

# Goshen Council on Aging

## November 2019 Newsletter



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

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

### November COA Events:

**Tuesday, November 12th at Noon**

### *Thanksgiving Dinner*

Town Hall Dining Room



Happy Thanksgiving to All! The board will be putting on a traditional turkey dinner for our November luncheon. If you would like to add a dish or dessert, that would be nice but not necessary. If you have not joined us for our luncheon this may be the time to start!

### **Flu Clinic**

Right after the November luncheon, there will be a flu clinic from 12:30pm to 2:30pm in the town hall. It is open to all adults.

**Wednesday, November 20th at 10am**  
**Coffee Hour**

Our coffee hour will be on a different day this month (Wed. Nov. 20th). Trish from the Care One group will be there to show us how to make a greeting card. Coffee and danish will be served.

**Tuesday, November 26th at 9am**  
**Foot Care Clinic**

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, November 26th at 1pm**  
**COA Board Meeting**

Our next meeting will be on the 26th in the back room of the town offices. If you have any questions or information you would like to tell us about, please come.

**Wednesdays at 10am**  
**Muscle Strengthening Class**

Joan Griswold continues to lead her popular exercise class on Wednesday mornings from 10-11 at the town hall. Everyone is welcome to attend! We do ask for a small donation every week to keep it going. It's never too late to join us, especially as the weather turns colder!

If you need assistance from the **Goshen Age Friendly Outreach Group**: rides to doctors' appointments, bucket of sand, fuel assistant forms or V.A. information or other things that come up, please call Henrietta Munroe, 268-7465, or Evelyn Culver, 268-3316.

**I would like to thank everyone who came to our core meeting.** We will now be looking for members of town to join us on a core team. If you have some free time and would like to do some clerical work, grant writing, filling out forms for our seniors, or just have ideas for the future of our COA, please call Evelyn. Our plan is to set up some interest before setting up a date for our meeting. There should be a meeting date set up in time for the next newsletter.

**The fire department has smoke detectors and carbon monoxide detectors.** If any senior would like one installed at their house, please call the fire department (268-7161) and leave a message for them with your name and phone number.



*We had a fun painting class in September thanks to Michelle from Berkshire Paint and Sip!*

*To all veterans:*

*Thinking of you on Veterans Day, and thanking you for all you did for our country!*





*If you didn't go to the Ukulele workshop, you missed a fun evening. It was hosted by the Goshen Library, the COA and sponsored by the Goshen Cultural Council.*

### **Tax Assistance for Goshen Seniors**

There are two types of assistance available to seniors:

1. Exemption applied to your property tax
2. Senior Circuit Breaker applied to State Income Tax

#### **Exemptions for property tax**

In order to apply for an exemption, you must be 70 or older. You need to be a town resident and own and occupy the property that is your domicile. Applications are available from the assessors and must be filed each year by March 31st. You must still pay your tax on time even if you are filing an application. There are several levels of exemptions depending upon your qualifications, but you can only receive one exemption under state law. If you qualify for more than one, you will receive the one that provides the greatest benefit. Please contact the assessor for other requirements: Gina Papineau, 268-8236 x302.

### **State Senior Circuit Breaker**

As a senior citizen, you may be eligible to claim a refundable credit on your personal state income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence. For tax year 2019, the maximum credit amount is \$1,100. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest. To be eligible, you must be a Massachusetts resident or part-year resident, be 65 or older by December 31. You must own or rent residential property in Massachusetts and occupy it as your primary residence, file a Massachusetts personal income tax return, and file a Schedule CB.

For tax year 2019, your total Massachusetts income doesn't exceed:

- \$58,000 for a single individual who is not the head of a household.
- \$73,000 for a head of household.
- \$88,000 for married couples filing a joint return.

If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.

