

Goshen Council on Aging

March 2023 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

Corned Beef Luncheon

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

A traditional Corned Beef Lunch will be prepared and served by Jerry Bird of Spruce Corner Restaurant. Goshen's own Bill O'Riordan has created a great event where we will hear songs and stories of growing up Irish from Dan Carey, the State Representative for the 2nd Hampshire District. Dan comes from a long line of Irish families; his stories are sure to include a bit of blarney! Dan may bring along a few more Irishmen as well. Wear your green and come join the craic! Call Kerry Normandin (whose grandfather is from County Kerry!) **by March 8** to let her know you will join us: 413-268-9354.



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.*

Exercise Classes

Be sure to check out the fabulous Exercise Classes offered by Goshen's own Joan Griswold! Joan offers online classes every morning and in person classes in Chesterfield on Fridays. If you are interested, please contact Joan at **413-587-8337** or joan@byhealth.com.

Foot Care Clinic- March 7th

Piper Sagan, RN, is available to provide foot care to seniors in Goshen on an every other month basis. She will be in Goshen on **March 7**, and she also will do house calls. Please call Piper at **413-522-8432** to set up an appointment for this important healthcare service. Cost is \$50 dollars per person at Town Hall, \$80 per person for home visit.

Critical Information Binder Tip of the Month

Do you have new insurance cards? Place a copy of these in your Critical Information Binder so you can readily find the information.

Knitting & Crafts Group- March 1st

Bring knitting, crochet, drawing, needlework or any craft project. This group with Pat Wheeler will be on the first Wednesday of the month which is **March 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.

Community Connections Group- March 3rd

We will be meeting on Friday, March 3rd at 10 - 11am 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 Hannah Jacobson-Hardy, owner of Sweet Birch Herbs** in Ashfield, a community herbalism center with a focus on organic medicinal herbs and products. Feel free to bring a friend, all are welcome.

Technology Support- March 14th

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 10am and 12pm on the 2nd Tuesday of each month in the upstairs dining room at the Town Hall.** Please enter through the Library. Call or text Peg at **413-404-4566** or email nhillcoastech@gmail.com in advance to schedule enough time for help with your specific needs.



Games Group– March 15th

Our Games Group will be on Wednesday, March 15, 2023 from 1-3pm 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, and the library is open right afterwards. We will have great snacks too! Please join us!

Town Hall Meeting with U.S. Congressman Jim McGovern

Saturday, March 18th 1-3pm
Anne T. Dunphy School, Williamsburg

Representative to the US Congress, Jim McGovern, will hold a Town Hall Meeting on **Saturday, March 18th, from 1-3pm at the Dunphy School in Williamsburg.** This is a chance to meet Representative McGovern, ask questions and bring our concerns to him. McGovern has been very involved with issues related to agriculture and food, health and the environment, forests and carbon sequestration, and solar energy. These topics will be discussed for certain, as well as others.

Sponsored by Indivisible Williamsburg.
Questions? Call Jean O'Neil: 413-268-2228

HVES Lunch– March 21st

The HVES lunch will be on Tuesday, March 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 Brown Sugar Glazed Baked Ham OR Lasagna Roll Ups (vegetarian) plus vegetables, milk and Pumpkin Bars for dessert. If you have not signed up and would like to for April, 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.

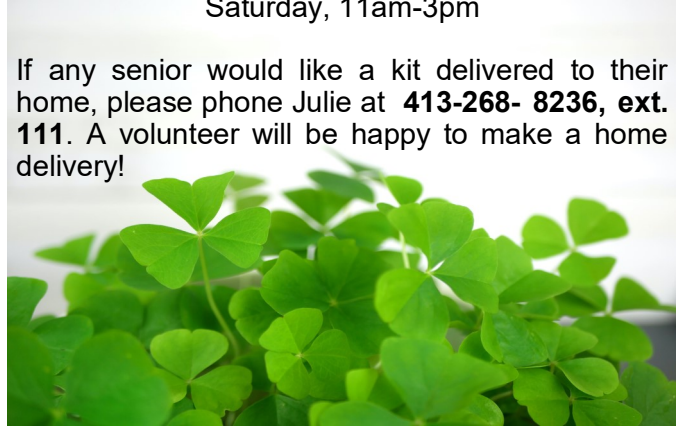
Library News

We invite you to visit our library, meet Acting Director Julie Cavacco and at the same time receive a "Take and Make" kit. This project is a fun activity to enjoy on a wintry day and the result is a delightful lapel pin for oneself or as a gift! to share!

