

# Goshen Council on Aging

## January 2023 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

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

### January Luncheon

Tuesday, January 10th from 11:30-12:30  
Goshen Town Hall

Our local luncheon will be on Tuesday, January 10th, 11:30 to 12:30pm. We will join together and have a brunch style meal to celebrate the start of 2023! The COA committee will be cooking and serving delicious choices this month. We hope you can stay to enjoy each other's company. If you are unable to stay with us, to-go containers will be available. This event is for Goshen seniors and a suggested five dollar donation is welcome. We really hope you can join us!



with pasta and sauce OR a Turkey Sausage and Egg Taco, plus milk and a dessert. If you have not signed up and would like to for February, please call Kerry Normandin at 268-9354 to fill out a brief intake form. There is a suggested \$3 donation that is given to Highland Valley Elder Services to offset the cost of the meal.

### New Games Group!

We are happy to announce that a new Games Group will be starting on **Wednesday, January 18th** and continuing on the third Wednesday of each month. We will meet in the upstairs dining room at the Town Hall. This will be in coordination with the Goshen Library. Thank you to Roxanne and Nancy for organizing this- what a fun way to spend an afternoon!

### Knitting Group

Knitting group with Pat Wheeler will be on the first Wednesday of the month which is **January 4th** from 1:00 to 3:00pm. Please join us in the upstairs Dining Room at the Goshen Town Hall. All are welcome! Please contact Pat at 413-695-5503 if you have any questions.

What a wonderful day of caroling on Dec. 9th!  
Thank you to everyone who joined us!



### Community Connections Group

We will be meeting on **Friday January 6th** at 10am 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. **Our first guest will be Lynne Paterson of Prakasa Yoga Studio in Goshen.** Feel free to bring a friend, all are welcome.



### HVES lunch

The HVES lunch will be on **Tuesday, January 17th** and continuing on the third Tuesday of each month. It will be curbside pick up style for now. The meal that day will be **Eggplant Parmesan**



State Rep. Lindsay Sabadosa and State Senator Paul Mark joined our coffee hour in November and created a holiday ornament with us. Thanks to Evelyn Culver for leading our craft!

## Critical Information Binders

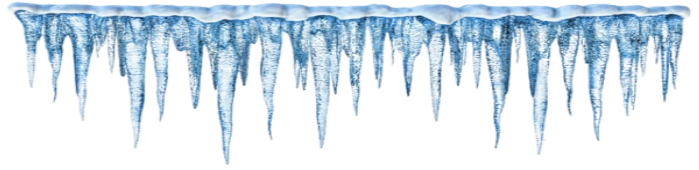
Volunteers have been out delivering blue binders to seniors throughout Goshen. If you were not home, we may have placed it in your doorway. These binders are pre-filled with 10-13 pages in protective covers. We did discover that some binders were delivered without these pages- we apologize! If this happened to you, please contact the COA and we will get you the corrected binder right away. We hope you will find these helpful in organizing your information. If you do not need or want it, please call us and we will pick it up from you or you can return it to the Town Offices.

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**To all Goshen Seniors-  
We need your feedback!**

**All tech users and non-users!**

A survey will be mailed to all senior households in early January. We are asking that you take the time (10-15 minutes) to complete it and mail back to us (there will be a self-addressed, stamped envelope to do so). The survey will also be available online at this link: <https://tinyurl.com/3pkwfxk7>. Additionally, if you would like to respond to this survey over the phone, please call Kerry Normandin at 268-9354. The purpose of the survey is to gather information for future technology programming. We want to hear from tech users and non-tech users. During the pandemic we heard much about the digital divide – older adults lack of use of technology – and the hardship this can cause. Your answers will provide us with the best information about how to help older adults use technology in the way they choose. This mailing is being funded by the Service Incentive Grant (State of MA) through the Northern Hilltown Consortium (7 hilltowns – Williamsburg, Westhampton, Chesterfield, Goshen, Plainfield, Cummington and Worthington). Thank you for taking the time to respond to the survey.



