

Goshen Council on Aging

April 2021 Newsletter



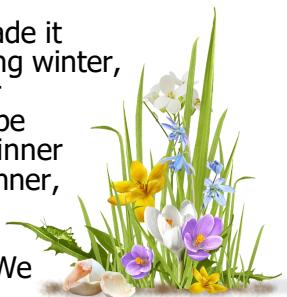
Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

April Luncheon

Tuesday, April 13th 11:30-12 Pick up

It is officially Spring! We made it through an exceptionally long winter, so let us begin with another curbside luncheon. We will be handing out a baked ham dinner or stuffed chicken breast dinner, with a yummy dessert, on April 13th with pickup between 11:30 and 12.00. We will again ask for a \$5.00 donation. Please call Evelyn at 413-268-3316 for reservations **before April 7th**. Thanks to Spruce Corner Restaurant and Red's Bakery.



Walk, Talk, Snack

Seeing that it is spring, we are going to try to get together outdoors. We were thinking of meeting at the town parking lot on **Wednesday, April 21st at 1pm**. We can walk around, bring a chair to relax in and a snack. We will continue to wear our masks and sit 6 feet apart. Lots can change before that but let us give it a try. If it works, we will try again. This is open to all and if you cannot come that day, call and we will let you know if it worked out. We are taking baby steps, trying to get back to some routine.

Our very own COA Leprechauns



Act of Kindness bags

Last month the COA board bagged up and delivered care bags to residents who are 80 years and older. This was our way of letting our seniors, who have been shut in the most, know that they had not been forgotten. It was a ray of sunshine and was funded by the CARES Act. In each bag was a nice card made by two high school girls, Ali Brisson and Annie Montague. They did a wonderful job. Thank you.

Trivia Zoom

Friday, April 23rd, 1:00pm



We could all use a bit more social interaction these days. In striving to alleviate some of the isolation and boredom we are all experiencing, the Goshen COA is launching Trivia Zoom for all town residents. Participants will have the opportunity to answer questions as in the game of Trivial Pursuit. To make it more interesting, we will also ask questions about our lovely town of Goshen, so read up on your town history! We will play for about one hour, cycling through participants several times. At the end of the game, we will tally each persons' score to determine the 1st, 2nd, and 3rd place winners. Prizes in the form of gift cards will be awarded as follows:

First Place: \$30.00 to Spruce Corner Restaurant

Second Place: \$20.00 to Oliver's Farm Stand

Third Place: \$10.00 to The Village Green

In order to participate, you will need to call Evelyn Culver at 413-268-3316 or email her at ematkc@aol.com no later than April 16. She will then provide you with the ID and Passcode. Space is limited, so don't delay.

Please consider joining us! If we have enough residents participating, this could become a regular event.

Library News

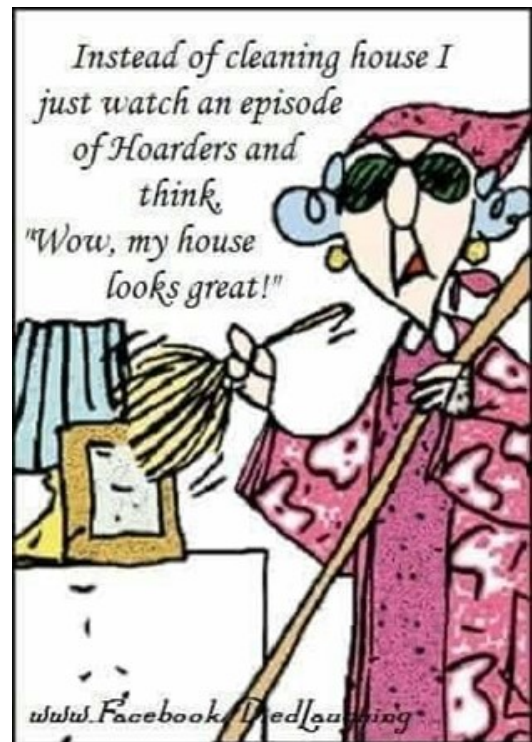
Our town library is physically closed due to Covid-19, but Library Director Martha Noblick is available for phone calls (268-8236, ext.111) and curbside pickup on Tuesday and Wednesday from 11:00-2:00 p.m. and Saturday from 11-3:00 p.m. The Goshen Age Friendly Outreach Group is ever ready to assist those who need home delivery of library books. The contact person is Henrietta Munroe (268-7465).

Picks of the Month

The Four Winds by Kristin Hannah is a novel that takes place during the Dust Bowl era in Texas (1930). It is the struggle of hardship and survival experienced by a mother and her two daughters.

Notes from a Small Island by Bill Bryson are the memoirs of the author's last journey around his beloved Britain before coming back to America.

