

Goshen Council on Aging

March 2020 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

Wednesday, March 4th at 1pm **Knitting Group**

Knitting group is having a good time getting together on the first Wednesday of the month upstairs in the dining room of the town hall at 1pm. All are welcome.

Tuesday, March 10th at Noon

Corned Beef & Cabbage Dinner Town Hall Dining Room

It's the time of year to have our corned beef and cabbage luncheon. Roger and Evelyn have a good time cooking up this meal; it's one of their favorites. We will be looking for desserts if you would like but not necessary. Bill O'Riordan has invited his Irish friend Tony Ryan of Northampton to join us this year. We never know what his friends will tell us, but we are never disappointed! Come and enjoy a good meal and have a few laughs.



Friday, March 20th at 11am **North Hadley Sugar Shack**

The first day of spring! We will be going on a trip to the North Hadley Sugar Shack for a sweet lunch. We will be leaving the town parking lot at 11am and should be home by 3pm. We will be traveling by the Easy Ride Van. We must have your name ahead to register you on the van, so please call Evelyn 268-3316 if you would like to join us.



Sunday, March 22nd at 2pm **Sarah the Fiddler**

We are honored to have Sarah the Fiddler entertain for us again this year. If you didn't come to see her last year please try to come this year; she is so entertaining. This event is sponsored by the Mass Cultural Council and the Goshen Council on Aging. We will be asking for a small donation at the door. Thank you.



Tuesday, March 24th 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.

Monday, March 30th at 10am **Coffee Hour**

It will be spring, and you will want to get out and enjoy a coffee and donut in the upstairs dining room of the town hall. This is not just for women; men are also welcome. Maybe we will be serving green donuts.

Tuesday, March 31st at 1pm **COA Board Meeting**

This is where we try and make our future, so if you have any ideas, come to the meeting and tell us about them. The meeting is held in the back room of the town offices at 1pm.

Transportation

Easy Ride transportation in Chesterfield can help you with getting a ride to doctors' appointments or you can even ride the van to go get groceries. Just because the van comes out of Chesterfield does not mean it will not help Goshen and surrounding towns. Please call Ed Pelletier at Easy Ride, 296-4232, for information. If that is not helpful to you, please call Henrietta or her age friendly team. They are always ready to help you.

Tuesday, April 7th at 1pm Basket Class

Mickey Malinowski of Goshen will be our instructor. The class will be making a basket in one session and it will cost \$5.00 for materials. You must sign up ahead of time so she will have enough supplies. To sign up, or if you have any questions, please contact Evelyn: 268-3316 or ematkc@aol.com.

The Goshen Women's club will hold their meeting on Wednesday March 4th at 7pm in the dinning room at the town hall. They are planning an auction so please bring an object to auction off. This club is open to everyone and always welcomes new members. They usually meet the first Tuesday of the month but because of the election, this will be held on a Wednesday evening.

Don't forget to vote in the Presidential Primary on March 3rd between 7am and 8pm at the town hall!

This year we have a few elections. We are looking for a few back up helpers. If you think you would like to help at the elections, please contact Kristen to put your name on a list: 268-8236 x107 or clerk@goshen-ma.us. We have enough helpers for this election, but it would be nice to have a list of people who would like to help in the future.

Monday, March 16th at 7pm Annual Town Caucus

The town is always looking for new members for various committees. If you're interested in running or know of someone who would like to run, please come to the caucus to nominate or be nominated. Additionally, nomination papers will be available in the Town Clerk's office.

Are you retired and have skills that could help our town? This is the time to step forward and say: "I'll give it a try."

Our small town runs on volunteers. We simply could not operate without them. You will be welcomed and appreciated.



Happy Birthday in March!



Mary Berube, Susan Macdonald, Paul Britt, Robert Bushee, Edward Connell, Denise Luczynsi, Theresa Bothwell, Alison Bowen, Stanley Dewey, James LeBeau, William Benoit, Robert Raymond, Sheryl Gardner, Curtis Pichette, Michael Kurland, Linda Eldred, Lawrence Hodge, Maria Rooney, Sheila Myers, Thomas Vincent, James Vogel, Joe Roberts, John Dolven, David Silvia, Robert Emerson, William Sbrega, Beverly St. Amand, Elaine Ulman, Brooke Schnabel, Edward Arnold, Carol Monaghan, Jim Krebs, Mary Ann Korash, Lynne Paterson

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 have a home fire safety check list. Please use it. Circle the Y (yes) or N (no).

