

# Goshen Council on Aging

## October 2019 Newsletter



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

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

**Tuesday, October 8th at Noon**

### *International Luncheon*

Town Hall Dining Room

Members of the board will be making their favorite dishes! If you have one you would like to make, we would love to try it! Bringing a list of ingredients that you used is helpful for those who have special diets.

After lunch, a presenter from Massachusetts Senior Medicare Patrol will provide us with information on how to avoid becoming a victim of health care errors, fraud and abuse.

**Friday, October 11th at 11am**  
**Trip to Mike's Maze**

Join us for a fun trip to Mike's Maze in Sunderland! We will be traveling by the Easy Ride van and having a light lunch there. The theme of the maze this year is 50 years since Woodstock. The van will be leaving the town parking lot at 11am and should be back about 3pm. If it rains, we will not be going to the maze, but we can still go out to lunch. Please call Evelyn to sign up: 268-3316. All Easy Ride passengers need to have filled out an application to ride with FRTA. Paperwork is available at the town offices, or you can call Evelyn.



**Tuesday, October 22nd 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.

**Monday, October 28th at 10am**  
**Coffee Hour, Town Hall Dining Room**

Coffee and danish will be served. Join us to visit or maybe play a game.



**Tuesday, October 29th at 1pm**  
**COA Board Meeting**

Our next meeting will be on the 29th in the back room of the town offices. We would love if you attended with your ideas and feedback!

**I would like to take a minute to thank everyone** who came to and helped with our appreciation luncheon in August. We had a very nice turnout with some great help. Hope everyone who came had a good time and didn't let a little drizzle stop them.



**Muscle Strengthening Classes**

Joan Griswold will be continuing her popular muscle strengthening classes 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. Joan is now in two other towns as well—Plainfield and Chesterfield! See article on page 3.

We would like to send our condolences to the family of **Howard Parad**.



If you need anything from the **Goshen Age Friendly Outreach Group**, please call Henrietta Munroe: 268-7465.

**Other news:**

**The Goshen Cultural Council** is seeking applications from organizations, schools, and individuals for grants that support arts, humanities, and science programs in the community, including exhibits, festivals, field trips, or performances in schools, workshops, concerts, and lectures. Applications are due October 15.

The GCC is part of a network of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The LCC Program is the larg-



est grassroots cultural funding network in the nation, supporting thousands of community-based projects in the arts, sciences and humanities every year.

Last year, the Goshen Cultural Council distributed over \$4,000 in grants to fund several projects including the Hampshire Regional High School spring musical, a marionette performance and a science in motion program at the New Hingham Regional Elementary school, an afternoon of fiddle music, and performances by two local bands.

We invite local presenters to consider applying. For any questions including the online application process, please contact Nancy Wood at 413-268-7973. The Goshen Council is ready to assist applicants, particularly those applying for the first time. Application forms and more information about the Local Cultural Council Program are available online at [www.mass-culture.org](http://www.mass-culture.org).

**A New Home – A New Friend**  
By Lorraine Brisson



In the Autumn of 1991, I purchased a home in Goshen. My new home had a wood stove central to the house and I was in need of a water kettle to sit on the stove. During the winter I searched for a kettle at thrift shops, antique shops and other assorted retail outlets, but alas I could not find what I was looking for.

Summer came and one day as I was driving on South Main Street, I noticed a house with a table of assorted pots and a sign that said FREE. So, I decided to stop and take a look. And there it was, just what I had been looking for. I took that kettle home, placed it on the stove and admired my find. It had the look of an antique and I knew it held the secret of many stories.

A few days later, I happened to drive by the house and this time the pots on the table were full of flowers. Suddenly it occurred to me that it was the flowers that were free, not the containers. Oh my! I had unknowingly stolen the kettle. I now had a moral dilemma. Should I return the kettle or keep it? It did not take me long to decide that I

had to return the kettle. So, the next day, I got up my courage and knocked on the door. An elderly gentleman answered the door and in a not too pleasant tone asked me what I wanted. With kettle in hand, I explained what I had done and apologized. By the time I was finished talking, his demeanor had softened and we engaged in friendly conversation. I decided to ask him if he would be willing to sell me the kettle. He said "Yes" and asked me if \$5.00 was OK. I said "Yes" and paid him the \$5.00.

Shortly after our transaction, he informed me that the kettle had been a wedding gift. He told me that his wife had recently died in a car accident shortly before their 59th wedding anniversary. To say the least, I felt terrible. We continued to talk and my guilt dissipated. By the time the conversation ended, I had invited him to my house and thus began a wonderful friendship.

Over the next few years, we regularly visited with each other, occasionally going out to lunch. Due to declining health, he had to move in with his daughter in Williamsburg and subsequently into a nursing home where he passed away.


I was honored to be asked to speak at his memorial service, where I told this story about my special friend Lewis Black. That kettle still sits on my stove and gives me much joy and a great story to tell.



