

Goshen Council on Aging

February 2023 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

Valentine Luncheon

Tuesday, February 14th from 11:30-12:30
Goshen Town Hall



Our local in-person luncheon will be on Valentine's Day- February 14! Come and warm your hearts and your bellies with our special soups, salad, and bread luncheon. It will be from 11:30 to 12:30pm in the Town Hall, downstairs. 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. **Please call Kerry Normandin at 268-9354 by Feb 9** to let us know you are coming. We really hope you can join us on this special day of love and friendship.

Inclement weather- If there is a COA event on a day that the Hampshire Regional School District cancels, our events will also be cancelled. The COA wants you to use your best judgment to remain safe this winter.

Knitting Group

Knitting group with Pat Wheeler will be on the first Wednesday of the month which is Feb 1st 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.

Being Mortal Discussion Group

For those who signed up, this is a reminder that the discussion group based on the book *Being Mortal* begins **February 2nd** and continues for five consecutive Thursday afternoons from 1-2:30 downstairs at the Town Hall. This is sure to be an important and informative group. Please contact Peg Whalen at pegwhalenworkshops@gmail.com or 413-404-4566 with any questions.

Community Connections Group

We will be meeting on **Friday, February 3rd** at 10am in the Goshen Town Hall upstairs dining room. The COA is coordinating with the Hilltown CDC to gather for activities, discussion, and connection. **Our guest this month will be Janet Clark who will be speaking about Tai Chi** and why it is recommended for balance, circulation, anxiety and core strength. She will lead us in a few tai chi forms that can be done sitting or standing. Feel free to bring a friend; all are welcome.

Special Event: Knowledge is Power!

The Elders and Persons with Disabilities Unit and the Consumer Protection Unit of the Northwestern DA's office will be at the Goshen Town Hall on **Tuesday, February 7th at 2:00 p.m.** for a presentation on trending senior consumer issues, scams, elder law, adult protective services, and other topics. The format is a fun interactive game, "Senior Savvy Trivia." The floor will be open to questions, and participants are encouraged to share related stories and experiences. Please join us to gain knowledge on ways to keep you safe!



Games Group

Our new Games Group will be on **Wednesday, February 15th from 1:00 to 3:00pm** and continue 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. Feel free to bring a favorite game! We will have games available too. A perfect way to spend a winter afternoon.



HVES Lunch

The HVES lunch will be on **Tuesday, February 21st** and continuing on the third Tuesday of each

month. It will be curbside pick-up style for now from **11:30-12pm**. The meal that day will be a choice of meatloaf or a fish sandwich plus vegetables, milk and dessert. If you have not signed up and would like to for March, 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.

Our condolences to the friends and family of **Lois Bacon and Martha Noblick.**

The COA worked closely with Library Director Martha Noblick, and enjoyed talking with her about her extensive interests. The Library Trustees submitted the following:

We are all saddened by the passing of our Library Director, Martha Nell Noblick, on December 14, 2022.

During the time Martha served as director, she arranged many events: State representative visits, local author storytelling, cultural programs, nature and science workshops, book club, children's summer reading programs, and the COA / library Ice Cream Social, to name but a few.



One special memory, however, stands out. Last August, Anna Dagmar and her eight year old daughter, Eloise, presented a musical program of Broadway songs before a large audience. Anna shared how Eloise's love of reading began right here in our own Goshen Library with Martha always taking the time to introduce Eloise to the newest children's books. Amid the long audience applause, Martha was beaming, and humbly and quietly responded with a simple "thank you." It was a fitting tribute to our dedicated Library Director, Martha Nell Noblick, who for close to a decade, served our community with dignity and graciousness!

~The Goshen Library Trustees

Technology Support

Once a month technical support with computers and technology is now available at no cost. **Peg Whalen is working with the COA** to assist with questions about technology devices and their use, including smartphones, mobile phones, iPads, tablets, ePhoto frames, smart TVs, printing, laptops, internet and many apps and software programs. **She is available between 10:00 and 12:00 on the 2nd Tuesday of each month in the upstairs dining room at the Town Hall beginning February 14th.** Please enter through the Library. Call or text Peg at **413-404-4566** or send email to **nhillcoastech@gmail.com** in advance to schedule enough time for help with your specific needs.

