

Goshen Council on Aging

May 2022 Newsletter

Goshen Council on Aging
40 Main Street
Goshen, MA 01032



May Curbside Luncheon

Tuesday, May 10th 11:30-12



Spruce Corner Restaurant will be serving us a luncheon choice of meatloaf or teriyaki chicken on May 10 from 11:30-12:00, curbside at the Goshen Town Hall. Jess from Red's Bakery will be supplying a yummy dessert. The lunch donation is \$5.00. **Reservations can be made by calling Henrietta Munroe at 413-268-7465 before May 4th.** This luncheon is for Goshen residents.

Foot Clinic

Our next bi-monthly foot clinic is scheduled for **Wednesday, May 11** 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.

Our Council on Aging Seeks New Members

Are you interested in helping seniors? The Goshen Council on Aging serves residents sixty and over in many capacities. We provide monthly luncheons, outings, fitness classes, visitations to shut-ins, personal improvement programs, referrals to health services and much more. These programs help elders remain in their homes and communities, and live independent and productive lives as long as possible. We will have two vacancies as of June 30th due to members reaching the maximum time allowed on the Committee.

A Special Thank You

Many thanks to Henrietta Munroe and Sandy Papush for their service on the Council. Both have dedicated much time and effort in helping to make our Council a successful and active component of Goshen. Thank you for all you have done and best of luck in your future endeavors.

Smartphone Workshop Summary

On April 2, I attended a Smartphone Workshop at the Goshen Town Hall. The instructor, Peg Whalen, reviewed all aspects of smart phone ownership including: choosing a service provider, the home screen, finger movements, icons, Apps, texting, settings, Wi-Fi and much more. Handouts provided additional information that time constraints did not allow her to cover.

This was a very informative workshop and well worth attending. Peg's instructions were clear and concise, and spoken in layman terms, so easy to understand. I never felt rushed as she assisted each attendee to reset their phone settings or learn a new skill. Although the workshop lasted 2 ½ hours, it went by in a flash. Peg informed us that she will be teaching future workshops on iPhone and Android in area hilltowns. If you'd like to attend future workshops or have any questions for Peg, she can be contacted at:

pegwhalenworkshops@gmail.com or 413-404-4566.

~ Lorraine Brisson

Library News

On April 9th, the Library hosted State Representative Lindsay Sabadosa in our town hall. This event was well received both by our Goshen community and neighboring communities. Library Trustee co-chairperson, Melanie Dana, introduced Rep. Sabadosa, who then updated the audience on the latest goings-on in the State House. The question and response segment, followed by an informal gathering with Rep. Sabadosa, made for an enjoyable Saturday morning here in our lovely Goshen town.

Special thanks go out to Ron Loven for setting up the town hall. For this event, Ron had the air purifiers on, set up the chairs an appropriate distance apart and with mask coverings still a requirement, participants surely appreciated the safe-covid precautions. Thanks Ron!

On April 2nd, the library in collaboration with our COA, presented an "Android Workshop" with Peg Whalen. The formal presentation followed by individual help to each participant made for a worthwhile three hours, again on a lovely Saturday morning here in our own Goshen town!

Save the Date – On **Saturday, June 11th**, Peg will present an iPhone workshop in our Town Hall. If you are interested in signing up, please call Henrietta Munroe at 268-7465. Classes are limited to 12 participants. This workshop is being sponsored collaboratively by the COA and the town library.

Cauliflower changed my life
By Lorraine Brisson

Pink Hair and Pennsylvania – Part 3

Touring the Gettysburg Battlefield can be quite overwhelming. Many people drive while listening to a CD audio tour. This can be a challenge. We attempted that but found it hard to keep up. I then attempted to read from the tour pamphlet, but that got to be too much. So, finally we just followed the directionals and that seemed to work best for us. For several hours, we traveled through the battlefield, which includes the town of Gettysburg. We did not stop at every location, as it would take two days to do that, but selected the most interesting stops. We did come across a few Massachusetts Memorials.

After leaving Gettysburg, we were headed to our campground and received a notice that it was closed due to a water main break! UGH! Fortunately, we managed to find an alternate campground not too far away.