**Happy Birthday in November!**

Judith O'Brien, John Woodward, Sylvia Orcutt, Angela Vincent, John Mogilka, Maralee Harry, Katrin Enright, James Barrett, Gregory Hayes, Richard Still, Nancy Kosior, David Verge, James Lyons, Scott Wallace, Donna Kolodziej, Kathleen Roberts, Joann Holman, Nancy Wood, Tammy Lyons, Chester Lulek, Alan Carr, Susan Harry, Kathryn Boisvert, Dora Emerson, Maria Arrubla, Robert Adamites, Leonard Szarkowski, Bradley Howe, Joel Carr, Richard Nadeau, James Russell, Janet Nadeau, Dana Smith, Michael Baines, Lynda Constantilos

***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**

Save the date

### Prepare for a HUNT-A-BOOK lead up event

On Sunday, December 8, 2019 from 3-5pm at the Chesterfield Community Center, local author, journalist, teacher, set dresser, editor and spoken word artist, Joe Gannon will talk about books, writing, research and questions how an author deals with the truths of the past while writing for audiences in modern times. After Joe's talk, there will be time for questions and edible treats.



Joe spent three years in the army, graduated from the University of Massachusetts at Amherst and received his MFA at Pine Manor College. During the Sandinista Revolution, he worked as a freelance journalist in Nicaragua and wrote for The Christian Science Monitor, The Toronto Globe and Mail and the San Francisco Examiner. At present, he writes a monthly column for the Daily Hampshire Gazette and the Valley Advocate, and teaches in Springfield.

His first novel, *The Night of the Jaguar*, published in 2014 by St. Martin's Press, was named one of the best debut mystery novels by Booklist. His second novel, *The Last Dawn*, was published in 2016, and his next book, *The Girl in the Well*, is a fictional account of New York's first sensational murder trial in 1800.

And what is a HUNT-A-BOOK? Watch this space, prepare to think about Chesterfield haunts, look for publicity that gives hints...and, and, AND...get ready to HUNT-A-BOOK.

**The Massachusetts Councils on Aging** held their annual fall conference in the first week of October in Danvers, MA. Our own Chair of the Northern Hilltowns Consortium, Janice L. Gibeau, along with Deborah Hollingworth, Regional Facilitator and Sue LaRock, Coordinator, Plainfield Council on Aging presented "Down in the Weeds: Grass Root Development of Rural Age Friendly Communities".

The Northern Hilltowns Consortium of Councils on Aging has found that regularly meeting together creates a strong forum for sharing problems, strategies and specific techniques to build cohesive community networks. The presentation/workshop focused on the dynamics of community development when changes are sought, strategies for creating cohesive relationships within the community and its stakeholders. It also addressed stages of development of an Age Friendly Community.



**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.

### It's Personal!

OK – we always say “don't give out personal information”, but what all does that mean? Say someone comes to your door and wants to chat before selling you something. Someone calls on the phone, or you get a real-looking email. What don't you want to tell them?

What is considered personal information is numbers. Numbers for you: Social security, Medicare or Medicaid, medical insurance, driver's license, bank account, credit or debit card, street address.

But wait, there's more! Also considered personal information is your middle name, your mother's maiden name, the town you were born in, the town from which you graduated high school, the year you graduated, a favorite pet's name. Seriously, Jean? Yes, seriously. Many people use a pet's name as part of their password system, and may even say the pet's name during a phone call.

Some of the damage criminals do is incremental – they get one of your numbers, add a piece of personal information, and away they go, opening a new charge card or withdrawing cash on a fake ID card. The designations of mother's maiden name and other such information specific to you are often used as part of password recovery settings, so they can take a guess and then reset your password.

I hate to sound paranoid, but it is not paranoia if scammers are actually out to get you!

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

## Worried about Dementia?

As life expectancy grows, and the population of people 60 years or older, we're all seeing an increase in the level of concern about how well people will live, not just how long they will live. It's not uncommon for people to say: **"I just want to keep my marbles"**. Those marbles, as it were, are the ability to remember things and the ability to manage their lives and not be a burden to others. These are not small concerns. Rather than silently worrying about "how bad am I", it's important to know how to find out and where to turn for help. The person experiencing memory loss is often the first to notice it, but it's also families and friends who recognize how and if things are changing. One of the most troubling worries is the problem of Alzheimer's disease, but it's important to not jump to conclusions. Not all dementias are due to Alzheimer's disease. Dementia is a collection of symptoms that can occur due to a variety of possible reasons.

