

# Goshen Council on Aging

## September 2019 Newsletter



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

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

**Tuesday, September 10th at Noon**

### *September Luncheon*

Town Hall Dining Room

CareOne of Northampton will be providing us with our lunch! I'm sure it will be a good meal. No need to bring a dessert unless you want to. We can play a game of LCR after, so bring your three quarters with you!

**Saturday, September 21st at 11am**  
**Painting Class, Town Hall**

We have been awarded another generational grant and will be using it for a painting class! Michelle from Berkshire Paint and Sip will be our instructor. At the time of this printing I do not know our painting, but it will be a scenic one. There will be a donation of \$5.00. We will be serving coffee and danish. The class will be 2 hours long, and space is limited. Please call Evelyn (268-3316) if you would like to sign up. We will not be able to take walk ins, so please call and make your reservations.



**Tuesday, September 24th 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, September 24th at 1pm**  
**COA Board Meeting**

Our next meeting will be on the 24th in the back room of the town offices. Everyone is welcome!

**Thursday, September 26th at 5:30pm**  
**Core Meeting, Town Hall dining room**

We will be holding a Core meeting in the town hall dining room. I will be inviting the heads of all the boards in town. We have some concerns to talk over that our seniors brought up in the sur-

veys that we sent out. I'm hoping we will have a good turnout to get some of the concerns talked through. Please come to this meeting if you have ideas and concerns about the seniors in this town. Light refreshments will be served at 5:30pm and the meeting will start at 6pm.

**Monday, September 30th at 10am**  
**Coffee Hour, Town Hall Dining Room**

Roxanne Cunningham will join us and make a few different healthy smoothies. This will be a way of trying something that you may have always wanted. Or you might like to join us to add your favorite smoothie to our list. This is a fun morning to get out and visit with your neighbors. Yes, we will still have our sweets, but we have to eat healthy first.

**Esther Korowski** was presented with the golden cane at the Appreciation Luncheon for being the oldest member of our town. Congratulations!

Rain drops didn't stop five of our 90+ year olds from coming to the luncheon:  
Ernie Carver, Floyd Merritt, Esther Korowski, Larry Packard, and Margaret Waggoner.

Other members of the 90+ family are Pearl Woodward, Arlene Harry, Charles Constantilos, Richard Durant, Ruth Dresser and Dana Smith.



## Muscle Strengthening Classes

The weather is getting cooler and it's time for us to get back to our muscle strengthening class! Joan Griswold will be continuing to lead us on Wednesday mornings from 10 -11 at the Goshen town hall. Everyone is welcome to attend, but we do ask for a small donation every week to keep the classes going.

We will not be going on a 3rd Friday trip due to the painting class. We will still be planning events but not every month. In October we will enjoy a foliage trip with lunch out.

**The Goshen Age Friendly Outreach Group** will be having a meeting in September. Please call Henrietta Munroe (268-7465) if you're interested in attending, or if you need a ride or any assistance. She will try to help you.

The Town Hall has a new painting displayed. Sandra Greenwood, who lives in the senior housing complex, painted a beautiful painting and wrote a poem about the town hall. It was from a photo that she had taken shortly after she moved in. That particular day you could see two rainbows over it. Thank you, Sandy, you did a beautiful job.



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

The friends and family of  
Sal Giammarino.



The town hall is also now home to a wooden town seal made and painted by resident Gary Papineau. The artwork is very special. Thank you Gary!



**Goshen** has many fun offerings in the month of September... see the back page for details!

## Happy Birthday in September!



Keith Orcutt,, Andrew Bothwell, Judy Dunn,  
David McCulloch, Lauren Therkelsen,  
Michael Lehan, Stuart Wood,  
William O'Riordan James Dunn,  
Helen Reynolds, Gary Griswold,  
Karen Cherry, Nitza Hidalgo,  
Lawrence Rowen, Charles Amo,  
Linda Walden, David Sharpe,  
Maureen Krok, Kate Swol, Sandra Wentzel,  
Brenda Roberts, Theresa Healy,  
Mary Freund, Dianna Jablonski,  
Barbara Babij, Lynn Werthamer,  
Giovanna Bellesia-Contuzzi,  
William Celatka, David Packard,  
Janet Briere, James Wentzel,  
William Seifert, Kathleen Berrena,  
Theodore Kolodziej

***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

September has been designated Fall Prevention Month, which does not mean prevent fall from coming. It means being mindful of things you can do to keep from falling and injuring yourself. Here are a few things you can do to be safe.

Senior   
**SAFE**

- Keep walking area (including stairs) free of anything you could trip over like electrical cords and any clutter.
- Get rid of or secure scatter rugs.
- Smooth out wrinkles and folds in carpeting.
- Use non-slip mats in the bathtub and on shower floors.
- Have grab bars installed on the wall in the tub and shower and next to the toilet.
- Stairways should be well lit from bottom to top.
- Have easy-to-grip hand rails on both sides of interior and exterior stairs.

Be SAFE and fall free!

--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](mailto:regionalcoanews@gmail.com) to be put on the email list.

### Two-factor Authentication (TFA)

If you don't do any business online, then this month I'm not writing to you! But as always, please pass this to someone who can use it. If you go online to check bank balances, deposit checks electronically, track credit card use, have a cloud storage account, or do online shopping or similar actions, then please continue reading.

What is it?

TFA (love those acronyms, as a former Federal employee) is a log-in process that requires two levels of identification before you can access your account. The first level is your username and Really Good Password. The second is something generated by a computer that you type in. This might be a random 6 numbers sent to you by email, phone, or text.

