

Goshen Council on Aging

November 2020 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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Curbside Turkey Dinner



The COA board has decided to have a curbside turkey dinner!

You will be able to pick up a complete turkey dinner at the town hall on **Tuesday, November 10th between 11:30 and 12:00**. Sorry we cannot have a meal inside yet, but we do hope that you will come by and pick it up and enjoy it in your own home! We will be charging \$5.00 per meal. Please call Evelyn 268-3316 to make your reservation.

If you are not able to come to the town hall and pick it up, we will have some drivers to deliver to your home about 12:30. **We will not have any extras so you must make reservations by November 4th.** The meal will be cooked and served from the Spruce Corner Restaurant.

We will not have any in person programs for the winter but will have a list of things that we will try to do to break the winter up. If you have any ideas, please contact Evelyn or Henrietta and make a suggestion.

⇒ **Masks.** Henrietta will have masks available. If anyone is in need of a new one or just wants to have an extra one, please contact her: 268-7465. She will be glad to drop one off.

⇒ **Sand.** We will try and help anyone with outside issues if we can. If you need sand, give Henrietta a call. She will arrange to

⇒ **Books.** We had a donation of some books, mostly hard cover. Some of the authors are James Patterson, Mary Higgins Clark, Dean Kootz, Karen Kingsbury, David Baldacci and Nicholas Sparks. Call Evelyn if you are interested in any of them.

⇒ **Zoom.** Don't forget Muscle Strength and Cardio Strength classes with Joan every Wednesday morning at 10am. We are also looking into other programs that can be offered.

⇒ **Take and Eat.** Our Lady of the Hills Church and Williamsburg Congregational Church offer residents in the hilltowns a meal program called "take and eat". Volunteers prepare meals each Saturday and deliver those meals to residents who have requested them. Anyone wishing to receive a free meal please contact Nancy Wood at 268-7978.

To all veterans:

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



The Goshen Cultural Council would like to hear from Goshen residents about the types of programs and events that it should fund during the next grant cycle. Please respond to a survey that can be found on the Goshen town website (www.goshen-ma.us) by November 1.

In addition, the Council is seeking applications from organizations, schools, and individuals for grants that support arts, humanities, and science programs in the community, including exhibits, festivals, school field trips, performances, workshops, concerts, and lectures. Applications are due November 16.

Last year, the Goshen Cultural Council distributed over \$5,700 in grants to fund several projects for

the benefit of local schools and other organizations and to support local artists in the hilltowns. Although many of those projects had to be postponed due to Covid 19, we are hopeful that they can be rescheduled during next year.

We invite local artists and presenters to consider applying for grants. Please contact Nancy Wood at 413-268-7973, if you have any questions about the online application process. 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.

Our Condolences to...

the family of Marion Judd. Marion grew up in Goshen and was John and Ned Judd's sister.

Cauliflower Changed My Life:

Hawaii: Part One

By Lorraine Brisson

Aloha! Who does not dream of going to Hawaii? Not many of us, I suspect. I have dreamed of going to Hawaii for many years, but never thought it would happen. That all changed in October 2018, when Michael and I flew to Hawaii. The impetus for our trip was a race called the Moloka'i Hoe. This race is the prestigious, world championship of men's long-distance outrigger canoe racing. The race is 41 miles, from Moloka'i to Waikiki Beach, Oahu, crossing the sometimes treacherous Kaiwi Channel. All teams are required to have an escort boat. The Manu'iwa Canoe Club of Connecticut had a team of twelve individuals over sixty (10 mainlanders and 2 Hawaiians). Six paddle at a time, which meant jumping out of the outrigger into the ocean to switch teams to allow for periods of rest. In 2018, race times varied from 4 hours 33 minutes to 7 hours 51 minutes. More on this later.

Traveling the Hawaiian Islands is interesting. Because the islands are volcanic mountains, most of the interiors are inaccessible by car, so travel is generally on the one main road that circumnavigates the island

(sometimes only part way). Congestion is often a problem. As for beaches, Hawaii law states that no one owns the beach, meaning that it is accessible to everyone, everywhere. There are right of way paths to beaches via peoples' yards, private property, and all beachside resorts etc. Traveling between islands is always by plane.

We flew into Kaua'i, the Garden Isle, on October 1, where we rented a condo in Princeville with another couple. The condo was fifteen minutes from Hanalei Bay where the Manu'iwa Canoe Club had a couple days of training. On our way to Princeville, we drove by what is left of the motel where Elvis Presley and other famous movie stars stayed while filming in Hawaii- a trip down memory lane.

For two days while the men trained, Tricia and I kept ourselves busy sunbathing at the beach or renting a SUP (stand-up-paddle board) on the Hanalei River. Once training concluded, Michael and I had two days to explore the island. We hiked down the cliff path behind the condo to Turtle Cove, on our way discovering a tiny pool in a very secluded spot, perfect

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Happy Birthday in November!



