

Goshen Council on Aging

May 2021 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

May Luncheon

Tuesday, May 11th, 11:30-12 Pick up

We will be putting on one more luncheon before the summer is here. This month's luncheon will be a choice of meatloaf dinner or chicken parmesan. Curbside pick up will be on May 11th from 11:30 to 12:00 at the Goshen Town Hall. Just drive through the town hall parking lot and one of the COA board members will bring your meal out to you. We ask that you donate at least \$5.00 to help cover our costs. **The deadline for ordering will be May 4th.** Give Evelyn a call to make your reservation: 413-268-3316.



Knitting and Crochet

We are hoping that most seniors have had their appointments, so that you we can start to venture out a little. On **May 5th**, Pat Wheeler would like to start her Knitting and Crochet group outdoors. She is planning on doing this in the town park. If you would like to join her, please wear your mask, bring a chair and your cup of tea. Feel free to call her with any questions: 413-268-7964.

Walk, Talk and Snack

Let us get together on **Wednesday, May 19th** for another walk, talk and snack time. 1pm in the town park. We will continue to wear our masks and sit far enough apart but at least we can see each other. Please bring a chair and a snack. If you do not have a ride, please let us know. We will be glad to find a ride for you.

Age Friendly Group

Just a reminder from Henrietta Munroe that she and her team are here for you. If you need masks, or any equipment for health reasons, please let her know. There are cloth masks that have been donated by Highland Valley and paper ones that we can supply. She has been busy this winter helping seniors and she will continue to do

so. When she cannot do something, she calls on her team and they are extremely helpful. Thank you for helping in this incredible time. It should get easier.

Take and Eat!

The local churches in Williamsburg have been delivering lunches on Saturday for those that need a meal. If you know of anyone that needs this, please contact Nancy Wood: 413-268-7973.

Library News

Our town library is still physically closed due to Covid-19. Library Director Martha Noblick is available at the library 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.

As we are heading into warmer weather, this month we are highlighting a series of books that are delightful for outdoor reading! Although only two are being showcased, the library has many more of these books which are part of the "Cozy Capers Book Club Mystery Series."



Picks of the Month

Murder at the Taffy Shop by Maddie Day is a mystery that takes place in Cape Cod. The main character, Mackenzie Almeida, is saved from danger by her pet parrot, Belle.

Left Fur Dead by J.M. Pierson. The main character, Juliette Bridge, runs a New Hampshire rescue farm for rabbits. Her special pet rabbit, Bun, communicates by mental telepathy and helps solve a murder!

"Books are a uniquely portable magic."
- Stephen King

Animal Control in the Vegetable Garden-Part 1

I have been gardening for most of my life. As a child, I remember the beautiful, large garden at my father's homestead. There was not a weed in sight. The rows were perfectly straight, and everything was so lush and healthy. My mother forbade me to enter the garden, so I would stand outside the fence and admire it all while longing to walk among the rows of vegetables. Perhaps this were my love of gardening took root.

When I was ten, my parents moved and the new property was suitable for gardening, so my mother set about planting a garden. I helped on occasion. One of my earlier forays into the garden was offering to weed the newly sprouted carrots. When I was done, there was not a carrot seedling in sight! My mother, bless her soul, filled me in on what I had done and said she would reseed. After leaving home, my first attempt at gardening solo was as a college undergraduate. I think it was therapy from my studies, as well as trying to save on my \$10.00 weekly food budget. My garden produced plenty for me to eat and do some canning. The real test of my gardening skills came when I moved to Goshen.

Let us start with **DEER AND RABBITS**. For too many years, I had a low chicken wire fence that only kept out rabbits. Inevitably, I would get up in the morning to discover that the deer had been in the garden during the night and eaten up one crop or the other, causing much destruction. Or, come home from work to discover stalks where there were once bean plants. This finally ended three years ago when Michael and I installed deer fencing. This involved sinking ten-foot posts to which we secured 2"x 6" boards at ground level. We then secured to it vinyl deer fencing and chicken wire that was buried in the ground to prevent ground hogs from digging underneath the fence. It was a lot of work. I was immensely proud of my new fence and felt secure that I had solved the animal problem. Well, a few days later, I discovered a rabbit in the garden. The rascal had chewed holes through the vinyl at about six-foot intervals around the entire fence! I solved this problem by installing metal fencing 18" high around the garden which I attached to the 2"x 6" boards.

