

Goshen Council on Aging

August 2019 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

Evelyn Culver, Coordinator
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Tuesday, August 13th at Noon

Appreciation Luncheon

Tilton Town Field

Our appreciation luncheon will be held at the Tilton Town Field on August 13th at 12 Noon. We will be serving hot dogs, veggie burgers, and hamburgers with many side dishes! CareOne of Northampton will be serving us Strawberry Shortcake for dessert. We will be honoring our 90+ members of the town and hope that many of them can get there. If anyone needs a ride or help in any way, please let us know. All caregivers are also welcome to attend. We will be saying thank you to all who have helped us in the past year.



Tuesday, August 27th 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.

Our dear friend Liz Loven has decided to give up her seat on the COA board. As you know, Liz has been a very active person. She was our coordinator for a long time, and then back on the board. She had done so much for this group over the years. I could say we will miss her, but, she will still be taking appointments for the foot care clinic and we are recognizing her as an honorary member of the COA board. Liz has been driving her guests to the functions and will continue doing so. We are happy that she will continue to bring her smile to our events and sit and enjoy them.



We would like to welcome Nancy Wood to our board. Nancy is just retiring but we caught her before she got too busy in her every day life.

We know she will be a great asset to our team and loves to bake. Welcome Nancy!

The Goshen Age Friendly Outreach Group has been a little active this summer. Please continue to call Henrietta Munroe if you need assistance with anything: 268-7465.

If you missed our ice cream social, you missed a lovely day, except for the wind. We were prepared for rain, but didn't think of the wind. The Ashfield Community Band was excellent and the ice cream was yummy. Many thanks to all that helped make this day so nice. Some were asking if we would try for a third annual event and I really hope we can!

At our June coffee hour we had a surprise guest. Natalie Blaise stopped by just to say Hi! Natalie is our new State Representative for the first Franklin District. Our coffee hour will resume in September.

We are all a little weird and
Life's a little weird,
And when we find someone whose
Weirdness is compatible with ours,
We join up with them and fall in
Mutual weirdness and call it Love.
--Dr. Seuss

We would like to thank the people who were interested in a Pitch tournament, but we have decided not to start this fall. We did have a few but not enough to get a tournament going. We will keep it in mind and maybe just have a pitch day for the ones who are interested. We have learned that there will be a Pitch tournament at the Beaver Brook Golf Club starting in September. For those who are interested, they will be having a meeting on August 5th and 26th at 6:30pm. They will play on Monday evenings. Thank you for your interest.

A Few Things my Mother Taught Me

- My mother taught me TO APPRECIATE A JOB WELL DONE. "If you're going to kill each other, do it outside. I just finished cleaning."
- My mother taught me RELIGION. "You better pray that will come out of the carpet."
- My mother taught me about TIME TRAVEL. "If you don't straighten up, I'm going to knock you into the middle of next week!"
- My mother taught me LOGIC. "Because I said so, that's why."
- My mother taught me MORE LOGIC. "If you fall out of that swing and break your neck, you're not going to the store with me."
- My mother taught me FORESIGHT. "Make sure you wear clean underwear, in case you're in an accident."
- My mother taught me IRONY. "Keep crying, and I'll give you something to cry about."
- My mother taught me about the science of OSMOSIS. "Shut your mouth and eat your supper."
- My mother taught me about CONTORTION-

ISM. "Will you look at that dirt on the back of your neck!"

- My mother taught me about STAMINA. "You'll sit there until all that spinach is gone."
- My mother taught me about WEATHER. "This room of yours looks as if a tornado went through it."



Happy Birthday in August!



Carolyn Lehan, Miriam Kurland, Marie Kelly-Calderone, Raymond Tomasauckas, Kevin Lacey, Roger Dow, Arlene Harry, Ronald Murphy, Gail Cockoros, Kim Dresser, John Harry, Gary Constantilos, Gary Holman, Frank Bertrand, Richard Durant, Carol Hodge, Xiaoli Chen, Margaret Papineau, Edward Joyner, Judith Carey, Robert Thomas, Mary Mc Culloch, Ruth Dresser, Adrienne Racz, John Doyle, Humberto Rodriguez, Margaret Waggoner, Carol Stevenson, Jacqueline Hayden, Robert Horton, Raymond Sheehan

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

If you have spent any time outside this summer, you have probably met up with the over abundance of ticks in our area. Along with the deer ticks carrying Lyme Disease, there are ticks new to our area that carry some other diseases. Here are a few things that may help you deal with ticks:



- If you are going outside, cover up and use bug repellent.
- Be sure to check yourself and loved ones for ticks when you come in.
- If you find a tick on you, don't panic.
- Remove the tick immediately with tweezers or a tick key.
- If the tick is engorged and you don't know how long it's been attached, seek medical attention.
- If it is not engorged, keep an eye out for the typical bullseye rash or flu-like symptoms the next two weeks. If either happens, seek medical attention.

Have a tick free SAFE summer!

--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.