If you or your loved one is experiencing memory problems, don't immediately conclude that it's dementia. A person needs to have at least two types of impairment that significantly interfere with everyday life to receive a dementia diagnosis. In addition to difficulty remembering, the person may also experience impairments in: language, communication, focus, and reasoning.

**1. Subtle short-term memory changes.** Trouble with memory may be an early symptom of dementia. The changes are often subtle and tend to involve short-term memory. An older person may be able to remember events that took place years ago but not what they had for breakfast. Other symptoms of changes in short-term memory include forgetting where they left an item, struggling to remember why they entered a particular room, or forgetting what they were supposed to do on any given day.

**2. Difficulty finding the right words.** Another early symptom of dementia is struggling to communicate thoughts. A person with dementia may have difficulty explaining something or finding the right words to express themselves. Having a conversation with a person who has dementia can be difficult, and it may take longer than usual to conclude.

**3. Changes in mood.** A change in mood is also common with dementia. If you have dementia, it isn't always easy to recognize this in yourself, but you may notice this change in someone else. Depression, for instance, is typical of early dementia. Along with mood changes, you might also see a shift in personality. One typical type of personality change seen with dementia is a shift from being shy to outgoing. This is because the condition often affects judgment.

**4. Apathy** or listlessness, commonly occurs in early dementia. A person with symptoms could lose interest in hobbies or activities. They may not want to go out anymore or do anything fun. They may lose interest in spending time with friends and family, and they may seem emotionally flat.

**5. Difficulty completing normal tasks.** A subtle shift in the ability to complete normal tasks may indicate that someone has early dementia. This usually starts with difficulty doing more complex tasks like balancing a checkbook or playing games that have a lot of rules. Along with the struggle to complete famil-

iar tasks, they may struggle to learn how to do new things or follow new routines.

**6. Confusion.** Someone in the early stages of dementia may often become confused. When memory, thinking, or judgment lapses, confusion may arise as they can no longer remember faces, find the right words, or interact with people normally. Confusion can occur for a number of reasons. For example, they may misplace their car keys, forget what comes next in the day, or have difficulty remembering someone they've met before.

**7. Difficulty following storylines.** Difficulty following storylines may occur due to early dementia. This is a classic early symptom. Just as finding and using the right words becomes difficult, people with dementia sometimes forget the meanings of words they hear or struggle to follow along with conversations or TV programs.

**8. A failing sense of direction.** The sense of direction and spatial orientation commonly starts to deteriorate with the onset of dementia such as not recognizing familiar landmarks and forgetting regularly used directions. It also becomes more difficult to follow a series of directions and step-by-step instructions.

**9. Being repetitive.** Repetition is common in dementia because of memory loss and general behavioral changes. The person may repeat daily tasks, such as shaving, or they may collect items obsessively. They also may repeat the same questions in a conversation after they've been answered.

**10. Struggling to adapt to change.** For someone in the early stages of dementia, the experience can cause fear. Suddenly, they can't remember people they know or follow what others are saying. They can't remember why they went to the store, and they get lost on the way home. Because of this, they might crave routine and be afraid to try new experiences. Difficulty adapting to change is also a typical symptom of early dementia.

It's important to remember that forgetfulness and memory problems don't automatically point to dementia. These are normal parts of aging and can also occur due to other factors, such as fatigue. Still, you shouldn't ignore the symptoms. If you or someone you know is experiencing a number of dementia symptoms that aren't improving, talk with a doctor. They can refer you to a neurologist who can examine you or your loved one's physical and mental health and determine whether the symptoms result from dementia or another cognitive problem. The doctor may order:

- a complete series of memory and mental tests
- a neurological exam
- blood tests
- brain imaging tests

With treatment and early diagnosis, it may be possible to slow the progression of the disease and maintain mental function. The treatments may include medications, cognitive training, and therapy. It's important to have a thorough evaluation before deciding that you or a family member have Alzheimer's Disease. You can learn more by contacting the Alzheimer's Association and checking to see if there are Memory Clinics or programs in your area.

