

Goshen Council on Aging

September 2021 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

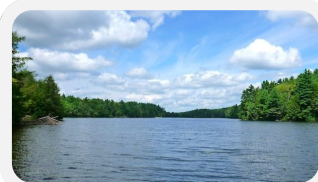
Evelyn Culver, Coordinator
413-268-3316
ematkc@aol.com

Welcome September! It sure was a different kind of summer, with the weather that we had. The COA Board has decided to travel a little for our...

September Luncheon

Tuesday, September 14th at Noon
DAR State Park Pavilion

We will end summer by heading to the D.A.R! The pavilion has been rented for us where we will have our lunch. You can walk around and, for some of you, see a little different area. You can bring a lawn chair to sit on if you're not comfortable sitting at a picnic table. You may want to bring a few quarters to win at horse racing. Jerry from Spruce Corner Restaurant will be making us a choice of 6" mini subs, cold cut or chicken salad. The pavilion is on the right side after you go thru the check in at DAR. Please call Evelyn to reserve your lunch: 268-3316. There will be a \$5.00 charge.



The August luncheon was a huge success with seven Goshen seniors aged 90 and older able to attend! The COA board gave each of them a beautiful bouquet of flowers, and there were special words spoken about each of them. The members of this 90+ group are: Esther Korowski, our oldest, Pearl Woodward, Ernie Carver, Arlene Harry, Richard Durant, Margaret Waggoner, Ruth Dresser, Lawrence Packard, Dana Smith, Audrey Bissell, Patricia Perrault, and Raymond Sheehan. A meal was brought to the ones who were unable to attend. The meals were furnished by Spruce Corner Restaurant and desserts were given to us by Care One in Northampton.



Some of Goshen's 90+ Group

Esther Korowski and friend Dora Emerson

Pat Wheeler would like to start up the Knitting and Crochet Group again! Starting **September 1st**, anyone can join her at the town hall at 1pm. Mask required. If it is a good day, the group might sit outside. Pat would like for you to sign up with her so if she must cancel for any reason, she can call you. Her number is **413-695-5503**. She will be holding this group on **the first Wednesday of every month**. If you knit or crochet and would just like to visit with someone while doing this, it's the place to be, or if you have a question about something she will try to answer it.

Joan is continuing her strength classes, although she has had to go back to zoom, because of the mask mandate in the town hall. She is hoping that it will not last as long, and she will be back in person classes before we know it.



Animal Control in the Vegetable Garden- Part 4

GRAPES

There is one other crop that bears like and that is grapes. 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 only the deer to deal with. I have installed temporary deer fencing around the grape vines and raspberries because they will eat those too, but now am using the deer spray repellent. 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. Next, I tried vinegar/water mix, which did not seem to work that well. Then, I tried 1 teaspoon of baking soda to 1 quart of water, plus a few drops of dish liquid as a surfactant. This definitely got rid of the powdery mildew, but there was an excessive growth of vines which shaded the grapes, so they did not ripen. I finally decided to just let the grapes be. I prune them in late winter and that's it. What I get is what I get!

I discovered that spraying the baking soda solution on my phlox works well to control powdery mildew. I apply my sprays and dusts weekly or after it rains, whichever comes first.

CARROTS

A crop with very few problems. Nematodes may be one problem you will encounter. Nematodes are microscopic round worms that create tunnels on the outside of the carrot. To eliminate them, rotate your crops. If that does not solve the problem, starve them by growing an immune crop for two or more years. One other problem I have faced is moles. This can be solved the same way as potatoes, by installing whirly-gigs.

SUMMARY

Well, it has taken me a lifetime to learn how to address animal and insect problems in my garden. I am still learning and having new experiences. Last year, I had a woodchuck in the garden. It

climbed over the metal fencing, dropped between it and the vinyl fence, and snuck in through a prior rabbit hole. That woodchuck had been eating my ornamental flowers all summer and I left it alone. However, it crossed the line when it entered the vegetable garden. That is all I have to say about the woodchuck. This summer I discovered a female turkey with three chicks. I opened the gate, and she flew out, but I had to catch and release the chicks. On two occasions, after having covered my blueberries with netting, I came upon a chipmunk all tangled up. A snip with the scissors and off it went. After having made the raspberries and grapes inaccessible to the deer, one day I discovered that the deer had eaten some of my asparagus. That was a first, the only thing that ever bothered my asparagus was Asparagus Beetle. So now I have roping surrounding my asparagus.

It seems like I have encountered every imaginable scenario, but I know there are new adventures in the future. A garden keeps life interesting and challenging.

I hope the information I have provided is helpful to your gardening enterprises. If nothing else, you can avoid some of the trials and tribulations I experienced. Good luck and good gardening!

Happy Birthday in September!