Critical Information Binder Tip of the Month

We have a few more seniors to deliver to but for those of you who received your blue binder from the COA, please take a moment this month to add the important information for Goshen residents recently sent out with your annual street listing form. Highlight the parts that are important to your own needs. Please do not forget to send your annual street listing back to the town clerk!

Happy Birthday in February!

Lisa Roberts, Stanley Jablonski, Frank Kosior, Gary Batrano, Siegfried Haug, William Dyer, Jane Hillman, Melanie Dana, Nicholas Cockoros, Albert Maiolatesi, Dawn Scaparotti, William Kerby, Eric Liimatainen Jr., Carl Eldred, Joan Loven, Nelson Nieves, Frank Phillips, Roxanne Cunningham, Donald Chevalier, Gregory Roberts, Wanda Roberts, Deborah Tirrell, Dale Morrow



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 _____

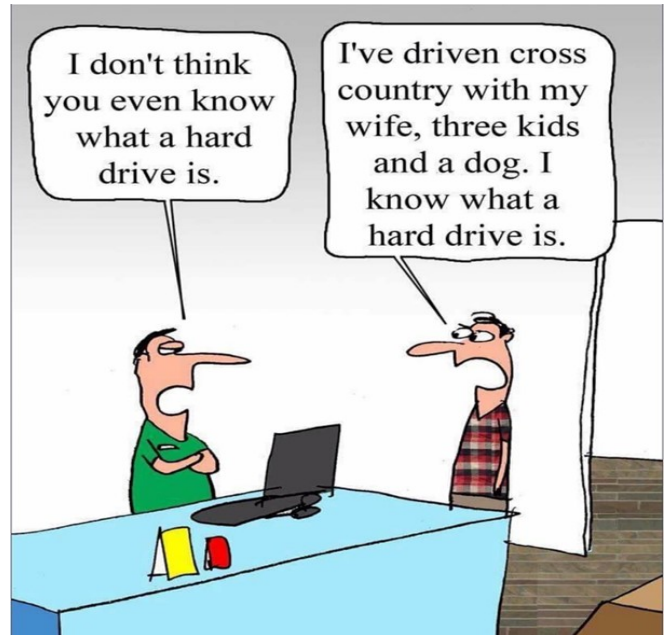
Out and About this Winter



www.clarkart.edu
 413-458-2303

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!



Tiny footprints

As soon as a child is born and their photo is posted online, they have a digital footprint. While we enjoy seeing a new baby's smiling face or a toddler smelling a flower, their digital footprint can be hacked. That is just the very sad story of how our technology today can be misused. A scammer can set up a fake identity, therefore messing up the child's future finances before they are even earning any money. A baby's digital image can be altered and used in pornography.

A recent article in the Washington Post was sobering. They projected over 7 million cases of identity fraud by 2030, costing victims more than \$900 million. It is believed that over half the porn images online in one country were photoshopped from social media. This is from a book by Leah Plunkett Sharenthood: *Why We Should Think Before We Talk About Our Kids Online*.

So what should parents and other family members do?

1. Be CAREFUL when posting online even if you think you are safe. Do not post full names, birthdays, ages, or specific locations.
2. Set up privacy settings on your social media. See this page- www.nytimes.com/wirecutter/guides/online-security-social-media-privacy/ Even setting privacy controls is no guarantee the child is safe. The controls can be complicated and change, and even if a crook can't download an image, they can take a new photo of what was posted and photoshop it.
3. Take another look at passwords. Many times people use birthplace, school name, favorite pet, etc. in a password. These are things commonly written about in a post; 3 or 4 pieces of information may be all that is needed by the hacker to steal an identity.

In all seriousness,
 Jean O'Neil
 TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

February's Good News

By Deb Hollingworth

It's that time of year again when we are gathering what we need to file our tax returns, and I received a request for information on the Circuit Breaker which I wrote about last March. This year's potential Circuit Breaker rebate may be even bigger than previous years, so this is the time to look into it and see if you might qualify.

Circuit Breaker Fact Sheet

"You may get a cash refund on your State income taxes."