Library Hours

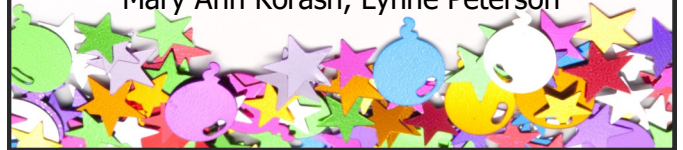
Tuesday, 10am-1pm
Wednesday, 3pm-6pm
Saturday, 11am-3pm

If any senior would like a kit delivered to their home, please phone Julie at **413-268- 8236, ext. 111**. A volunteer will be happy to make a home delivery!



Happy Birthday in March!

Mary Berube, Susan Macdonald,
Bernard Kubrak, Jr., Rowena Sullivan, Paul Britt,
Ross Lafond, Ann Schmitt, Robert Bushee,
Edward Connell, Theresa Bothwell,
Denise Luczynski, Alison Bowen, Stanley Dewey,
James Murdock, William Benoit, James LeBeau,
Sheryl Gardner, Robert Raymond,
Michael Kurland, Lawrence Hodge, Sheila Myers,
Maria Rooney, Thomas Vincent, James Vogel,
John Dolven, Joe Roberts, Robert Emerson,
David Silvia, William Sbrega, Brooke Schnabel,
Beverly St. Amand, Elaine Ulman, Edward Arnold,
Catherine Sands, Carol Monaghan, Jim Krebs,
Mary Ann Korash, Lynne Peterson



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 _____

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!

Your State Representatives

State Senator Paul Mark

Email: paul.mark@masenate.gov

Phone: 413-464-5635

Mail: 773 Tyler Street
Pittsfield, MA 01201

Nearby local office hours:
Williamsburg Town Hall
2nd and 4th Tuesdays from 1-3pm

State Representative Lindsay Sabadosa

Email: Lindsay.Sabadosa@mahouse.gov

Phone: 413-270-1166.

Mail: 76 Gothic Street
Northampton, MA 01060

May your troubles be less,
And your blessing be more.
And nothing but happiness,
Come through your door.

Irish Blessing



Caregivers Part 1, Credit Cards



Some of you reading this are or will become caregivers. So in addition to keeping yourself safe from scams, you may have the responsibility for someone else's financial safety. I'm offering some suggestions for meeting that responsibility.

First, an ad! Well, sort of. I'm just putting in a plug for setting up a robust durable Power Of Attorney. Having that paperwork done makes financial caregiving much easier! Contact me if you need a reminder on this.

Let's start with credit cards. You, using the POA, or the elder if they are on their own, can take these actions.

- ⇒ Reduce the credit limit on a card, thereby reducing the amount of potential damage by reducing the amount that can be charged.
- ⇒ Add the name of a trusted individual to the card so that person can also track charges. The trusted part comes in that they won't use the card!
- ⇒ Sign up for alerts by phone or email when a charge is made over a given dollar amount, an amount that you set. This may not prevent the charge but the damage can be stopped more quickly.
- ⇒ Some cards have a card lock that will stop a suspected transaction. The card's documentation will show if this is possible.
- ⇒ Go online and check the card's activities; do this at least monthly or after a use.
- ⇒ Follow the same guidelines as for avoiding scams in general. If you don't trust an offer, don't give your card. Don't give the card number to someone who calls you. Set a different and strong password for each account. Get two-factor authentication.

