

Goshen Council on Aging

January 2020 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

January COA Events:

Wednesday, January 8th at 1pm **Knitting Group**

The first Wednesday of January is New Year's Day, so our knitting get together will be on the 8th at 1pm. Come for a cup of tea and an afternoon of knitting and visiting with new and old friends. If you have questions, call Pat Wheeler: 413-268-7964.

Tuesday, January 14th, 2020

New Year's Brunch

Town Hall Dining Room



Happy New Year! We hope 2020 will be a healthy and happy one. The monthly luncheon will be a Brunch on Tuesday, January 14th at Noon. A variety of breakfast foods will be offered: pancakes, eggs, sausage, bacon and more.

Chief Sue Labrie from the Fire Department will be coming to remind us of kitchen safety.

If you'd like your blood pressure checked before we eat, a nurse will be available before the brunch.

Friday, January 24th at 11:30am **Lunch Out**

There is no outing planned for January, but we will plan on going out to lunch. We will leave the town parking lot at 11:30am by carpool. If you're interested, call Evelyn. We don't want to leave town without you!

Monday, January 27th at 10am **Coffee Hour**

Sick of winter yet? Come out and join us. Have a Danish and coffee and make an easy Valentine decoration.



Tuesday, January 28th 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.

Wednesdays at 10am **Muscle Strengthening Class**



If your New Year's resolution is to get more exercise, it's time to join Joan on Wednesdays at 10 for her muscle strengthening class. It's not only exercise; it's a good social outing. Joan also has classes in Plainfield on Mondays and Chesterfield on Fridays if Wednesday doesn't work for you. See page 5 for additional exercise classes.



Santa and his helper Helen Mollison came to visit us at our holiday luncheon in December.

The Age Friendly Group is here for you. Call Henrietta or Evelyn if you need anything. We have been getting calls and have helped or directed folks in the right direction, depending on what people need. We have been asked for help from some who are housebound, and others who need help with shoveling. If you have free time and would like to volunteer for either of these jobs let us know. It is rewarding to help others.

Cauliflower Changed My Life

By Lorraine Brisson

Those of you reading this article are probably wondering what this is all about. Well, "Cauliflower Changed My Life" is the title of my monthly submission in which I will be writing about a wide variety of topics such as: growing up French Canadian, my military service, college, traveling, gardening, my career and much more. At times, there will be no rhyme or reason as to the subject matter. Some submissions may be only one paragraph, while others may be lengthier.

So, how did I come up with the name "Cauliflower Changed My Life"? Over the years, friends have encouraged me to write a book about my life, particularly my career as a horticultural therapist at the Veterans Affairs Medical Center in Leeds, MA. One day recently, my friend Susan was visiting with me trying to convince me to write this book. During the conversation, I talked about some of my experiences when stationed in Turkey while serving in the Air Force. One day, I had purchased some cauliflower at the bazaar. I cooked it up and when I put a forkful in my mouth it was completely different than anything I had experienced back home. The cauliflower seemed to just melt in my mouth and the flavor was exquisite. At that moment I had an epiphany. I knew my life was going to be different. It was a new day – at least when it came to food. From now on, I would try to eat food cultivated using traditional methods and grow as much of my own food as possible.

Susan took one look at me and said "That's it! That's the name of your book." Well, I still refused to write a book, but decided to do the next best thing - submit a monthly article to the COA Newsletter. I hope you enjoy reading about my adventures (and a few misadventures) in future issues.


P.S. I think serving in the military and living overseas in a different culture may also have contributed to my epiphany.



Roger Culver is trying to keep summer and winter together!



Happy Birthday in January!



Kris Celatka, Sandra Greenwood, Donald Otis,
 Ronald Rehor, Phyllis Sarafin,
 Kathleen Eastman, Diane Bushee,
 Patricia Perrault, Joann Sheehan, Angela Otis,
 John Rooney Jr., Pearl Woodward,
 Donna Williams, Patricia Morey, Agnes Lulek,
 Michael McGrath, Neil Wheeler,
 Bronislaw Zajac, Peter Provost, John Somes,
 Jeffrey Korostoff

***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



The New Year is a time to make and keep resolutions. Here are a few you might want to make and keep that will help keep you from falling. Resolve to:

- Get more exercise.
- Wear sturdy, slip-proof shoes.
- Wear slip-proof slippers; don't walk around the house wearing only socks on your feet.
- Get rid of scatter rugs or secure them to the floor so they won't scatter you.
- Sand ice on steps and walks.
- If you are having trouble with balance, talk to your doctor.

Have a S.A.F.E. new year!

~ 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 to be put on
the email list. Include your address so I will know
which mailing list to take you off of. Thanks!



Cell Phone Static

For as helpful as cell phones have become, they sure do cause a lot of bother when all those unwanted calls come in. I assume you added your number to the "Do Not Call" registry a long time ago, and that helps a bit but there are things you can do in managing your phone.

A good first hint is to put everyone who might call you in your contact list. Give them a name and answer the call only if that name comes up on the screen. If someone else calls and really wants you, they can leave a message. You can also assign a ringtone to the folks in your contact list, then ignore other ring tones as they come in.

After spending some time with a beverage (hey – you might as well enjoy the process) and getting your contact list set up, ask your phone to block all other calls. You'll find that option in "Settings", and may also be able to set up the "Do not disturb" option to help block unwanted calls.

And some avoidance... when you do online shopping, try to opt out of phone calls. If a store clerk asks you for a phone number, find out if it is really necessary that they have it. Or just politely refuse to give it, gambling on whether they will give up on a sale or not.

There are services to block calls – too much to write in this space. But look at **clark.com/technology/phones-mobile-devices/how-to-stop-robocalls/** and **consumer.ftc.gov/taxonomy/term/919**

As always, if you do answer a robocall, do not engage in either a chat or tirade. Don't hit a key to "stop these calls". For real, do not say the word "yes". Just Hang Up!

