

# Goshen Council on Aging

## June 2021 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

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ematkc@aol.com

June is here! Let summer begin. We have come a long way with the virus, but we still must keep safe, and wear our masks.

### *Ice Cream Social*

Saturday, June 26th 2pm  
Tilton Ball Field



We have planned an ice cream social for you and your family and friends! We will be holding this event at the Tilton Ball field at 2pm on Saturday June 26th. The band Sidetracked will be there to entertain us, and we will have individual ice cream sundaes for each of you.

Please wear your masks, bring your own chairs, and we will have a safe amount of distance between each group. If you would like to attend but do not have a ride, please call Henrietta at 268-7465 or Evelyn 268-3316 for a ride. We have been inside long enough; it's time to get out! There will be no rain date, but we will try to make do with the pavilion if need be.

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### **Save the date**

We have made plans with **Sarah the Fiddler** to fiddle for us on **August 7th**. More details on this will be in the next newsletter.

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**Joan's classes** have been on hold for a few weeks, and we are wishing her a speedy recovery. Even when she only takes a couple weeks off, she is sorely missed. Throughout this pandemic she has kept a lot of people busy. Now that things are beginning to open, she will continue to do her exercise on zoom.

### Broadband is on its way!

#### 1. What is Whip City Fiber?

Whip City Fiber is the internet service provider (ISP) for Goshen. It is owned and operated by Westfield Gas + Electric in Westfield. Goshen has chosen to work with Whip City Fiber because, as a municipal utility, they are not a for-profit enterprise.

Whip City Fiber (WCF) is serving many of our neighboring towns and has been our partner through the design and construction of the municipal fiber network. Joining the WCF network gives us access to their customer service and tech support teams, and helps us keep costs low.

#### 2. How do I sign up for Whip City Fiber?

It's easy! Complete an application online ([whipcityfiber.com/Goshen](http://whipcityfiber.com/Goshen)) or call **413-485-1251** and one of our customer service representatives can answer any questions you have and complete your application over the phone. When installation appointments are available, the customer service team will contact you to schedule an appointment.

#### 3. What is the charge for installation?

Goshen is providing installation subsidies of up to \$4,000 for customers who sign up during the initial subscription period based on the initial Whip City Fiber approved path analysis. For most homes in Goshen, these subsidies will cover the full cost of the interior and exterior installation. A standard installation includes the ONT installed in the basement and Cat6 cable to one WiFi router, usually installed on the first floor in a central location. Any installation beyond the standard will incur additional charges based on labor and materials. See the Goshen Drop Policy for full details.

For more information, including pricing, please visit [whipcityfiber.com/Goshen](http://whipcityfiber.com/Goshen). There is a FAQ page that answers many questions residents might have.

We would like to send condolences to the family of **Tommy Thomas**. He was highly active in his town that he loved.



We would still like to get out and socialize but the rain has not been cooperative! The next **Walk, Talk or Snack** will take place on **Thursday, June 17th, at 1pm**. No rain please.

**Zoom trivia game**

There was a scheduled zoom trivia game in April, but for unforeseen problems we postponed it until fall. So keep studying and maybe we can do it in person instead of on zoom. The game will include all kinds of questions, not just questions about Goshen.

*Happy Birthday in June!*



Edmond Greenwood, Donald Boisvert, Terrylee Crowther, Lynn Rancourt-Tomasaukas, Andrew Perkins, John Monaghan, Martha Sites, Patricia Murphy, Susan Wallace, Steve Calderone, James Sands, Constance Schwaiger, Darlene Roberts, Gregory Linscott, Diane Mollison, Jonathan Parad, Norene Roberts, Jean Adamites, Robert Albrecht, Jonathan Mayer, Richard Williams, Henri Zajac, Deborah Zebrowski, Rebecca Barrows, Valerie Durant, Richard Schneider, Joanne Bradshaw, David Lutz

**Library News**

Curbside delivery continues to be available. Please call 268-8236 ext. 111, leave your name, phone number, and author and title of the book. Library Director Martha Noblick will call you to arrange for pickup.

Our town library is supported by the dedication and enthusiasm of its library trustees. In May, Marcia Shaw completed many, many years of dedicated service. We will miss you! Marcia, along with Miriam Kurland who just finished up her term, have been a part of the many volunteers who have given their time, talent and devotion to serving in this capacity. To Marcia, Miriam and all former trustees, your town will always be grateful for your service!



