

Goshen Council on Aging

February 2022 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

Happy Valentine's Day! We hope you have a healthy and happy February 14th.



Cell phones

January was not as good as we had hoped considering that we had so much ice and the new strain of Covid. We had to postpone the cell phone workshop until a future day when we feel that things have slowed down a little.

If you were interested in this event, please call **Peg at 413-404-45666** and she will put you on the list for when we are ready to reschedule.

Foot clinic

We were also trying to set up the foot clinic again but were not able to do it yet because of Covid. If you do want to have a home visit, please contact **Piper at 413-522-8432**. She will be able to set something up with you. You can also let **Evelyn (413-268-3316)** know if you want to be on the list, when we can use the town hall safely. Liz Loven has given up this job of scheduling foot care clinics, and we want to thank her for all the years that she had helped.

Food pantry

Please do not forget our local food pantry is open on Wednesday from 1-3pm at 40 Main Street, in the basement of the town office building. This is curbside pickup and anyone that lives in all the surrounding towns are welcome.

The pantry is always accepting monetary, food and toiletry donations which can be dropped off between 10am and 3pm. If you do not have a ride, contact them at **413-268-7578**. They have some volunteers to help deliver.

Volunteers

Soon we will be looking for some volunteers for the COA. When the warm weather gets here, the council has already planned some fun events outside and will be looking into more events. We had a few last year and the turnouts were spectacular. If you have extra time and would like to help us out, we could put you on our team. Please call Evelyn.



Nancy Wood, Sandy Papush, Henrietta Munroe, Loraine Brisson, Natalie Blaise, Evelyn Culver and Mr. Shadow Man, Roger Culver

Natalie Blais was at our December curbside luncheon. Santa sent her to hand out boxes of chocolates to every car. Thank you, Natalie.

Joan Griswold's Exercise Class

Greetings from your group exercise instructor, Joan Griswold. I hope you are all staying healthy and well. As a health coach, I continue to think about how isolating these days have been for folks. It is very important to take care of your health, without feeling super isolated from others. It is such a challenge and a delicate balance but something we must master. I miss many of you who came to the local class offerings and look for-

ward to when we gather in person again.

While COVID continues to be upon us, it feels unsafe to gather in person. That said, I continue to offer exercise classes on the Zoom platform. I know this is not for everyone and I remain hopeful come Spring we will be able to offer some in person opportunities again. You can also find me on YouTube and a whole variety of exercise offerings, nutrition support and even some meditation clips. My hope is this can continue to be an offering for folks during this challenging time.

I have launched a weekly Take Five offering which is simply a weekly message related to your personal health. If you are part of my weekly email distribution list you will see the link. Just another fun way for me to support you and your personal health!

Hang in there all, stay healthy and let's stay positive about this New Year!

Cauliflower changed my life
By Lorraine Brisson

Part 4 Hawaii Island

Aloha, continuing our trip on Hawaii Island. As it turned out we happened to be in Kona during the Ironman competition, so we went into town to watch the competitors arrive at the finish line.

After a restful night at the hostel, it was early to rise and off to Mauna Kea to hike to the summit. Mauna Kea is the highest point in Hawaii, so we just had to get there as part of our goal of hiking as many state highpoints as possible. We started the hike at 9,300' and summited at 13,796'. It was an all-day trek. The landscape is sparse and somewhat Mars-like, but beautiful in its own way. We had lunch at the summit, above the clouds and amongst the observatories. This was the day after the Ironman, and we met several competitors at the summit who were quite impressed that we had hiked up! During the trek down, we did experience some vertigo issues, but nothing serious. However, by the time we got to the car at 4:30 we were beat and all we could do was put the seats back and take a nap before heading back to the hostel.

The next day, we drove by Cook Inlet. It was here that Captain Cook first landed in Hawaii. It is a pretty bay with a monument to Captain Cook that can only be reached via a trail along the coast. We did not have time to walk the trail which was OK with me. His landing in Hawaii spelled the beginning of the end for many of the indigenous peoples.

