

# Goshen Council on Aging

## October 2020 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

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*Please Stay Safe, Take Care Of Yourself and Be Kind*

**Summer is over and the cooler months are ahead of us; please try to enjoy.** It sure was a hot summer! We do have to keep positive that this soon will pass. We all cannot wait to be together and laugh, play cards or just smile without a mask on. Until that day, please go with the guidelines. Massachusetts is doing well because we do obey the guidelines.



**The "Friends Group"** will continue to meet at the Veteran's Park in the center of town every other Monday if the weather holds out. Anyone can join and if you have something special you think we would like to do or discuss, we can do that also. The group meets at 10am. Everyone bring their own chairs, and their own drink. Maybe we will see you on September 28th, and October 12. If you have any questions, please contact Evelyn or Henrietta.

### **Drug Take Back Day** **Sat. October 24th, 10am-2pm**

Bring any of your old prescription drugs to the Goshen Police department and get them out of your house. The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.



### **News from the Goshen Library**



Here are just a few of the new books and DVDs now available at the Goshen Public Library! Open three days a week (Tues. & Weds. 3:00-6:00 and Sat. 11:00-3:00), Library Director Martha Noblick will be happy to bring your selection to you at the library door just off the parking area. Call her at 413-268-8236 (ext. 111) or email her at [goshenfreelibrary@gmail.com](mailto:goshenfreelibrary@gmail.com) to make your selection and arrange a pick-up time. Emails may be the most reliable way to get in touch at this time.

### **News from Goshen Historical Museum**

While Goshen deals with Covid-19, this may be a good time to read about our town. The Goshen Museum has two good books for sale at reduced prices, both by Anne Sabo Warner, a Goshen native:

1. *A Bicentennial History, Goshen, MA. 1781-1981.*  
Price: \$15.00.
2. *Looking Back, Essays on Country Life (2006).*  
Price: \$3.00.

Purchase by cash or check from Norene Roberts, Goshen Museum Curator. Make checks out to "Goshen Historical Museum" and send to: Norene Roberts, 119 Cape St. Williamsburg, MA 01096, or call for information on pickup: 268-7562.

## How your Early Ballot gets Processed

By Kristen Estelle, Town Clerk

Many of you decided to vote early by mail or in person for the Presidential Election. In person early voting will be available between Oct. 17th– Oct. 30th; stay tuned for exact times. I wanted to clear up some confusion about early voting.

- ⇒ All ballots will be processed and put into the ballot box on election day. That day, the warden takes your ballot around the room as if she were you, voting. She reads your name and address at Check In, then slits open the manila envelope you signed that contains your ballot. She then brings your ballot to the Ballot Box and feeds it in, just as you would if you were there. **Your ballot is never opened until it is hand counted with the hundreds of other ballots after polls close.** No one will know how you personally voted. The ballot you mailed back or filled out early in person is safely under lock and key until it is given to the warden on election day.
- ⇒ Want to know the status of your mail in ballot? The state has a nifty tracker: [www.sec.state.ma.us/wheredoivotema/track/trackmyballot.aspx](http://www.sec.state.ma.us/wheredoivotema/track/trackmyballot.aspx). The tracker will reflect the current status of your ballots.
- ⇒ We also look forward to seeing those of you who wish to vote on election day itself, November 3rd, from 7am-8pm. Please wear a mask, use hand sanitizer when entering, and maintain social distancing. You may bring your own writing implement, if you wish.

If anyone has any questions or concerns, please contact me: [clerk@goshen-ma.us](mailto:clerk@goshen-ma.us) or 268-8236 x107.



## Our condolences go to...

the family of Clarence Rowley (Bud), who passed away on August 15th.

the family of James Kandrotas, who passed away on August 18th.



### Happy Birthday in October!



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

### ***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 Goshen Council on Aging and write "program support fund" in the memo line. Checks can be sent to Goshen COA, 40 Main St. Goshen, MA 01032)*

Name \_\_\_\_\_

Address \_\_\_\_\_

*Thank You for Helping to Support Your Neighbors!*

**Goshen Council on Aging**



# Highland Valley ELDER SERVICES

**Assisting Elders, Families & Caregivers  
through collaboration, education  
and advocacy for 45 years.**

**413-586-2000**

**All programs and services still operational  
during the COVID pandemic.**

## **Information & Referral Services**

**Family Caregiver Program– Resources for Caregivers**

**Home Delivered Meals**

**Community Dining Sites**

**Ombudsman Services– For Nursing Facility Advocacy**

**Money Management Assistance**

**Protective Services**

**Case Management**

**Options Counseling**

**Transportation Concierge**

**Homemaking, Personal Care, Companion**

**Personal Emergency Response Systems**

**Consumer Directed Options- Hire family/friends to  
provide the assistance you need.**

**And more...**

**[www.highlandvalley.org](http://www.highlandvalley.org)**

**[info@highlandvalley.org](mailto:info@highlandvalley.org)**



## *Options Counseling provides:*

- Free consultation with a certified Options Counselor.
- Unbiased information.
- One-on-one meeting, either in person, over the phone or by email, to discuss what your short and long term goals are.
- Personalized approach that ensures that your choices are respected.
- Exploration of options for paying for services.
- Referrals related to your particular needs and wishes.
- Assistance with planning the next steps.
- Information about long-term care services and supports.

