should be outside when possible.

The Goshen Age Friendly Outreach Group will be willing to help all summer, so if you need anything, just call Henrietta Munroe: 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 need 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; do not have to be a senior or just from Goshen.

Other news:

The town has a new web page: www.goshen-ma.us. I would like to thank the people that got it up and running. Very nice! Lots of information on

it about our town's happenings. It has the results of the last special election for the new school roof. The yes vote won. There were 105 voters that day.

The next special election will be **Monday, July 15th from 4-8pm**. We will be voting on a new selectman to replace James Heroux, who resigned. Kris Bissell was nominated for the seat at the June 3rd caucus.

Sunday, July 21st at 2pm
The Lunch Box...Crossroads of Williamsburg
By Anthony Thomas Jr.
 Town Hall

Tommy will give a talk from his 2018 published memoir on 36 years as a restaurateur in Williamsburg at the popular Lunch Box. Sponsored by the Goshen Historical Society. Free and open to the public!

Saturday, July 27th Noon-5pm

Family Fun Day

at Tilton Town Field



The Goshen Women's Club will be sponsoring a Family Fun Day over at the Tilton Town Field on July 27th! There will be fun and games for the children, 16 vendors for the adults, and the Go-

shen Fire Department will be there. The band Sidetracked will be performing, playing a variety of music. You can also buy hot dogs, hamburgs and drinks while you sit and relax. Denise Caputo (413-268-3177) is the one to contact and she is looking for raffle prizes and baked goods individually wrapped to sell. Rain or shine!

Three sisters ages 92, 94 and 96 live in a house together.

One night, the 96 year old draws a bath. She puts her foot in and pauses. She yells to the other sisters, "Was I getting in or out of the bath?"

The 94 year old yells back, "I don't know. I'll come up and see." She starts up the stairs and pauses. "Was I going up the stairs or down?"

The 92 year old is sitting at the kitchen table having tea and listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful, knock on wood." She then yells, "I'll come up and help both of you as soon as I see who's at the door."

Happy Birthday in July!



Lisa Newman, Linda Clapp, Ronald Loven, Roger Culver, Shirley Toczydlowski, Helen Mollison, Caren Miller, Donald Martino, Rose-Marie Carr, Peter Andreas, Gary Cunningham, Patrice Woodward, Wendy Connell, Susan Gesmer, Barbara Querceto, Jane O'Riordan, Yvonne Gittelson, William Kelly, Rita Petko-Sands, Mary Lou Joyner, Evelyn Kellogg-Culver, Marcia Chen, Jeffrey Bliss, Evan Daniels, Laurie St. Amand, Pamela Skinner, Constance Baugh, Chester Brown, Henrietta Munroe, William Fivel, Santha Parke, Cynthia Roberts, Ronald Freund, Ernest Carver, Denise Linscott, Thomas Rudzik, Richard Larson, Anna Dow, John Kroll

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



Summer is really here...finally! Many of us will be spending some time away. Here are a few ways you can make your hotel/motel stays safe:

- Choose a hotel/motel protected by both smoke detectors and fire sprinklers.
- Read the escape plan posted usually on the inside of the door into your room.
- Count the number of rooms between your room and the nearest two fire exits.
- Open the exit doors to make sure they are not locked or blocked.
- Keep your room key card by your bed and take it with you if there's an alarm sounding.
- If you hear an alarm, leave immediately, closing all doors behind you.
- Always use the exit stairs -- never use elevators during a fire because they may be functioning as chimneys.

Have SAFE summer travels!

--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.



Who on Earth to Ask???

If you followed the last five months, you know you should find another person or persons to act as your proxy for health care, serve as power of attorney, and as executor or personal representative. This is admittedly not an easy thing and I cannot do the topic justice in the space I have to write.

To make things worse, it is recommended that you appoint a backup person as well! So ideally you may need to find 3 or 4 folks to help you out. The person who can be compassionate with you and also be firm with medical staff may not be the best person to keep tabs on your finances or close out your estate. However, the person with your power of attorney may also be your personal representative after your death.

Let me list some characteristics to think of when you are considering who to ask to serve your needs. My hope is that you can mentally review the list and identify people who match, whether they are family, friends, children of friends, or legal or banking staff.

- Trustworthy and loyal to you and your needs, responsible
- Persistent and resourceful, a good communicator
- Financially literate, to match the complexity of your finances
- Younger than you and in reasonably good physical and mental health

The ideal? It may be a responsible child who lives near you, can get along with the siblings, has a good head on his/her shoulders... another typical option is your partner or spouse. BUT – what if your child is not as capable as you would like? What if your partner is in the first stages of dementia? Then keep looking...

A reminder - legal aid for low-income seniors may be available through the Hampshire Elder Law Program, 413-586-8729, or Community Legal Aid, 413-584-4034. We are also fortunate to have many knowledgeable elder attorneys in the area.

Good luck,

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

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

Consider buying your produce at the **Hilltown Mobile Market, a new program starting July 25th!** The Hilltown Mobile Market will offer 10-week farm shares at a cost of \$5 a week, as well as the opportunity to shop for fresh produce closer to home just like you would at a farmer's market or farm stand. If you receive SNAP (Food Stamps), you can sign up to get all of your money back for the cost of the farm share through the Healthy Incentives Program (HIP)!