The following day, we continued our circumnavigation. We stopped at South Point, which is the most southern point not only in Hawaii, but in the United States.

Our next stop was Hawaii Volcanoes National Park, which was in the news earlier that year (2018) with the eruption of Kilauea. The eruption caused much damage to the park with several areas off limits. The Crater Rim Drive was closed to vehicles, but open to walkers for a short distance. A grey cloud of steam rising from the caldera was a bit disconcerting. We learned that during the eruption, the caldera dropped 150 feet: a result of lava flowing out of the volcano! We next drove east toward the coast to visit the area which had been swallowed up by the lava. All that is left is 3 houses that can only be accessed by walking several miles over still steaming lava. Germinating coconuts marked the path.

Our last couple nights were at a hostel in Hilo. Outside the city is Liliuokalani Gardens, a most beautiful Japanese garden. Nearby is Banyan Drive which is lined by massive Banyan trees planted by famous people such as Babe Ruth and Amelia Earhart. Our last day, we rose early for a swim at Onekahakaha Beach before catching our flight out.

Our trip to Hawaii includes some of our fondest travel memories. I am regularly brought back there when I play the CD I purchased of Hawaiian music. It is a unique and beautiful place worth the visit.

Happy Birthday in February!



Lisa Roberts, Stanley Jablonski, Dianne Mimitz,
Frank Kosior, Gary Batrano, Siegfried Haug,
William Dyer, Jane Hillman, Bruce Niemczyk,
Julie Tocio, Nicholas Cockoros, Albert Maiolatesi,
Dawn Scaparotti, Eric Liimatainen Jr., Carl Eldred,
Joan Loven, Nelson Nieves, Frank Phillips,
Roxanne Cunningham, Donald Chevalier,
Gregory Roberts, Ann Mango, Wanda Roberts
Deborah Tirrell

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

In observance of National Burn Awareness Week that happens in February, this month's topic is on preventing and treating burns. This is a hot topic for our age group because skin thins with age and a burn will be much deeper on an elder than on a younger person.

Senior 
SAFE

A decreased sense of touch from diabetic neuropathy can lead to worse burns. Here are a few things of which to be mindful in preventing and treating burns:

- ⇒ Use oven mitts to protect against hot liquids and touching hot pots or ovens.
- ⇒ Set the hot water heater temperature to 125 degrees F. Burns occur in seconds at higher temperatures. (State law requires it to be set between 110 and 130 degrees.)
- ⇒ Heating pads and electric blankets are a significant cause of burns for seniors.
- ⇒ Consider a heating pad where you have to hold the control to keep it on.
- ⇒ We teach children to *Stop, Drop, Cover and Roll* if their clothing catches fire. If getting up off the floor is a problem for you, smother the flames with a towel, blanket or coat.
- ⇒ Cool a burn. Run cool water over a minor burn -- not cold water, not ice, just cool water, which will cool the boiling liquid under your skin.
- ⇒ Call 911 immediately for serious burns.

Have a S.A.F.E. February!

--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!



Just playin' my harp...

I do love music and played drums and piano at one time, but I'm not going to break out in song here. This harping is on the need for all of us to take care of the Big Five. I spent 6 months in early 2019 on these if you need to refresh.

So what 's the big deal? Two things: 1. *uncertainty*, and 2. *mental condition*. We know there is uncertainty in life, including not usually knowing how and when our life will end. We don't know what tomorrow will bring, how our health will hold up, how family relationships will go. Being prepared with our will, health care proxy, durable power of attorney, advance directive, and HIPAA release adds some stability and certainty to life, maybe a small feeling of relief.