**To connect with an Options Counselor contact Highland Valley Elder Services Information & Referral Department:  
413-586-2000**

## Chesterfield Community Cupboard closes as the Little Corner Cupboard opens in new location on October 1



Cold weather coming, lack of heat sources and logistical problems with snow plowing have led the Chesterfield Community Support Team, in consultation with the Board of Health, to set up at a smaller site at the entrance to the kitchen at the Chesterfield Community Center. It's been clear that the food that's been offered at the Cupboard has been very appreciated and needed. The need to keep it going will no doubt continue as financial hardships grow, prices of food increase and farm markets begin to close. Even with the Goshen Pantry, CISA coupons and Hilltown Bucks, food insecurity persists.

New protocols have been developed for assuring the health and safety of everyone using the cupboard in the new restricted space. The "Little Corner Cupboard" will be open twice a week on Tuesdays from 9-11am and Thursdays from 2-4pm. Volunteers are required to be on site during the open hours. Strict guidelines for social distancing and sanitizing will continue to be followed and masks are required. The goal of staying as anonymous as possible is still in effect. The duration of the program will be guided by the receipt of business and individual donations.



**Would you like to receive your newsletter, in color, 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!

## Scam Covid-style

You have to admire scammers, in some ways. They see a new thing in life and adjust their pitches to it, and quickly. For instance, did you know some scammers want you to think you can get a government stimulus check from a car dealership? They may send a check that says "COVID-19 Auto Stimulus" with space to endorse the check on the back, according to the Federal Trade Commission (FTC).

Another example. I ate inside in one restaurant and they asked me for contact information in case they need to do virus tracing, e.g., tell me there has been a potential contact with a person who tested positive for Covid-19. Well, another wrinkle from the scammers is to call and pretend to be a contact tracer and ask questions that go beyond the names of places and people you have come in contact with. A real tracer will never ask you for money or financial information.

Certainly the savvy citizens of Massachusetts would not suffer from these scary scams! Sadly, from Jan. 1 to Sept. 9 in MA, there were 5,664 fraud reports with a loss of \$2.69 million dollars. And that is just what was reported! There was a very sharp increase in cases starting in mid-March. Funny coincidence, that, timed with the virus. These data are from the FTC Covid-10 and Stimulus Reports: [public.tableau.com/profile/federal.trade.commission#!/vizhome/COVID-19andStimulusReports/Map](https://public.tableau.com/profile/federal.trade.commission#!/vizhome/COVID-19andStimulusReports/Map)

I'm sure you can figure out not to buy a virus testing kit, "early-release" vaccine, or a preventive or cure for Covid-19 from a phone call or email. You won't assume someone who says s/he is calling from the government (Social Security, Centers for Disease Control, etc.) has your best interests in mind. All the old safeguards still hold – don't click on email attachments, don't answer the phone from an unknown source, guard your wallet and identification., don't get pressured into paying, keep some skepticism.

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

## Good News!

By Deborah Hollingworth

For all of us on Medicare, it's annual Open Enrollment again. October through the first week in December...we get to go shopping...for our health care coverage. If you don't want to "shop" for different coverage, you don't have to, but there might be a better deal, that is better coverage for less money. And we all love to bargain hunt. Maybe not so much with health insurance? If I've heard it once, I've heard it dozens of times that folks just wish their coverage was simple. Perhaps in my lifetime, it will be, and we will look back on these days of chaos when health insurance companies bombarded us with their advertising as "back in the dark ages".

But in the meantime, our mailbox (and TV) is full of advertisements for health insurance because this is the season to switch if you want to.

### What is all the advertising about?

When we turn 65, and we've paid into social security, or our spouse has paid into social security, we get Medicare: original Medicare A & B.

Then we can sign up for a Medicare D plan to cover our Rx, or enroll in a Medicare Advantage plan that covers Rx. Each year in the fall, during Open Enrollment, we get to change our mind and select different coverage. Many Medicare beneficiaries will decide to change their Rx coverage (their Medicare D plans). This happens a lot because the D plans change their prices, change their deductibles...even change their formularies which is the list of Rx they cover. So what was a "good" plan for you last year may not be a good plan for you next year.