Senior 
SAFE

- Y N Do you have working smoke alarms on every level of your house?
- Y N Do you stay in the kitchen while heating food?
- Y N Are space heaters placed 3 feet or more from things that can burn?
- Y N Are electrical wires in good condition (not damaged or cracked)?
- Y N Do you know two ways out of every room in your home?
- Y N Do you know what to do if your smoke alarm or CO detector sounds?

If you checked NO to any of these questions, you are at a greater risk for being injured in a home fire. Do what you need to do to be able to say YES to all the questions. Senior S.A.F.E. will help you along the way.

Have a S.A.F.E March!

--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.

Crabby Road

Crabby Road



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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!

Social Security – Something else to check!

Along with death and taxes, we find the Social Security Administration (SSA) in our line of sight. Our interest is in making sure our earnings records are correct. The SSA keeps track of our earnings and calculates our benefits from those records, so if there is an error, we could lose money. I assume it would never be an error the other way...

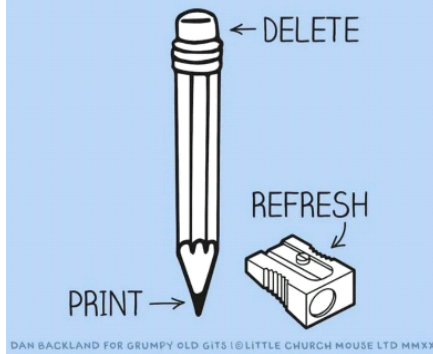
The SSA sends earnings statements every five years until a person turns 60, then they are sent every year until retirement. When you look at the statement, the first thing is to verify that this is YOUR record and your social security number. The second thing is to check their figures against your pay stubs or income tax forms.

Dealing with Social Security online is quite beneficial – the main page is **www.ssa.gov**. If you don't have a computer, it might be worth your time to have someone help you get an online account; you can go to the library to access it.

And I know you know this – a phone call saying your social security card has been compromised, or that you need to send it in to be renewed, or that you need to send money to reinstate your account - is poppycock. This is one of the biggest frauds going these days. In fact, says the Federal Trade Commission – "A Social Security scam was the top government fraud scam and phone calls were the number one way people reported being contacted by scammers. While most people said they hung up on those calls, those who lost money reported a median loss of \$1,000 in 2019."

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

WHEN I WAS A KID, THIS WAS MY COMPUTER:



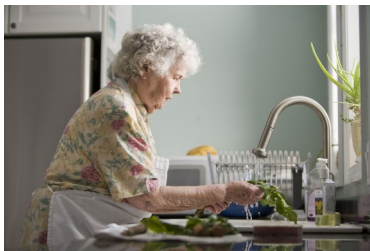
Cancer Connection Spring / Summer Guide 2020

If you are, or know someone, in treatment for cancer or are a cancer survivor, call Cancer Connection at 413-586-1642 to ask for their current Guide, or check out their website at www.cancer-connection.org. You may be surprised at the many free activities and classes available to you. For example: Hands in Clay, Creating Collage, Spirit of the Written Work, Improv, as well as support groups, integrative therapies, and several kinds of exercise and physical activity.

Good News!

In the late 1990's, **MassHealth** changed income and assets regulations for residents 65 or older who are significantly frail. This is called the **Frail Elder Waiver**. If you are "frail" enough to need significant home care support in order to avoid a nursing home placement, MassHealth allows you to have up to \$2,313/ month in income. (This amount increases each year according to the COLA) The asset limit of \$2,000 remains the same, but if the applicant is married, "excess assets" can be transferred to the healthy spouse, and even better, MassHealth will not count the healthy spouse's income! The good news here is that when you are frail enough to require nursing home care, MassHealth makes it easier to qualify and get the care you need to stay home. The objective is to provide an alternative to nursing home placement.

