

Goshen Council on Aging

August 2021 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

Time to have fun again!

The COA is planning a few events for August and here they are:

Saturday, August 7th at 2pm

Sarah the Fiddler

Join us for a performance by Sarah the Fiddler at the town hall! If we have good weather, we will try to have windows open so you can sit under the trees on the East Street side of the building and listen, if you choose not to sit inside. We will be serving snacks and beverages and will be accepting donations. There will be parking across the street in the town parking lot. This performance is sponsored by the Council on Aging as well as a grant from the Goshen Cultural Council.



Tuesday, August 10th at 12pm

Barbecue Chicken Box Lunch and Hip Hop Chair Exercise at Tilton Town Field

Jerry from the Spruce Corner Restaurant will be making us box lunches of barbecue chicken and sides. We will also be supplying a beverage. Care One of Northampton will be serving us dessert! **This event will be at the Tilton Town Field.** There will be picnic tables set up to eat at, but please bring a chair with you. Lunch will be at 12pm. **You must make reservations for this luncheon. Please call Henrietta Munroe at 268-7465 before August 4th.**

Following our delicious lunch, we will be hosting a **Hip Hop Chair Exercise** at 1pm, and honoring our Goshen residents who are 90 years plus. The Hip Hop Chair Exercise is sponsored by the Goshen Cultural Council. Sounds like an hour filled with music and laughter while sitting in your chairs!



Wednesdays at 10am

Muscle Strengthening Classes

Joan has returned to having her muscle strength classes in person at the town hall and is continuing to hold the class on zoom. You can join her either way! Donations are always welcome to keep this program going.

Thank you for all that came out to our ice cream social. It was a huge success! Thank you to the band Sidetracked and the Goshen Free Public Library for their support.



The Goshen Historical Museum on Main Street will be open to the public on **August 1, 8, 15, and 22 from 1-3 pm**. Questions? Call Norene Roberts, Curator, at home beforehand at 268-7562.

Library News

With the reopening of our town library, the new hours are **Tuesday and Wednesday from 3-6pm, and Saturday from 11am-3pm**.

For the latest library happenings, please check out our new Summer Newsletter that is posted on the website (www.goshen-ma.us) under Town Announcements. You will find lots of good information!

During July and early August, the library will be hosting a Family Summer Reading Group. After reading and discussing *The Boy Captive of Old Deerfield*, participants will visit Historic Deerfield and the PVMA museum using our library museum for free admission. Please call Martha at 268-8236, ext.111 or visit the library to receive a copy of the book along with additional details.

Pick of the Month

The Boy Captive of Old Deerfield was written by Greenfield, MA author, Mary P. Wells Smith. The main character is 10 year-old Stephen Williams. After surviving an attack on Deerfield MA in 1704,

Stephen was taken to Canada and remained for a year with a native American family who adopted him.

Cauliflower Changed My Life
By Lorraine Brisson

Animal Control in the Vegetable Garden- Part 3

Cole Crops: Broccoli, Cauliflower,
Cabbage, Brussel Sprouts

Many beginning gardeners give up on these crops thinking that their soil is the problem. The plants yellow, wilt and eventually die. This is caused by cabbage maggot. The adult fly lays its eggs by the stem, just below the soil surface. The larvae tunnel into the stem causing bacterial soft rot and the stem collapses. I solved this problem with a mixture of 1/3rd each of ground limestone, rock phosphate and wood ashes. When planting my Cole crops, I incorporate about one tablespoon of this mixture into the hole mixing well with the soil. Because I heat with wood, I have plenty of wood ashes to dispose of. Over the years, I have been depositing them in my garden. I believe this has also helped reduce the number of caterpillars. The ashes cut open the caterpillar's outer protective layer causing it to dehydrate and die. There are two other caterpillars that cause problems as the plants are maturing – cabbage worm and cabbage looper. These caterpillars both eat the leaves and heads, leaving a mess of frass in their wake. The cabbage worm is green and blends in so well with the leaves, that you must search carefully not to miss them if you are picking them off. My solution is to spray with Bacillus Thuringiensis, sold as Dipel or Thuricide. This is a bacterium that eats away the insides, once consumed by the caterpillar, it dies. Make sure you start spraying early in the growing process. Do not wait till you see signs of damage.

