

Goshen Council on Aging

December 2020 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

Curbside December Luncheon

Tuesday, December 8th, 11:30-12



The COA board has decided to have another curbside luncheon! November worked out so well we thought we would try again. It would be nice if the weather were 70 degrees again, but we will work around that.

You will be able to pick up either a stuffed chicken breast dinner or a roast beef dinner at the town hall on Tuesday, December 8th between 11:30 and 12:00. You do not need to get out of your car, as we will bring the dinner to you. We will be asking for a \$5.00 donation per meal. The more donations, the more meals we can provide. Please call Evelyn at 268-3316 to make your reservation. We can only serve so many, so deadline will be December 2nd. 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 around 12:30. We will not have any extras so you must make reservations. The meal will be cooked at the Spruce Corner Restaurant.

Help with your Driver's License

The Registry of Motor Vehicles has been closed due to the pandemic. In order to renew your licenses, you may need to make an appointment online. This may be a problem if you do not have a computer or the internet. If you need some help, please call the police station at 413-268-3116 and Donna Hewes will be happy to help you. She has helped a few and is ready to help you. Just leave her a message.

22 News' "Mass Appeal" is planning a Holiday show on December 8th with local COAs. It really sounds like a good show and you might see someone or a place you know!

Light Show

Greenfield is sponsoring "Light up the Fairgrounds" for three weekends. You might like to take a ride and check it out. You drive through and enjoy the sights! This will be a fundraiser for different organizations. The weekends are: November 27,28,29; December 4,5,6 and December 11,12,13. Something different while we are social distancing.

We are considering a **Craft Night** on Zoom. Does not matter what craft, show off what your interests are, what you're doing or maybe something you would just like to ask about. Someone may have an answer. If you would like to check it out, email Pat Wheeler: wheeler0825@hotmail.com.



With winter closing in and Covid-19 still all around us, the town is extremely fortunate to have good business to help us out. You will not have to travel so far away.

- * **Spruce Corner Restaurant** is back open serving breakfast and lunch. They are open from 6am-3pm daily, eating in or take out. They have specials on Facebook or give them a call.
- * **Oliver's Farm Stand** is going to stay open for the winter and has added a lot of new items to the stand. Looks like you can find most everything there. Check them out on Facebook or stop by.
- * **The Goshen General Store** supplies a range of groceries, deli, sandwiches, snacks and beverages. Open 7 days a week.
- * **Red's Bakery.** If it is sweets you're looking for, we have a new bakery in town. Jess Judd has opened a bakery in her home. She will have different selections weekly. Join her on Facebook. Order on Wednesday and pick up on Saturday. Her phone number is 413-268-7495.

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. 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 Roger Culver a call: 413-268-3316.

BOOKS: we had some more books donated to us, so during the winter if you need any, please contact Evelyn.

ZOOM: Do not forget Muscle Strengthening classes with Joan every Wednesday morning at 10. We are also looking into other programs that can be offered.

Cauliflower Changed My Life:
Hawaii: Part Two
By Lorraine Brisson

Maui is the Island of the Valleys and turned out to be our favorite island. From the airport we headed to the Iao Valley to see the Iao Needle (a precipitously steep and narrow promontory) and do some hiking. I had read about the hike in Backpacker magazine. Upon arriving, we donned our backpacks and hiked the short, paved walkway only to discover that the walkway ended at a lookout and a small gate. Hum, this was not the hike I remembered reading about. Disappointed, we returned to our car and were loading our gear in the car when we noticed two young men donning their backpacks. We instantly knew we had missed something and inquired about the mystery trail. They graciously invited us to join them, so back up the walkway we went, but this time we jumped the gate! Typical Hawaiian behavior. We hiked through bamboo and up the trail until the we reached a clearing with beautiful views of the valley. We rewarded ourselves with an afternoon relaxing at Kalikili Beach.

From there, we headed to our hostel, where we had our own room with bath (particularly important). This was such a pleasant experience, we decided we would hostel on future trips. We were the "older couple" but engaged in conversations and billiards with younger people from all over the world.