How come?

This cyber trick gives you an extra layer of security, making it harder for a hacker to get you. We all know they are getting smarter and more determined, but this will at least slow them down. TFA works partly because you use a code sent to you that is not kept anywhere and expires usually within minutes.

Many credit card companies and vendors will now encourage you to sign up for this. If you don't get hacked, life is easier for them, too!

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

### Scam Warning

SHINE (Serving the Health insurance Needs of Everyone) Medicare Counseling Programs are being bombarded with calls and ads for "free" genetic cancer screening kits. Agents claim Medicare will pay for them... and they are making cold calls to convince you to buy one. **THE OFFER IS FALSE! Medicare DOES NOT pay for mail order kits for cancer screening.**

Medicare covers many genetic tests to diagnose cancer once symptoms are present, but there is only ONE test to screen (for colorectal cancer). Only screening by a physician will be covered by Medicare!

Report sales complaints to SHINE (1-800-243-4636, press 3) or the Senior Medicare Patrol Project (978-946-1200). Do not be scammed!

**Six seniors** from the hilltowns were part of a group who enjoyed a recent trip to the Russian Icon Museum: Rosemary Moran, Barbara Bak, Ginny Breish, Norene Roberts. Back: Robin Bak, John Breish



Another group went on a trip to the Titanic Museum: Nancy Boyle, Jean, Marilyn Davidson, Carol Jolly, Nan Clark, Francine Frenier, Milenna Curtis, Lillian Bisbee, Sam Bancroft, Mary Bancroft.



### BOO IS BACK AGAIN !

Watercolor Class: Thursdays 10:30 am

September 12 ; 19 (1pm), 26

October 3,10,17

Sign up now: Space is limited  
Call Chesterfield COA 413-296-4007  
or email: [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)

### Save the Date!

Highland Valley Elder Services invites you to the:

**2nd Annual  
Keys to Aging Well Expo  
Tuesday, October 1, 2019  
3:00-4:30 PM  
Hadley Farms Meeting House  
41 Russell Street, Hadley**

Highland Valley remains committed to its mission to serve older adults and their families through collaboration, education, advocacy, and a range of programs designed to support them where they live. The event will highlight services offered by Highland Valley Elder Services and community resources for aging well.

Light refreshments will be served. Free giveaways and lots of expertise to be shared. Admission to the Expo is free and open to the public. Visit us at [www.HighlandValley.org](http://www.HighlandValley.org) or find us on Facebook at [www.facebook.com/HighlandValleyElderServices/](http://www.facebook.com/HighlandValleyElderServices/)

### **Town of Chesterfield - Employment Opportunity**

Administrative Assistant to Town Boards: The Town of Chesterfield is seeking an experienced individual to take and then prepare meeting minutes in electronic format (and update after Board review) for various Town boards /officers. Irregular weekly hours from zero to ten, to include evening meetings. Hourly compensation TBD on applicant's qualifications. Send cover letter and resume by September 15th to:

Town Administrator  
PO Box 299  
Chesterfield, MA 01012

Direct questions to:  
[townadmin@townofchesterfieldma.com](mailto:townadmin@townofchesterfieldma.com).

# 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.

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

## 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)

Fri. 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:

Chrisoula Roumeliotis, 634-2262,  
coa@cummington-ma.gov

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

### Westhampton:

Amy Landau, 203-3086, westhamptoncoa@comcast.net

### Williamsburg:

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

### Worthington:

Shelley Rice, 240-678-4518, coa@worthington-ma.us

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

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## **Goshen COA Board:**

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## **Out and About in September**

**Saturday, September 14th at 2pm**  
**Author reading: *Bad Sleep* by Siegfried Haug**  
*Goshen Public Library, 42 Main St., Goshen, MA*

Siegfried Haug, a writer from Goshen, will read from his new mystery novel, *Bad Sleep*. Haug lectured nationally and internationally, and still appears on Channel 22 as a sleep expert. He is also the author of *I Want to Sleep: Unlearning Insomnia*.

**Thursday, September 19th at 10:30am**  
**Little Roots**  
*Chesterfield Comm. Ctr, 400 Main Rd., Chesterfield*

Come have fun! Play, sing, dance. All ages welcome. Sponsored by Davenport Child Care. Funded by Chesterfield COA grant from Highland Valley Elder Services.



**Fri. September 20th at 9am & 10am**  
**Spa Day at Smith Vocational**  
*80 Locust St. Northampton*

Smith Vocational is pleased to collaborate again with the Chesterfield COA 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.

Cosmetology students are offering: Haircuts \$6.00; Manicures \$5.00; Facials \$9.00. 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.

**Sunday, September 22nd at 2pm**  
**The Institute for Musical Arts**  
*John James Memorial Hall, 42 Main St., Goshen, MA*

Ann Hackler, IMA Co-founder, will discuss the founding of the Institute of Musical Arts, located on Cape Street, Goshen. The IMA is a non-profit organization that has been transforming the lives of girls and young women through its teaching programs, workshops, and concerts for 30 years. Sponsored by the Goshen Historical Society. All welcome!

**Saturday, September 28th, 9-3pm**  
**Fall / Winter Clothing Exchange**  
*Goshen Congregational Church, 45 Main St., Goshen*  
Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Weds. Sept. 25th from 5-8pm and Fri. Sept. 27th from 9am-3pm, then come back to shop on Sat. the 28th from 9am-3pm! All are invited to participate whether you donate clothes or not.