

# Goshen Council on Aging

## July 2022 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

Kerry Normandin, Coordinator  
413-268-8236 x118  
coa@goshen-ma.us

### *Sarah the Fiddler*

Saturday, July 2nd, 2pm  
Tilton Town Field



We will have some light refreshments as we listen to her upbeat and lively music! Bring your own chair. Free. *This program is sponsored in part by a grant from the Goshen Cultural Council, a local agency which is supported by the Mass Cultural Council, a State Agency.*

There will be no luncheon scheduled in July but there will be our **Annual Appreciation Luncheon** on **Tuesday, August 9th** where we will honor all our Goshen residents over 90 as well as our fabulous volunteers. More information will be in the August newsletter but please mark your calendars for this special event.

Joan Griswold continues her **Muscle Strengthening Classes** on **Wednesday mornings at 10:15am** via Zoom. If you'd like to learn more, or find out other times class is offered, you can contact Joan by calling **413-268-7985** or emailing [joan@bybhealth.com](mailto:joan@bybhealth.com).

Age Friendly Goshen wants to remind everyone that there is equipment to lend out to anyone who needs it. Items include: walkers, wheelchairs, raised toilet seats, and more. Please reach out

and call Henrietta Munroe at 268-7465 if you are in need of anything.

**Would you like to join the COA Board?** We are a fun group! We have an opening. Please contact Kerry Normandin or any member of our board for more information.

### Re-imagine Goshen Center Community Forum

Wednesday, July 20th at 6:00pm  
Goshen Town Hall

Please join the Open Space Committee for a presentation and discussion of a proposed redesign of town center. Nicholas T. Dines, FASLA, Professor Emeritus Department of Landscape Architecture and Regional Planning, University of Massachusetts at Amherst has provided a design with features for individuals of all ages and abilities. This is your opportunity to voice your ideas and make suggestions. With your participation, we can create a vibrant town center that is welcoming to all. For more information or questions, contact Lorraine Brisson at: [lorrainebrisson@verizon.net](mailto:lorrainebrisson@verizon.net) or call (413) 268-3660 (H).

### Goshen Free Library Community Survey 2022

The Goshen Library Trustees are currently updating our Strategic Plan and we'd appreciate your input, whether you are a current library patron or not. Having a current Strategic Plan will allow us to apply for grants to improve our library services to the town.

There are paper surveys in the library, links on our Facebook page and the town website, or go to: [www.surveymonkey.com/r/228CMVR](http://www.surveymonkey.com/r/228CMVR)



**Library News**

With summer vacation on the horizon, it is a relaxing time to take some “field trips” and make use of museum passes provided by our town library.

Recently, two of our patrons used one library pass to visit the Shaker Museum in Hancock. This pass gives two adults and two youth (13-17) free admission. Children 12 and under are free.

Besides walking through the beautiful grounds, our patrons toured the historic buildings, learned about history in the Berkshires, observed tool making, admired the canning room, did a bit of hiking on one of the several trails, and enjoyed a snack in the outdoor café.



There is so much more for families to explore!

To obtain this pass and others (Historic Deerfield, Mass MoCA, Clark Art Museum) please visit Martha during Library hours.

**Upcoming July Summer Programs**

*Wednesday, July 13* – **Tanglewood Marionettes** to perform at the Chesterfield Town Hall. This program is sponsored in part by a grant given to the Chesterfield Library from the Goshen Cultural Council.

*Saturday, July 23* – **“What’s the Buzz about Bees?”** workshop presented by Don Boisvert in the Goshen Town Hall.

**These programs are free to the community. Please join us!**



*Present Women’s Club members, along with Lois Bacon, one of the Club’s earliest members.*

The long awaited celebration (due to Covid) of the Goshen Women’s Club’s 100th anniversary took place on Sunday, May 22nd. Our select board chair, Angela Otis, introduced State Representatives, Lindsey Sabadosa and Natalie Blais who presented the Club with a formal citation of congratulations.

Music by Sidetracked, light refreshments and lots of reminiscing made for a wonderful afternoon “under the tent.”

*Happy Birthday in July!*



- Linda Clapp, Brenda Cliché, Lisa Newman, Ronald Loven Jr., Roger Culver, Michael Feld, Julie Hooks, Helen Mollison, Caren Miller, Donald Martino, Rose-Marie Carr, Stephen Morley, Peter Andreas, Gary Cunningham, Patrice Woodward, Wendy Connell, Susan Gesmer, Yvonne Gittelson, Jane O’Riordan, Barbara Querceto, Sonia Arrubla-Castro, William Kelly, Ellen Feld, Rita Petko-Sands, Jeffrey Bliss, Marcia Chen, Mary Lou Joyner, Evelyn Kellogg-Culver, Laurie St Amand, Pamela Skinner, Dorothy Albrecht, Chester Brown, William Fivel, Henrietta Munroe, Brent Roberts Jr., Ronald Freund, Cynthia Roberts, Ernest Carver Jr., Peter Contuzzi, Denise Linscott, Richard Larson, Anna Dow, Gary Lane, John Kroll, Linda Sbrega

***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 \_\_\_\_\_  
 \_\_\_\_\_



# Worcester WooSox

August 20, 2022

# Regional News



Come watch the Red Sox' WooSox host the Nationals' Rochester Red Wings at Polar Park in Worcester. This typical Triple-A minor league game starts at 4pm.

