

Goshen Council on Aging

April 2022 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

Evelyn Culver, Coordinator
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April Curbside Luncheon

Tuesday, April 12th 11:30-12



Spring has arrived! Thank goodness!

Spruce Corner Restaurant will be serving us a choice of Ham or Baked Chicken dinner on April 12th between 11:30 and 12:00 curbside at the Goshen Town Hall. Jess from Red's Bakery will be supplying a yummy desert. The lunch donation will be \$5.00, and reservations can be made by calling Henrietta Munroe at 412-268-7465 **before April 6th**. This luncheon is for Goshen seniors.

Note from Evelyn

I'm sure most of you have heard that I will be retiring from coordinator of the COA— not that I'm going anywhere, I just feel that someone younger could do a better job.

I just want you to know that I have truly enjoyed helping anyone I could and organizing some fun events. There are still two more summer ones planned. Thank you for your support and your kindness. My board has been the best to work with; thank you. Please be kind to the next coordinator.

Foot Clinic

The foot clinic will be opening back up after a long absence. The first clinic was on March 26th, and Piper will be coming once every other month, starting on **Wednesday, May 11th**, at the Goshen Town Hall. The cost is \$50 and masks are required. If you would like to schedule an appointment, please contact Piper at 413-522-8432.

Help Wanted: HEN program

Are you looking for a job without many hours?

Maybe you could help an elder. There are a few people in town who would like help with some things: vacuuming, dusting, stacking wood, pulling a few weeds or other small jobs. If you would like to help with any of these, please call Fran Gobel at 413-268-7411 and join the HEN program. It may be rewarding and a nice way to meet your neighbors.



Thank you, Bill O'Riordan and Pat Callahan, for helping the COA board pass out the March luncheons!

From L to R: Patrick Cahillane, Bill O'Riordan, Nancy Wood, Sandy Papush, Roger Culver, Roxanne Cunningham, Henrietta Munroe

We send our condolences to the family of **Larry Packard**. A descendent of one of Goshen's earliest families, he will be fondly remembered by many.

Library News

Library Director Martha Noblick, along with the Board of Trustees, wish Evelyn Culver the very best as she completes her tenure as Goshen's COA director. We have so enjoyed the collaboration between the library and the COA over the past five years.

Please join us in meeting and greeting State Representative Lindsey Sabadosa in the Goshen Town Hall on Saturday, April 9th from 10am to Noon!

Pink Hair and Pennsylvania – Part 2

On August 15, Michael raced his C-1 and as usual placed somewhere at the top. That afternoon we went for a hike in Chapman State Park where we would be camping after the conclusion of the races.

The next day we drove to the Kinzua Bridge Viaduct, which at one time spanned the Kinzua Gorge. Once the longest and tallest railroad structure at 2,053' long and 301' high, it was partially destroyed by a tornado in 2003. In 2011, it was re-invented as a pedestrian walkway extending six hundred feet out on the remaining support towers. It was worth the trip. Seeing those twisted metal supports laying on the ground reminded us of the power of nature. Afterward, we rode our bikes on the Knox-Kane Rail Trail. This is an 8.3-mile bike that ends at Kinzua Bridge. We did an out-and-back for a pleasant afternoon ride.

On August 17, we drove to Mt. Davis, the high point of PA at 3,213 feet. We hiked the High Point Trail, a pleasant 5.4-mile loop. Next it was on to Ohiopyle State Park where we would be camping for a few nights.

Ohiopyle was a great discovery. It is a mecca for outdoor enthusiasts. The Youghiogheny River is the Mid-Atlantic region capitol of whitewater rafting for all experience levels. The Great Allegheny Passage and C&O Towpath, a 340-mile rail trail from Washington D.C. to Pittsburg, PA passes through Ohiopyle. Nearby in Mill Run is American architect Frank Lloyd Wright's famous Fallingwater- a home extending above a waterfall. Unfortunately, we did not have the best weather. Hurricane Fred's path up the east coast left us dealing with a day of rain. Of course, we were not about to let a little rain stop us. So, we went for a hike in the morning, then rode our bikes that afternoon. This is a wonderful rail trail with small towns along the way accommodating cyclists seeking food and lodging. We decided to put cycling the entire Allegheny Passage on our bucket list. By the time we finished our ride, we (bikes

included) were covered with dirt and gravel. My hair extending beyond my helmet was weighed down with dirt. So, we drove to a nearby popular stream with a natural slide to rinse off. The water level was too high to try the slide, so we sat at the edge of the water and dunked ourselves in the water. Unfortunately, Fallingwater is closed on Wednesdays, so that will be for another trip.