Smith Vocational and Agricultural High School Cosmetology Department is pleased to collaborate again with the Chesterfield Council on Aging by offering a "spa day" once a month to seniors in the surrounding area for the 2019-2020 academic year.

All work is done by students and is supervised by a licensed instructor. **Starting Friday, September 20th**, haircuts (\$6), manicures (\$5), and facials (\$9) will be offered. Available appointment times are 9am & 10am. Facial appointments are limited to one per hour due to space availability.



Future dates to mark on your calendar are: Oct. 18, Nov. 15, Dec. 20, Feb. 14, Mar. 20, Apr. 17 and May 22. The 'Spa' services take place at Smith Vocational High School, in Building A, Room 124. Remember to call early for your appointment as slots fill up quickly. Please call the Cosmetology Department at the school. Their direct line is 413-587-1414 ext. 3531.

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.

Wallet Gone, Gone, Gone

Stolen or lost, your wallet had stuff in it that you actually wanted to keep. Here are a few suggestions for dealing with a nasty situation.

1. File a police report if you think theft was or even *might* have been involved. This gives you protection against charges on your card account.
2. Pull out the photocopy of your cards (see *) and other wallet contents and start phoning or going online. Ask if there have been any recent charges, verify they are yours, and request card replacements and ask when you can expect the new cards.
3. Be glad that during the days that you have no valid credit cards, you had kept one card safe in the house that you can still use. Also be glad that you do not carry your social security card with you. **Also** be glad that you have put a credit freeze on your credit bureau accounts.
4. Contact each of the three credit bureaus and request a fraud alert on your accounts.

Good ol' belt and suspenders practices – annual checking of credit bureau records, placement of a freeze, request for fraud alert.

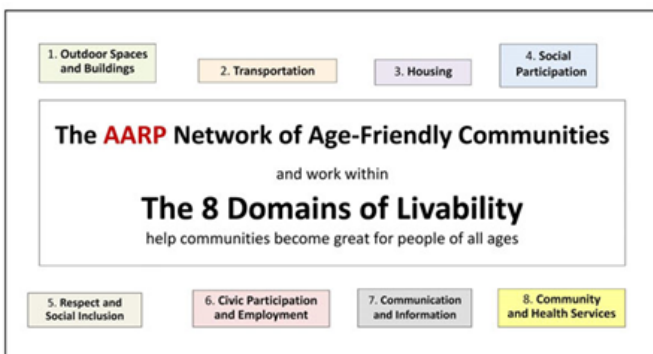
* Get thee to a copier with your wallet. Take out your credit cards, driver's license, gas card, medical cards, etc., and put them on the copier face side down. You can get 8 cards on one sheet of paper. Make a copy, then carefully turn the cards over to copy the back, making sure the cards are in the same position as the first time. Now you have a record of your card number and how to call to put a stop on transactions and request a new card.

And remember THE credit report site – annualcreditreport.com

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

AARP Awards Certificates to seven towns in the Northern Hilltowns Consortium of Councils on Aging

Antron Watson, AARP Massachusetts Age Friendly Director, welcomed Chesterfield, Goshen, Worthington, Westhampton, Williamsburg, Cumington and Plainfield into the WHO and AARP network of communities committed to developing towns and cities that make aging in place a reality for all generations. Approximately 40 representatives from Select Boards, Councils on Aging and other community members were joined by Representative Natalie Blais to celebrate the achievements of each town in looking at the main issues of accessibility of buildings, walkability, transportation, access to health services, information and inclusion of older adults in the life of each town.



The eight domains of livability listed above are: Outdoor Spaces and Buildings, Transportation, Housing, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, Community and Health Services.



Antron Watson, AARP Massachusetts Age Friendly Director; Natalie Blais, MA State Representative; Jacqueline Dufresne, Chair of Williamsburg Advisory Board; Camille Smith, Chair of Worthington COA Advisory Board; Julia Lennen, Westhampton COA Coordinator; Evelyn Culver, Goshen COA Coordinator; Trish Colson-Montgomery, Chesterfield Select board

Williamsburg Senior Center Seeking Help in Kitchen / Café

Flexible part-time position, 2-4 days, 3-5 hrs each. Help prepare our Monday Meals and serve prepared meals Tues - Thurs.

Paid position. Call Jenn at 268-8410.

Hilltown Mobile Market 2019 FAQ

What is a Mobile Market?

A mobile market is a farm stand that brings fresh farm produce to various locations in a community to make locally-grown produce more accessible to everyone. Although we have many farms in the Hilltowns, there aren't enough farmer's markets in the area to serve the community. The mobile market will stock produce from multiple farms, making it easier to find what you are looking for in one place. It also directly supports our local farmers without requiring them to add another market day to their busy schedule. The Hilltown Mobile Market is a grant-funded project for 2019 & 2020. If it is successful, we hope to sustain it with additional outside support.

Who can visit the Mobile Market?

Everyone can buy produce at the Mobile Market! Each week will feature an assortment of fresh, Hilltown-grown produce and you can buy what you need for dinner or for the whole week! You can purchase produce using cash, credit/debit, SNAP (food stamps) and WIC or Senior Farmers Market Coupons.