**Happy Birthday in October!**

Beverly Thomas, Joseph Frye, Evelyn Arnold, Elizabeth Chevalier, Laurie Frye, Mark Harry, Barbara Curran, Robert LeBeau, Robert Mimitz, Anita Thompson, Audrey Bissell, Barbara Rudzik, Nancy Doyle, John Otis, Judith Dolven, Laura Barrus, Lawrence Packard, Joanne Arnold, Georgia McCarthy, Michael Duquette, Jane McGrath, Timothy Pease, Richard Briere, Dennis Luczynski, Alan Kirouac, Jane Larson, Barbara Batrano, Agnes Ciminera, Diane Russell, John Schwaiger, John Bienz, Wayne Glaser, Virginia Otis

*Happy Birthday*



***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

This month, we will focus on those of you who benefit from medical oxygen in your home. Here are a few safety ideas for you to live with:



- A patient on oxygen should not smoke.
- No one should smoke in a home in which oxygen is being used.
- Keep oxygen cylinders at least five (5) feet from a heat source, open flames or electrical devices.
- Keep body oil, hand lotion, and items containing oil and grease away from areas in which oxygen is being used.
- Something to remember: when medical oxygen is used in the home, the amount of oxygen in the air, furniture, clothing, hair, and bedding can increase, making it much easier for a fire to start and spread.

Stay SAFE at home!

--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.*

### Be Your Best

#### Joan Griswold Brings Exercise Program to Chesterfield: Strength for Life

Maintain good posture with total body strength and flexibility so your physical capabilities keep you active in your everyday life. Join in this social, health-enhancing workout being offered at the Chesterfield Community Center on Friday mornings at 10am. **The first session is on October 25th.**



The popularity of the sessions Joan Griswold holds in Goshen and Plainfield leaves many wanting more. She will now come to Chesterfield and expand on the very popular ball exercise classes held in previous years. Now people who want to attend her sessions will have three days a week to choose from:



**Plainfield: Mon. 10am;  
Goshen: Weds. 10am;  
Chesterfield: Fri. 10am.**

#### 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.

### Ack! Talk to a lawyer!?

Every once in a while I write about documents we all really should have in place to make things easier for ourselves and our loved ones. Those notes usually include "You might need to see a lawyer about this." I suspect that tends to help procrastination, right?

So I'm hoping these suggestions will help move things along. They apply whether you are looking for help with a contract, being sued, have a personal injury, are trying to right a wrong, drafting your will or setting up a trust, or helping settle someone's matters after death. In today's society, there are many reasons for consulting a lawyer.

So...

1. Gather all documents and information you might need, make copies to give to the lawyer. Include names of other people who might be involved, with how to contact them.
2. Think of the questions you will need to ask and write them down.
3. Be ready to take notes as you get answers, or ask someone to go with you to do that.
4. Ask about fees for the tasks you need done and get a printed copy of the response.
5. Ask the questions about your issue.
6. Read and understand everything you are going to sign; ask questions again if needed.
7. Get copies of everything you sign for your files, and keep them safe.
8. Understand what happens next and when, meaning actions by you or by your lawyer.
9. And my favorite – ask him or her: "What other questions should I ask?"

Remember you can talk to your lawyer and the conversation is confidential. Also remember that if you don't get questions answered clearly and to your satisfaction, you may need to find another lawyer.

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

# Hilltown Easy Ride and Hilltown Driver Pool



## Answers to Common Questions

**Need a ride?** Hilltown Community Development provides transportation for shopping, medical and COA outings for seniors in the towns of Chesterfield, Cummington, Goshen, Plainfield and Worthington. Our primary program is operating a FRTA van, which runs five days a week, prioritizing medical rides on Monday, Wednesday and Friday. Tuesdays we go to the Big Y in Northampton and Thursdays we go to Market 32 in Pittsfield – both of those shopping trips have the option of also shopping at Walmart and other stores in their respective plazas. The shopping trips are a great way to get food and errands done while leaving your car at home – plus we have a great group of regulars which add to the enjoyment of the outing each week.

You must be 60+ to be eligible to ride the Hilltown Easy Ride and fill out a Demand Respond Application with FRTA. We would gladly help you with that process, or you may go on the FRTA website and download an application. It takes about a week to be processed, and once you get the acceptance letter you can start booking rides.

For those occasions when the van is unavailable for a medical appointment, we supplement with the Hilltown Driver Pool – a pool of drivers from the community who can take passengers in their personal vehicles to medical appointments which the van cannot accommodate due to scheduling or service area restrictions. Please make your appointment request to Ed Pelletier, Dispatch Coordinator, and he will determine which option will work according to the schedule: 413-296-4232.

### Frequently Asked Questions:

#### **Will the van take me anywhere I want to go?**

The Hilltown Easy Ride is operated under a contract with Franklin Regional Transit Authority and they do give us restrictions on which towns we serve (Chesterfield, Cummington, Goshen, Plainfield and Worthington), where we go and how it is used. Re-occurring medical appointments and appointments more than 30 miles away are not al-

lowed as they overburden program resources. For this reason we secured a small grant for the Hilltown Driver Pool to help us cover those limited instances. Shopping, wheelchair accessible transportation, and medical rides we can cluster are all great uses of the van! The Hilltown Easy Ride is public transportation, not a taxi service, so sometimes there is a bit of a wait to be picked up or for other passengers to complete their shopping.