Judith O'Brien, John Woodward, Catalina Arrubla, Sylvia Orcutt, Angela Vincent, John Mogilka, Katrin Enright, James Barrett, Gregory Hayes, Richard Still, Nancy Kosior, David Verge, James Lyons, Scott Wallace, Donna Kolodziej, David Guido, 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, Laurie Baker, James Russell, Janet Nadeau, Deborah Senecal, 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 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

Seniors Aware of Fire Education



The focus of Fire Safety Month was how to prevent cooking fires. The theme was chosen with a few facts in mind.

1. The leading cause of house fires has been kitchen fires.
2. The leading cause of kitchen fires is unattended cooking.
3. Most cooking fires in the home involve the kitchen stove. Here are a few ways by which you can prevent fires in your kitchen:
 - ⇒ If you are sleepy or have consumed a bit too much alcohol, do not use the stove.
 - ⇒ Stay in the kitchen when you are frying, boiling, broiling or grilling food.
 - ⇒ Stay in your home when food is cooking.
 - ⇒ Use a timer to remind you that you are cooking.
 - ⇒ Keep anything that can catch fire away from your stove top.
 - ⇒ One extra idea -- don't let pan and pot handles overhang the stove top edge where they can be bumped into and pour scalding liquid on you.

Have a safe Thanksgiving!

--Worth Noyes, SAFE Educator
Williamsburg & Cumington 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, 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!

Phone scams, Medicare style

So my latest irritation is those calls telling me I am eligible for Medicare supplies and they will be HAPPY to send me a back brace, knee brace, or Medical Item of the Day. The source of the calls will be some town in Massachusetts, or most recently a Williamsburg number. So far they haven't sent me anything... what if they do?

From the FTC: "Don't accept medical equipment you get in the mail — unless you or your doctor ordered it. If it comes to your door and you didn't order it, you can keep it as a gift. You don't have to pay for things you didn't order... if you give them your information, they'll use it to fraudulently bill Medicare. This uses up your medical benefits, which means you might not be able to get the right brace later, if your doctor prescribes one."

How do you tell if the scammers have been successful? Every now and again you will get a letter from Medicare in the mail, a Medicare Summary Notice, that says "This is not a bill" and it will show charges that Medicare paid. If you do not recognize a charge, or know it is one of those braces, call the phone number on the letter and report the blinking buggers.

The same rule holds if the mail brings you other merchandise with a bill, but you didn't order it. You can keep it, try to send it back at their expense, give it away, or use it to line a trash can.

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

Good News!

By Deborah Hollingworth

As I sit down to write, we are about three weeks away from the Presidential election, so it's difficult to think about anything else these days. But we are also in the midst of Open Enrollment for Medicare beneficiaries who might like to look over their coverage and compare plans for this coming year, especially if you've received a letter from your Medicare Rx plan saying coverage is changing and cost is increasing. And if that's not good news...our mailboxes are filled with advertising from other insurance plans saying they can do a better job for us. Can all that go straight to the recycling bin? Or do we need to do something?

There are 1,326,207 Medicare beneficiaries in Massachusetts. Many of us can ignore all this advertising, and ignore the fact that it's Open Enrollment season, because we get our health insurance coverage through our retirement/pension plans, or through the VA. And those who have MassHealth or X-tra help (also called the Low Income Subsidy), do not have to make any changes to their coverage. They can ignore and recycle all the advertising in their mailbox.

For the rest of us, we might do well to check out our coverage. Typically the letter from our insurance plan says they have changed their Formulary, switching some of the generics we take into "another tier", which is another way to say they are going to charge us more for our generic Rx than they did last year. You may have received a letter from your Rx Plan that said they were increasing your monthly premium? We expect shrinking coverage and increasing costs as a way of life. But here's a new wrinkle. It has become more important to know where to shop, and which pharmacy to use. Pharmacy chains, pharmaceutical companies and health insurance plans are connected in ways that are not apparent to us, meaning they often own, or are in business with each other. So picking up your medications at Stop and Shop might be a different price than shopping at CVS.

We are in luck because the **Medicare.gov** website can sort this all out for us. By typing in your list of Rx, and the zip code where you live, the website program can sort through the details of all 27 Medicare Rx plans in our area and rank them in order of least cost for best coverage! You can try using the website yourself, or call your senior center for a SHINE appointment.

One more piece of good news is the **Massachusetts Pharmacy Outreach Program**. This is especially helpful for situations where your Rx is expensive, or is not something you've taken before and you'd like to know more about the drug. The Pharmacy Outreach Program is a free service provided by the University of Massachusetts and Executive Office of Elder Affairs. It's your reference librarian, available by phone, Monday through Friday from 8:30am - 5pm: **1-866-633-1617**. They look for affordable solutions for you, and can help submit Patient Assistance applications if you qualify to get your Rx free or greatly reduced from the pharmaceutical manufacturer. One of my favorite stories is about my Mom calling them to find out if it might be safe to double the dose of her particular Rx and cut

the pill in half. That way she'd save almost \$300 for the year. They said it should be OK, and to ask her doctor. She did. And saved enough money to get her chair re-upholstered.

Open Enrollment runs from October 15th-December 7th each year. Call your senior center for a SHINE appointment if you need help sorting it all out.