- Take in the nostalgia and view Red Sox championship memorabilia.
- Enjoy a private ballpark fare buffet: (no waiting in lines) Hamburgers, Hotdogs, Mac & cheese, Potato salad, Kettle chips, Cookies, Water, Tea, & Lemonade.

Transportation, driver gratuity, buffet and entrance to the park all included for \$129. Discount \$10 if paid by July 9, 2022.

Sponsored by Friends of Northampton Senior Center (FNCS). Meet the Bus at Sheldon Field, Old Ferry Rd, Northampton. Departure time TBD. Contact Francine Frenier at 413-296-4291 or email Francine.frenier@gmail.com for tickets or more info.

**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!

## And what does my Health Care POA do?

So let's say I am in that coma from last month's note, and therefore unable to speak or say what I want to have happen to me on my sickbed. Do I want more treatment? Should I be let go to wend my way to the hereafter? Happily, I arranged for a trusted friend to be my advocate, to make medical decisions on my behalf. That person is my Health Care Proxy or Health Care Agent.

What does this person do to benefit me? They can:

- ⇒ authorize a particular treatment to start, e.g., hook me up to a ventilator
- ⇒ authorize a particular treatment to stop, e.g., remove me from a ventilator
- ⇒ request that a treatment be modified, e.g., increase the frequency of an injection
- ⇒ consent to have me undergo surgery
- ⇒ arrange for a second opinion on my care
- ⇒ request comfort measures
- ⇒ advocate for quality of life at any stage. Examples below!

My mother could still speak but not effectively argue her case that she was ready to go into hospice. I did that for her and her last weeks were much improved.

My father went into the hospital 6 months before his death, for a two-day stay. He made me promise that he would not have to go to the hospital ever again! Done.

Somewhere in that last 6 months he got a new doctor at the rest home. Dad was almost 98 years old. The rest home called to tell me that this new doctor thought Dad should not have any salt in his diet – bad for him, you know? Eating was something he still enjoyed, and you know what saltless food tastes like. With my POA powers, I got that order removed by lunch time.

All is still well!  
Jean O'Neil  
TRIAD Committee member  
jeanoneilmass@gmail.com; 413-268-2228

## July's Good News

By Deb Hollingworth

Happy Birthday, Burgy! Be sure to see all the events in their newsletter this month, and check out the town website for a calendar of coming events for the 250th birthday celebration! And be on the lookout for lots of activity in the surrounding Hilltowns (like our 4th of July celebrations) as we take advantage of events that can be held outside.

Meanwhile the Covid surge that isn't making headlines continues. Last month, at my house, after a family visit, I started getting emails saying the people we had hugged had tested positive and were sick with Covid. I'm hearing this happening more and more frequently. I had a few test kits, but expected to run out if we wanted to test every day, so I called my Senior Center and sure enough, they had test kits I could pick up. So just a reminder that test kits are available from your Senior Center. And here's a piece of Good News: after kissing both these family members who tested positive....after spending an afternoon with them at a family picnic....and after getting their emails....we began quarantining just in case, but my husband and I never got it, never tested positive, never had any symptoms, which gives me great faith in the booster shot which we both had gotten three weeks before.

Boosters work.  
Can't say enough about that.

So if you haven't gotten a booster recently, and you qualify, but you don't know where to go, or don't have a ride, call your Senior Center. They can help, so that all of us can get our boosters, wear masks, socially distance, but still enjoy a family visit or get together with our neighbors, like at a 250th birthday party.

Have a good summer, and stay safe!



## 2022 Household Hazardous Waste Collection Events

HRMC announces regional HHW Events including the annual HRMC HHW Collection on **Saturday, October 22, 2022 from 9 a.m. until noon**. Once a year, the HRMC holds a Household Hazardous Waste (HHW) Collection Event for residents of the HRMC member communities. **The 2022 event will take place on October 22 in Westhampton**. Pre-registration is required for this event and will take place from October 1-October 16. Residents are asked to email the HRMC with their name, address (Street and Town), and phone number. HRMC confirmation of your reservation (done via email) is required to participate. If you are unable to attend the HRMC HHW event, we have reciprocal arrangements with other regional Towns that are offering HHW events.

In 2022, the HRMC has agreements with the following communities to allow HRMC member Town residents to participate in their events. In all cases, pre-registration is required. Registration for each of the events typically begins 3-4 weeks prior to the event. If you are an HRMC resident, please contact the HRMC Administrator at **413-685-5498** or email **hrmc@hrmc-ma.org** to inquire about attending one of the following regional events.