The next day, we walked the Native Lands Heritage Trail in Wrightsville. It is a short walk with views of the Susquehanna River. Then it was off to Lititz for a bike ride on country roads with Amish Farms and covered bridges. I was struck how the farms were being encroached upon by development. It was sad to see.

The next day, we toured No. 9 Mine and Museum in Lansford, PA. It is the world's oldest continuously operated deep anthracite coal mine (1855-1972). We rode 1600' into the mountain. Seeing the shafts and learning about the conditions the workers toiled in was depressing. I wondered how the mine owners could sleep at night.

After leaving the coal mine, it was time to drive home. Today was Saturday and Hurricane Henry was on its way north, arriving on Sunday. There were lots of power company trucks and tree service trucks headed to the northeast along with lots of traffic. Fortunately, there were no traffic issues and we got home safe.

This concludes our trip to Pennsylvania. I will have a new adventure in the next issue.

Happy Birthday in May!



- Lois Bacon, Ann Hackler, Alice Barrett, Janet Goss, Gaye Reinhold, Susan Zuroff, John Miller, Fenida Kandrotas, Robert Berrena Jr., Rosemary Bienz, Glenn Richardson, Michaela Malinowski, Darlene Wolfe, Diane Jones, Pamela McCarthy, Edward Roberts, Edward Dzenis, Peri Hall, Russell Papineau, Mary Richardson, William Gardner, Richard Malinowski, Hermine Antelman

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

This year has seen a significant increase in violent storms in the southern United States. I hope this is not an indication that we will have tornados in the months to come, but here are a important survival tips in case of a violent storm:



- ⇒ GET INSIDE. If you are outside, get inside. When you are inside, get as far inside the middle as you can away from windows and doors.
- ⇒ GET DOWN. Get underground if possible. If you do not have a basement, go to the lowest floor possible.
- ⇒ COVER UP. Flying debris and glass in a violent storm are the number one killer. Stay under the stairs or in a room or space without windows. Use pillows, blankets, coats, or anything else to cover up, protecting your head and body from flying debris.
- ⇒ TO GO. Have a TO GO bag with you in which you have your medicines, clothing, documents, cell phone, credit cards, any thing you may need for an extended time away from home.

I sincerely hope that you will not need it, but it never hurts to be prepared.

Stay S.A.F.E.!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. 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 to be put on the email list. Include your address so I will know which mailing list to take you off of. Thanks!

MediCARE uh oh

Says the caller, I CARE that you are eligible to get a new Medicare card with a security chip, and I just want to verify your number so we can send it. And, he says, if you give me your social security number I can see what additional benefits you may be able to receive. Or she says, I would like to send you a new knee brace and it won't cost you a penny! Just give me a credit card number so you can easily pay the minimal shipping costs.

The caller may be sweet as pie offering things as above, or you may get threats: If you don't verify your social security number, we will have to cancel your Medicare coverage. You have a medical bill that must be paid now or you will not be able to fill your next prescription. There has been suspicious activity on your account and we need to verify your identity or you will be liable for charges.

Phooey on those callers! You know how much medical care can cost, it's a big business. If a scammer can rip off your information, they can turn your good name into lots of dollars. They may also spend your benefits on actual care for themselves, so when you make a claim you find your benefits are already used. Medicare reminds us that:

1. Our Medicare number needs to be kept secure, just like a credit card number.
2. Medicare will never call you. You will get a letter if they need to contact you.
3. No Medicare person will make a house call.
4. Medicare cannot enroll you over the phone unless you called first.
5. Medicare cards do not expire, so there is no need to send you a new one.

If you suspect a Medicare card scam, report it to Medicare at 800-633-4227. I tried the number – you will need to say "Report a fraud" and give your date of birth, then get transferred to a person. They will ask for your Medicare number to continue.

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

May's Good News

By Deb Hollingworth

Lately I've been getting questions about Lifelines, also called "personal emergency response" systems. So here's some information on what they are, how they work, what they cost and who pays, along with a list of providers.

These medical alert systems have advanced far beyond the basic pendant you wear around your neck. These days the range of options include wrist bands, belt accessories, phone apps, and can be part of a home security system. Features include: wellness checks, medication reminders, remote control for answering the phone. And they can come with a GPS tracking device. Or, you can still get a pendant that you wear around your neck, with a button to push if you fall and can't get up.

