

# Goshen Council on Aging

## August 2022 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

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

### August Luncheon

Tuesday, August 9th at Noon  
Tilton Town Field



Please join us for our Annual Appreciation Luncheon on August 9 at noon at the Tilton Town Field. We will be honoring our Goshen residents who have lived over 90 years! We will also be thanking the many volunteers who help our Goshen seniors throughout the year. Lunch will be a picnic with hamburgers, hotdogs, veggie burgers, grilled vegetables, tossed salad, potato salad, and fruit. **Please call Kerry Normandin at 268-9354 by July 29 and let her know if you can come.** We hope you can join us!

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).

On a chilly June 18, Tim Van Egmond delighted the crowd with songs and stories at our Ice Cream Social.



On July 2nd, **Addison Thomas**, granddaughter of the late Tommy Thomas, joined **Sarah the Fiddler** for her first fiddle performance. Addison has been taking lessons for a year. She amazed us all with her talent! Goshen resident Rebekah Harry also surprised us with an impromptu dance performance! A great time was had by all.



A big thank you to Goshen Firefighter **Steve Estelle** for sharing at our coffee hour about fire safety, including demonstrating a new device that douses stove fires. Please contact the Goshen FD for more information about this device: 268-7161.

### Election News

Mark your calendars: the State Primary is on **Tuesday, September 6th** and the State Election is on **Tuesday, November 8th**. There are many options available for voting now. You can, of course, vote in person the day of the election, 7am-8pm, but you can also vote early in person (for the 9/6 primary, early voting will be available in the town hall on Sat. Aug 27th, 9am-1pm, and Mon. Aug. 29th, 9am-1pm.) The biggest change is that Vote by Mail is now permanent, and voters can use that for any town or state election, no reason needed (unlike Absentee). The Secretary of the Commonwealth sent a post card to each voter asking if they'd like to vote by mail, but if you haven't received one, you can still apply by filling out the application found on the SOC Elections webpage ([www.sec.state.ma.us/ele/](http://www.sec.state.ma.us/ele/)) or sending a written request with your signature to: [clerk@goshen-ma.us](mailto:clerk@goshen-ma.us), or Town Clerk, 40 Main St. Goshen, MA 01032.

**Any interest in helping on Election Day?** The Town Clerk's office is actively seeking more election workers. Please email Kristen at [clerk@goshen-ma.us](mailto:clerk@goshen-ma.us) or call 413-268-8236 x107.

Our condolences to the family and friends of **David Pesuit**.



### Library News

Recently, young students and life-long learners alike, enjoyed "Kitchen Science" with library trustee co-chairperson and chemistry teacher, Melanie Dana. Melanie engaged the audience in fun/simple experiments one can do with common household products!



The library is hosting a summer reading program for school-aged children with local author, Julie Cavacco. Every Tuesday, from 10am-1pm, children are invited to drop in at their convenience. Julie will read a short story and provide children with another story to read at home!

#### Summer hours for the library

Tuesday, 10:00 a.m.-1:00 p.m.  
Wednesday, 3:00 p.m.-6:00 p.m.  
Saturday 11:00 a.m.- 3:00 p.m.

*Cauliflower Changed My Life*  
By Lorraine Brisson

### **A Day in Boston**

On January 6, Michael and I decided to take a day trip to Boston to see the Boston Museum of Fine Arts exhibit - Fabric of a Nation, American Quilt Stories, as well as other sights. To avoid the morning rush hour traffic congestion on Route 90, we left at 6:00am, arriving at 8:00am. We parked in the Prudential Center garage, making it an easy return destination. We had a light breakfast at a Starbucks in the shopping center, our second choice after a different deli with \$9.00 bagels.