On August 19, we drove east to our next campsite. The next day getting up early we drove to Shanksville to visit the Flight 93 Memorial. The start of the drive was at a higher elevation and fogged in. We could not see five feet in front of us. Eventually, things cleared and we arrived at the Memorial at 7:30am, with the place all to ourselves. The design allows the visitor to envision the flight path. A wall contains the names of crew and passengers. There is a 17-ton rock at the location of the crash. It was worth the visit.

Next it was on to Gettysburg.

To be continued...

Happy Birthday in April!



Claire Byrom, Michael Grinley, Stephen Fancy,
Peter Therkelsen, Annmarie Dresser,
Steven Rida, Elizabeth Loven, Scott Healy,
Martha Monaghan, Steven Barrus,
Patricia Roguz-Britt, June Millington,
Ann Marie Deres, Francis Burnett, David Tirrell,
James Berube, Robert Haskell, Steven Daiber,
Doris Barbeau, Marcia Phillips, Victoria Verge

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 _____

Senior SAFE

There is a common misconception that falling is an expected part of the experience of getting older. This is not true. Falls are preventable. Here are some things you can do or be mindful of that reduce the risk of falling:

- ⇒ Stay active. Regular exercise improves leg muscle and balance. Ask your health care provider which type of exercise is the best for you. Check in with your local COA to find what programs are available.
- ⇒ Make your home safer. Get rid of clutter on the floor. Improve lighting in places like stairs and hallways. Get rid of scatter rugs or secure them with double sided-tape. Have handrails on all staircases. Install grab irons in the bathroom and use non-slip mats in your tub and shower.
- ⇒ Have your vision, hearing and feet checked yearly and be aware of what medications make you feel sleepy or dizzy. Wear shoes with non-skid soles and don't shuffle but pick up your feet when walking.

Have a fall free 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.



So I lay them and you get all the credit?

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!

It shouldn't be so hard...

I got a note the other day about a reader's experience in dealing with Medicaid as her mother was ill and, as it turns out, dying. It was a mess! So I don't know the solutions but decided to pass on the cautions she sent me. We will call her Sal and give an abbreviated version of what happened.

Sal's mother was in rehab and Sal was trying to get her into a long-term care bed and approved for Medicaid. Her mother was finally approved but died the next day. No Medicaid card or number ever arrived. The program has a burial fund, see: www.mass.gov/service-details/who-can-apply-for-funeral-and-burial-payment-assistance for information. In Sal's case, the fund was set up at a bank with only the mother's name and no beneficiary. There was a paperwork issue that took coordination between the state and the bank. The bank did not share with Sal some of the requirements for using the account. Between these matters and all the other items you can imagine (the rest home, medical bills, insurance, never mind her mother's well-being), things were very hard.

Lessons learned:

- do everything you can ahead of time (my favorite Big Five and related documents),
- check that real estate and bank accounts are in the ownership that you want,
- remember that even people in official positions can make mistakes,
- make written notes after a conversation with the bank, insurance, funeral home, attorney, Medicare/Medicaid, including the date and person talked to,
- think about what you heard and if there is an inconsistency or something just feels "off", follow up on it,
- AND at the end of each conversation, ask "What else should I know or ask you?"

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

April's Good News

By Deb Hollingworth

Maybe you remember years past when we were encouraged to collect our "emergency information" and fill out a "File of Life" card which came with a magnetized pocket so it could be hung on your refrigerator?

You might ask at your Senior Center to see if they have any of these File of Life pockets available, but even if they don't, you can make your own.

Here's why it's important: when we are in a stressful situation, like a health emergency, some of us get that shot of adrenalin and become amazing at getting 911 resources in place, and dealing with ER admissions information, but most of us are not amazing.... we get a "stress dementia" where we can't recall our health insurance numbers, sometimes our phone information, or list of Rx or medical conditions.

You don't have to worry about remembering important information like Rx allergies, or various doctor's names and phone contact information if you write it all down on an Emergency Information Sheet.

It should list: your name, date of birth, your health insurance numbers, your primary doctor's name and address. Then a list of your medical conditions and Rx that you take (which would include any allergies). Your emergency sheet should also include your Health Care Proxy, and family member's contact information.