Mental condition. I do charge right in there, don't I? Well, *someone* has to say these things. If you or someone you care about is going down the dementia path, PLEASE get these documents in order. If you wait too long, the person may not be able to make a good set of decisions. If you wait too long, an attorney may be unsure that the person is still sufficiently capable to be able to understand and sign the documents. The alternative then may include a court-ordered conservatorship or guardianship. Quite the bother...

It would be music to my ears if I hear from you that you've done even 3 of the 5!

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

February's Good News

By Deb Hollingworth

Here it is, the beginning of a New Year and perhaps a good time to think ahead? I call this "next chapter" planning: when we pause from our daily routine and take time to think about the future and dealing with the "what if" situations in life. What if you have a life changing event, like a medical issue? Or what if you're stressed by diminishing financial resources, not just grocery bills, but health care costs, household overhead...everything seems to cost more and you wonder if your resources will last as long as you do?

While everyone may have these questions, planning ahead can be more challenging if you are caring for someone with dementia, or if you are taking care of yourself and think you may be developing some memory issues.

Where do we start?

Having a conversation with someone familiar with available resources might be a good way to sort through the seemingly limitless amount of information on the internet, in the news and in print. The Good News is that we live in an Information Age.....the challenge is that we live in an Information Age and it can be overwhelming and confusing. So who can you talk to?

If your Senior Center has an Outreach worker, that's a good first call. And for our seven hill towns, Highland Valley has funded a grant for a program called The Connector which helps you find the resources you need and helps you deal with the process of getting connected with those resources. If you call your senior center, they can put you in touch with The Connector.

Options Counselors are another resource, helping in a similar way. You can call Highland Valley 413-586-2000 and ask to speak to their Options counselor, but if you want to check out the website for Greater Springfield Senior Services (the agency, like Highland Valley that covers the Springfield area) , it is GSSSI.org. You can download their Elder Guide which is over 60 pages of resources for seniors, including: housing options, day programs, assisted living residences and nursing homes with dementia supports, caregiver programs, information on legal issues, reverse mortgages, food resources and much more. Options counselors can help you understand these resources and help determine if you are eligible.

The Alzheimers Association has their 24 hour help line, 800-272-3900, and also a Care Consultant (617-393-2100) who can help you understand the disease process, answer your specific questions and concerns and create strategies

to cope effectively as your situation changes. Caregiver support groups, now even more available virtually, are a great way to talk with other caregivers, dealing with the same issues you worry about. You can look online for support groups, or ask the Alzheimers Care Consultant for recommendations.

So the first step for future planning is to find someone to talk to who knows the resources available; someone who can offer suggestions and guidance. Remember you are not alone and there is help, just a phone call away.

On the Road Again...



2022 Trip Lineup

These are some of the bus trip destinations in different stages of planning with various travel groups. Most trips are limited to 36 passengers. More information to come in future newsletters. Vaccinations are required. Contact Francine Frenier by calling 413-296-4291 or emailing francine.frenier@gmail.com.

Day Trip. Encore Boston Harbor Casino. Postponed till Summer 2022.

Multi Day April 24-30. Myrtle Beach Show Trip. 7 days. Cost TBD, \$25 discount if paid early. Flyer available. This will be rescheduled for 2023.

Day Trip May 5. Country Shopping in Southern Vermont Trip. Includes visit to Grafton Village Cheese, lunch at The Marina, and stops at the Vermont Country Store & Allen Brother's Farm Market. Cost \$103, \$10 discount if paid by 3/24/22. Vaccination proof requirement by the restaurant. Flyer available.

Multi Day May 23-27. Lancaster, PA. Sight & Sound Theater presents David. 5 days. \$549, \$25 discount if paid by February 16, 2022. Flyer available.

Taking interest lists on the following:

Day Trip May 18: Dancing Dream Abba Tribute Band at Aqua Turf in Plantsville, CT. Includes lunch. Cost to be determined. Approx. cost \$120, \$10 discount if paid by 3/31/22. Flyer available.