## Goshen Age Friendly Program

**Another service added!** Age Friendly is working with the Goshen Police and the TRIAD program from the Northwest District Atty Office to **provide buckets of sand to seniors** to prevent falls on the ice this winter. We also still have Covid Tests and/or masks. And remember, there is durable medical equipment that you can borrow at no cost. **Please call Henrietta Munroe at 268-7465.**

## Being Mortal Discussion Group

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.

### ***Happy Birthday in January!***

Kris Celatka, Sandra Greenwood, Donald Otis, Patricia Quintilian, Barbara Turner, Ronald Rehor, Betsy Burnett, Kathleen Eastman, Phyllis Sarafin, Diane Bushee, Robin Langer, Martha Packard, Patricia Perrault, Joann Sheehan, Angela Otis, John Rooney, Jr., Richard Cummings, Jr., Donna Williams, Pearl Woodward, Daniel Soto, Sr., Patricia Morey, Cecile Carr, John Kennedy, Agnes Lulek, Michael McGrath, Neil Wheeler, Jr., Bronislaw Zajac, Peter Provost, Jeffrey Korostoff



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### ***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 \_\_\_\_\_

\_\_\_\_\_



# Out and About this Winter

## Art in 2023 with Lena Garcia- Register Now! Winter Watercolor Class

Jan. 23– March 27 (9 classes)

Mondays 1-3pm

Register at [www.lenagarcia.com](http://www.lenagarcia.com)

Coming next: A Taste of Oil Painting Class  
Shadow Puppetry Workshop



## Becoming Winter / Restorative Yoga Workshop

Sunday, January 22 (Snow Date Jan 29th) 3-5:30 PM,  
Parish House, 21 Main Street, West Cummington

Judy Messer will guide you in a process of becoming fearless in the darker, cooler season of winter by helping you to let go while finding your own natural rhythm. Following this restorative yoga there will be journaling and teatime to conclude the practice. This transcending yoga takes place on the floor. Please bring a yoga mat, blanket, pillowcase, journal, and warm clothing. To make a reservation call Judy Messer at 413-221-3012. Check her out at [judymesser.com](http://judymesser.com). Funded by a HVES grant.

## Being Mortal Discussion Group

Thursdays, Feb. 2nd through March 2nd, 1-2:30pm  
John James Memorial Hall, 42 Main St. Goshen  
Upstairs Dining Room

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. 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](mailto: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.

## Matt York Brings Johnny Cash to Chesterfield

Sunday, February 12th at 2pm  
Chesterfield Community Center  
400 Main Rd. Chesterfield

Longtime New England musician/author Matt York will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950's to his passing in 2003 . York was recently nominated for the Boston Music Award for Best Country Artist and his album Gently Used was just named one of Worcester Magazine's best albums of 2022.

# Regional News



## Romance will be in the air! But first...

Thanks to Rachel Seneca in the DA's office – a font of knowledge about scams, especially those we are seeing in our towns. Here are two to watch for.

Soon it will be Valentine's Day, when the advertisements remind us to love, give, and eat chocolate. I'm certainly in favor of all three. But there is also the scammer who is faking it on romance!

The scammer will reach you on social media, dating sites and the like, start a conversation, get to "know you", flatter you some, then start asking for money. They say "It would be so nice if you could send me some money to come visit you! I would pay but am a little behind because my father had to have surgery." They may ask to wire money, or send a gift card with the pin.

Now wouldn't ya know it – the second scam is asking you to send some cryptocurrency to pay for their trip to meet you or maybe to invest. Recently we have seen a lot of headlines about this digital (not real!) money. The Federal Trade Commission has a good website about crypto, and includes this no-nonsense message: "If you meet someone on a dating site or app, and they want to show you how to invest in crypto, or asks you to send them crypto, that's a scam."

Read the FTC site for more info:

[consumer.ftc.gov/articles/what-know-about-cryptocurrency-and-scams#paying](https://consumer.ftc.gov/articles/what-know-about-cryptocurrency-and-scams#paying)

Stay safe,

Jean O'Neil

TRIAD Committee member

[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## January's Good News

By Deb Hollingworth

How did Medicare get so complicated? It was created in 1965 as Medicare A & B and stayed that way for almost 40 years. Medicare D (for Rx) was added in 2006 to subsidize the cost of our prescriptions. Medicare is a Federal benefit we get when we turn 65 if we've paid our 40 quarters (10 years) into social security, or if we are married to someone who has. Medicare also is the main insurance for the disabled collecting social security disability benefits.