"A book is a gift you can open again and again"
- Garrison Keillor



Happy Birthday in April!



Claire Byrom, Michael Grinley, Stephen Fancy, Peter Therkelsen, Annmarie Dresser, Steven Rida, Elizabeth Loven, Scott Healy, Martha Monaghan, Beth Sperry, Phebe Williams, Steven Barrus, Patricia Roguz-Britt, June Millington, Ann Marie Deres, Francis Burnett, David Tirrell, James Berube, Robert Haskell, Jonathan Foulkes, Steven Daiber, Marcia Phillips, Victoria Verge

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



If you or a loved one uses home oxygen, you should be aware of the fact that using home oxygen increases the risks of fire and burns. Using home oxygen increases the amount of oxygen in the air, hair, clothing, bedding, and furniture, making it a whole lot easier for a fire to start and spread. With more oxygen in the air, fires burn hotter and faster. Here are a few things for you to consider on using home oxygen safely:

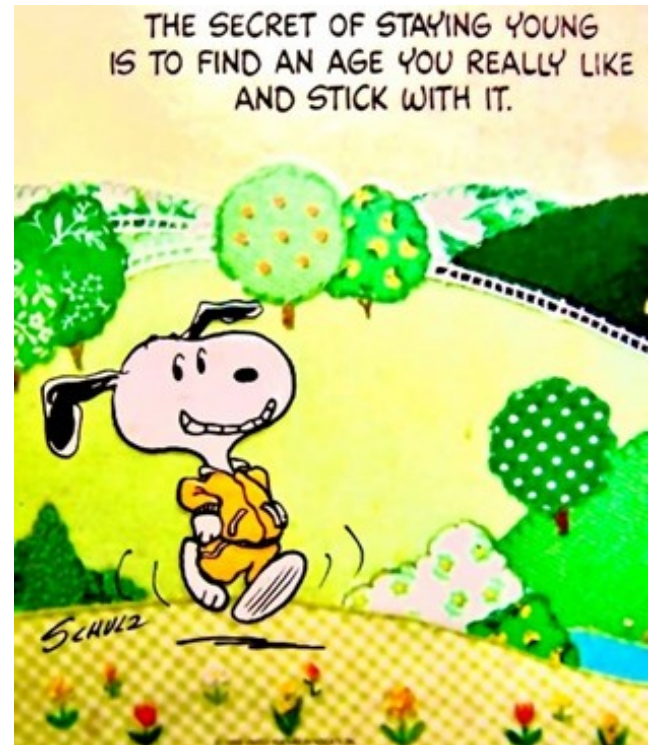
- Do not smoke.
- Keep oxygen and tubing 10 feet away from heat sources like candles, lighters, wood stoves, hair dryers, stoves, heaters, electric razors.
- Avoid using petroleum-based products like lip balms or lotions, which catch fire easily.
- If you or anyone in your house has to smoke, smoke outside the house. Make sure that you have working smoke alarms.
- Plan and practice a home escape plan with a minimum of two ways out of every room and an outdoor meeting place.

Have a SAFE spring!

--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.

Regional News



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!

Personality of Money

We are all products of our upbringing. As adults, we may follow what we were taught and what we observed, or veer away from that. This is particularly interesting to me when it comes to how we view and manage our money, or in shorthand, our money personality. Motley Fool reported on five personalities:

- ⇒ **Planners.** Disciplined savers, reasonable risk takers, e.g., carefully invest in the stock market. These folks probably turned in homework before it was due. 23% of Americans are in this category.
- ⇒ **Savers.** Somewhat cautious, and somewhat risk-averse. For 19% of us, money under the mattress is good. No unexpected event like needing new tires will catch a saver! Savers can become planners.
- ⇒ **Strugglers.** Financial setbacks occur, and are very harmful. Strugglers are not able to get or keep an emergency fund going; sadly, this covers 18% of Americans.
- ⇒ **Impulsives.** May plan and save, but an impulsive's large buy can ruin things. We are 24% strong and not good with credit cards.
- ⇒ **Deniers.** Dislike financial planning, don't believe it can work. 15% of us would rather not even think of money either now or in the future.

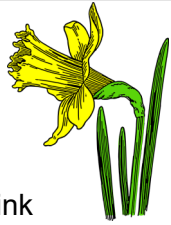
Understanding ourselves is of course necessary to make changes that we think will be beneficial. These five personality types offer a simplistic view, one view, and there are other ways of categorizing ourselves. Let me know if you'd like more to read on this.

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

April's Good News

By Deborah Hollingworth

The days are longer, the sun is warmer, more of us are able to get our Covid vaccine shots, so it puts a "spring" in our step as we begin to think about gardens, farmer's market and getting out and about.