Day Trip June 9. Corvettes Doo Wop Revue. Lobster Tail or Prime Rib for lunch. Self Drive to the Log Cabin. Cost to be determined.

Day Trip Aug 10. The Jersey Tenors, a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes lunch. Cost \$114, \$10 discount if paid by 6/30/22. Flyer Available.

RESOURCE DIRECTORY

Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 387-3120
If you need help in an emergency, call 911 or the Safe Passage hotline	888 345-5282
National Suicide Prevention Lifeline	800 273-8255
Elder Abuse Hotline	800 922-2275
First Call for Help	800 339-7779
Fuel Assistance	800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC)	413 296-4536 x120
Veterans' Service Officer Robert Vignault	413 587-1299
(Westhampton) Joe Henning	413 207-3541
(Plainfield) Brian Brooks	413 772-1571
DO NOT CALL Registry	888 382-1222

Food Services

Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP)	413 552-5400 or 413 296-4007
Call Chesterfield COA for assistance	413 296-4007
Hilltown Food Pantry - Goshen Town Hall - Diane Drohan, Director	413 268-7578 Wed 1-3; 3 rd Wed 1-6
Meal Site Williamsburg Senior Center	413 268-8407
Meals on Wheels Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center , 265 Prospect St. Northampton	413 586-6564
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336/6564

Health Services

Highland Valley Elder Services Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center- Medical & Dental	413 238-5511, ext. 131
HOPE Nurse, Mary Kane	413 238-5511, ext. 322
Ellie Mathias, HealthWise Community Health Worker	413 238-5511, ext. 322
Podiatrist Dr. Michael Coby, call Williamsburg Senior Center	413 268-8407
to schedule (Alternating months at the Senior Center)	
Foot Care Piper Sagan, RN	
foot care in Cummington, call Ann Eisenhower	413 634-2243
foot care in Goshen, call Piper for appt.	413 522-8432
foot care in Williamsburg or in-home visits	413 268-8407
Deb Dean, foot care in Westhampton	413 667-5363
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Lorraine York-Edberg	413 773-5555, ext. 2275
Deborah Hollingworth (Chesterfield)	413 296-4007 or 413 268-8317
Mass Health and New Health Coverage	
Buliah Mae Thomas at Hilltown Comm. Health Center	413 667-2203

Transportation Services

Cummington Neighbor to Neighbor Drivers	413 634-2262
Westhampton transportation Appts or groc. shopping, Louise Jasionkowski	413 527-5134
Williamsburg Medical & Carpool Rides (call to schedule)	413 268-8407
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center)	866 277-7741
Hilltown Easy Ride Van & Driver Pool Ed Pelletier	413 296-4232

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cummington COA , Chrisoula Roumeliotis	413 634-2262
Goshen COA , Evelyn Culver	413 268-3316
Plainfield COA , Susan Metcalfe Honneus	413 743-5345
Westhampton COA , Amy Landau	413 203-9808
Williamsburg Senior Center , Melissa Wilson	413 268-8410
Worthington COA , Phyllis Dassatti	413 977-6799

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

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Winter Farmer's Markets

Fresh, local food is available all year!



All of these markets take HIP! HIP is free extra SNAP money for fruits and vegetables. Ask the market manager to learn more!

- **Northampton Winter Market**, 67 Conz St. Northampton. Every other Saturday 10am-2pm, through April 2nd.
- **Winter Market at Hampshire Mall**, 367 Russell St., Hadley. Saturdays 10am-2pm, through April 2nd.
- **Easthampton Winter Market**, 122 Pleasant St. Easthampton. Sundays 10am-2pm every other week through March 27th.

The Savvy Caregiver Program

The Savvy Caregiver Program is a FREE six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias.



Join Us:

**Tuesdays (will be held virtually)
2/22/2022 – 3/29/2022
1:00-3:00pm**

For More Information:

Contact: Erin LaBreck
(413)588-5749
Email: elabreck@highlandvalley.org

www.healthyliving4me.org