So yes, the van can take you almost anywhere with a few exceptions, caveats and within the grant funding we have available. But we are always happy to work through scheduling conflicts and program restrictions – so call us! We can only keep these programs funded if they are well used and we consider riders an essential part of our Hilltown transportation team.

#### **What does it cost?**

Van fares depend on distance, but the average rides are from \$3.50 to \$4.50 round-trip. Hilltown Driver Pool rides are by a suggested donation of \$5 to \$15.

#### **How do I book a ride?**

Call our dispatch coordinator Ed Pelletier at 413-296-4232 and tell him about your trip request. We do need 48 hours notice (two business days – call Friday for a Tuesday request) as our drivers are all “on-call” and need to be set up.

#### **How do I know if the ride is confirmed?**

Ed will secure the driver and adjust the schedule and call you back the day before to confirm.

#### **What if the dispatch doesn't answer the phone?**

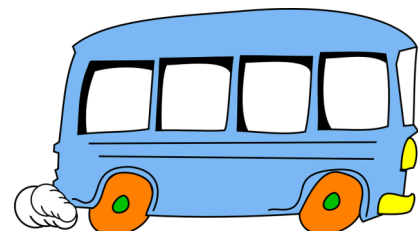
Ed works 8-10am so often riders leave him a voicemail. He checks and returns calls within 24 hours – please feel free to leave a message and he will get back to you.

#### **Is there a low-income eligibility requirement?**

**NO**, any resident of those five towns who are 60 years old and over, plus veterans of any age, may ride regardless of income.

#### **Why do I have to do paperwork to apply?**

The van belongs to FRTA who contracts with us, so we are required to use their forms and they keep approved rider lists. It is also important for your safety that we have your full name, contact information and an emergency contact on file while riding with us. Some terminology on the application is unfamiliar, or maybe you don't have a copier at home to make a photocopy of the required drivers license. We are happy to help, call Ed if you require assistance with the application.



# 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.**

**Oct. 10: A Day in Vermont.** Cost \$78. 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– Possible Multi Day Trips:

*Destiny USA Mall in Syracuse, NY  
Memphis-Tunica, Niagara Falls, and  
Nantucket!*

## Possible Day Trips:

*New England Air Museum, Shows, Casino,  
Majestic Theater*

**Suggestions are always welcome.**

## Attention Medicare Beneficiaries... Open Enrollment Time Approaches

It's that time of year when your mailbox may begin to fill up with marketing materials from your Medicare D plan, or your Managed Care Plan.



**Open Enrollment starts October 15th and runs through December 7th.** It's the time of year when you can switch health insurance plans if you're not happy with your current coverage... or you might just want to check to see if there's a better health insurance plan out there. For those of you who are enrolled in a Medicare Managed Care plan, you have an even longer Open Enrollment time, extended to March 31st now.

Consider this your "annual health insurance check up".

Ask yourself the following questions:

- does my current plan cover all my Rx?

- are the copays for my Rx affordable?
- has my income changed significantly this past year, which might make me eligible for subsidy help with my health insurance now?
- have I received letters from my health insurance that I don't understand? Or are just confusing?
- have I discovered my Plan has significant co-pays for ambulance rides, hospitalizations, or rehab services?
- do I want to sign up for a Medicare Managed Care Plan because I only have Original Medicare A & B?

If you answered yes to any of these questions, or if you are just curious about any new health insurance options that might work better for you, contact your SHINE counselor.

You can call your senior center; Highland Valley Elder Services, 413-586-2000; or the Regional SHINE office at 413-773-555 to schedule an appointment.

## Self Help Options:

- you can check your Medicare and You handbook which can be accessed online if you don't have a hard copy.
- you can call 1-800-MEDICARE and say "Agent". Help is available 24 hours a day including weekends.
- you can go online, to medicare.gov and check out their brand new, user friendly, website if you are looking for information on the Medicare D Plan Finder.

**NOTE:** any changes you may make to your health insurance during Open Enrollment take effect January 1st, 2020.



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

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## Out and About in October



**Tues. October 1st at 3pm  
Keys to Aging Well Expo**  
*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/)

**Sat. October 5th at 6pm  
Ukulele Workshop**  
*John James Memorial Hall, 42 Main St., Goshen, MA*

For all ages: 8 to 98! Ukulele provided. Taught by David Maloof. Wish to participate? Register by calling or stopping by the Goshen Free Library: 413-268-8236 x111.

**Fri. October 18th at 9am & 10am  
Spa Day at Smith Vocational**  
*80 Locust St. Northampton*

Smith Vocational is collaborating 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.

**Sun. October 20th at 2pm  
The Not-So-Good-Life of the Colonial Goodwife  
By Velya Jancz-Urban**  
*John James Memorial Hall, 42 Main St., Goshen, MA*

This enthusiastic delivery is funny and frank. Laugh, grimace and honor our foremothers' journeys while learning about the little-known life-ways faced by women of New England during the Colonial era. Sponsored by the Goshen Historical Society. All welcome!