

Goshen Council on Aging

December 2022 Newsletter

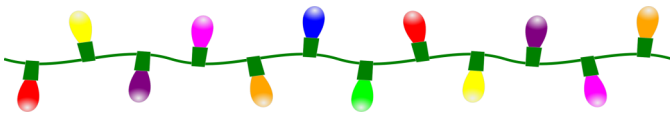


Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

Holiday Luncheon

Tuesday, December 13th from 12pm-1pm
Goshen Town Hall

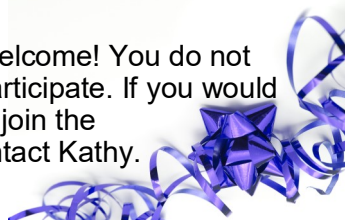


Please join us for our Holiday Luncheon at the Goshen Town Hall on December 13, 2022 from 12-1pm. Our favorite local chef Jerry Bird will be cooking and serving your choice of Prime Rib or Vegetable Lasagna and our favorite local baker Jessica Judd will be creating holiday cookies! We welcome you to stay and eat together to enjoy each other's company and some festive music. If you are absolutely unable to stay with us, a to-go option is possible. **Please contact Kerry Normandin at 268-9354 by December 6 to let her know your meal choice.** This event is for Goshen seniors and a suggested five dollar donation is welcome. We really hope you can join us!

Caroling- Our Holiday Carolers are back!

A group ensemble will travel door to door singing holiday songs for Goshen seniors on **December 9 from 2:00 to 4:00pm (inclement weather date Dec 10)**. If you are a Goshen senior who would like to hear some festive holiday music at your doorstep, please contact Kathy Boisvert at 268-3561 to schedule a time. We have a limited number of residences we can fit into the two-hour period, so call early. There must be a senior residing at the requested address. We have invited Santa to join us. Hopefully, he can take a break from toy-making.

All levels of voices are welcome! You do not need to be a senior to participate. If you would like to lend your voice to join the carolers, please also contact Kathy. All ages are welcome!



New lunch program

Our first HVES hot lunch will be served curbside style on Wednesday December 7 from 11:30-12 for all who have signed up. We have had 13 people sign up so far! **If you would like to get on the list for January, please call Kerry Normandin to fill out a brief intake form over the phone: 413-268-9354.**

Community Connections Group



On **Friday December 9th at 10am** we will be starting a group called Community Connections in the Goshen Town Hall upstairs dining room. The COA is coordinating with Jennifer O'Connell of the Hilltown CDC to gather for activities, discussion, and connection. Please join us for this holiday themed first session and help us plan for 2023. We hope to bring seniors together for a variety of health and wellness educational sessions to help us all live our best lives. Feel free to bring a friend, all are welcome.

Book Discussion

The Goshen COA is excited to announce that Peg Whalen will be offering a five session discussion group based on the book by Atul Gawande named *Being Mortal*. This will begin in February 2023. Please see the Regional section of this newsletter for more information about registering for this important and informative group.

Knitting Group

Knitting group with Pat Wheeler will be on the first Wednesday of the month which is **December 7 from 1:00 to 3:00pm**. Please join us in the upstairs Dining Room at the Goshen Town Hall. Bring a knitting or crochet project you are working on or wish to start, and work in the company of our group. It is a great way to spend a winter afternoon. Please contact Pat at 413-695-5503 if you have any questions.

Goshen Age Friendly Program

Are you in need of any Covid tests or masks? We have some for you! Please call Henrietta Munroe at 268-7465. Henrietta also wishes to remind you that there is durable medical equipment that you can borrow if you need it short term or long term. Give her a call before purchasing items.

Critical Information Binders



Our Critical Information Binders have been assembled and are ready to be delivered. The COA will be sending out volunteers to get these binders to you in the next few weeks. We are hoping this binder will help you keep your important information handy and accessible. This is meant to be added to and we will be providing tips on what types of information to add in our newsletter each month. **Please contact Evelyn Kellogg-Culver at 268-3316 or Kerry Normandin at 268-9354 with any questions and/or if you prefer to not have a binder delivered.**

Our condolences to the friends and family of **GINNY OTIS**. "Her stories have ended, but the memories of Virginia Otis will always be in our hearts. Ginny received the Golden Cane for being the oldest member of our town. She was proud of this and often joked about it. She lived a very long life just shy of 106 years. Our condolences to her family and friends." ~Evelyn Kellogg-Culver

An Afternoon of Hymns and Carols

Sunday, Dec. 11th at 3pm

Goshen Congregational Church
All are welcome!



Stopping by Woods on a Snowy Evening

by Robert Frost

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.



Happy Birthday in December!