You can shop for produce or pick up your farm share at two locations and pick-up times:

Thursdays, 3 - 5 pm at 48 Old North Road in Worthington or Fridays, 3 - 5 pm at 24 Russell Road in Huntington. This program will

run from July 25th to September 27th and there are limited farm shares available, so go to www.tinyurl.com/foodinterest or contact Seva Tower at sevat@hilltowncdc.org or (413) 824-1840 to express your interest in signing up for a farm share.



Part-Time Work Available

Helping Westhampton area elders with housework, transportation to appointments and various household chores @ \$15.00 per hour.

For info, call:
Hilltown Elder Network (HEN)
Westhampton Coordinator,
Lilly Baxter:
413-527-1532



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.

Central Hampshire Veterans' Services – Hilltown Schedule



Williamsburg Town Hall

141 Main Street
Haydenville, MA 01039

Hours: Every Monday- 2:00 to 4:00

Cummington Community House

33 Main Street
Cummington, MA 01026

Hours: 1st and 3rd Monday- 9:00 to 11:00

Goshen Town Offices

40 Main Street
Goshen, MA

Hours: 1st and 3rd Monday- 11:30 to 1:30

Worthington Town Hall

160 Huntington Road
Worthington, MA 01098

Hours: 2nd and 4th Monday- 9:00 to 11:00

Chesterfield Community Center

400 Main Road
Chesterfield, MA 01012

Hours: 2nd and 4th Monday- 11:30 to 1:30

For additional information or to schedule an appointment with the Veterans' Agent, please contact our main office at 413-587-1299. Our main office hours are: Mon, Wed, Thurs, and Fri – 8:30am to 4:00pm, and Tues – 8:30am to 1:00pm.

Main Office: Central Hampshire Veterans' Services, Memorial Hall, 240 Main Street, Room 4, Northampton, MA 01060

Pancake Breakfast	(Firehouse)	7:00 - 10:00
Food & Vendor Booths		8:00 - 1:30
Historical Exhibits	(Edwards Museum)	9:00 - 10:30
Hilltown Art Display	(Town Hall)	9:30 - 1:30
Heritage Pops Orchestra	(Town Center)	9:30 & 11:30
PARADE		10:30 - 11:30
Chicken Barbecue	(Church)	11:30 - 1:30
Classic Car Show	(Town Offices)	11:30 - 1:30
Magic Show & Face Painting	(Park)	11:30 - 1:30
Sidetracked Band	(at Car Show)	11:30 - 1:30
Firefighters Contest	(Ball Field)	11:30 - 12:30
Family & Kids Softball	(Ball Field)	12:30 - 1:30

Celebrating the Volunteers of the Hilltowns

Massachusetts Cultural Council
Sponsored in part by the Arts Council of:
Chesterfield, Cummington, Goshen, Williamsburg & Worthington

RESOURCE DIRECTORY

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

Food Services

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

Health Services

Highland Valley Elder Services Intake referral for homecare, etc. 413 586-2000
Hilltown Community Health Center- Medical & Dental 413 238-5511, ext. 131
 HOPE Nurse, Ellie Mathias 413 238-5511, ext. 322
 Ellie Mathias, HealthWise Community Health Worker 413 238-5511, ext. 322
Podiatrist Dr. Michael Coby, call Williamsburg Senior Center 413 268-8407
 to schedule (Alternating months at the Senior Center)
Foot Care Piper Sagan, RN
 foot care in Cummington, call Ann Eisenhower 413 634-2243
 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
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage
 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
Mass Health and New Health Coverage
 Buliah Mae Thomas at Hilltown Comm. Health Center 413 667-2203

Transportation Services

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

Local Councils on Aging

Chesterfield COA, Janice Gibeau 413 296-4007
Cummington COA, Anne Parsons 413 634-2262
Goshen COA, Evelyn Culver 413 268-3316
Plainfield COA, Susan Metcalfe LaRock 413 743-5345
Westhampton COA, Julia Lennen 413 537-9880
Williamsburg Senior Center, Jennifer Hoffman 413 268-8410
Worthington COA, Camille Smith, Chair 413 238-5998

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

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

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Out and About in July

Wednesday, July 4th, 7am-1:30pm
Chesterfield 4th of July Celebration
Chesterfield, MA

Pancake breakfast, a fun parade, chicken BBQ and more... this annual event has it all! See details on page 4.

Sunday, July 21st at 2pm
The Lunch Box... Crossroads of Williamsburg
By Anthony Thomas Jr.
John James Memorial Hall, 42 Main St., Goshen, MA

Tommy will give a talk from his 2018 published memoir on 36 years as a restaurateur in Williamsburg at the popular Lunch Box. Sponsored by the Goshen Historical Society. All welcome!

Tuesday, July 23rd at 3pm (Part 1)
Tuesday, July 30th at 3pm (Part 2)
A Two-Part Educational Series about Alzheimer's
Rockridge Retirement Community, 37 Coles Meadow Rd., Northampton, MA

Please join Rockridge and the Alzheimer's Association for a two part educational series. Part 1 on 7/23 is

"Understanding Alzheimer's and Dementia". Part 2 on 7/30 is "Effective Communication Strategies". Come, learn, and enjoy healthy snacks for an active brain!

Saturday, July 27th, Noon-5pm
Goshen Family Fun Day
Tilton Town Field, Wing Hill Rd., Goshen, MA

Rain or shine. Vendors, games, bring a picnic or purchase food there. The band Sidetracked will be performing, sponsored by the Goshen Cultural Council. This is a free event sponsored by the Goshen Women's Club.

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Cultural
Council