An example that kept us SHINE counselors busy last year was a Humana Walmart's switch. Their \$32 x month D plan that covered a lot of Rx, changed to a \$62 x month plan for the same coverage. If folks read their mail, they were pretty upset. If they knew to call a SHINE counselor, they could "shop" the plans for the upcoming year and discover that Humana had another plan, in the \$30 x month range...which covered almost the same Rx. But you had to know this....and switch.

### How does the switch work?

During Open Enrollment, you get to sign up for a new plan if you want. The new plan takes effect January 1st and cancels out your old plan. To see if you should switch, you might contact your SHINE counselor who can do a Plan search/



analysis for you and give you the contact information you need to call and enroll in a new plan.

You can call your senior center to schedule an appointment with a SHINE counselor. 'tis the season to be shoppers, if we want.

## Household Hazardous Waste Collection

**Saturday, October 24, 2020,  
9 am – Noon**

**at Westhampton Highway Department**

**Create a Safe Home: Properly dispose of household hazardous waste.** The Hilltown Resource Management Cooperative (HRMC) announces their annual HHW Collection Event for residents of the ten HRMC member communities of: Ashfield, Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington.

The program is free to HRMC member-town residents, however, reservations and pre-registration is required. Pre-registration runs from October 1-18, 2020. Please email your name, street and mailing address (including town and zip code), and phone number to [hrcm@hrcm-ma.org](mailto:hrcm@hrcm-ma.org). Or you may phone HRMC with the above information including an email address at 413-685-5498. Note that Huntington residents are asked to provide their transfer station sticker number at the time of registration. HRMC will confirm your registration by email and send an attached confirmation letter to bring with you to the event.

Protect your home and our environment by properly disposing of old or unwanted household chemicals. Products containing lead, petroleum products, pesticides, herbicides, and acids should NOT be poured on the ground, down the drain, or placed in household trash.

The HRMC HHW collection program accepts a wide range of unwanted household products with labels that indicate that special handling is required. Examples of common warnings include "caustic, toxic, corrosive, poison, flammable, warning, danger, caution and keep out of reach of children and pets."



Make your home a safer home by changing your purchasing habits, and adopting some minor changes to the way you clean your home or care for lawns and gardens.

For more information on recycling, visit the "What to do With" link at: [www.hrcm-ma.org](http://www.hrcm-ma.org)

## Epidemics

The world today seems to find us more stressed and frightened than COVID-19 can explain. The unrest, divisions and anger seeping into the fabric of our lives leaves us hoping, if not longing, to find a way to understand how we got here and what's in the future. Sarah Prince, our yoga teacher, found a passage from Ayurveda, an ancient system of health maintenance. Today it is often referred to as the sister science of yoga. The main text, Charaka Samhita, written 2,000-2,500 years ago, is primarily a discourse between Atreya (a great Ayurvedic physician) and his disciple Agnivesa. It was first written in Sanskrit in a poetic style, as are all Vedic texts. The rhythm, meter and melody of the Vedas allowed for easier memorization.

### The Root Cause of Epidemic

Agnivesa asks Atreya, "What is the root cause of Vata imbalance, which is the root cause of an epidemic?" This was Atreya's response (remember, these are written in poetic form, over 2,200 years ago):