Medicare A covers hospital costs and some home care benefits. Medicare B covers everything else like doctor visits, lab tests, medical treatments. Medicare A is free, Medicare B has a monthly premium that is usually deducted from our social security benefit, so we often forget we are paying for it. Medicare C is another name for Medicare Advantage plans that began about 20 years ago and were originally called Managed Care plans because that's what they do. They manage our Medicare A&B benefit. And more recently these plans began to include Rx coverage. If you enrolled in a Medicare Advantage plan, it managed your Medicare A & B and D.

You'd think this would simplify things, but it didn't. And this is where it gets complicated: Medicare Advantage plans are offered by private insurance companies like BlueCross, Health New England, United/AARP, Tufts, etc. and are for profit enterprises. These Advantage plans come in many variations, with different benefits like dental, hearing, vision, subsidy for your gym membership. But let's remember, they manage your Medicare benefit. And in most cases, you must have a referral for medical treatments, sometimes prior authorization for care, and they can decline to cover the treatment/hospital/doctor you want.

Advantage plans have co-pays for all services. If you're healthy an Advantage plan is not expensive, but if you're not healthy, those co-pays can quickly add up. So if you decide to supplement your Medicare A & B...and D, it can get complicated.

**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!



## January Tech Tip

By Peg Whalen



I want to share an experience I had so that others can benefit from my misadventure. Recently, I traveled to Philadelphia by train to see family. I had two carry-on bags with me and my laptop in a separate case. I briefly left my seat, so to keep the laptop safe, I tucked it overhead between two carry-on bags. Later, when I was exiting the train, I got distracted. Yup, you guessed it. I left the laptop behind.

Losing the laptop device was frustrating but could be replaced at some expense. The information loss was a tragedy. Before leaving, I had not backed up the files, photos, and programs on the laptop. I know better! It happened anyway. What should I have done? I could have used one of the "clouds", like Microsoft OneDrive, Google Drive, Apple iCloud, or my external hard drive at home. Most of my information is lost: taxes, medical records, technology workshop handouts, pre-retirement work. So, even seasoned users of technology lose equipment and computer information. Backup your information in case of device loss, viruses, scams, equipment failure. If you do not know how to protect electronic information, find assistance with ways to stay safe.

### ***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!***

## Resource Directory



<b>Domestic Violence Advocate</b> , Hilltown Safety at Home (HS@H)	413 387-3120
If you need help in an emergency, call <b>911</b> or the <b>Safe Passage Hotline</b>	888 345-5282
<b>National Suicide Prevention Lifeline</b>	800 273-8255
<b>Elder Abuse Hotline</b>	800 922-2275
<b>First Call for Help</b> , Information and Referral Resources	800 339-7779
<b>Fuel Assistance</b> , Application and Recertification	800 370-0940
<b>Hilltown Elder Network – HEN</b> (sponsored by Hilltown CDC)	413 296-4536, ext. 120
<b>Veterans' Service Officer:</b> Williamsburg - Dan Nye or Steve Connor	413 587-1299
Westhampton – Joe Henning	413 207-3541
Plainfield – Brian Brooks	413 772-1571

### Food Services

<b>Food Bank of Western Massachusetts Brown Bag Program</b>	800 247-9632 or 413 268-8407
<b>SNAP, Supplemental Nutrition Assistance Program</b> (Food Stamps)	413 552-5400
Or call Chesterfield COA, 296-4007 or Williamsburg Sr. Ctr, 268-8410 for assistance	
<b>Hilltown Food Pantry</b> , Goshen Town Hall – Diane Drohan, Director	413 268-7578 Weds. 1-3
<b>Meal Site</b> , Williamsburg Senior Center Café	413 268-8419 Mon-Thurs
<b>Meals on Wheels</b> , Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
<b>Northampton Survival Center</b> , 265 Prospect St., Northampton	413 586-6564
<b>Grab and Go Meals:</b> Chesterfield COA, Thursdays, 11:30	413 296-4007
Cummington COA, 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays, Noon	413 634-2262
Goshen COA, 3 <sup>rd</sup> Tuesday, 11:30	413 268 9354
Westhampton COA, 3 <sup>rd</sup> Thursday, Noon	413 387-3960
<b>Salvation Army Emergency Food, Fuel or Medication Vouchers</b>	413 586-5336 or 586-6564