The Massachusetts Circuit Breaker Income Tax Credit for Homeowners age 65 and older is a program for those seniors whose property taxes and half of the water/sewer bills equal more than 10% of their annual gross income. You can get this refundable tax credit even if you do not owe State income taxes. You can file a tax return even if you do not have taxable income.

Last year the maximum refund was \$1,162, but Governor Baker has recommended in his 2023 budget that this be increased to a maximum of \$2400.

If you have not filed/applied for the Circuit Breaker before, this is the year to do it!

You are eligible if:

- ⇒ you are 65 or older
- ⇒ own your home
- ⇒ are current with your property taxes
- ⇒ and if your property taxes are more than 10% of your income
- ⇒ your income needs to be less than \$62,000 single, or \$93,000 married filing a joint income tax return
- ⇒ and if your home is assessed at less than \$884,000

You apply by:

- ⇒ filing a Massachusetts Income Tax return
- ⇒ and including a schedule CB
- ⇒ you must supply copy of your property tax bill
- ⇒ also your water/sewer bill if you have one
- ⇒ and provide income verification

February Tech Talk by Peg Whalen

The holidays can bring technology, often wanted and sometimes unexpected gifts of technology devices. Family and friends can be excited to share their love of technology by gifting us ePhoto Frames, new and previously owned iPads, smartphones, laptops, kindles, and other devices we may be reluctant to use. If you are someone that received a device you have little interest in or limited understanding about using, there is help.

From February through June 2023, and perhaps beyond, each COA in the northern hilltowns has scheduled a recurring week and day each month for in-town technical support. I will be offering individual time for interested people to come, free of charge, and begin getting the assistance, guidance, and reassurance to get started or learn more in a way that is understandable and effective. If learning one-one-one is your preferred way to increase your understanding about technology, sign up for a time slot in your own or a neighboring town. Walk-ins may or may not be accommodated so call or email ahead to ensure you get the time you need. **Contact Peg Whalen: 413-404-4566 or nhillcoatech@gmail.com.**



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...

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.

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 **\$78** which is due NOW so we can get good seats. Mail to the address above. **PLEASE NOTE CORRECT PRICING.** It was previously listed as \$120.

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 NOW, so we can get good seats. 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 \$122 due **June 10th**. 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.

Multi Day September 29-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 motorcoach while on tour, sightseeing, admission to shows and tour escort. \$500 deposit by **March 15, 2023**. Contact Francine to reserve your seat.

Day Trip November. Elvis The Musical- North Shore Theater. An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Make payment to First Choice for \$TBD by **July 21st**. Mail to the address above.



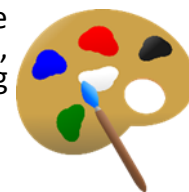
LENA
GARCIA

Playing with Art! Give it a try!

A Taste of Oil Painting Workshop

Wednesday, February 8th 10:30am-12:30pm

Explore Oil Painting and see if this is a medium for you! I know I can be intimidated by a new art medium; where do I begin? How do I use it? Come experience this fascinating medium in a calm and supportive atmosphere. Oil painting has a slow and relaxed tempo. It is flexible and very forgiving. Using provided materials, participants will make a painting of a simple still life. Demonstrations on sketching your still life, mixing your paints, and painting with the oil paints will be given while participants try out all these skills and work on their monochromatic or black and white painting. Try something new, stretch your brain all while having a good time!



Oil Painting Class

Mondays, April 3 - June 12th from 1 -3pm
(no class 5/29)

More details coming soon!

Shadow Puppetry Workshop

Saturday, May 20th from 10am - 12pm

Multigenerational event for anyone who can use an exacto knife (10yrs and up)
More details coming soon!

Registration for all at www.lenagarcia.com
or call: **425-977-5120**

*All events at the Chesterfield Community Center.
Sponsored by the Chesterfield COA and partially funded by Highland Valley Elder Services.*



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

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SCAM ALERT!



Watch out for Computer Virus Scams!

*You might get a call, email, or a message
that appears on your screen.*

*It says there's a problem with your computer
& they can help you fix it.*

- Just hang up or delete the message.
- Don't click on links in an email.
- Don't call the telephone number on the screen.
- Never give someone control of your computer.
- Don't share passwords or log-ins.
- Keep your computer, tablet, & mobile phone security programs up to date.

*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

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