The good news this month is a reminder about the Healthy Incentive Program which gives SNAP recipients an instant rebate on fresh fruits and vegetables when purchased from certain farm stands, and our Mobile Farmers market which we anticipate will be at the Maples in Worthington and in downtown Huntington again this year. The Healthy Incentive Program will give up to \$40 per month for households of 1-2 people. Benefits are added to your EBT (food stamp card) each month, making your food stamp dollar stretch farther!

For a listing of HIP locations, you can check their new website map. When you type in your zip code, the site will sort locations by those closest to you. Check it out:

buylocalfood.org/open-hip-locations

The site is continually updated, so you can find markets that will accept your SNAP and HIP benefits.

For those of you who might be interested in applying for SNAP benefits, the income eligibility is \$1,383 for a single person household, and \$1,868 for a two person household. If you are interested in learning more about the Food Stamp program, (called SNAP), and getting help with an application, you can contact your senior center or get in touch with the Williamsburg Senior Center, which is a designated SNAP site: 413-268-8407. They can help you apply.

Correction— Cummington Fair Photos

In the March newsletter's Cummington Fair photo article, the incorrect email address to send photos was given. The correct email is:

it.cummingtonfair@gmail.com



As a reminder: April Judd is working on a Cummington Fair history book and is looking for photos. If you have any that you would like to include in the book, please contact April: **413-268-7109**, it.cummingtonfair@gmail.com. You can email the photos to April or she can borrow them, scan them and return them to you.



Hilltown Mobile Market

FRESH, LOCAL, HILLTOWN-GROWN

www.hilltownmobilemarket.info

Blandford, Cummington, Huntington & Worthington

July 22-October 8, 2021

The Hilltown Mobile Market is back for a third season this summer and fall! Starting in July, we will bring our colorful veggie van to Blandford, Cummington, Huntington, and Worthington each week for twelve weeks, stocked with the freshest Hilltown-grown produce from our neighborhood farms.

Come and get your local lettuce, squash, potatoes, peaches, and so much more! We welcome many forms of payment including cash, credit, debit, SNAP, HIP, WIC, and Senior FMNP Coupons. You can also sign up for a Hilltown Community Farm Share to guarantee your pick of the week's harvest for as little as \$5 per week! Registration begins April 1st.

For more information, visit:

hilltownmobilemarket.info

or call or email Seva Water at

sevat@hilltowncdc.org or 413-824-1840

The market is supported by

Healthy Hampshire,

Hilltown Community Development and the

Hilltown Community Health Center.



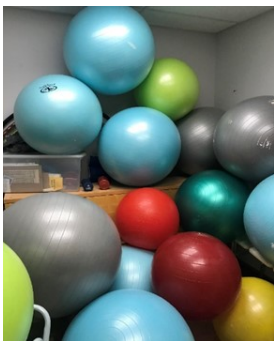
Joan Griswold's Exercise classes: Six years and going strong!

One of the most stable ways to stay strong during the COVID pandemic has been to join Joan's classes. Reading her email updates and reminders alone makes the day seem brighter. Over a third of the class has been with her for several years, with another 41% participating at least a year. Once in, people usually stay. Nearly 20% attend at least once a week and another 29% take part three times a week. Most members of the groups say that the class has helped maintain their personal health and feel improvements in their overall strength and energy. Good reasons to still be going after six years. Moving forward, we will continue to offer classes online but look forward to also having on-site programs as soon as we can. It's clear that the commitment to exercise is keeping things going and growing.



Want your own exercise ball at home?

We have too many at the Community Center in Chesterfield. Call Jan at 296-4007.



**The Cummington Council on Aging
invites you to a show!**

Mabel and Jerry



By Steve Henderson

This could be the most hilarious blind date ever! Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love any way they can. Think Romeo and Juliet meet Burns and Allen and you will be on the right track.

**See the show on video!
April 30, 2021 at 1:00 p.m.**

Contact the Cummington Council on Aging at croumeliotis@cummington-ma.gov or 413-634-2262 for the link to the show (as well as help navigating the technical aspects of viewing the show).



This program is supported in part by a grant from the Cummington Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

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

TECH SUPPORT SCAM

The phone rings, the caller says your computer has a virus & needs to be fixed. Watch out for tech scams.

- They might try to gain access to your computer to steal your personal information

Here's what you can do:

- Just hang up
- Don't click on any links in an email or pop-up screen
- Never give someone else control of your computer & don't share your passwords
- Don't give out financial information to someone you don't know
- Keep your computer's security programs up to date



**If you have a consumer problem or question,
contact the Northwestern District Attorney's
Consumer Protection Unit:**

Greenfield (413) 774-3186
Northampton (413) 586-9225



Working in cooperation with the Office of the MA Attorney General