Stay safe,

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

Circuit Breaker Tax Relief

There is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water and sewer debt charges. Renters can count 25% of their rent as real estate tax payments. If you have not filed for Circuit Breaker before, you may file for the current year and the two years previous. You must file a Massachusetts state income tax return to claim the Circuit Breaker Credit, whether or not you normally file one. You must include Schedule CB, Circuit Breaker Credit, with form 1. For additional information, contact:

**Massachusetts Department of Revenue
Customer Service Bureau
800-392-6089
617-887-MDOR
www.mass.gov/dor**

Notes from MCOA

Massachusetts Council on Aging

* **New Veteran's Services Benefit Calculator from Harvard Law School**

In November, the Veterans Legal Clinic at the Legal Services Center of Harvard Law School launched a new online tool to help Massachusetts veterans and survivors who are struggling financially. The tool, called the **Massachusetts Veteran Benefit Calculator**, is an easy to use online calculator and can be accessed at MassVetBen.org. The Mass Vet Benefit Calculator helps veterans, their families, and service providers determine potential eligibility for financial assistance through the Massachusetts Veterans' Services Benefits Program—known as Chapter 115. Chapter 115 can provide critical monthly assistance to low-income veterans, as well as their survivors and dependents, with monthly payments ranging over \$1000 depending on need.

The Mass Vet Benefit Calculator can be completed by the veteran, or with the aid of a family member, service provider, or advocate. It takes only a few minutes and can be done on a desktop computer, a smartphone, or a tablet. The Calculator asks a series of questions about income and expenses and at the end indicates if the user appears to be eligible for assistance through Chapter 115, along with an estimate of how much they are likely to receive. The Calculator also provides information about how to apply for Chapter 115,

including contact information for the user's local Veterans' Service Officer (VSO), who will submit a formal application. The Mass Vet Benefit Calculator was created to help reduce financial insecurity, homelessness, and hunger in the Commonwealth's veteran community, and we hope it will be of use in your vital work with veterans and survivors.

* **Medicare Savings Programs (MassHealth Buy-In programs)**

On January 1, 2020 the income and asset limits for the Medicare Savings Programs (also known as "MassHealth Buy-in" programs) are increasing. Under these new limits some Massachusetts residents with Medicare may be newly eligible for these programs, and existing members may be eligible for other Buy-In benefits.

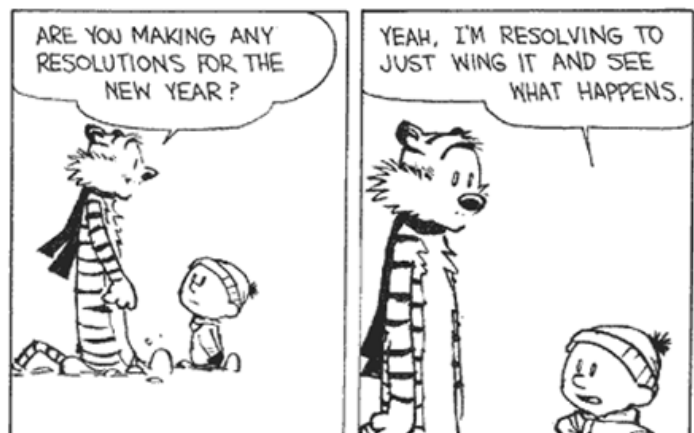
Medicare Savings Programs (MSP)

Medicare Savings Programs are federally funded programs administered by each individual state. These programs are for people with limited income and resources and help pay some or all of their Medicare premiums, deductibles, copayments and coinsurance.

In Massachusetts, you'll recognize this program as the "MassHealth Buy-In" Programs. As part of the Medicare Savings Programs, Massachusetts offers three different coverage types.

- * MassHealth Senior Buy-In for Qualified Medicare Beneficiary (QMB)
- * MassHealth Buy-In for Specified Low-Income Medicare Beneficiaries (SLMB)
- * MassHealth Buy-In for Qualifying Individuals (QI)

For current income and asset/resource limits please visit: mass.gov/service-details/program-financial-guidelines-for-certain-masshealth-applicants-and-members



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

Williamsburg classes are on hold for a short while. Watch the newsletter for re-start dates.

Hiking

Chuck Horn and Ray Fontaine organize hikes around the Westhampton / Easthampton area. To get on their email list, email Ray: westhamptoncoahikers@comcast.net

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
Fri. 10am, Chesterfield Comm. Ctr.

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. \$10/class.**

Mon. 6pm, Williamsburg Senior Ctr.

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, ematkc@aol.com

Plainfield: Susan LaRock, 413-743-5345,
slarock@town.plainfield.ma.us

Westhampton:

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

Williamsburg:

Sherry Loomis, 268-8407, sloomis@burgy.org

**Financial aid may be available for Wburg residents.*

Worthington:

Shelley Rice, 413-238-5532, coa@worthington-ma.us

**Goshen Council on Aging
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Goshen, MA 01032**

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This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

Out and About in January

Sun. January 5th at 1pm
Ring in the New Year: International Potluck
*Chesterfield Community Center
400 Main Rd. Chesterfield*

You are invited to come ring in the new year with us!
Share your family's traditional holiday dish!* Food.
Family. Fun. Music by Jerry Noble.

**Not required. Donations also welcome.*



Weds. January 22nd, 6-9pm
Wild and Scenic Film Festival
*Chesterfield Community Center
400 Main Rd. Chesterfield*

Sponsored by Wild and Scenic Westfield River Committee and the Chesterfield Cultural Council. Hosted by Chesterfield Council on Aging. Snow date January 29.

MC Mass
Cultural
Council