When and where will the Mobile Market take place?

You can visit the mobile market at one of its two "pop-up" locations:

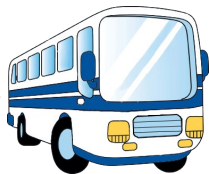
Worthington: Thursdays, 3pm-5pm
The Maples, 48 Old North Rd
July 25-Sept 26, 2019

Huntington: Fridays, 3pm-5pm
Town Hall Green, 24 Russell Rd
July 26-Sept 27, 2019

What is the Hilltown Mobile Market Farm Share?

In addition to buying produce from the stand, you can also sign up for the Mobile Market Farm Share – the most affordable option! For \$5 per week, you will receive 10 weeks of fresh produce valued at \$175. You can either pay for the share using SNAP (food stamps) (*cont. on next page*)

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.**

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. Wait list only.

Sept. 4-12: Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Cost is \$1,070 per person dbl. occupancy. A few seats remain. This 9 Day trip includes:

- 8 nights lodging including 5 nights in Canada
- 14 meals including: 8 breakfasts, 6 dinners
- Guided Tour of Acadia National Park
- Guided Tour of Halifax, Peggy's Cove and Lunenburg
- Admission to King's Landing Historical Settlement
- Guided Tour of Prince Edward Island, includes Anne of Green Gables' home.
- Admission to the Natural Wonder: "Hopewell Rocks"
- Visit to the Waterside Town of Saint John

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



cont. from previous page) with a full reimbursement through the HIP program, or you can pay with cash / check.

How will the Mobile Market Farm Share work?

If you participate in the Mobile Market Farm Share, you will have to come to either the Worthington or Huntington location each week during Market hours (3-5PM) to pick up your share. If you have limited mobility or transportation, please contact us so that we can help you make other arrangements to pick up your share. Each share will consist of approximately 5 items, some of which you will be able to choose based on your individual or family preferences. The share is designed for small and/or elderly households. If you have a larger family, you may want to consider signing up for two shares.

How do I pay for the Farm Share with SNAP/HIP?

When you sign up for a Farm Share, you will enter into an agreement with one of the farms that will be supplying the produce. We will ask for your EBT card number, contact info, and signature. Your EBT account will automatically be charged \$25 in August and in September. Please reserve a minimum balance of \$10 on your EBT card on the first of each month for this transaction to go through. You will automatically get your \$25 reimbursed on your EBT account through your monthly HIP benefit.

Can I use my HIP benefit at the Market?

Yes! However, in order to take advantage of the MA Healthy Incentives Program (HIP), you must sign up in advance for the Hilltown Mobile Market Farm Share. Unfortunately, you cannot at this time use HIP to make additional purchases on the market stand, but you can use your regular SNAP benefits, as well as cash, credit/debit, and WIC or Senior Farmer's Market Coupons.

What kinds of produce will I get in my Share?

Produce will vary week to week depending on what is seasonally available on our farms. In the early season, there may be more lettuce and beets; in the middle, more squash, potatoes and beans, and towards the end, more tomatoes, peppers, and broccoli. We also plan to offer some sweet corn and fruit from other farms.

Who should I contact if I have further questions?

For additional questions, please contact Hilltown Mobile Market organizer Seva Tower at sevat@hilltowncdc.org or 413-296-4536 x112 (office) or 413-824-1840 (mobile). Our market staff this season also includes Fletcher Schneeflock, Mobile Market Coordinator, and Rebecca Marmor, Healthy Hampshire Summer Intern.

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

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Out and About in August

Friday, August 2nd at 10:30am

Puppet Show With Tom Knight



Chesterfield Comm. Center
400 Main Rd.
Chesterfield, MA

Tom Knight has been delighting children and their grown-ups with his original, interactive, musical puppet show since 1988. His unique blend of musicianship and puppetry celebrates reading ("the Library Boogie"), the environment ("the Garbage Monster"), and science ("The Solar System"), with hand-made puppets, catchy songs, and a high degree of audience participation. The strong visual elements appeal to children as young as 2, while fun lyrics engage children up to twelve, and adults alike.

Sponsored by grants from Chesterfield Council on Aging through Highland Valley Elder Services and Chesterfield Cultural Council.



Monday, August 12th

Three showings: 4:30pm, 5:15pm, 6:00pm

Boston Museum of Science

Portable Planetarium Program:

The Night Sky

Chesterfield Town Hall
403 Main Rd.
Chesterfield, MA

This presentation helps audiences discover which stars, planets, and other astronomical wonders are visible this evening. Using a portable planetarium, you take a tour of the solar system and beyond, and are provided useful tips on how you can navigate the night sky from your own backyard.

Limit: 25 people per show. Please call, stop in or email the library to sign up! The library is open on Mondays from 2-7, Wednesdays 10-4, and Saturdays 9-1. The library phone number is (413) 296-4735 and their email is: chesterfieldpubliclibrary@gmail.com.