If you push that button, or if you fall and the pendant registers that impact, the Call Center comes on line and will begin to ask if you are all right. If you respond, you can have a conversation with the Call Center to let them know how best to help. For instance, one of their first questions will be, do you want us to call an ambulance? Or should we contact your neighbor, family, friend who you have listed as someone who helps in an emergency? If you are not able to respond, the Call Center will call 911 emergency services and give them details you listed in your personal information.

I remember receiving a call at work one afternoon from the Call Center saying my Mom had fallen and she agreed to be transported to the hospital. We had set up the Call Center procedure to notify family when an event occurred, whether or not Mom agreed to hospital transport. The Call Center will have necessary emergency information to help EMT responders and/or they will contact whoever you have indicated as your emergency contacts.

What does a Lifeline cost? Prices range, depending on what features you choose. The basic pendant ranges from \$20 - \$35 per month depending on provider. Lifelines that also act as medication dispensers start at \$70 per month and up.

Who pays? Medicare does not pay. MassHealth does. If you are a State Home Care client with Highland Valley, Lifeline can be one of the services you receive. To qualify, you would need to have a medical condition that makes you prone to falls, or need help managing your Rx, or have dementia and be at risk of wandering. In these cases, Highland Valley might pay for your Life Line.

There are at least a dozen Lifeline providers who service our area. Here are a few:

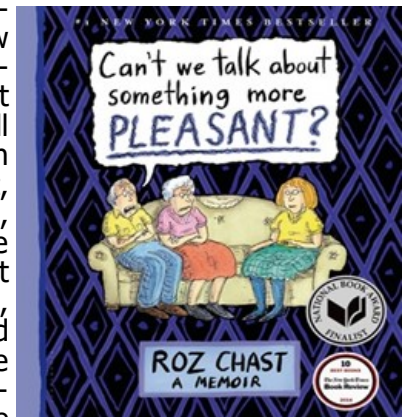
- ⇒ Bay Alarm Medical 844-805-7647
- ⇒ Medical Guardian 800-487-7415
- ⇒ Medical Alert 800-833-0850
- ⇒ Phillips Lifeline 855-651-7015
- ⇒ Link to Life 888-544-4462
- ⇒ Ready Home Medical Alarms LLC 413-535-3035
- ⇒ SafetyNet by LoJack 877-434-6384

For more information on their specific products you can Google them and check out their websites. Or you can find Lifeline products through retailers like Walmart, CVS or through national cell phone carriers like Verizon or AT&T.

Being a Caregiver: Can't we talk about something more pleasant?

Sometimes portrayals of caregivers are based on an embedded assumption that the caring is based on existing loving and supportive relationships within a the family, a notion that, for some, seems too good to be true. The life of a caregiver is often far more complicated and stressful, especially when it comes to caring for parents. Not every family is a replica of the "Waltons". Messages like "We don't share family business and you shouldn't complain" are often internalized and pop up when the child becomes an adult. Getting through this can be tough unless there are chances to vent.

Sometimes it's necessary to face the tougher topics in life by softening them with humor. Roz Chast, a cartoonist for the New Yorker, has achieved this in talking about what it's like to help aging parents as they reach the end of their lives and also deal with the complex nature of longstanding personal and family dynamics. Her memoir is a mix of text and special cartoons. If you've seen her cartoons in the New Yorker, you'll recognize her style. Not everyone can pull off telling a story in a way that is honest, touching, engaging, sad and funny at the same time. It's not full of clinical lingo, facts, directions and advice. It's a more down to earth portrayal of one of the most difficult rites of passage we face. It's available through CWMARS at the library or if you go online there are several other very affordable sources. *Published by Bloomsbury Press 2014.*



On the Road Again...

2022 Trip Lineup

These are the bus trips being planned for 2022 with various travel groups. Most trips are limited to 36 passengers. *Friends of Northampton Senior Center* is 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 Aug 15-17. Kennebunkport & Portland Maine Coastal Tour. 3 days. Cost \$359, \$25 discount if paid by 5/8/2022. Flyer available. Need a few more passengers.

Day Trip September 10. Thomaston, Connecticut. **Naugy Scenic Train Ride.** Stop at Fascia's Chocolate Factory. \$120.00. \$10 discount if paid by July 30. Lunch entrée choices: Chicken Marsala, Salmon or Pork Tenderloin at Black Rock Tavern. New Date Saturday, 9/10/22.