David Clapp, Sandra Papush, William Carter,
Jeannine Haas, Steven Kendall,
Doreen Skorupski, Robert Maloni,
Patricia Wheeler, Dina Raymond,
Esther Korowski, Nancy Burnett, Frank Krok,
Nina Pinger, James Smith, Paul Webb,
Rosemarie Clark, Patricia Kirouac,
Abigail Kingman, Linda Still, Robert Goss,
John Skorupski, Grace Gibson Wayne Eastman,
John Riley, Marcia Shaw, Lloyd Ewing,
Virginia Toner, Monique Bourgeois,
Dwight Baghdoyan, Richard Richardson



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 _____

Do you like the exercise classes? Joan Griswold checks it out:

Joan surveyed members of her exercise classes exploring their views on a range of issues but also on where people stood regarding coming to classes on-site, using Zoom or both. Here are a few take aways

To Zoom or not to Zoom?

74% of those responding to the survey are fine with Zoom offerings. At present, in person classes are held on Friday in Chesterfield. The Smooth Moves class is at 9am and is very well attended by a regular group. It is wonderful to have this time, in person, with folks. At 10:15am, Joan offers the Super Strength workout in person and a small group attend this while others use Zoom. 12% report not being a fan of virtual workouts and prefer in person offerings. 27% of these folks indicate they will return to classes when they are offered in person.

What do people like about the programs?

87% share that they feel a good variety is offered in these class offerings while 12% either had no opinion or disagree. 38% report their favorite part of class is the strength workout, 26% express the core work, 23% the stretching and flexibility and nearly 12 % express the cardio. 87% report feeling these classes positively impact their personal strength, mobility and daily function while nearly 12% neither agreed nor disagreed with this personal impact. 90% report preferring the current class time.

Final Note:

More people are welcome! Join up with friends.
Contact Joan for more info: joan@bybhealth.com

I hate it when people
ask me if I'm ready for
Christmas. No Susan.
I'm not even ready for
today.

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!

Top Ten for the Twenties

At year's end, we often see review lists, e.g., top 10 movies, most acrimonious lawsuits, and other topics of huge interest. I thought I'd join in and look back at my 8 (eight!) years of Triad notes and find my personal Top Ten suggestions to close out the year and move forward. Here we go!

- * **Check your credit report.** So many reasons, so easy to do. Then freeze the sucker.
- * **Just hang up.** Do not think you can outsmart a telephone scammer who scams for a living!
- * **If you are not sure who is calling** and you answer anyway, do not say "Yes" or make an "uh huh" noise, don't say "Right!" or "Sure!"
- * **If it sounds too good to be true, it likely is.** Bet your folks told you that.
- * **Get serious about the Big Five.** Give yourself a silver star if you can name these, a gold star if you have done them.
- * **Get serious about setting good passwords.**
- * **Keep your Medicare and Social Security cards in a safe place,** not your wallet. You can carry a copy with the last numbers blacked out.
- * **Do the right thing for your brain.** Eat right, exercise, sleep well, control stress, socialize, and keep thinking.
- * **Don't believe everything you read;** consider the source. By the way, there are only 9 items here...

Hee hee hee,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

December's Good News

By Deb Hollingworth

As the days get colder, we will be turning our attention to ways we can reduce our fossil fuel consumption and ways to get help paying for "green" solutions to our soaring utility bills.

For the immediate future, this is to let you know that all our senior centers have the paper application for fuel assistance from Community Action of Pioneer Valley. This is the agency that covers fuel assistance and other "energy efficient" programs for our towns. Calling them on the phone to request fuel assistance could be a challenge, especially for those applying for the first time. If you have received fuel assistance in past years, you will already have been contacted (that started October 1st) but first time applications must wait until November 1st to start the process. As you might guess, right about now, their phone lines are jammed. Last year they took almost 3,000 first time applications and I'm guessing that number might be even more this year. If you are single, and your income is less than \$41,000/ year, you could be eligible. Know that it takes 6-8 weeks to process your application.

Last year Community Action paid out over 14 million in fuel assistance, helping over 14,000 households. Fingers crossed that there will be more Federal money in the pipeline this year. Community Action has other programs you might utilize once you become eligible for fuel assistance. There's an Older Adult Home Modification program to help with hand rails, ramps, grab bars, and a Heat System Repair and Replacement program for aged furnaces that need upgrading or replacement. This program will

also be doing some projects to install heat pump/mini-split systems and solar panels, a weatherization program which helps with insulation, windows, and removal of old knob and tube electrical wiring. All these programs start with a fuel assistance application. So if you haven't applied before, perhaps this year you should? Check it out at your Senior Center.

More help with Fuel Assistance

In addition to the fuel assistance offered by Community Action Corp in Greenfield, the Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels. There is also a fund for equipment repairs should you find yourself in an emergency with failed heating equipment.

Check out: magoodneighbor.org/assistance.html
Income eligibility guidelines for 2022-2023 are as follows based on number in household:

1	\$42,412 - \$56,548
2	\$55,462 - \$73,948
3	\$68,512 - \$91,348
4	\$81,562 - \$108,748
5	\$94,611 - \$126,146
6	\$107,661 - \$143,546
7	\$110,108 - \$146,809
8	\$112,555 - \$150,072

Contact Greenfield Corps: 72 Chapman Street, Greenfield, MA 01301. Phone: (413) 773-3154.

Thank You!