Recent acquisitions of internationally acclaimed Chilean novelist and journalist, Isabel Allende are our:

**Picks of the Month**

*A Long Petal of the Sea*, an historical novel, takes place during the Spanish American War and speaks to "hope, home and humanity" during times of great suffering.

*The Soul of a Woman* was written when Isabel Allende was approaching her 80s and is a "bold exploration of womanhood, parenting, aging....."

*"There are many little ways to enlarge your world. Love of books is the best of all."*

*- Jacqueline Kennedy Onassis*

***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**



June seems to be the beginning of the cooking outdoors season. Here are a few ways to barbecue safely. (Sorry, no special recipes will be shared here.)

- ⇒ Use all barbecue grills outdoors and at least 10 feet from the side of any building.
- ⇒ Never leave a burning grill unattended.
- ⇒ Children should never play near grills or propane cylinders.
- ⇒ Grills may only be used on first floor decks, patios, and balconies if there is an outdoor stairway to the ground, or if it is on the ground level.
- ⇒ Grills are prohibited from being used on any porch, deck or balcony that has a roof or an overhang.
- ⇒ Keep all LP gas outside and away from buildings. LP gas is heavier than air and is a real fire risk. Keep LP gas 10 feet from building openings such as doors, windows, dryer vents and 20 feet from air intakes and all ignition sources.
- ⇒ With charcoal grills, use only charcoal lighter fluid to start them. Once there are lit coals, NEVER add more lighter fluid. Flames do travel very quickly up the stream of fluid causing serious burns.
- ⇒ Dispose charcoal ashes in a metal container.

Enjoy barbecue season SAFELY,

--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.*



**Would you like to receive your newsletter, in color, by email instead of snail mail?**

If so, please email Kristen at [regionalcoanews@gmail.com](mailto: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!

## Oh, Those Scammers

They are so clever, always alert to what will work. I have two topics for you. One is vaccination cards, a prized commodity for many of us. The other is an example of a scam, or not...

Vaccination cards – those little white cards with your full name and birthdate and vaccination info. There are also official records of your shots but this card is the record you can control. I read that you should leave the original in a safe place (maybe with your Social Security card?) and carry a copy or a photo of the card for if you need it. At this point, we don't know when the card might be needed again, so keep it safe. Some recommend laminating it but that could make the ink run, and would keep you from adding information, e.g., about a booster shot. Of course, you know to not take a picture with your birthdate showing and post it online...

The second topic is based on a mailing a friend received. It is a "Prayer by Letters" from Saint Matthew's Churches in Tulsa. They sent a letter, two flyers, and a prayer rug. They will pray for you if you return the prayer rug and perhaps a donation. The Church is a 501(c)(3) organization, a registered charity, but Charity Navigator has no ratings for it. Some folks have written heartfelt complaints about being taken for large sums of money. I could not, however, determine if it is or is not a scam. What struck me was how well they played to many different triggers to solicit money, offering the possibility that their prayers could bring prosperity, increased wisdom, a secure future, physical healing, peace, and other desirable things. Watch out - they can touch us all!

Carefully,  
Jean O'Neil, TRIAD committee member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)



## June's Good News

By Deborah Hollingworth

Governor Baker has extended the "freeze" on MassHealth benefits again... this time until the end of the year, December 31st. Anyone who has MassHealth coverage now, will not lose it. This is part of an effort to make sure that people don't lose their health insurance coverage during the pandemic. Also, remember that MassHealth pays caregivers for the care they are providing if the recipient is a MassHealth beneficiary. If you are frail enough to need daily in home care in order to avoid a nursing home placement, your income can be as much as \$2,380/month and still qualify for MassHealth. If you have questions about how to go about getting MassHealth, you can call your senior center and ask for a SHINE appointment.



Have you ever wondered what SHINE is? SHINE stands for Serving the Health Insurance Needs of Everyone and is a program which trains thousands of volunteers in all 50 States. Volunteers learn about Medicare and other insurance coverage, and become consultants for anyone with questions about their health insurance. You can find SHINE volunteers by contacting your senior center or in our area, by calling Highland Valley Elder Care, 586-2000.

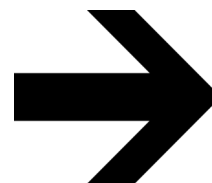
More good news: the Soldiers' Home will potentially begin admissions this Fall. If you've been on their wait list, you may receive a call. If you don't feel ready, or refuse the bed, you may be dropped from the wait list and need to submit a new application in the future. To check on your wait list status, or to get more information about the Soldiers' Home, you would call your VSO, Tom Geryk: 413-587-1299. If he doesn't cover your town, he will connect you with the Veterans Service Officer who does. Tom is also a great resource for other benefits, including home care that the VA offers.