*Source: Adapted from Alzheimer's Association*

**RESOURCE DIRECTORY**

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

**Food Services**

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

**Health Services**

<b>Highland Valley Elder Services</b> Intake referral for homecare, etc.	413 586-2000
<b>Hilltown Community Health Center-</b> Medical & Dental HOPE Nurse, Mary Kane Ellie Mathias, HealthWise Community Health Worker	413 238-5511, ext. 131 413 238-5511, ext. 322 413 238-5511, ext. 322
<b>Podiatrist</b> Dr. Michael Coby, call Williamsburg Senior Center to schedule (Alternating months at the Senior Center)	413 268-8407
<b>Foot Care</b> Piper Sagan, RN foot care in Cummington, call Ann Eisenhour foot care in Goshen, call Liz Loven for appt. foot care in Plainfield or in-home visits foot care in Williamsburg or in-home visits Deb Dean, foot care in Westhampton Diane Roeder, foot care in Chesterfield	413 634-2243 413 268-7122 413 522-8432 413 268-8407 413 667-5363 413 374-0457
<b>SHINE, Medicare &amp; Drug Coverage Part D &amp; Prescription Advantage</b> Wayne Glaser Lorraine York-Edberg Deborah Hollingworth (Chesterfield)	413 268-8407 413 773-5555, ext. 2275 413 296-4007 or 413 268-8317
<b>Mass Health and New Health Coverage</b> Buliah Mae Thomas at Hilltown Comm. Health Center	413 667-2203

**Transportation Services**

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

**Local Councils on Aging**

<b>Chesterfield COA</b> , Janice Gibeau	413 296-4007
<b>Cummington COA</b> , Chrisoula Roumeliotis	413 634-2262
<b>Goshen COA</b> , Evelyn Culver	413 268-3316
<b>Plainfield COA</b> , Susan Metcalfe LaRock	413 743-5345
<b>Westhampton COA</b> , Amy Landau	413 203-9808
<b>Williamsburg Senior Center</b> , Jennifer Hoffman	413 268-8410
<b>Worthington COA</b> , Shelley Modestow	413 238-5532

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

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US POSTAGE  
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PERMIT 183  
Greenfield MA

**Goshen COA  
Board:**

Evelyn Culver,  
Coordinator

Kathy Boisvert

Henrietta Munroe

Sandy Papush

Lorraine Brisson

Nancy Wood

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

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## Out and About in November

**Mon. November 11th, 9am-10am  
Veterans Day Breakfast**

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

Free! All Hilltown veterans and spouses welcome.  
RSVP welcome, call Maryanne Coleman: 296-4787.  
Sponsored by the Chesterfield Grange.



**Fri. November 15th, 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.

**Sat. November 16th, 4-7pm  
Williamsburg Polka Party**

*Williamsburg Town Offices Auditorium  
143 Main St. Haydenville*

Steve & Tom Duo will be playing polkas. Polish-inspired food to be served. All are welcome! \$5.00 Entrance Fee (donations also accepted). **Get your dancing shoes ready! Fundraiser for Williamsburg Senior Center.**

**Sun. November 17th, 2pm  
Music with AJ & Sylvia**

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

Come enjoy music by the Lapinskis! Refreshments will be served.

**Save the Date!**

**Wednesday, December 4th, 6 pm  
An Intro to Aromatherapy: The Basics**

*Williamsburg Town Offices Café  
143 Main Street, Haydenville*

Presenter: Kay Judge,  
Clinical Aromatherapist



This class is designed to provide a basic understanding of what the use of essential oils is all about. Create a room spray from commonly used essential oils to take home. A materials fee of \$25.00 will be collected. All are invited!