Keith Orcutt, Stewart Parsons, Andrew Bothwell, Judy Dunn, Lorraine Brisson, David Mc Culloch, Lauren Therkelsen, Michael Lehan, Stuart Wood, Edouard Beauvais, William O'Riordan, James Dunn, Gary Griswold, Helen Reynolds, Karen Cherry, Nitza Hidalgo, Lawrence Rowen, Charles Amo, David Sharpe, Linda Walden, Maureen Krok, Kate Swol, Sandra Wentzel, Brenda Roberts, Theresa Healy, Denise Mogilka, Mary Freund, Dianna Jablonski, Barbara Babij, Lynn Werthamer, Giovanna Bellesia-Contuzzi, William Celatka, David Packard, Janet Briere, James Wentzel, Kathleen Berrena, Theodore Kolodziej

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 _____



Seniors Aware of Fire Education



September is here; and that means that the local schools are opening up, and with them, school buses will be on the road mornings and afternoons. Why do I bring this up in the Senior SAFE column?

Every week somewhere in our state people are driving past school buses with their red lights blinking; some people run through the amber warning lights on school buses like they do trying to beat getting caught in a red light. That is not you, is it?

'Tis the season to be on the lookout for the school buses that stop on the roads in your community. Ambulances and fire trucks are not allowed to pass a school bus showing its red lights. Kids' lives are at stake.

Have a SAFE end of summer.

--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.

Crabby Road

9-21-11



©Hallmark Licensing, Inc.

Maxine.com

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!

Passwords!

I did warn you last time this was coming... these irritating strings of letters and numbers and symbols are part of life that we didn't used to have to deal with, but, boy howdy, they are here now! And the more careful we are with them to be safe, the more work it is. Passwords and passcodes open our computer and phone and let us into our financial and life management web pages. It is tempting to use a simple password and always the same one, but that makes access to your information much easier for the hackers and scammers. What to do?

First, set up different passwords for different access, e.g., the bank has one and your insurance company has another, social media still another. Second, avoid the most obvious passwords such as any of your personal information, favorite pet, abc123, the word "Password". There are lists of the top 50 passwords to avoid. Hint – those lists are part of the computer program the scammers run to figure you out.

Third, add some difficulty for the schmuck trying to get into your accounts. One way is to use a sentence in abbreviated form. Example: Gmtvborc! MyPrahgia4s. Translation: Grandma made the very best oatmeal raisin cookies! My Parents raised a huge garden in all 4 seasons. Note to any scammer reading this – while these sentences are true for me, I am NOT using them as passwords!

There may be improved password management options for us in the future, but we need to be proactive now. Please check your passwords.

Still Again, Carefully,

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

September's Good News

By Deborah Hollingworth

I think sometimes we forget that because we are Massachusetts residents, we have access to affordable health insurance. If you are under 65, not eligible for Medicare, and have limited income, then you can enroll in a subsidized health insurance plan through the Massachusetts Connector. If you are 65 or older, and eligible for Medicare, you can enroll in a Medicare plan that will cover our Rx, hospitalizations and other medical services.

Let's talk about the Connector. You can check this out online. Just Google: Massachusetts Health Connector. Connector plans monthly premium costs are on a sliding fee scale, pegged to your income. Eligibility requirements do not count assets. This has been particularly helpful this past year with several callers asking what they can do for insurance if they decide to quit working, or reduce their employment hours to the point where they wouldn't have insurance coverage. In Massachusetts, we do not have to wait until we are 65 to retire and get Medicare for health insurance. We can choose to give up our employment, check out the Connector Marketplace and enroll in a Connector plan. Because it's based on your earnings, your plan will be affordable. Check with your doctor's office to see which Connector plan they bill.

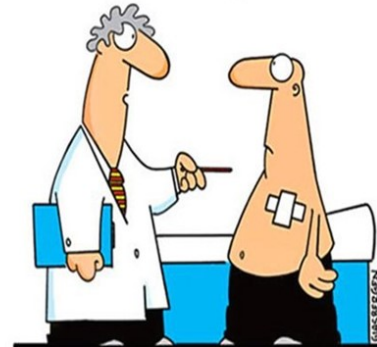
Let's talk about Medicare. If you are 65 or older, and have paid into social security for 40 quarters (10 years) you will be eligible for Medicare. If you are 65 or older and haven't paid into social security, but are married to someone who has, you will be eligible for Medicare through your spouse's work history. (Just like being eligible for a social security retirement benefit based on your spouses work history.)

Medicare pays for about 80% of your medical expenses, except for Rx. You are mandated to have Rx coverage. So if you are a veteran, you might get your Rx as part of your VA benefits. If you have a retirement pension that has Rx coverage, you're all set. But if not, you still have to have Rx coverage...so you can enroll in a Medicare D plan. The least expensive plan this year is \$7.20/month. There are 27 plans for our area, and all have different monthly premiums. A SHINE counselor can help you sort out which Medicare D plan works best for you, depending on what Rx you take.