### 2022 Regional Reciprocal HHW Collection Events

- 7/16/22 9 am-noon Northampton
- 7/23/22 9 am-noon Belchertown
- 9/10/22 9 am-noon Agawam
- 9/24/22 9 am-noon Amherst
- 9/24/22 9 am-noon Greenfield (FCSWMD Towns)
- 9/24/22 9 am-noon Orange (FCSWMD Towns)
- 10/01/22 9 am-noon Chicopee
- 10/08/22 9 am-noon West Springfield
- 10/22/22 9 am-noon Westhampton (HRMC Towns)

The Hilltown Resource Management Cooperative is composed of these member towns: Ashfield, Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington.

**HRMC, PO Box 630, Williamsburg, MA 01096**  
**Phone: 413-685-5498 Email: hrmc@hrmc-ma.org**  
**Website: www.hrmc-ma.org**

## On the Road Again...

### 2022 Trip Lineup & Upcoming in 2023



These are the bus trips being planned for 2022 and 2023 with various travel groups. Most trips are limited to 36 passengers. *Friends of Northampton Senior Center* helps with the cost of some trips. Contact Francine Frenier if you are interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com.

#### Updates

**Niagara Falls trip** -CANCELLED. Diamond Tours has cancelled all Canadian trips in 2022. Covid restrictions on bus travel are too great. We'll try again in 2023.

**Day Trip Sept/Oct** -CANCELLED. Wareham, Ma. Cranberry Bog Tour. Could not coordinate vendors within requested time-frame.

#### Coming up in July and beyond

**Day Trip July 28. Winnepesaukee Railroad** luncheon and train ride. Turkey dinner aboard the train catered by Hart's Turkey Farm. \$102 due NOW. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096 Flyer available via email. WAIT LIST ONLY.

**Day Trip Aug 10. The Jersey Tenors**, a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes family style luncheon: Chicken Parmesan & Broiled Scrod. Cost \$114. Due NOW. Flyer Available.

**Aug 12 at Noon. Lady Bea River Boat Excursion.** A Lady Bea narrated river boat excursion on the Connecticut River is happening! Lunch will be provided on board (included in ticket price). A bar is also available on board (at your own expense). We will board at Brunelle's Marina, 1 Alvord Street, South Hadley, MA. Hilltown Easy Ride will transport up to 12 passengers and 1 wheelchair rider. Cost is \$5/per person round trip from Plainfield Town Hall (10:30am departure time). Boat ticket prices will depend on the number of reservations as well as taking into consideration a sliding scale price for those who may need one. Maximum cost will be \$30/person. Boat capacity is 49.

For reservations (or questions) contact Polly at 413.212.1581 or pryan@town.plainfield.ma.us. Plainfield residents get first dibs.

**Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour.** 3 days/ 2 nights. A nice, short, relaxing getaway. Cost \$359. Payment due NOW. Flyer available.

**Day Trip August 20.** Triple A affiliates, Red Sox **Woo Sox** vs Rochester Red Wings at Polar Park

in Worcester, MA. Private ballpark-fare buffet for our group included. \$129. Discount of \$10 if paid by July 9, 2022. Flyer available.

**Day Trip August 25. Lobster Luncheon at George's of Galilee and Shopping in Newport.** Includes 1.25 lb. lobster at Georges of Galilee Waterfront Seafood Restaurant. \$101 due by July 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available via email.

**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. WAIT LIST.

**Day Trip September 22. Norman Rockwell Museum & Studio tour with Lunch at Red Lion Inn.** Lunch choice: Chicken Pot Pie or Jack's Meatloaf or Fish & Chips. \$100 due by August 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available via email.

**Day Trip Sept. The Big E.** Free Entertainment at Court of Honor Stage. Date & Cost TBD.

**Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame**—10 days. Graceland, Grand Ole Opry, Madame Tussauds Wax Museum, Two shows. \$1,205 due NOW. Flyer available. Only a few seats remain.

#### 2023

**Multi Day Late April. Myrtle Beach Show Trip.** Legends in concert, Carolina Opry, "One the Show." 7 days. Cost \$TBD, \$25 discount if paid early.

**Multi Day October. Mt. Rushmore— South Dakota & Devils Tower— Wyoming.** 11 days. Cost \$TBD, \$25 discount if paid early.



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

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# DOOR-to-DOOR SALES



**If you're considering hiring someone  
who knocks on your door and offers  
home improvement services...**

- Don't rush or feel pressured into making an immediate decision;
- Get a written estimate and tell them you will get back to them;
- Ask for and check their references before agreeing to have the work done;
- Get bids from established, local companies and compare prices;
- Check with your town hall to see if they need a license or permit to solicit door-to-door;
- Check with your local consumer protection program or police department.

*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  
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