Several years ago, I was the chauffeur for my sister who had a detached retina and needed several appointments in Burlington, MA for surgery. Each time we went to check in, the receptionist asked her the same questions: name, address, phone and health insurance information. As my sister became more distressed about her loss of vision, she had more difficulty answering what appeared to be simple questions. So we wrote down all the answers to questions ahead of time, and just gave the card to the receptionist. Whew....sigh of relief. Another time my Mom fell and set off her Lifeline. I got the call at work from the Lifeline folks, met the ambulance at the ER, and there was my Mom, on the stretcher with her File of Life information clutched in her hands. I just handed it off to the admission folks and was able to stay with her as she got processed in the ER for admission. She didn't have to wait alone, waiting for me to get admission because all the necessary information was on the File of Life card.

You can make your own Emergency Sheet of In-

formation. And you can carry it in your wallet. Might save you considerable stress when you need it?



POLKA PALOOZA

IN HONOR OF

**RUSS
RICHARDSON**



FEATURING

THE EDDIE FORMAN BAND

SATURDAY APRIL 2, 2022

4:00 PM- 7:00 PM

POLKA DANCING, FOOD & FUN

CASH BAR, DONATIONS AT THE DOOR WELCOME

American Legion Post 236
5 Bridge Street
Haydenville, MA 01039

On the Road Again...

2022 Trip Lineup

Listed are the bus trip destinations with various travel groups. Most trips are limited to 36 passengers. Chesterfield COA and *Friends of Northampton Senior Center* are helping with the cost of some trips. Contact Francine Frenier if interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com.



Updates on the following:

Multi Day May 2-5 Lancaster, PA Sight & Sound Theater presents David. 4 days. \$485, due by **April 4, 2022.** Flyer available. Dates and price change.

Taking interest lists on the following:

Day Trip May 18: Dancing Dream Abba Tribute Band at AquaTurf in Plantsville, CT. Includes chicken & salmon lunch. Cost \$113, **due by 4/18/22.** Flyer available.

Day Trip. Encore Boston Harbor Casino. Postponed until June 2022.

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.

Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour. 3 days. Cost \$359, \$25 discount if paid by 5/8/2022. Flyer available.

Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame—10 days. \$1,205, \$25 discount if paid by 7/2/22. Flyer available. A few seats remain.

Day Trip July/August. Worcester, MA Red Sox Triple A affiliate team, Woo Sox game.

Day Trip September 9. Thomaston, Connecticut. Naugy Scenic Train Ride.

Day Trip Sept. The Big E

Day Trip Late Sept/Early Oct. Wareham, MA. Cranberry Bog Tour.

Day Trip Oct 4. Octoberfest! The Schnitnel Brothers perform. Self Drive to the Log Cabin. Meal choice and Cost to be determined.

What's in a word?

Every month over 2000 COA newsletters go out to the households of older adults in the seven northern hilltowns. Each town receives both local and regional sections that include news, trips, events, health information, access to benefits, tips from Jean O'Neil on how to protect yourself from scams and other risky shenanigans, fire safety facts from Worth Noyes, Good News from Deb Hollingworth about how to get what you want when you need it and a host of other important topics that help people stay in their own homes and live as independently as possible.



A grant from the Executive Office of Elder Affairs has made all of this possible. It's been a vital and concrete way to help those living in small, rural towns. It's helped us join the national AARP Age Friendly Communities.

This grant has enabled us to keep the written word alive and provide the kind of critical communication that is of such high priority to everyone; and, it actually comes to your doorstep or post office. **This grant is set to end on June 30th. At that time the written word in the newsletter will stop coming.**

It seems ironic to be talking about loss of the written word as everything shifts toward living in the digital age. I can see why some of our local and national newspapers are struggling. Oddly, they are struggling because people have moved to the virtual world; we're struggling because so many people in our rural communities have limited access to the virtual world. Many don't have broadband, some can't afford the costs of having broadband connections and many simply cannot afford to buy a computer.

To make the severity of the problem even worse, our newsletter has provided the major tool we have had to reduce isolation, connect people to the information they want and need and build regional networks that allow us to stretch and share our resources.

We are working hard to develop options that will support the survival of this service. **If you would miss this newsletter, please help by telling us how the newsletter fits into your life and why you would hate to lose it. We're planning to prevent this, down to the last word.**

Please contact your COA NOW!

**Goshen COA
Board:**

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CHARITY SCAM

You get a call from a charity looking for donations. Scammers try to fool you into giving money using these tactics:

- They rush you into making a donation;
- They use names that sound like a real charity;
- They change the caller ID to make you think it's a local caller.

WHAT CAN YOU DO TO MAKE SURE THE MONEY IS GOING TO A GOOD CAUSE?

- Research the charity before donating;
- Verify that the organization is registered with the MA Attorney General's Office;
- Look up the charity online & read what others are saying about it.



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