On day two, we drove to Haleakala National Park, a dormant volcano, for a day of hiking in the crater. The hike down the slope resembled a moonscape with richly colored cinder cones. After about two miles, we met a volunteer and informed her of our planned hike. She suggested a different trail. We took her advice and continued. After 3.5 miles, at our turn around, we encountered a young woman. She asked if we were Lorraine and Michael! YIKES, who was she? Well, it turned out that she worked at the hostel and was told that we would be hiking at the Park and to keep an eye out for us. So, again we changed our hike and joined her, which turned out to be the best decision. This trail was quite different - much greener. After another six miles we ended up at the hiker pick-up. She had planned to be picked up at 5:30 and continue to the summit to watch the sunset. We hopped in the chairs in the back of the pick-up, were dropped off at our car, drove to the summit (10,023') and witnessed the most spectacular sunset I've ever seen. At that elevation, we were above the clouds.

Due to space limitations, I will recount you more adventures in Part 3.

Happy Birthday in December!



Sandra Papush, David Clapp, William Carey, William Carter, Jeannine Haas, Doreen Skorupski, Robert Maloni, Patricia Wheeler, David Pesuit, Rochelle Nahmias, Dina Raymond, Esther Korowski, Elizabeth Bell-Perkins, Nancy Burnett, Frank Krok, James Smith, Nina Pinger, Paul Webb, Rosemarie Clark, Diane Krok, Linda Still, Robert Goss, John Skorupski, Marcia Shaw, John Riley, Wayne Eastman, Lloyd Ewing, Monique Bourgeois, Richard Richardson, Dwight Baghdoyan

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



This year's holiday season will be very different for many people because of COVID; one of the things many people will do is decorate their homes with bright lights to shine during this dark time. Here are a few suggestions on how to brighten your corner of the world safely:

- ⇒ Buy lights and electric decorations that are listed by an approved testing agency.
- ⇒ Replace old lighting that has frayed wires, broken plugs, sockets or switches.
- ⇒ Never overload outlets.
- ⇒ Use no more than 3 strands of lights on a single extension cord.
- ⇒ Consider using energy efficient LED lights that stay cool.

For outdoor lights consider:

- ⇒ Using only lights rated for outdoor use.
- ⇒ Plug outdoor decorations into a ground-fault circuit interrupter.
- ⇒ Anchor outdoor lights and decorations with insulated holders or hooks.

Have a SAFE and happy holiday season.

--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!

Charity – where does it begin?

Everyone has a favorite cause to support. This time of year, we are inundated with requests to part with our money for a really good organization! So, how to tell if this is a good idea or not? How to tell how much is enough?

First, can you afford it? Your budgetary “needs” should be considered first, like rent or mortgage, heat, and groceries. After that, we have “wants”, savings, and discretionary spending. Charity contributions are considered discretionary – I cannot think of an exception to this.

Second, which cause do you like? As an ecologist and farmer’s daughter, I lean toward environmental, conservation, and agricultural / food issues. We may support medical research, literacy, veteran’s programs, animal welfare – the list goes on. We may support local fundraisers or children’s programs or the library.

Third, is the cause being considered a valid one, a good one? Valid means not a scam! A good one means considerations such as how much money is spent on management, i.e., does a large percentage of income go to the actual cause. I still like Charity Navigator (**www.charitynavigator.org**) for analysis of many causes, though they will not feature our local scene. One benefit of this resource is that they now show Advisories: charities “that raise concerns”. A second benefit is that you can donate anonymously to a listed organization! That means fewer mailings coming in the mail! Less inundation!

With charity in my heart,
Jean O’Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

Experts say they're usually fine — but here's what to consider when choosing your specs

by Sarah Elizabeth Adler, AARP
September 24, 2020



Who needs reading glasses? All of us do, eventually, thanks to a condition called presbyopia — a gradual loss of the ability to clearly see things up close — that becomes noticeable for most people beginning in their 40s. Because presbyopia is caused by age-related changes to the lens of the eye, it isn't preventable or reversible. But experts say that the right pair of reading glasses, including those readily available at retailers like a dollar store or pharmacy, can help bring small print and other objects, like your smartphone screen, back into focus.