Next month, I look forward to sharing more resources on how to reduce the cost of your Prescriptions!

## Find your food sources on the map!



Thanks to the Smith Students in the Landscape Studies program and Caitlin Marquis from the Collaborative for Educational Services, we now have a map showing all the locations for access to food in the Hilltowns. It's one of those gifts that "keeps on giving" and is set up to change as locations and terms of programs change. To see more, just go to the Northern Hilltowns on Aging website: [northernhilltownscoas.org](http://northernhilltownscoas.org)



## Broadband Discounts

Whip City Fiber is participating in the Emergency Broadband Benefit Program. For eligible households, this program will provide a discount of \$50.00 toward monthly broadband service (one credit per household). Since this is a limited time program which will end when funding runs out, we encourage you to apply promptly. APPLICATIONS WILL BE ACCEPTED ONLINE STARTING May 12, 2021. A household is eligible for a monthly \$50 credit if one member of the household meets at least one of the following criteria:



- ⇒ Has an income that is at or below 135% of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid or FCC's Lifeline program;
- ⇒ Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision, in the 2019-2020 or 2020-2021 school year;
- ⇒ Received a Federal Pell Grant during the current award year;
- ⇒ Experienced a substantial loss of income through job loss or furlough since February 29, 2020 and the household had a total income in 2020 at or below \$99,000 for single filers or \$198,000 for joint filers.

For more info: [getemergencybroadband.org](http://getemergencybroadband.org)

# Western Mass Hilltowns Food Access

Developed in partnership w/ Healthy Hampshire & Northern Hilltowns Consortium of Councils on Aging, Spring 2021

## 1. Old Creamery Co-Op

445 Berkshire Tr, Cummington  
(413) 634-5560  
Daily 7am-7pm  
SNAP, Hilltown Food Bucks, Plainfield Mutual Support Network Benefits, ♿

## 2. Hilltown Mobile Market Cummington

41 Main St, Cummington  
(413) 824-1840  
Thurs 4:30-6pm  
SNAP, WIC, HIP, Sr Farmers Market, ♿

## 3. Northern Hilltown Food Pantry

40 Main St, Goshen  
(413) 268-7578  
Wed 1-3pm, ♿

## 4. Sawyer Farm

19 Sawyer Rd, Worthington  
(718) 594-6612  
Mon-Sat 2-6pm  
SNAP, Hilltown Food Bucks, ♿

## 5. Williamsburg Market

3 Main St, Williamsburg  
(413) 268-3006  
Mon-Sat 9am-6pm, Sun 9am-2pm  
SNAP, WIC, Hilltown Food Bucks, ♿

## 6. Four Corners Farm

27 Old North Rd, Worthington  
(413) 238-4441  
Daily 8am-5pm  
Hilltown Food Bucks, ♿

## 7. Corners Grocery

2 Packard Pk, Worthington  
(413) 238-5531  
Mon-Sat 10am-7pm; Sun 9am-5pm  
SNAP, Hilltown Food Bucks, ♿

## 8. Chesterfield General Store

423 Main Rd, Chesterfield  
(413) 296-4354  
Thurs-Sat 7am-7pm; Sun 7am-3pm  
Hilltown Food Bucks, ♿

## 9. Chesterfield Brown Bag

40 Main Rd, Chesterfield  
(413) 296-4007  
2nd Thurs 11am-12pm, ♿

## 10. Hilltown Mobile Market Worthington

156 Huntington Rd, Worthington  
(413) 824-1840  
Thurs 2pm-3:30pm  
SNAP, WIC, HIP, Sr Farmers Market, ♿

## 11. Crabapple Farm

100 Bryant St, Chesterfield  
(413) 296-0310  
Sat 10am-2pm  
SNAP, WIC, HIP, Hilltown Food Bucks, Sr Farmers Market, ♿  
Call beforehand for EBT