I know. Life is more complicated than it used to be.

Take care,

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

March's Good News

By Deb Hollingworth

Help Wanted: Part One

Have you ever considered working as a home maker or PCA/personal care attendant? Or have you ever tried to find a home care worker? Let me introduce you to PHCAST.

PHCAST stands for Personal and Home Care Aide State Training, and it is a free State resource that offers training for anyone who would like to become a home care worker. And PHCAST maintains a state wide directory to connect workers with those needing home care help. A two fold approach: to give you training and help you find work.



You must have an email address and internet access to use it. You can complete the 10 module online training at your own speed.....in your own home! You can repeat a module as often as you want. At the end of each module, you complete an assessment to advance to the next module. The entire training should take about 37 hours and you get a Certificate of Completion at the end.

It gets better. If you are looking for work as a home care worker, you can register on the State wide directory. Having the Certificate of Completion from PHCAST can be an important credential when looking to be hired.

For more information, go to www.mass.gov/PHCAST or just Google PHCAST and check out some of their videos to see if you might be interested.



***It's Maple Season.
Support your local Sugar House!***

March Tech Talk

by Peg Whalen

I talk with many folks that say they don't update their smartphones. They are concerned about an update resulting in their phone being hacked, information stolen, charges to their account or think the phone works fine and doesn't need updating. Here's why they are important. Updates contain privacy and security enhancements that better protect your phone, including improvements to phone features or additional features that make it more useful. **If your phone notifies you of an available update, be sure to allow it to happen.** Automatic updates can be enabled in Settings. iPhone updates can be accessed in Settings/General/Software/Update. Automatic iPhone updates will happen at 2:00am, but you must leave your phone on and plugged in overnight. Android updates can be made automatic as well in Settings / Software Update. Keep it plugged in! Updating only happens periodically so when you get a message saying an update is available, go ahead and update!

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 April 16. Tina – The Tina Turner Musical- An amazing musical at the Bushnell Theater in Hartford. Featuring iconic songs "What's Love Got To Do With It", "River Deep – Mountain High," "Proud Mary." Show at 1pm in Orchestra seats. Then a dinner stop on your own at Blue Black Square in W. Hartford. Make payment to First Choice for **\$199** which is due NOW. Mail to the address above. **TWO seats left.**

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.

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. **WAIT LIST ONLY.**

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 Breast of chicken, Baked Salmon, or Yankee Pot Roast. 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.

Day Trip November. Elvis- A Musical Revolution- North Shore Theater. An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make payment to First Choice for **\$259** by **July 21st.** Mail to the address above. **TWO SEATS AVAILABLE.**

Haircuts and Manicures at Smith Vocational High School



**Tuesdays & Thursdays,
March through May**

Cost is \$5.00 for a cut or a manicure for men and women. The Smith Vocational Cosmetology students provide the services with their teacher alongside. Simply call 413-587-1414 ext. 3531 for an appointment. The Salon is located in Room 124 of Building A at Smith Vocational High School, 80 Locust St., Northampton.

All Are Welcome!

Save the Date: **Saturday, April 29th, 9-3pm**

Spring / Summer Clothing Exchange



Goshen Congregational Church
45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Wednesday 4/26 from 9am-3pm or Friday 4/28 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 29th from 9am-3pm! All are invited to participate whether you donate clothes or not.

**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.

SCAM ALERT!



*People you meet online aren't
always who they say they are.*

SIGNS OF A SCAM

- They profess love quickly.
- They ask for money to pay for an emergency or offer investment opportunities.
- They ask you to buy gift cards, transfer money, or invest in cryptocurrency.
- They claim to live or do business far away so that you can't meet in person.

WHAT TO DO

Never send money or gifts to anyone you haven't met in person—even if they send you money first.

Only scammers tell you to buy gift cards, wire money, or by cryptocurrency.

Once you send it, you won't get your money back.

*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**

**Working in cooperation
with the Office of the MA
Attorney General**