Better yet, there are two MassHealth programs that will pay family caregivers for the help they provide. Anyone you are not married to can be paid for help bathing, dressing, help with meals and medication management, help getting to medical appointments, grocery shopping, and laundry. These two programs are called Adult Family Care and the Personal Care Attendant program. Adult Family Care pays a monthly tax free stipend, the Personal Care Attendant program pays an hourly wage.



It should be mentioned that MassHealth also pays for Rx, for Adult Day Health programs, and all co-pays and deductibles for medical goods and services, acting as a secondary insurance for Medicare. Between the two, once you qualify for MassHealth, you have 100% coverage.

For more information about MassHealth regulations, MassHealth Adult Family Care and Personal Care Attendant programs, or help with the MassHealth application, you can ask at your senior center how to get in touch with a SHINE counselor.

Sleep Study

The UMass College of Nursing is doing a sleep study involving caregivers of individuals with mild cognitive impairment or early Alzheimer's Disease. Members of the pair must live together and not have a diagnosed sleep disorder.



Sleep problems are very common in people with mild cognitive impairment. Because they are often dependent on their caregivers, this interferes with the sleep of their caregivers as well.

Their study question is: can objective sleep data help guide self-management strategies for better sleep for both?

For more information, contact Cynthia Jacelon: (413) 545-9576 or jacelon@umass.edu.

Adapting Home to Age in Place

Plan to stay in your own home as you grow older? Here are some of the possible remedies that can make life easier and safer:

Difficulty: Balance and Coordination

- Bath seat in the tub or shower
- Bathtub with transfer bench
- Walk-in shower with pull-down seat
- Grab bars near the bath and toilet
- Handrails extending beyond the top and bottom of the stairs
- Stairway handrails on both sides

Difficulty: Hearing Impairment

- Dishwasher is ultra-quiet to reduce background noise.
- Increased volume on phones.
- Smoke detectors have strobe lights.

RESOURCE DIRECTORY

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

Food Services

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

Health Services

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

Transportation Services

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

Local Councils on Aging

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

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

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**Goshen COA
Board:**

Evelyn Culver,
Coordinator

Kathy Boisvert

Henrietta Munroe

Sandy Papush

Lorraine Brisson

Nancy Wood

Newsletter Editor
and Designer:

Kristen Estelle

regionalcoanews@gmail.com

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Out and About in March

Saturday, March 7th at 5pm

Corned Beef and Cabbage Dinner

Chesterfield Congregational Church

Cost is \$14.00 for adults; children 12 and younger \$7.00; children under 3 no cost. Everything is home-made and served family style. Take out available. Contact Nancy Hewes with reservations 296-4230.

Sunday, March 8th, 8:30am-10 am

Irish Celtic/Gaelic Music & Breakfast

Chesterfield Church

Irish Celtic/Gaelic music by The Rolling Scones (Banjo, Guitar, fiddle, stand up bass). Full breakfast- Irish crime French toast, pancakes (pure maple syrup), eggs, home fries and a variety of homemade scones. Donations welcomed.

Wednesday, March 11, 12:15 pm

A lively participatory program by Davis Bates!

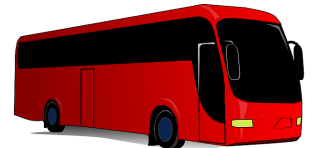
Williamsburg Senior Center, 141 Main St. Haydenville

Williamsburg Senior Center invites you to "A Celtic Celebration, Stories and Songs of the Season" in honor of St. Patrick's Day. Sponsored by the Williamsburg Cultural Council. All are welcome--Join us!

Sunday March 15th at 8am and returning at 6pm

Foxwoods Casino Bus Trip

The bus will be leaving the Goshen town parking lot at 8am. This bus trip is a fundraiser for the Chesterfield veteran's park committee and Friends helping Friends. Good break from the winter and not far to drive. To sign up or if you have any questions, call Kris Zdaniewicz: 413-329-8919.



Save the Date!

Sat. April 25th 9am-3pm

Spring/ Summer Clothing Exchange

Goshen Congregational Church, 45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Weds. April 22nd from 5-8pm and Fri. April 24th from 9am-3pm, then come back to shop on Sat. the 25th from 9am-3pm! All are invited to participate whether you donate clothes or not. Thank you everyone for your contributions!