

# Goshen Council on Aging

## September 2022 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

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

### September Luncheon

Tuesday, September 13th at 11:30am  
Goshen Town Hall



Come enjoy our monthly luncheon **inside** the Goshen Town Hall or take it home! There will be cold barbecue chicken or cold cut roll ups with side salads from Jerry at Spruce Corner Restaurant and a special dessert. Please contact Kerry Normandin at 268-9354 **by September 5th** if you plan to attend and let her know your food choice. Please consider donating \$5 per meal. This luncheon is for Goshen seniors.

Also on **September 13th**, Piper Sagan is offering the bi-monthly **foot clinic** to Goshen seniors. Please contact Piper to make an appointment at 413-522-8432. There is a \$50 charge for this service.

On **September 19th** from **10-11 am**, please join us for **Coffee, Chat and Croquet** at the Veterans park across the street from the town hall. Please bring your own chair, the COA will provide the beverages and snacks. We will also be initiating a new idea to help seniors store important information. Please 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.

### Block Printing Workshop

with Lena Garcia

Saturday, Sept. 17th 10-11:30am  
Goshen Town Hall

*Limited enrollment to maintain a small class*

Registration:  
Call Kerry Normandin by  
Sept. 7th - 268-9354



**All Ages** are encouraged to sign up for this fantastic workshop! Block printing is an ancient art that is still practiced today. In this workshop we will work on thin pieces of foam and "carve" our images with ballpoint pens. Participants will have multiple opportunities to experiment with color and line. Each person will get to create a set of cards and a small tote bag.



Enjoying the COA Appreciation Luncheon are Golden 90's honorees (seated): Patricia Perrault, Audrey Bissell, & Ernie Carver. Standing: Ray Sheehan and Norman Hathaway.

Also present at the gathering was Esther Karowski, holding the honor of being Goshen's oldest community member.

A fun picnic was had by all!



**The Goshen COA will be serving treats to the participants at the Hilltown Junior Olympics!** Children from seven surrounding towns will be competing in all types of games and having fun! Please come to Tilton Town Field on **Sunday, September 25th** to cheer on the kids! Treats are funded by the HVES Multigenerational Grant.

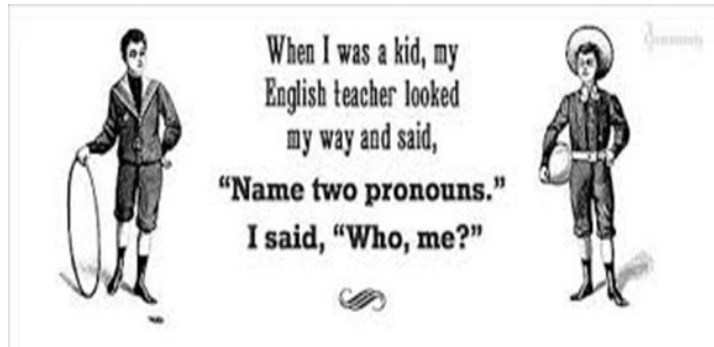
**Goshen Library News**

On July 23<sup>rd</sup>, an audience of children and adults enjoyed “What’s the Buzz about Bees” given by longtime beekeeper, Don Boisvert. Live demonstration hive, honey tasting, creation of pollinator gardens, and an informal question and answer session, all made for a great learning experience.

**Upcoming events:**

**Saturday, September 17<sup>th</sup> from 11 AM-3 PM**, Oliver’s and Friends Season Celebration will highlight local producers and farms around the region who will be on site to say “hi” as well as featuring some of their favorite foods. Several events are in the planning to include activities for children and special presentations.

This event is being organized by Ruby Greiner (owner of Oliver’s) and is a benefit for the Goshen Library. Thank you, Ruby, for your time and talent in organizing this special celebration!



**Grandmother's Blueberry Cake**

An easy and delicious cake that tastes like a blueberry muffin.