Here's how to find your perfect pair.

Over-the-counter reading glasses

"Reading glasses from a drugstore are, in fact, perfectly safe," says ophthalmologist Michelle Andreoli, M.D., a clinical spokesperson for the American Academy of Ophthalmology, who notes that over-the-counter reading glasses, including low-cost dollar store options, can help you focus up close and will not damage your eyesight. But, she adds, once your up-close vision starts changing, you can expect it to continue to worsen into your mid-60s. That means the reading-glass strength you start out with will need to increase as the years go by. "A good rule of thumb is that any strength of [reading glasses] will last someone between 45 and 65 about two years," Andreoli says.

Experts say the best way to determine what strength you need in the first place is with a yearly eye exam, which can tell you what power (notated with a number like +1.00 or +2.50) you need. The higher the number is, the stronger the glasses are. If you haven't been to the eye doctor or want a way to double-check in the store, Andreoli recommends grabbing a greeting card from the stationery aisle to carry out a DIY test: Hold the card at a comfortable reading distance and try on several pairs until you find the ones that work best.

If you're stuck between two pairs? "In most cases, when two reading-glass powers seem equally suitable, choose the glasses with the lower power," says optometrist William Reynolds, president of

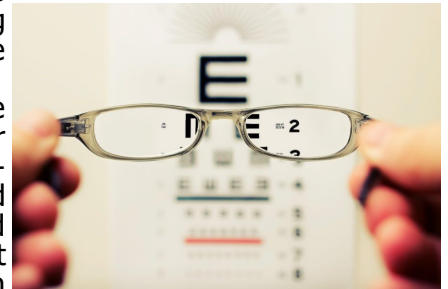
the American Optometric Association. "Picking reading glasses that are too strong typically will cause more discomfort problems than reading glasses that are a little too weak."

Another thing to keep in mind is the activity you'll be using the reading glasses for. Working on the computer, for example, typically takes place at a greater distance than reading a book, and thus requires a lower strength.

Prescription reading glasses

The over-the-counter route isn't right for everyone, Reynolds says, including people who have astigmatism

(meaning the eye's cornea or lens isn't perfectly round) and those who need a different strength for each eye.



In those cases, prescription reading glasses from the eye doctor are a better option. The most popular choice of prescription reading glasses are progressive lenses, Reynolds says. They combine multiple prescriptions in one lens, with a gradual top-to-bottom change, allowing someone to wear just one pair of glasses to correct far-away, middle-distance and up-close vision.

For people who otherwise have no vision problems, Andreoli says that reading-glass lenses that are clear (non-prescription) on top are another popular option available from the eye doctor. They can be worn continuously and eliminate the need to take your reading glasses on and off throughout the day.

Fredric Grethel, a board member of The Vision Council, a nonprofit optical industry trade association, notes that prescription reading glasses might also be a better choice for someone who wants more options, such as blue-light blocking lenses or an antireflective coating — not to mention a greater selection of fashionable frame choices. "The world has really changed from some years ago," Grethel says of the numerous reading-glass options — both over-the-counter and prescription — available today. "Now they're fashionable, they're fun, and they can give you personality."



How to Strengthen Your Lungs to Fight COVID-19

by Michelle Crouch, AARP
July 31, 2020



As you know, COVID-19 is a respiratory disease that can cause serious lung damage and breathing problems — along with a host of other health issues. And as the virus continues to spread, you may be wondering if strengthening your lungs will help you fight it off if you are infected.

"One of the first things that happens with COVID is that you get short of breath and your oxygen saturation begins to fall," says Raymond Casciari, a pulmonologist at St. Joseph Hospital in Orange, California. "The better condition your lungs are in, the better off you will be."