From there, we walked to Beacon Hill. The holiday decorations were just beautiful. It was as if each doorway was competing to outdo their neighbor with professionally decorated entryways. Next, we walked to Faneuil Hall which did not open till 10:00, so we mean-

dered through Quincy Market. As we headed back from whence we came, Michael stated he wanted to see the finish line of the Boston Marathon. Although years ago, he attended Boston University, he was having difficulty finding his orientation, so we found ourselves walking in circles and asking directions. Eventually, we found the finish line and the memorial to the 29-year-old woman who was killed by the bomb blast in 2013. It is a fitting memorial.

Our next stop was Trinity Church. Founded in 1733, it is a National Historic Landmark ranked as one of the ten most significant buildings in the nation by the American Institute of Architects. A \$5.00 entrance fee is well worth the price. I felt as if I was in a grand mosque. Across the street is the Boston Public Library. We did a walk-through admiring the architecture. Our next stop was the museum. My veteran discount garnered both Michael and I an entry price reduction from \$32.00 down to \$7.00. WOW! The exhibit was worth the trip. The quilts exceeded our expectations in so many ways. They ranged from traditional to modern and everything in between. All was fine until we got to the last quilt – blocks with 3D male and female genitalia. Michael and I agreed this one could have been left out.

After getting back to our car and setting the GPS, we learned that there was a huge backup on Route 90. So, we decided to skirt that. It took some doing and at one point we could see the stalled traffic as we paralleled the Pike, but we eventually got onto the Pike beyond the backup, getting home at 6:00pm. Overall, a fun day.

### *Happy Birthday in August!*



Marie Kelly-Calderone, Miriam Kurland, Raymond Tomasauckas, Roger Dow, Marianne Neveu, Arlene Harry, Ronald Murphy, Gail Cockoros, Kim Dresser, John Harry, Gary Holman, Brian Tennyson Sr., Xiaoli Chen, Richard Durant Sr., Carol Hodge, Matthew Harry, Edward Joyner, Mary McCulloch, Robert Thomas, Ruth Dresser, Adrienne Racz, Gary Karowski, Sara Silvia, John Doyle, Humberto Rodriguez, Carol Stevenson, Jacqueline Hayden, Robert Horton, Raymond Sheehan

### ***The Goshen COA counts on YOUR support to continue our important programming for local seniors!***

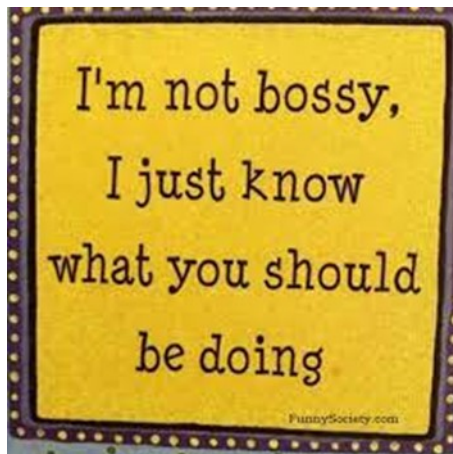
I would like to contribute to the Goshen COA. My contribution of \$\_\_\_\_\_ is attached.

*(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 \_\_\_\_\_  
\_\_\_\_\_

**Looking for:  
Part Time Administrative Assistant  
Chesterfield Council on Aging**

Position responsibilities include preparing schedules and documents, organizing events including coordination of publicity activities and materials and assistance with office functions. Flexible hours available for 5 hours/week. Preference is for someone with experience in areas of publicity and communications, coordinating schedules, and assisting with other office tasks. The goal is to have someone join the team who likes working with people, is goal-oriented, interested in learning new skills and working in a welcoming environment.



I've decided to sell  
my vacuum  
cleaner



Its just been  
collecting dust..

**Would you like to receive your newsletter, in color, by email instead of snail mail?**

If so, please email Kristen at [regionalcoanews@gmail.com](mailto: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!

### Next- the Living Will

First let me explain how one should NOT do a living will. In the late 70's I had not encountered such an animal. I lived in one state, my parents in another. In the mail came two copies of "A Living Will" signed by my parents, with no note. The will called for no unnecessary measures to prolong life, among other things. So I called home. No answer for two days. I called our neighbor. "Oh yes, your folks drove to the west coast. In case something bad happens, they thought you should know their wishes." Yikes.