## 12. Westhampton Congregational Church Food Pantry

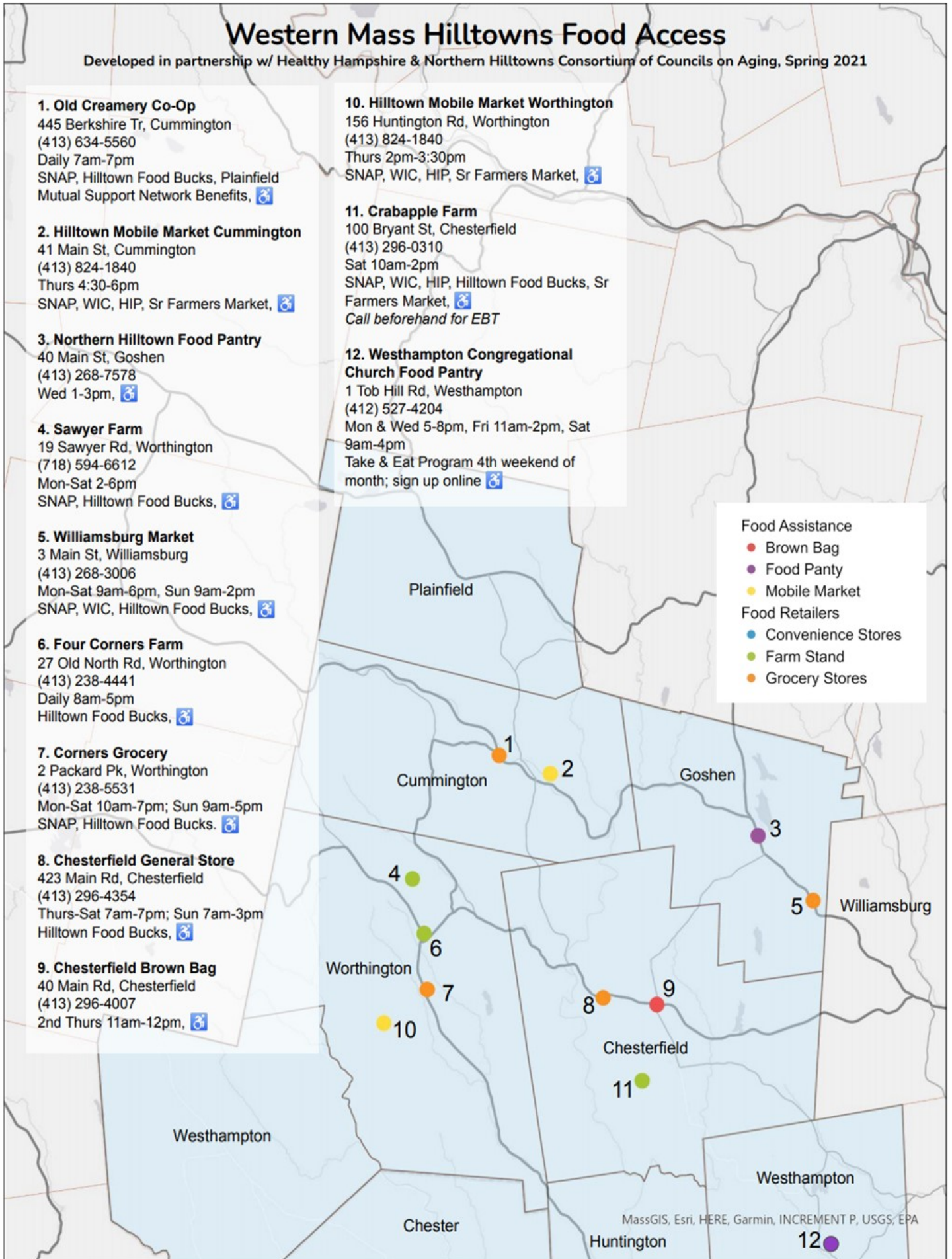
1 Tob Hill Rd, Westhampton  
(412) 527-4204  
Mon & Wed 5-8pm, Fri 11am-2pm, Sat 9am-4pm  
Take & Eat Program 4th weekend of month; sign up online ♿

### Food Assistance

- Brown Bag
- Food Pantry
- Mobile Market

### Food Retailers

- Convenience Stores
- Farm Stand
- Grocery Stores



MassGIS, Esri, HERE, Garmin, INCREMENT P, USGS, EPA

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

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Greenfield MA

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# DOOR- to-DOOR SALES



Hire me  
NOW!

**If you're considering hiring someone  
who knocks on your door and offers  
home improvement services...**

- Don't rush or feel pressured into making an immediate decision;
- Get a written estimate and tell them you will get back to them;
- Ask for and check their references before agreeing to have the work done;
- Get bids from established, local companies and compare prices;
- Check with your town hall to see if they need a license or permit to solicit door-to-door;
- Check with your local consumer protection program or police department.

*If you have a  
consumer problem or  
question, contact the*

**Northwestern  
District  
Attorney's  
Consumer  
Protection Unit**

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

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