Peppers: I do not seem to have any problems with peppers except that they seem to have a mind of their own. Some years they have a bountiful yield, other years, very few peppers. I do not know why, but someone told me peppers need to be planted closely. There could be another reason, though. By the way, did you know that green peppers are unripe red peppers? With a long enough growing season, all peppers will eventually turn red. It is just that some varieties are bred to turn red sooner.

Spinach: Spinach has one problem and that is leaf

miner. This is a tiny caterpillar that eats its way within the leaf making irregular tunnels. There are two methods to deal with this. Pick off the damaged leaves by hand and destroy or cover the plants with floating row cover.

GRAPES: Who would think there are so many issues with grapes? But, back to bears, who have a taste for them. I used to grow a wonderful variety with a sweet minty flavor, but the bears always got to them first. My solution to that was to change varieties. I now grow Concord grapes which the bears do not seem to be so thrilled about. That leaves the deer to deal with. Deer repellent will solve that problem. One other issue with grapes is powdery mildew. For years I applied sulfur dust (for you old timers, Bordeaux Mix), but it did a so-so job. Then I tried vinegar/water mix, which did not seem to work that well either. Finally, I tried a solution of 1 teaspoon of baking soda to 1 quart of water, plus a few drops of dish liquid as a surfactant. This solved my powdery mildew problem but produced large numbers of grape leaves that were so large they hid the sun, and the grapes did not ripen well. So, I think I am done trying to grow grapes and will just enjoy watching the vines grow on their own with an annual pruning. If I get a few bunches of grapes, I will be happy. I did discover that the baking soda solution works on phlox.

HERBS: Herbs generally do not have insect problems. The only recommendation I have is to keep them dead-headed. If you allow them to flower, they will become bitter. Most like a sandy loam and lots of sun.

Happy Birthday in August!



Marie Kelly-Calderone, Miriam Kurland,
Carolyn Lehan, Raymond Tomasaukas,
Roger Dow, Arlene Harry, Ronald Murphy,
Gail Cockoros, Kim Dresser, John Harry,
Gary Constantilos, Gary Holman, Xiaoli Chen,
Richard Durant, Carol Hodge, Matthew Harry,
Margaret Papineau, Edward Joyner,
Mary Mc Culloch, Robert Thomas, Ruth Dresser,
Adrienne Racz, John Doyle, Humberto Rodriguez,
Margaret Waggoner, Carol Stevenson,
Jacqueline Hayden, Robert Horton,
Raymond Sheehan

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 _____

THE ANGEL PARK CONCERT SERIES 2021

Angel Park in Williamsburg Center
Wednesday Evenings • 6pm to 7:30pm
July 7th through August 18th

- Louise Mosrie - July 7th
- Katie Clarke and Larry Leblanc - July 14th
- Annie Guthrie - July 21st
- The Group DeVille Trio - July 28th
- Tom Shields and Barely Standing - Aug. 4th
- Lonesome Brothers - August 11th
- Christa Joy and the Honeybees - August 18th

Please join us for seven wonderful evenings of entertainment!

Sponsored by Florence Savings Bank,
The Williamsburg and Massachusetts Cultural Councils,
and contributions from area music lovers.



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!

How do WE do it?

So how and why do we fall victim to these scammers? We're thinking adults, not inexperienced children. What goes wrong for us?

Well, when we lose our wallet, we may lose the carefully stored Social Security card and vaccination card. We might even lose our Medicare card that allows a scammer to hack our account and ruin our medical reputation. (No, I don't expect you to memorize that entire number. But you can make a copy of the card, cut it to shape, block out four characters, and memorize them. You shouldn't need the full number until you go to a new medical provider.) I should note - now that our SSN is not our Medicare number, this is not as large an issue as it used to be.

We enjoy posting online and playing social media games, playing with known friends, and we let our guard down. We tend to forget that someone besides our good friends may be watching the screen and picking up answers to our security questions or otherwise adding to the online profile they are generating. We also may still have an inclination to pick up the phone when it rings, whether or not we know the caller.

Then there's the collection of poor passwords we have. What's that? You only have ONE password?! Yikes! Watch for a password note in this newsletter next month.

One final thought for now. As we age, we lose some ability to feel doubt or to assess risk. We show increased optimism and positivity, and are more likely to assess someone as trustworthy based on a face or voice quality. We miss the warning signs. What to do about that? All I can say right now is "Let's be careful out there!" Thanks, Sgt Esterhaus of NYPD Blue.