But you can also enroll in a Medicare Advantage plan that enhances your Medicare benefits and also offers Rx coverage. There are Medicare Advantage plans that have a zero monthly premium. Doesn't get more affordable than that.

What's IMPORTANT here is that neither of these options, the Connector, or Medicare....count assets. So whether you are over 65, or not yet 65....as long as you are a Massachusetts resident, and you have limited income.....there's affordable health insurance for you.

A SHINE counselor can help you sort through the options. You can contact your senior center to find a SHINE counselor nearest you.



"It's a pacemaker for your heart.
Plus, you can download apps for your liver,
kidneys, lungs, and pancreas!"

September is Fall Prevention Awareness Month

6 Steps to Prevent a Fall

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips!

- Find a good balance and exercise program to build balance, strength and flexibility. Contact your local senior center. Find a program you like and take a friend.
- Talk to your health care provider. Ask for an assessment of your risk of falling. Share your history of recent falls.
- Regularly review your medications with your doctor or pharmacist. Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
- Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
- Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, install grab bars in key areas.
- Talk to your family members. Enlist their support in taking simple steps to stay safe. Falls are not just a senior issue.

NCOA, National Council on Aging
To learn more, visit ncoa.org/FallsPrevention.

On the Road Again..



Here is a brief outline of upcoming bus trips. 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.

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 seniors age 60 and older, \$15 for other adults from Chesterfield and any other community. Free 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 now.
- ⇒ **September 21.** Guided tour of **Quabbin Reservoir** & Lunch at Salem Cross Inn, shopping stop at Oakwood Farm Christmas Barn- \$68 due now.* (Price correction).
- ⇒ **October 6.** Spend a day at **Mystic Seaport**. \$15 for Chesterfield seniors age 60 and older. \$25 for other adults from Chesterfield and any other community. Lunch on your own at onsite cafeteria. Fee for guided tour or boat rides not included. Payment due by September 17.
- ⇒ **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 2 seats left.*
- ⇒ **November 4.** **Plymouth 400th Anniversary** program & Thanksgiving buffet luncheon \$133 *if paid in full by 9/30/21*. Seating is limited.*
- ⇒ **December 7.** **Nashville Christmas Show** & luncheon at the Log Cabin. Country Jambo-ree performs. **Self-drive**. \$25 for Chesterfield seniors age 60 and older. \$59 for other adults from Chesterfield and any other community. Payment due by November 1st.

- ⇒ **December 9.** Pizza & Salad late lunch prior to tour of **Bright Nights**, Springfield, MA. Cost to be determined.*

Chesterfield Council on Aging DAY TRIP A Visit to Mystic Seaport Museum and Nautical Village

Wednesday October 6, 2021



Chesterfield Seniors (age 60 or over) **\$15**

Other Chesterfield adults **\$25**

Open to adults from all communities for **\$25**
Vaccination Strongly Recommended/CDC Covid

Protocols at the time will be followed

No refunds due to bargain price

Seating is Limited to 30

**Trip includes round trip transportation,
entrance fee to the Seaport grounds,
driver gratuity. Other fees listed below.**

Join us at the Mystic Seaport Museum in Connecticut, the largest maritime museum in the U.S. for a private tour of the Restoration Shipyard to see antique wooden sea-going vessels under restoration. Wander the seaport on your own, enjoying the history and ambiance of an 1800s working seaport with more than 60 historic buildings. Sit on the common and listen to the Seaport Sea Shanty Singers belting out old sea shanties.

Watch the lowering of a whaleboat from the Charles Morgan, the oldest existing whaling ship in the world, and watch a crew maneuver the whaleboat. Observe a blacksmith working iron to create tools and artworks or tour vessels on site at the nautical village.

Take a sail on the Breck Marshall Catboat or go for a row on the antique classic rowing boat. There is something at Mystic Seaport for everyone to see and do.

Lunch on your own -- onsite cafeteria,
reasonable prices, many food choices

**Meet the Bus: 7AM COA parking lot
400 Main Rd. Chesterfield, Ma**

**2nd Pickup: 7:45AM Elks Parking Lot
17 Spring St. Florence, MA**

Arrive @ Mystic around 10AM

**Bus Leaves: 4PM Mystic Seaport with
expected return of 6:30PM**

For reservations: call Francine Frenier @ 296-4291
or call the COA @ 296-4007

Cash or checks payable to COA due
by **September 17.**

**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.

Saturday, September 25th, 9-3pm

Fall / Winter Clothing Exchange

Goshen Congregational Church
45 Main St., Goshen

Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday and Friday mornings (call Laura at 268-7005 to arrange a time), then come back to shop on Sat. the 25th from 9am-3pm! All are invited to participate whether you donate clothes or not.



"Please hold while we bring you the complete works of Johann Sebastian Bach."