To get your lungs into better shape, the top critical-care pulmonologists we interviewed all agreed that the best option — hands down — is regular old physical activity, the kind that gets your heart rate up. "Anything that makes you breathe faster is basically a breathing exercise," says Joshua Denson, a pulmonary and critical care specialist and assistant professor of medicine at Tulane University School of Medicine. "My first advice would not be, 'Go sit in a chair and breathe deeply.' I'd say, 'Get on a bike and ride 20 minutes a day,' or 'Go for a brisk walk.'" Aim for activity that ramps up your breathing.

Staying active is especially important for older Americans, because lung function decreases as you age. Over time, the muscles that support your breathing become weaker, lung tissue loses elasticity and the air sacs inside your lungs become baggier. Studies show exercise can slow that decline and boost lung function.

Aerobic activity also helps air get into the deepest parts of your lungs that you don't use when you are sedentary, says Bruce Levy, chief of the Division of Pulmonary and Critical Care Medicine at Brigham and Women's Hospital in Boston.

"If there are any secretions or pollutants you've breathed in, aerobic activity helps you clear them out of your lung and decreases your risk of infection or pneumonia," he says. "Aerobic fitness also helps your body obtain oxygen from the environment and use it in the most efficient manner," he says. "If you happen to get COVID, if you've been doing cardio, that's going to help you."

What's important for lung health, Levy and others say, is to exercise at an intensity that quickens your breathing rate and leaves you feeling breathless, whether it's swimming, biking or walking briskly.

"Some older adults are deathly afraid of feeling 'short of breath,'" Casciari says. "I have to convince them that it's a good thing."

How breathing exercises can help: Deep breathing exercises are another way to get air deep into your lungs and clear secretions. Although they're not as effective as physical activity, they are better than doing nothing for people who are sedentary, pulmonologists say, and they can be particularly helpful for people who have mobility issues.

"If you're bedridden, or caring for someone who's bedridden, doing some controlled breathing can be very useful because there is no other way to train," Levy says. "If you are not exercising, the base of your lungs can partially collapse, which increases the risk for infection if you breathe in a virus."

Levy notes that if you already exercise regularly (and don't have a chronic lung condition), breathing exercises may not confer any additional respiratory benefit, but they certainly won't cause any harm. Besides, you may reap other benefits: Research shows slow, controlled breathing can help lower your heart rate, stabilize your blood pressure and ease anxiety.

Good News!

By Deborah Hollingworth

Already December! The Good News is that the deep frost arrived late and with the last spurt of warm weather there was still time to plant more tulips. There's hopeful news about a Covid vaccine, and the election is behind us. Perhaps there is reason to believe that the next few months will not be so stressful.

Dealing with Covid may mean not seeing the whole family for holidays, but senior centers are coming up with new ideas to celebrate. Whether it's a drive by and pick up Turkey dinner, or holiday gift cards that may arrive in your mail box, we are inventing new ways to reach out to family and friends. The theme song for the long winter that lies ahead is....don't hibernate....keep in touch.

Zoom meetings for coffee and chat, book clubs, writing groups, puzzle exchanges, cooking classes and/or recipe exchanges and exercise classes are still happening.

Senior centers are also making calls to "phone buddies", so if you'd like a phone call, for no reason other than to chat, let them know. As the days get shorter and colder, it's important to keep in touch.

Times like these, we need to be inventive, thoughtful and on the look out for ways to help.



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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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'Mass Appeal': *Special Senior Edition!*

Council On Aging Directors from throughout Western Mass have been working with Mass Appeal co-host Patrick Berry on a special edition of the show that will focus on older adults. What began as a collaboration to highlight area Senior Center holiday performers, morphed into an entire show dedicated to the topic of aging adults in our area.



Tune in to WWLP Channel 22 for Mass Appeal on Tuesday, December 8th at 11am for an hour filled with information and local entertainers performing both original holiday pieces as well as traditional favorites. Topics that co-hosts Alanna Flood and Patrick Berry will delve into the physical, psychological and emotional well-being of older adults, caregiver stress, nutrition, and fitness. When a group of dedicated, compassionate, committed Senior Center Directors teams up with a talented television duo, the results are definitely worth watching!