Just a quick note here to thank those of you who have been sending in donations for future funding of the newsletter. We appreciate your support! And this being the season of giving, we hope that we might hear from even more of you as we continue our effort to keep your Newsletter coming to you. Please consider a gift as we approach the end of our tax year. **And THANKS for your support!**



The Regional COA Newsletter benefits from your support!

I would like to contribute to the COA Newsletter. My contribution of \$_____ is attached.

(Please make out your check to "Northern Hilltown Consortium/ Town of Chesterfield" and mail to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)

Name _____ Telephone _____

Address _____

Email _____

Thank you for helping support this vital resource for our seniors!

On the Road Again...



Coming up in 2023

Contact Francine Frenier to reserve your seat **before** mailing any payments to determine availability: 413-296-4291 or fracine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

Multi Day April 23-29, 2023. Myrtle Beach Show Trip. Five shows—Legends in Concert, Carolina Opry Show, The Man of a Thousand Voices, Anthems of Rock and an evening show at the Alabama Theater. There will be a stop at the Airborne and Special Operations Museum in Fayetteville, NC. Includes bus transportation, driver gratuities, all hotels and most meals for \$829. Get a \$25 discount if paid in full by **January 30, 2023**. Contact Francine to reserve your seat.

Day Trip May 18. Beatles Show- Ticket to Ride - A 4- piece band that plays high quality, exacting renditions of songs written by the Beatles spanning their entire decade together. Self-Drive to the Log Cabin. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNSC for \$TBD by **February 1st**, so we can get good seats. Mail to the address above.

Day Trip May 22. Staying Alive- A Tribute to The Bee Gees. Five-course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNSC for \$120 due by **February 1st**, so we can get good seats. Mail to the address above.

Day Trip May 31. Oh What A Night! And Resorts World Casino- An exciting musical revue show from Las Vegas features hits from Franki Valli & The Four Seasons. Luncheon buffet and \$25 bonus slot play at the Casino in the Catskills, NY included. Make payment to FNSC for \$135 due by **February 21st**. Mail to the 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.

Multi Day October 2-October 6, 2023. Branson, Missouri- 5 days. Fly from Hartford. Seven shows: Irish Dublin Tenors, The Duttons, CJ Newsom, Pierce Arrow Show, Doug Gabriel and others. Visit the Titanic Museum and enjoy a guided scenic Ozark tour. Cost \$2,599 per person double occupancy. Includes air fare, hotels, 4 breakfasts, 4 dinners, deluxe motor coach while on tour, sightseeing, admission to shows and tour escort. \$500 Deposit by **March 15, 2023**. Contact Francine to reserve your seat.

Workshops for Working the Digital World

Peg Whalen continues to offer free workshops on how to use iPhones, Androids, computers, tablets, internet etc. through December. If you would like to sign up, **contact Peg at 413-296-0314 or pegwhalenworkshops@gmail.com**

Fall 2022 Computer Class Schedule

How to use Telehealth and Zoom
Saturday, December 3, 10-11:30am



Android basics workshop
Monday, December 12, 2-4pm

Computer class participants may bring their own Windows 10/11 laptop to learn on or use one of the four COA computers. All sessions held at the Chesterfield Community Center, 400 Main Rd, Chesterfield, MA 01012.

Technology Tip Announcement

The Northern Hilltowns Consortium of COAs has funding to meet the technology support needs of hilltown older adults. Each town's COA is hosting two hours of technical assistance with technology questions, starting in December. Peg Whalen will be available in your town during one of the weeks in each month. Contact your COA for date, time and location scheduled for December. Beginning in January, watch your monthly newsletter for dates and how to schedule a time slot to get help with your technology questions. Call your COA and get the help you need.

The Goshen COA is excited to announce that Peg Whalen will be offering a five session discussion group based on the book by Atul Gawande named *Being Mortal*. Through riveting, honest, and humane stories this book shows that the ultimate goal is not a good death but a good life- all the way to the very end. It is about maintaining dignity, independence, and quality of life as we age. This group will be held on five consecutive Thursday afternoons starting February 2, 2023 and ending March 2, 2023 from 1-2:30 in the upstairs Dining Room at the Goshen Town Hall. It is recommended (but not required) that you read the book which is available at local libraries, on Kindle or Nook, and there is an audiobook version. Please register by emailing Peg at pegwhalenworkshops@gmail.com or calling/texting her at 413-404-4566. Messages left should include your name, cell/home phone number, and your email address. **Adults of all ages from all towns are welcome to register.**

**Goshen COA
Board:**

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Coordinator

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

MEDICARE/MEDICAL EQUIPMENT SCAM

WHAT TO LOOK FOR

- You get a call offering to send you a free medical alert system, a free back brace, or other medical equipment.
- The caller tells you they will bill Medicare & send you the equipment for free.
- They just need your Medicare or Social Security number in order to process your order.

Beware of Medicare Phone Scams!

If someone calls you & asks for your Medicare number or other personal information, hang up & call 1-800-MEDICARE.



WHAT TO DO

- Hang up! Don't give out personal information such as your Medicare or Social Security number over the phone.
- Beware of "free" offers.
- Ask your doctor if you think you need a brace or any medical device.

Consumer problem or question? Call 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.