Again, carefully,

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

August's Good News

By Deborah Hollingworth

The good news this month is about housing options. From time to time AARP does surveys asking older adults where they prefer to live. The answer never changes, 85%-90% of us want to stay in our own homes for as long as possible. (And sometimes longer). Being able to do that depends on our keeping fit, not developing any medical conditions that limit our ability to take care of ourselves.....and having enough retirement income to keep up with increases in the cost of our household overhead. Property taxes, homeowners insurance and utility costs are never going to go down, so this can be a challenge if we have changes in our income, from a loss of life partner, or we outlive our assets.

If we have to consider moving, leaving our home, the best strategy is to move to a place where we will be able to stay regardless of how infirm we become or regardless of our shrinking financial resources.

So what are the possibilities?

There are many aspects of planning for future housing, but today we'll focus on Assisted Living facilities. First, let's dispel some myths. Assisted Living is



not a nursing home. Far from it. I describe it like "a cruise ship that never leaves the dock". Meals, housekeeping and if needed, help with personal care and Rx management. In addition, most ALFs have a myriad of activities that include arts, crafts, music, day trips, book clubs and exercise classes. In fact, socialization is often the most important aspect of assisted living residences. Next myth, ALFs are only for people with significant financial resources, "I could never afford it". If you calculate what your monthly household overhead is...and then realize that when you move to an ALF you no longer have property taxes, utility bills, homeowners insurance, and home repairs...then the monthly rent begins to sound more reasonable. Still, rent at an ALF can range between \$3,000-\$5,000 per month depending on what kind of support services you need.

How is this affordable? Many people sell their homes when they move to an ALF and use the proceeds from the sale to pay their rent for a couple years. If you are planning ahead, it's a good idea to know about ALFs that have rent subsidy programs for low income residents who exhaust their assets. We are fortunate to have several in

our area: The Arbors Assisted Living residences in Westfield, Chicopee, Greenfield, and Amherst, Landmark at Monastery Heights in West Springfield, Heritage Hall in Westfield to name a few. To get more information about the possibility of your moving to an Assisted Living, you can call Highland Valley, LifePath, WestMass Elder Care, or Greater Springfield Senior Services and ask for their Information department, who should be able to refer you to an Options Counselor to talk about your situation and possible housing options.

Wanted: Part Time Administrative Assistant Chesterfield Council on Aging

Position responsibilities include preparing schedules and documents, assistance with office functions and services to older adults. Flexible hours available for 5 hrs/week at \$18 hr. Great position for someone looking to balance work and family life. Preference is for someone with experience and background working with older people in service or business settings. The goal is to have someone join the team who likes working with older adults, is goal-oriented, interested in learning new skills and working in a welcoming environment. Send letter of application to Jan Gibeau, Director of Council on Aging, Box 7, Chesterfield MA 01012.

Farmers' Market Coupons



Farmers' Market Coupons are available through your town's COA. Each booklet contains \$25 worth of coupons that can be used at various local farmers' markets.

The eligibility criteria are:

- ⇒ 60 years old
- ⇒ household income at or below 185% of the federal poverty level
- ⇒ disabled, under the age of 60, live in elder housing and receive nutrition program benefits and income at or below 185% of the federal poverty level.
- ⇒ For a household of one, 185% of the federal poverty level is \$23,828 per year. For a household of two, it is \$32,227 per year.

If you are interested, contact your town's COA.

On the Road Again..



Here is a brief outline of future bus trips for 2021. Please know nothing is written in stone and things can change. Some trips are originating from the Southampton Council on Aging, but Francine will be the contact person for all trips mentioned below. All trips include taxes and tips.

The Chesterfield COA is offering a \$20 refund on any non-sponsored Chesterfield trips listed here (*) to folks 60 years of age and older.

If you would like to share your email address with Francine so we can keep in touch, please send a short message to francine.frenier@gmail.com or call 413-296-4291. Please make your interest known 4-6 weeks prior to the trips so plans can be confirmed.