For those of you who cannot install such an elaborate structure, there are repellents you can spray. I used to

make my own, which worked well. However, over the years, I have gotten lazy and now use store bought repellent. Make sure you purchase a brand containing putrid eggs. There is also the old soap hanging method. Many people think that they must use Irish Spring. However, any soap will do because it is not the fragrance that keeps the deer away, but the human scent. I save my used soap scraps, put several in a mesh bag which I tie to a stake and place next to the plant.

BEARS, RACOONS AND TURKEYS

The only crop all three of these go after is corn. I love having fresh corn, but alas I had to give it up, even with a deer fence, which would be destroyed by the bear. These culprits know exactly when to show up, to the day. There were just too many times I got up in the morning to find my corn crop laying down and empty ears scattered around. On occasion, a bear would show up when I was home. One day, I noticed a 427 pound bear laying on its stomach, dragging itself forward through the rows and pulling down the corn-stalks. Throwing firewood at it from my deck did not phase it one bit! You may be asking yourself how I know it weighed 427 pounds. Well, about two weeks later, a neighbor informed me that someone in town had shot a 427 pound bear. Must have gotten fat eating my corn. As for turkeys, one day I discovered corn stalks fallen over all at about 18" above ground. Upon much contemplation, I concluded that this is about the height that a turkey would peck away at the stalks. It occurred to me that I had seen the culprit a few days prior, obviously waiting for the right moment.

Happy Birthday in May!



Lois Bacon, Ann Hackler, Alice Barrett,
Alfred Papineau, Susan Smith, Janice Ellis,
Janet Goss, Gaye Reinhold, Susan Zuroff,
John Miller, Fenida Kandrotas, Robert Berrena,
Sarah Rowen, Rosemary Bienz,
Glenn Richardson, Anthony Thomas,
Michaela Malinowski, Darlene Wolfe, Diane Jones,
Pamela McCarthy, Edward Roberts,
Edward Dzenis, Peri Hall, Mary Richardson,
William Gardner, Richard Malinowski,
Hermine Antelman

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



As you take the winter sand off your lawn along with your other spring projects, here is an easy one for you to do. Check and see if your house number is visible from the street. If your house is not visible from the street, is your driveway clearly marked with a house number? Here are a few things you should consider:

- ⇒ Numbers must be at least 4 inches in height (larger would be even better) and facing the street.
- ⇒ Put numbers under lighting.
- ⇒ Use numbers with a contrasting background so they are visible at night.
- ⇒ If your driveway is long, post your house number on both sides of your mail box or on a sign pole at the end of the driveway near the road.
- ⇒ Be sure to keep the numbers visible by trimming bushes, tall weeds and trees.
- ⇒ Remember, emergency personnel from a neighboring community may not be familiar with your area. Paramedics, firefighters and police officers find you faster when your home is clearly marked.

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.

**When I don't need it:
I see it everywhere**



**When I actually need it:
I can't find it anywhere**

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 – Can We Change?

Last month I said we are all products of our upbringing. We are the result of genetics and life experiences, including seeing how our parents and peers handle money. From all this, we develop our habits and attitudes. From habits and attitudes, we move to how we manage our money, if and how we invest, how/why/when we spend or save, how easily we fall prey to a scammer, even on to the mechanisms and practices we use to pay our bills.

If we have habits and attitudes about money, can we change those to improve our lot in life? This is a huge topic, but bear with me as I share a little of what I read this month about one avenue of change. Some interesting research on traumatic stress (e.g., from abuse, serious health issues, and believe it, pandemics!) shows that stress can change parts of the brain, for instance, physically shrinking an area that allows us to reason logically and to assess risk. Another region of the brain that can physically change is responsible for working memory, mental flexibility, and self-control, what they call "executive function", all of which may impact our financial practices and skills.

So can we change? Yes! All the things *They* keep telling us that are good for our overall health (physical exercise, reasonable diet, socialization, mindfulness, etc.) can work in our favor to reduce stress and so improve our brain function. We may even bring about physical changes in the brain that result in improved memory, more rational thinking, better planning, and better decisions. Thus a person may move from being an impulsive spender to being a saver, or a denier may decide to jump into the shallow end of the investing pool.