So how should we do this important document? First, we should predict the future. *Right...* We are trying to give health care directions before they are needed and to cover a large variety of possible situations. But think it through. Consider family history and what could happen to your health. Think about limits on your activities and how unpleasant you would find them. Consider the "artificial procedures" we read about, such as ventilators, feeding tubes, and pain management. Do some reading – I can give you some good sources.

Second, we should talk to the people most involved in our lives, those who would be most affected by our serious illness and possible death. This is an enormously personal document to prepare, but that does not mean it is private. You need others, especially your Health Care Proxy, to know your wishes and help make sure they are followed. Talk it through.

Thinking for the future,  
Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## August's Good News

By Deb Hollingworth

Today's best price for fuel oil in our zip code is \$5.61 a gallon. So...why am I checking fuel oil prices today, when the temperature is expected to hit 90 degrees? Because a West Chesterfield resident had to fill her oil tank last month and is still recovering after writing that check. She gave me a call, looking for help, because she was thinking ahead to winter when filling the oil tank might be necessary every month.

Did we ever imagine paying over \$5 a gallon, closer to \$6 a gallon for fuel oil? Especially when we got off so easy last winter when prices were as low as \$2.85 a gallon. So what can we do to get ready for the cold weather and calls to our oil dealer?



### Where to start

Getting an energy audit with MassSave might be a good investment of your time....and it's free! (Actually we pay for it every month a few cents on our electric bill.) If you make an appointment with MassSave, they make a house call and look over any/all ways to reduce your energy costs.

Have you ever wondered if you are eligible for fuel assistance, weatherization programs, replacement of your furnace, or swapping out your older appliances for a new energy efficient refrigerator or stove? Do you know if you are eligible for a discount on your electric bill?

Besides giving you a report on where insulation, replacement windows or doors might reduce your heating costs, MassSave will let you know if you are eligible for any benefit programs that might help make those changes.

They have a great website, [masssave.com](http://masssave.com) or you can call them at 1-866-527-7283. Meanwhile

we hope that the price of oil (and gasoline) will shift in the other direction and we can see prices fall. It might also be good to investigate the process of installing solar panels on our barn roof, or in a sunny pasture so we can generate our own energy.



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## A Nurse's Note

By Jan Gibeau

It seems that I always wanted to be a nurse. I recently saw a group photo from what must have been when I was in the 2<sup>nd</sup> grade. There I was, white dress, cap and cloak. Maybe because it was during World War II, as I was standing beside little sailors and soldiers. Maybe it was because in those days, every little girl learned you could grow up to be a wife (and mother), a teacher, a nurse or a nun with other professions often not even mentioned. My parents were descendants of French Canadian Catholics, so no surprise about the nun bit. Nevertheless, I started working at a wonderful nursing home while I was in high school owned by Mrs. Mary McKerly, LPN. Then I met Marion Nudd R.N, the head nurse, who, upon hearing that I planned to become a nurse, took me under her wing and became my mentor, although we didn't use such words then.

That's when I fell in love with the elders. Everyone was treated as an individual person known by their name and never called a patient or other such labels. Marion taught me that everyone had their own histories and stories to tell. I learned how to listen, an art that seems to have been fractured by the need to "take care of" medical devices, not so much the person who is attached to them. I was not yet 17 when I went into the room of Mary, a very old woman, as she had just died. I was very fond of her and Mrs. Nudd sat on the side of the bed with me as I took in the finality of death. She helped me learn what "loving care" meant and the importance of learning how to say goodbye. Then together, we carefully bathed and prepared her to leave the nursing home. I learned how to feel empty and full at the same time.