Cauliflower Changed My Life:

Hawaii: Part One (continued from pg. 2)

... for skinny dipping. And yes, we did see some turtles at the cove. We discovered Secret Beach, spent time at the St. Regis Princeville Resort beach, explored the southern coast—visiting quaint seaside villages, and hiked at Waimea Canyon State Park, site of Jurassic Park filming. This was by far our biggest adventure on Kaua'i. Aptly referred to as the Grand Canyon of the Pacific at 3,400 ft elevation, it has several lookouts into deep brilliantly hued gorges of astonishing depth and beauty with multiple waterfalls. Our goal was to hike the Canyon Trail, a 1.8-mile trail taking us to the top of one of the waterfalls. Most of the hike is in the jungle, but once we reached the top, it opened up and we had the most magnificent view, with a few wild goats thrown in for good measure. There were no guard rails, so we kept our distance from the edge. Unfortunately, the gentleman with his name on the cross was not so lucky.

On October 5, Michael and Peter flew to Moloka'i, to prep for the race, while Tricia and I flew to Honolulu, Oahu. We stayed at the Hilton Hawaiian Village at Waikiki Beach for two days, awaiting the race. During that time, I visited the capitol district, taking in the beautiful architecture and learning about the history of Hawaii, particularly King Kamehameha I. Tricia and I spent a morning snorkeling and sunbathing at Hanauma Bay Nature Preserve, a remnant of a volcanic crater notched into the shore below Koko Head. That afternoon, we made a trip to Diamond Head State Monument. It is a steep .8 mile hike up to the summit lookout, but worth it with views of Waikiki.

The next day I went hiking. As it turns out, my nephew was married two weeks prior and his best man lives in Honolulu, so we made plans to do a hike. He took me on a hike that involved lots of mud and stream crossings, terminating at what else – a waterfall. Well worth it.

Finally, it was race day. All I could do was hang out at the beach waiting for the Manu'iwa Canoe Club's outrigger to cross that finish line, which it did at 6 hours 17 minutes. A very respectable finish for a team from Connecticut competing with teams from Polynesia, Australia, and Hawaii. They ranked 70 out of 98 teams, coming in second in the Masters category, beating other Hawaiian teams.

The next day, we had a breakfast buffet at Dukes Restaurant, a must if you visit Waikiki, and then it was off to Maui. Next column will cover our adventures on the islands of Maui and Hawaii.



Joan Griswold's Zoom Exercise Classes

Thank you to all who join Joan Griswold's zoom exercise classes! We are very thankful that she does such a great job keeping our muscle strengthening class going and that she is interested in continuing this through the winter months.



Most of our COAs receive grants from Highland Valley Elder Services that partially fund many of our classes. We also use donations to keep paying teachers like Joan. Your donations make her classes possible.

In order to continue, we need donations from each of the seven Hilltowns.

Joan works for each town in six-week sessions. When we were meeting in person, we had a donation jar in which we asked everyone to put in a donation that they could afford. We are very thankful for the donations that have been sent in, but we still need your support. Otherwise, we will not have the funds to keep Joan's classes on Zoom.

When sending in a donation, please send it to the town you would like to support. Joan lists them on her email that she sends out every week. If you would like to join Joan's classes, send her an email: joan@bybhealth.com

careconsultationmanh@alz.org to schedule a Care Consultation today.

We know this is an unprecedented time, and no one should be doing this alone. The Alzheimer's Association staff are still operational and continue to help families each day living with dementia. Our 24/7 Helpline is available at 1-800-272-3900 to anyone who needs to talk about the challenges of dementia during this time. Our Helpline staff are available around the clock for any questions or concerns you might have. They can help address feelings of isolation, and link you to other resources.

Additionally, we are now offering all of our educational programs and support groups via video conference or over the phone. We also offer Meet Ups for those living with dementia. Virtual Alz Meet Ups are a fun, social hour that provide an opportunity to connect with others living through a similar experience.



Free Resources from the Alzheimer's Association

Did you or someone in your family recently receive a diagnosis of Alzheimer's disease or another form of dementia? Would you like some help navigating decisions after a diagnosis? Are you worried about how to provide the best care for a loved one? Are you concerned about your own memory?



The Alzheimer's Association provides free Care Consultations that are confidential and personalized to the needs of individuals and families. Consultations can be provided by phone or video conference and can include family members in separate locations. Call 617-393-2100 or email

Diane Meehan retires from the Hilltown Food Pantry after 30 Years

A familiar face to many, Diane Meehan recently retired from her position as Director of the Hilltown Food Pantry in Goshen. She started as a volunteer coordinator of the Pantry which has been in numerous locations (Cummington, Chesterfield, Haydenville and finally, in Goshen).

Thank you, Diane, for your many years of dedication and hard work. As the Goshen select board wrote in their letter to you, "You truly embody the popular phrase, 'Think Globally, Act Locally'. The many volunteers and people whom you have touched have enjoyed working with you and wish you all the best as you retire."

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

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**This is going to be the
first year our family
won't be going to Hawaii
because of the virus.**

**Usually it's because
we can't afford it.**



COFFEE AND JELLY BEANS