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

Foot Care from Highland Valley Elder Services (HVES)



If you are a client of HVES, you may be eligible for in-home foot care. Call your Care Advisor to see if you're eligible. If you don't have a Care Advisor, call Highland Valley's main number (413-586-2000) to ask about eligibility.

May's Good News

By Deborah Hollingworth

At last the long-awaited spring has arrived with tulips, apple blossoms and time to plant our vegetable gardens! Many more of us have had our



Covid vaccine shots and are beginning to make those postponed medical appointments: trips to the dentist, the eye doctor, and perhaps time to schedule knee or hip surgery. If you find the rehab process from surgery requires some medical equipment that is not covered by your health insurance, you might call your senior center to ask about their "loan closet". If your town doesn't have a senior center because they share space in a town building, call them anyway because there is a regional loan closet for our Northern Hilltowns in Cummington. If you need a walker, wheelchair, raised toilet seat, commode, crutches or quad cane, you can give your senior center a call and they will check out the Cummington "closet" to see if that item is available for loan. Likewise, if you have items to donate, the Cummington loan closet can take them.

Many items, like hospital beds or wheelchairs can be rented on a short term or extended time basis. And some health insurances, like Hospice, will cover the cost of these rentals.

It is always a good idea to speak to someone at your senior center to see if you might get other support services, like meals, help grocery shopping, or a friendly visitor, as you rehab from surgery. And if you've had your Covid shots, you may be able to help if someone needs a ride to a medical appointment or help with grocery shopping.

It's time to reconnect and lend a helping hand to a neighbor as we come out of a long winter.

Senior Farm Share



2021 Enrollment begins May 1!

If you're over the age of 60 and meet income eligibility requirements, you are eligible to apply for a Senior Farm Share!

What it is: Ten weeks of fresh, local produce delivered to participating Senior Centers and Councils on Aging. Shares are valued at \$135, and participants pay a one-time fee of \$10 during enrollment. Many sites accept SNAP/HIP payments for this \$10 fee. If you participated last year, an application will be mailed to you from CISA. If you would like to participate this year, please contact us at 413-296-4007, email coa@townofchesterfieldma.com or write to COA, Box 7, Chesterfield MA, 01012, and we will mail you a new application. **Applications will be accepted until June 1st.**

**THIS TOO
SHALL PASS.**

**IT MIGHT PASS
LIKE A KIDNEY
STONE.**

but it will pass.

**I'VE LEARNED
SO MUCH FROM
MY MISTAKES,
I'M THINKING
OF MAKING
A FEW MORE.**

**"The world's favorite season is the spring.
All things seem possible in May."**

- Edwin Way Teale



**"The sun was warm but the wind was chill.
You know how it is with an April day.
When the sun is out and the wind is still,
You're one month on in the middle of May.
But if you so much as dare to speak,
a cloud come over the sunlit arch,
And wind comes off a frozen peak,
And you're two months back in the middle of March."**

- Robert Frost



**"The country ever has a lagging Spring,
Waiting for May to call its violets forth,
And June its roses--showers and sunshine bring,
Slowly, the deepening verdure o'er the earth;
To put their foliage out, the woods are slack,
And one by one the singing-birds come back.**

**Within the city's bounds the time of flowers
Comes earlier. Let a mild and sunny day,
Such as full often, for a few bright hours,
Breathes through the sky of March the airs of May,
Shine on our roofs and chase the wintry gloom--
And lo! our borders glow with sudden bloom."**

- William Cullen Bryant, *Spring in Town*, 1850

"Never yet was a springtime, when the buds forgot to bloom."

- Margaret Elizabeth Sangster

**"It's spring fever.... You don't quite know what it is
you do want, but it just fairly makes your heart ache,
you want it so!"**

- Mark Twain

**"Every spring is the only spring - a perpetual astonish-
ment."**

- Ellis Peters



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.*



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

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**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

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

HOME IMPROVEMENT



If you're going to hire a Home Improvement Contractor...

- Make sure they're registered or licensed with the state
888-283-3757 www.mass.gov/consumer;
- Make sure the payment schedule is broken into 3 payments: 1/3rd at the start of the project, 1/3rd in the middle and 1/3rd when the work is complete;
- Make sure the contractor takes out the building permit in their name;
- Make sure you check the contractor's references;
- Make sure you have a written contract;
- Make sure you have a copy of the contractor's insurance;
- Make sure you check to be sure there are no complaints against the contractor.

*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**