Other important things I learned from Mrs. McKerly, Mrs. Nudd, the cook and all the folks who lived and worked there was the importance of trust and honesty but a kind of honesty that is softened a bit before it's delivered; how to laugh with people, not at them; giving yourself permission to cry without blubbering and feeling embarrassed, among other things. When I went on to the Mary Hitchcock School of Nursing in Hanover, New Hampshire, I knew that Marion Nudd had been and was my first and best role model and I hoped I could become as good a nurse as she was. Her skills, strengths and guidance in confronting the intimacies of caring provided a great primer for a young nursing student. Those feelings have stayed with me for over 67 years.

Now that I'm an elder myself and running some bumps and potholes in my road I'm keeping my eyes peeled for a descendant of Marion Nudd.

Aren't we all?

## On the Road Again...

### 2022 Trip Lineup & Upcoming in 2023



Contact Francine Frenier if you are interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

**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 Alford 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 (10:30 am departure time). Donations will be accepted towards the overall cost of the excursion (to be collected the day of the event). Maximum donation is \$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.

**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 address above.

**Day Trip Sept. The Big E— Eastern States Exposition.** Free Entertainment at the Court of Honor Stage. Date TBD. Cost \$15 for Northampton Seniors and \$17 for others and all out of town folks. Mail your check payable to FNSC to Francine Frenier 11 Stage Rd, Williamsburg, Ma 01096 by August 31st. NO REFUNDS due to bargain price.

**Day Trip Oct 1. Hoosac Train Excursion.** 10 mile round-trip train excursion in Adams. Luncheon at Lakeside Bar & Grill in Cheshire. Cost TBD for Chesterfield seniors 60 and over and TBD for other seniors. Mail your check payable to Chesterfield COA to Francine Frenier, 11 Stage Rd., Williamsburg, MA 01096 by September 1st. NO REFUNDS due to bargain price.

**Day Trip Oct 6. Mystic Aquarium and Luncheon.** This trip is being planned by Worthington Council on Aging. Includes admission to Mystic Aquarium, a delicious luncheon at the Griswold Inn, bus transportation and gratuities. Worthington residents 60 and over contact Phyllis for special pricing and for all other seniors the cost is \$148. Call Phyllis at 413-238-5962 and leave a clear message by September 20th. Seating is limited and Worthington residents get priority.

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

**Day Trip Dec 8. Yesterday Once More** - A Tribute to The Carpenters captures The Carpenters' concert experience. Self-Drive to the Log Cabin. Luncheon will include Gorgonzola Sirloin & Stuffed Haddock. Make payment to FNSC for \$68, \$10 discount if paid by October 12th. Mail to Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096.

### 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 September 29 through October 9. Mt. Rushmore— Crazy Horse - S. Dakota & Devils Tower - Wyoming.** 11 days. Stops at Corn Palace, Wall Drug, National Museum of Great Lakes, Iowa Museum of Natural History, Des Moines Art Center, and Eck Visitors Center at Univ. of Notre Dame. Cost \$1,178, \$25 discount if paid in full by June 22, 2023.

### Tech Talk with Peg Whalen

I have been doing smartphone workshops and providing individual technical support through the COAs. This column offers easy tips for resolving vexing issues. This month I am offering a tip for iPhones. Does your iPhone screen go dark or gray or ask again for your Passcode after a very short time? This problem is caused by an adjustable setting called Auto Lock. To lengthen the time before your phone fades out on you do the following.

Open your **Settings** App using the icon that



looks like this:

Follow the list of settings down to **Display & Brightness** and tap, scroll down the list to **Auto-Lock** and tap, the Auto-Lock screen will give you a list of time options from 30 seconds to Never. Tap on the time length you want your screen to stay active before going to lock screen, getting dark, or asking again for a Passcode.

That's all there is to it!

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

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Greenfield MA

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**This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.**

**Saturday, September 24th, 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 9/21 from 6-8pm or Friday 9/23 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 24th from 9am-3pm! All are invited to participate whether you donate clothes or not.

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the “**donut hole**” If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

**For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit [prescriptionadvantagemma.org](http://prescriptionadvantagemma.org).**