**Ingredients**

- 1/4 cup (1/2 stick) butter
- 1 cup white sugar
- 1 egg
- 1 teaspoon baking soda
- 1/2 cup milk
- 2-1/2 cups all-purpose white flour
- 2 teaspoons cream of tartar
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract
- 1 pint blueberries

**Instructions**

Preheat the oven to 350 degrees F. Grease and flour a 9-inch by 13-inch baking pan. Cream together the butter and sugar. Add the egg and beat well. Dissolve the soda in the milk. Sift together the flour and cream of tartar. Add the flour mixture to the butter mixture alternately with the milk, beating well after each addition. Add the lemon juice and vanilla extract. Fold in the berries. Spoon into the baking pan. Bake for about 45 minutes. Serve warm or completely cooled, directly out of the pan.

*Happy Birthday in September!*



- Keith Orcutt, Stewart Parsons, Andrew Bothwell, Judy Dunn, Lorraine Brisson, David McCulloch, Lauren Therkelsen, Stuart Wood, William O’Riordan, James Dunn Jr., Gary Griswold, Helen Reynolds, Karen Cherry, Nitza Hidalgo, Charles Amo, David Sharpe, Linda Walden, Maureen Krok, Kate Swol, Sandra Wentzel, Brenda Roberts, Theresa Healy, Mary Freund, Dianna Jablonski, Barbara Babij, Lynn Werthamer, Giovanna Bellesia-Contuzzi, William Celatka, David Packard, Janet Briere, James Wentzel Jr., Kathleen Berrena, Theodore Kolodziej

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

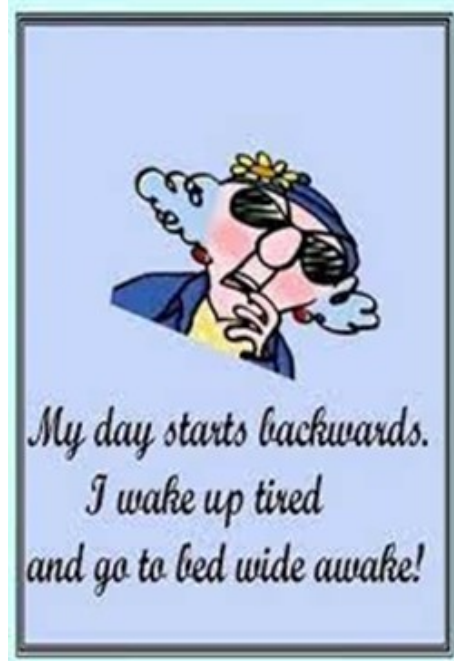
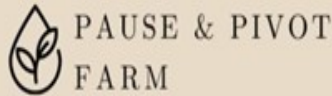
# Oliver's and Friends Season Celebration

A BENEFIT FOR THE GOSHEN LIBRARY

11 AM-3 PM  
SATURDAY, SEPTEMBER 17TH  
36 MAIN STREET, GOSHEN, MA

- HILLTOWN ARTISANS AND MAKERS
- "GRAZE BOXES" LOCAL FOODS SAMPLERS
- FARMS FROM AROUND THE REGION

This event brought to you by:



**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!

## The Living Will - MOLST – Which?

You may read that Massachusetts does not recognize the legality of a living will. So why on earth did I say last month you should do one? Can't I just do the Medical Orders for Life-Sustaining Treatment form (MOLST) and be done with all this? Well, yeah, but the living will is kind of a conversation, while the MOLST is an order. The conversation, including talks with your health care proxy, helps make decisions on what is documented in the MOLST.

A MOLST form is a binding medical order in our state that you fill out with your medical provider. It is intended for adults with serious illness and speaks to the use of life-sustaining treatments, generally in an immediate situation. The MOLST should be followed by care providers in all treatment settings, including emergency and ambulance transport.

In addition to being a medical order, the MOLST is part of a person's long-term planning and preferences. It is a personal document and can be changed if the situation or personal feelings change.

It is a good idea to post your MOLST where emergency personnel can find it. The usual bright pink form is bright and pink so it is easily findable. Your doctor will also have a copy.

MOLST and similar forms from other states are not considered valid medical orders in Massachusetts, though they are still considered as evidence of a patient's preferences. People who regularly spend time in another state should discuss these forms with their medical professionals in both states.

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

## September's Good News

By Deb Hollingworth

With the cost of everything going up, and for many of us, our income not keeping up, it's good news when we see a change that will actually save us money!