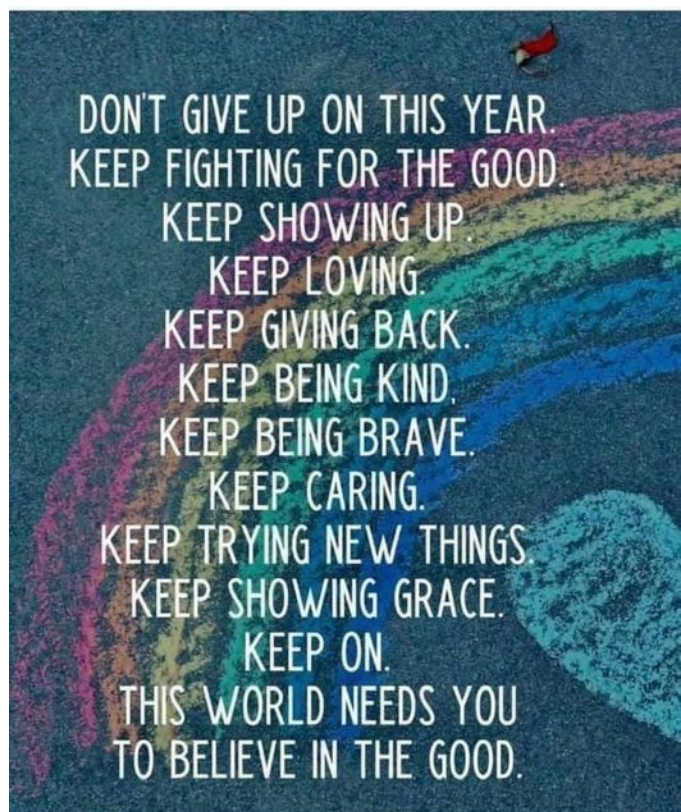
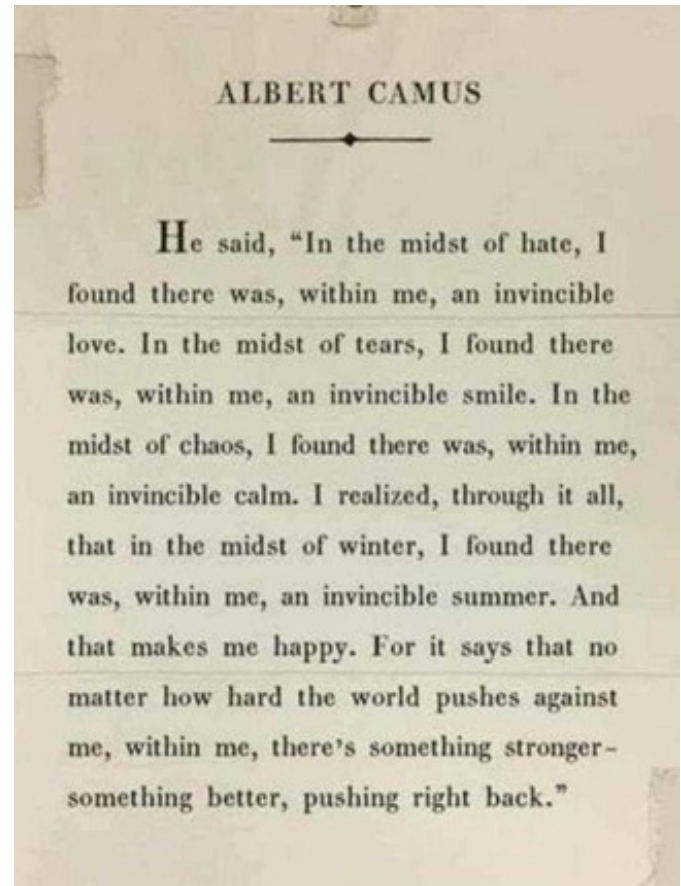
The root cause of derangement of vata and epidemic is unrighteousness. When the Heads of country, city, guild and community have transgressed the virtuous path and deal unrighteously with the people, their officers and subordinates, the people of the city and community, and merchants carry this unrighteousness further.

Thus, the unrighteousness puts pressure on and forces righteousness to disappear. Then the people with righteousness, having disappeared, are abandoned even by the Gods. Consequently, when righteousness has disappeared, unrighteousness has the upper hand and the Gods have deserted the place, the seasons get affected and because of this, it does not rain on time or at all. There is abnormal rainfall, winds do not flow properly, the land is affected, water reservoirs are dried up, and herbs, giving up their natural properties, acquire morbidity or die. Then epidemics break out due to polluted environment and food.

Likewise, unrighteousness is also cause of the destruction of community by weapons. Those who have excessively increased greed, anger, attachment, and conceit, disregarding the weak, attack each other.

*Sharma, PV Charaka Samhita, Vimanasthanum, Ch. 3. Verses 20, 21 Chaukhamba Orientalia. Delhi. 1981*

During this challenging time everyone who looks for truth and the right thing to do and does it will bring balance back to our planet.



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

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## **October is Fall Prevention Month**

### **CATCH YOURSELF! Simple Steps to Prevent Falls**

#### **Your risk of falling increases when you have:**

- fallen before
- balance problems
- chronic diseases
- depression
- hazards in the home
- a lot of medications
- memory problems
- muscle weakness
- problems walking
- vision problems

#### **Reduce your risk of falling and stay independent, healthy and strong by following these steps:**

1. **Get a fall risk assessment.** Talk to your doctor about your fall risk, especially if you have any of the conditions above.
2. **Review your medications.** Bring all your meds and supplements to your doctor or pharmacist at least once a year and when there are changes in your health. Ask about side effects and interactions, especially if you take four or more meds.
3. **Have your vision checked** once a year by an eye doctor.
4. **Engage in regular physical activity.** Ask your doctor about the best activities for you and make a plan. Doing Strength and balance exercises using your lower body can build your strength, improve your balance and coordination, and reduce your risk of falling.
5. **Assess your home and make changes for safety.** Use a home safety checklist or talk with a professional to look for things inside your home that make you more likely to fall. Change your home to make it safer; reduce clutter, improve lighting in rooms, hallways and stairwells; and install handrails and grab bars.

**For more information, visit: [www.stopfalls.org](http://www.stopfalls.org).**