- ⇒ **September 20.** Big E, \$12 for Chesterfield residents, \$15 for out of towners. Entertainment: Rainer Martin in ***The Donna Summer Experience***. Door to door service, 2 pickup locations COA & Elks Lots, no parking fee, driver tip included. Payment due by September 1st.
- ⇒ **September 21.** Guided tour of **Quabbin Reservoir** & Lunch at Salem Cross Inn, shopping stop at Oakwood Farm Christmas Barn- \$67 due by August 10th.*
- ⇒ **October 8-18.** 11 day bus trip to **Colorado Springs**. Sit back, relax and enjoy the beautiful scenery. Activities almost every day. Many meals included. \$1,190 due **now**. Only 4 seats left.*
- ⇒ **November 4.** **Plymouth 400th Anniversary** program & Thanksgiving buffet luncheon \$133 *if paid in full by 9/30/21*. *Seating is limited.**
- ⇒ **December 9.** Pizza & Salad lunch prior to tour of **Bright Nights**, Springfield, MA. Cost to be determined.*



Part Time Work Available: Hilltown Elder Network (HEN Program)

Help Williamsburg area elders with housework, occasional transportation to appointments, and various household chores.

Call Fran Goebel: 413-268-7411

\$15.00 per hour

A Hilltown CDC Program

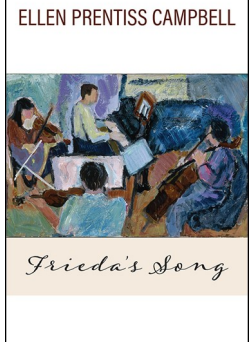
Friends of the Chesterfield Library presents

**Author Ellen Prentiss Campbell in-person
for a discussion of her new novel
FRIEDA'S SONG**

Sunday, August 1st at 4pm

**Chesterfield Community Center
400 Main Rd.**

Join us as author Ellen Prentiss Campbell discusses her new novel *Frieda's Song*, inspired by the life and work of renowned psychiatrist Frieda Fromm-Reichmann who fled Nazi Germany in 1935 and lived and worked at the Lodge in Rockville, Maryland, establishing its reputation for innovative treatment of mental illness, dying in her custom-built cottage on the grounds in 1957.



Campbell's riveting novel explores the lives of the remarkable Frieda Fromm-Reichmann and current day psychotherapist Eliza Kline who—decades after Frieda's death—lives in the Cottage. Eliza, a struggling clinician and single mother, seeks inspiration in Frieda's work and finds surprising ways Frieda still inhabits the Cottage. The novel is a tale of how history and chance, and the work and people we love, shape our lives—and how the past remains present.

Campbell, a Smith College alum and award-winning author of the historical novel *The Bowl with Gold Seams*, worked as a psychotherapist in Rockville for many years. She lived so close to the Lodge she awoke to the smell of smoke the day the hospital, empty for several years, burned to the ground. Frieda's Cottage survived the blaze and has been recently restored and designated a National Historic Landmark. For more about *Frieda's Song* and Ellen Prentiss Campbell, visit www.ellencampbell.net

**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.

Monday, Sept. 13th 1-3pm at the Chesterfield Community Center

Peg Whalen presents: iPhone Workshop

Want to catch up with your grandchildren who tell you using an iPhone is simple and easy? The fact is, figuring how to use all of the features of an iPhone is often not obvious at all. Join us at the workshop, hang out with friends and have fun "learning the ropes".

- Understand some basics of getting your phone to do what you want it to do.
- Learn things you have been told it can do but you have not figured out how.
- Understand your phone enough to feel comfortable with using it for new tasks and activities.
- Understand what you should be wary of.
- Identify ways to find out more about your phone

Some of the issues to be covered include how to:

- Get your pictures off your phone and onto your computer.
- Use it as a flashlight, compass or level.
- Set it up for printing to a wireless printer.
- Find and install apps.
- Determine whether you can use it for banking, bill paying, accessing medical records and reaching your doctor's office or pharmacy.



Interested in attending?

Please call the Chesterfield COA, **413-296-4007**, or send an email to **coa@townofchesterfieldma.com** to register by August 30th. It would be helpful to include information about how long you have used a cell phone, what make and model of cell/smart phone you currently have, and what questions you would like answered. Can't join us but want to learn more? If you can't attend this workshop on the scheduled date and time but would be interested if it is repeated in the future, let us know. This information will help us determine whether additional workshops should be scheduled.

** Please note: This workshop will not cover how to troubleshoot an ongoing problem with your phone or how to fix broken parts of your phone.*