The Governor recently signed the Budget for next year which includes an increase for the MassHealth Buy-in programs. This translates to an increase in the amount of income allowed to be eligible for the Buy-in. This is the program that pays your Medicare B premium. We sometimes forget that our Medicare B premium comes out of our social security benefit before it's direct deposited in our bank account. This year that's \$170 per month. If we qualify, the MassHealth Buy-in program will pay our \$170 per month premium and social security puts that money back in our check. (That would be a little over \$2,000 for the year!)

Currently the income limits are \$1,869 per month or \$2,518 if married. Your assets need to be less than \$16,800 or less than \$25,200 married. The asset limit will stay the same, but next year the income limit will change. You will be able to have as much as \$2,548 per month, or \$3,433 if married. This welcome income increase could effect about 60,000 Massachusetts residents. If you think you might be one of them, you should give your senior center a call and ask to speak with a SHINE counselor. We expect this change to go into effect January 1st 2023.

Keep tuned next month for more good news in Governor Baker's budget for 2023.

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### September is Falls Awareness Month: Why is this important?

- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- One in four Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk.

Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

To promote greater awareness and understanding here are 5 common myths—and the reality—about older adult falls.

#### **Myth 1: Falling happens to other people, not to me.**

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

#### **Myth 2: Falling is something normal that happens as you get older.**

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

#### **Myth 3: If I limit my activity, I won't fall.**

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

#### **Myth 4: Muscle strength and flexibility can't be regained.**

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

#### **Myth 5: Using a walker or cane will make me more dependent.**

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility

*Source: National Council on Aging National Falls Prevention Resource Center*



## On the Road Again...



### 2022 & 2023 Upcoming Trips

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.

*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 NOW. Payable to Landmark Tours. Mail to address above.

*Day Trip Sept. 19. The Eastern States Exposition— Big E.* Free Performance by Young at Heart Chorus at the Court of Honor Stage. Cost \$10 for Chesterfield Seniors and \$17 for all others. Check payable to Chesterfield COA and mail to address above by September 6th. NO REFUNDS due to bargain price. Pick up locations in Chesterfield or Northampton.

*Day Trip Oct 1. Hoosac Train Excursion.* 10 mile round-trip train excursion in Adams. Luncheon at Lakeside Bar & Grill in Cheshire. Cost \$20 for Chesterfield seniors 60 and over and \$30 for all others. Check payable to Chesterfield COA and mail to address above by September 6th. NO REFUNDS due to bargain price. Pick up locations in Northampton and Chesterfield.

*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.

*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 FNCS for \$68, \$10 discount if paid by October 12th. Mail to address above.

### 2023

*Multi Day Late April 2023. Myrtle Beach Show Trip.* Legends in concert, Carolina Opry, "One the Show." 7 days. Cost \$TBD, \$25 discount if paid early. Contact Francine to reserve your seat.

*Day Trip May 22, 2023. Staying Alive - A Tribute to The Bee Gees.* Five course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNCS for \$TBD due by February 1st,

so we can get good seats. Mail to address above.

*Multi Day September 29 through October 9, 2023. 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. Contact Francine to reserve your seat.



## The BIG E – West Springfield, MA Monday, September 19<sup>th</sup>



Cost Includes: round trip bus transportation, gratuities & entrance fee to the Exposition

### Young at Heart Chorus Performs @ at the Court of Honor Stage 2pm--FREE

Chesterfield Seniors (age 60 or over) **\$10**  
Open to all ages and all communities for **\$17**

Meet the Bus : 8:45 A.M.  
COA parking lot, 400 Main Rd, Chesterfield, MA

Bus Leaves: approx. 4:45 P.M. from the BIG E  
Cash or checks payable to Chesterfield COA due by September 6th.

Scooter or wheel chair assistance available at the entrance for a fee.

Reserve your seat, call Francine Frenier 296-4291  
or call the COA 296-4007

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

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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.

**LITTLE ROOTS**



**FAMILY MUSIC**

*SING TOGETHER ACROSS THE GENERATIONS*

*Funded by Highland Valley Elder Services*

Two Thursdays in September from 10 - 10:30 am

-SEPTEMBER 15 with Annie Stevenson

-SEPTEMBER 29 with Maggie Shar

at the Chesterfield Community Center

free and open to all!