### Health Services

<b>Highland Valley Elder Services</b> , Intake referral for homecare, etc.	413 586-2000
<b>Hilltown Community Health Center</b> , Medical & Dental	413 238-5511, ext. 131
<b>Hope Nurse</b> , Mary Kane	413 238-5511, ext. 322
<b>HealthWise</b> Community Health Worker, Ellie Mathias	238-5511, ext. 322
<b>Podiatrist</b> , Dr. Michael Coby at Williamsburg Senior Center	413 268-8407
Call to schedule alternating (odd) months at the Senior Center	
<b>Foot Care</b> , Piper Sagan, RN. - Williamsburg or in-home visits	413 268-8407
Cummington, call Ann Eisenhour	413 634-2243
Goshen & Chesterfield, Call Piper for appt.	413 522-8432
Westhampton, call Deb Dean	413 667-5363
<b>SHINE, Medicare &amp; Drug Coverage Part D &amp; Prescription Advantage</b>	
Lorraine York-Edberg	413 773-5555, Ext. 2275
Chesterfield, Deborah Hollingworth	413 296-4007 or 268-8317
Williamsburg, Deborah Hollingworth	413 268-8407
<b>Mass Health &amp; New Health Coverage</b>	
Buliah Mae Thomas at Hilltown Comm. Health Ctr.	413 667-2203

### Transportation Services

<b>PVTA Dial-A-Ride</b> (Tickets sold at Williamsburg Senior Center, 413 268-8407)	866 277-7741
<b>Hilltown Easy Ride Van and Driver Pool</b> , Ed Pelletier	413 296-4232
<b>Westhampton Transportation</b> , appts. or shopping, Louise Jasionkowski	413 527-5134
<b>Williamsburg Medical and Carpool rides</b> , call to schedule	413 268-8407

### Local Councils on Aging

<b>Chesterfield COA</b> , Janice Gibeau	413 296-4007
<b>Cummington COA</b> , Chrisoula Roumeliotis	413 634-2262
<b>Goshen COA</b> , Kerry Normandin	413 268-8236, ext. 118
<b>Plainfield COA</b> , Polly Ryan	413 212-1581
<b>Westhampton COA</b> , Amy Landau	413 203-9808
<b>Williamsburg Senior Center</b> , Melissa Wilson	413 268-8410
<b>Worthington COA</b> , Phyllis Dassatti	413 238-5962

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

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Newsletter Editor  
and Designer:  
Kristen Estelle

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

## **On the Road Again... 2023 Trips**



Contact Francine Frenier to reserve your seat **before** mailing any payments to determine availability: 413-296-4291, francine.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. This 7 day trip 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. Arrive 11:15am. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNCS for \$120 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 FNCS 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 FNCS for \$132 due by **February 21st**. Mail to the address above.*

*Day Trip July 20. **Lake George Cruise-** Take a 2 1/2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. A stop at the Lake George Outlets. Make payment to Landmark Tours for \$TBD due **April 21st**. Mail to the address above.*

*Day Trip August 10 **Garden in the Woods-** This trip includes a walking guided tour of the Garden in the Woods in Framingham followed by a luncheon at the Longfellow's Wayside Inn. Entrée choices are Roast Prime Rib of Beef or Baked Atlantic Salmon. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$120 due **June 10th**. Mail to the address above.*

*Multi Trip September 10-12. **Nantucket Island.** Three days to two nights. Includes ferry to and from the island, guided tour of the island and all access pass to historical sites. Cost TBD. Make payment to First Choice for \$748 p/p double occupancy due **June 21st**. Mail to the address above.*

*Day Trip September. **BIG E.** A YEARLY favorite. Make payment to FNCS for \$TBD by **August 1st**. Mail to the address above.*