Taking interest lists on the following:

Day Trip May 18: Dancing Dream Abba Tribute Band at Aqua Turf in Plantsville, CT. Includes Chicken & Salmon lunch. Cost \$113. Due NOW. Join us to experience the glitz and glamour of the 70s! Flyer Available. Make payment to FNSC and mail to: Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096.

Day Trip. Encore Boston Harbor Casino. June 15, 2022. Cost is \$37 which includes \$20 free slot play. Meals on your own. Meet the bus at Sheldon Field, Old Ferry Rd, Northampton at 7 a.m. *time subject to change. Make payment to Francine Frenier and mail to: Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096 by May 8th.

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. Only a few seats remain.

Day Trip July/August. Minor league baseball game. Red Sox Triple A minor league team, **Woo Sox** in Worcester, MA. Date and 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: Chicken Parmesan & Broiled Scrod. Cost \$114, \$10 discount if paid by 6/30/22. Flyer Available.

Day Trip Sept. The Big E
Day Trip Late Sept. Wareham, MA. **Cranberry Bog Tour.**

Day Trip Oct 4. Oktoberfest! The Schnitnel

Brothers perform. Self Drive to the Log Cabin. Meal choice and cost to be determined.

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.

Food News: Hilltown Mobile Market, HIP and Snap

The Hilltown Mobile Market is making a big transition and moving online! The new marketplace will allow customers to order directly from Hilltown farms, with over a dozen pickup locations available throughout the Hilltowns. Door delivery in the Hilltowns will be available at Westhampton Woods and The Maples. Customers can sign up for a farm share or shop freely as often as they like. SNAP/HIP, WIC and Senior Coupons will be happily accepted at select locations. **The Market will be open from July 16 – November 18, 2022.** Alternative ordering options will be available for those without internet and several pre-season training sessions will be offered to get folks signed up and familiar with the online market. Visit www.hilltownmobilemarket.info for more information and to sign up today or call Hunt Chase at (413) 296-4536 ex. 116. Stay tuned for training session dates.

Open HIP Locations: Hampshire County

What is HIP?

The Healthy Incentives Program (HIP) is a Massachusetts state program where SNAP recipients get at least \$40 of extra SNAP money every month to spend on local fruits and vegetables. That means if you have SNAP, you automatically have HIP! Shop at the eligible farm locations with your SNAP/EBT card, and get at least \$40 extra to spend through the HIP program. Note: you must have at least \$1 on your SNAP/EBT card when you go and shop; in other words, you need to have a balance on your EBT card in order to earn the HIP incentive.



How to find a HIP location near you: Locations are organized by county. Addresses are listed for each location, including zip codes. To search by zip code and find the location closest to you, visit buylocalfood.org/hip-map to view our new map! Visit the delivery service websites to see if they offer delivery or pickup near your home! For up-to-date information on locations, as well as other locations in the rest of the Pioneer Valley, see www.facebook.com/HIP.PioneerValley or contact Ellery at ellery@buylocalfood.org.

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

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Saturday, May 21st 9am-3pm

Spring Clothing Exchange



Goshen Congregational Church
45 Main St., Goshen

Outfit your family for the spring without spending a cent! Drop off your washed, gently-used men's, women's and children's spring clothing and accessories at the church in the vestibule on Wednesdays from 6-8pm and Fridays from 9am-3pm, or call Laura Barrus at 268-7005 to set up a specific time. Then come back to shop on Saturday the 21st from 9am-3pm! All are invited to participate whether you donate clothes or not.

Why do I need Prescription Advantage?

"Why do I need Prescription Advantage?" This question is often asked. Many say, "I don't need it. I already have a Medicare Part D plan" or "I have coverage from my former employer." Even with Part D or other coverage, **there are many reasons to join Prescription Advantage, including:**

- It does not replace your existing coverage, it supplements it;
- It can lower your co-pays if you reach that coverage gap, also known as the "donut hole";
- It allows you to change your Medicare plan outside of Medicare's open enrollment;
- At certain income levels it's FREE!

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability.

Find out how Prescription Advantage can help you by calling **1 (800) 243-4636** or visiting prescriptionadvantagemma.org *Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.*