

Goshen Council on Aging

April 2023 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

We will not be hosting an April luncheon, but the New Hingham Students would like to extend an invitation to all New Hingham Regional Elementary School families, grandparents, and caregivers to a:

Community Breakfast

The second Friday of the month
April 14 and May 12
7:30am-8:30am

Every month proceeds will go directly to a class to raise funds for class trips, field trips, or class projects.

Please contact the school to sign up: 413-296-0000.

\$5 suggested donation

**Please note, we are unable to provide change. If you would like to donate, please provide exact amount.*

Coffee and tea provided by the
New Hingham Regional Elementary PTO



Knitting and Crafts Group– April 5th

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 April 5th 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– April 7th

We will be meeting on Friday, April 7th from 10-11am in the Goshen Town Hall upstairs dining room. The COA is coordinating with the Hilltown CDC. Our guest this month will be Lynne Pater-son of Prakasa Yoga Studio in Goshen. Feel free to bring a friend, all are welcome!

Critical Information Binder Tip of the Month

Do you have special requests for a memorial ceremony for yourself? Place a copy of these in your Critical Information Binder, in your own handwriting, signed and dated, so your loved ones can honor your wishes

Technology support– April 11th

Once a month technical support is 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. 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.

HVES lunch– April 18th

The HVES lunch will be on Tuesday April 18th and continuing on the third Tuesday of each month. It will be curbside pick up style for now from 12-12:30 pm. **Please note change in pick up times.** The meal that day will be Pollack with lemon caper sauce over couscous or an egg and cheese croissant plus vegetables, milk and dessert. If you have not signed up and would like to for May, 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.



Games Group– April 19th

Our Games Group will be on Wednesday, April 19th from 1:00 to 3:00pm and continue on the

third Wednesday of each month. This month it is also school vacation week- bring your favorite school-aged children! 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.

Multigenerational Art Class– April 29th

On Saturday, April 29th from 10-11:30am we will host a Multigenerational Art Class. Lena Garcia will be teaching a workshop to create beautiful paper lanterns. Lena is a local artist and a talented teacher. Bring your favorite school-aged children along with you and make paper lanterns with a pattern or that tell a story. Please contact Kerry Normandin at 268-8236 x118 (work) or email coa@goshen-ma.us by **April 22** to register. Please leave your name, number, and email address.

Our condolences to the friends and family of Susan Smith.



New- Tilton Town Field Treks- Let's start a gentle, weekly, go at your own pace walking club at our beautiful Tilton Town Fields on **April 27 at 1:00**. Bring your own water and snack with you. It is always more fun to exercise with others. See you there!

Save the date for a Multigenerational Outing to Three Sisters Sanctuary on May 6 from 11am-1pm. It will be a beautiful way to spend time together and a picnic lunch will be provided. Please call or email Kerry Normandin to sign up- more information will be in the May newsletter also.

New writers workshop with Goshen's own Siegfried Haug starting in May! Please see the regional section of this newsletter for details and registration. It will be great!

Library News

On Saturday, April 1st, from 1:00-3:00 p.m., the library will be hosting a visit from our **State Representative, Lindsay Sabadosa.**

Please join us upstairs in the library area to welcome Representative Sabadosa, meet her personally and have the opportunity to ask your questions, voice your concerns and be updated on the latest happenings in the State House regarding our local communities!



Happy Birthday in April!

- Claire Byrom, Michael Grinley, Stephen Fancy, Peter Therkelsen, Annmarie Dresser, Steven Rida, Elizabeth Loven, Scott Healy, Martha Monaghan, Mitchell Schoch, Phebe Williams, Steven Barrus, Michelle Parsons, Patricia Roguz-Britt, June Millington, Ann Marie Deres, Francis Burnett, David Tirrell, Richard Barton, James Berube, Robert Haskell, Steven Daiber, Doris Barbeau, Marcia Phillips, Victoria Verge



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!

Writers Workshop in Goshen

If you have ever been told: "You really should write that down!" you might consider this workshop. It will be taught by a local writer and former psychologist who knows how paralyzing apprehension can be. We will do easy exercises to get past our reluctance to commit thoughts to paper. And we will select stories that offend nobody and bring smiles to our readers' faces.

This class will start with two sessions in May with the option to continue. People from all towns are encouraged to attend. It will be held at the Goshen Town Hall, upstairs dining room. **The classes will be on Friday May 12th and May 26th from 1-2:30.** Please call or email Kerry Normandin by May 8 to register for this great workshop: [413-268-8236 x118](tel:413-268-8236), coa@goshen-ma.us

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

Caregivers Part 2: Banking

More thoughts on keeping your care recipient financially safe. Last month was credit cards, now we give attention to banking.

Again, this is all easier if you have a robust durable Power of Attorney (POA) that allows banking functions. With this, you can talk to bank officials, go online to check deposits and balances, make deposits and withdrawals, balance the checkbook, and request the settings below. Different banks have different policies, so check with your particular bank on the specifics but this should give you good questions to ask. For instance, even without a POA the bank might allow you to monitor another person's bank statement, after clearing you.

Create alerts. Get a message from the bank when a withdrawal goes over a set amount, or a balance falls lower than you want. You may also be able to get an email every day showing the available balance on the account.

Set transaction limits. If a withdrawal is requested that goes over a set amount, the transaction can be halted.

Stop payment. If something does go awry, you can request that the bank stop the payment.

Check overdraft status. Banks offer protection against the account going into the red, but you should choose how or if you want that protection. This is a not one-size-fits-all decision.

Take care,

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

April's Good News By Deb Hollingworth

Help Wanted: Part Two

Finding home care help in the hilltowns can be a challenge. There's a shortage of available workers and Medicare certified home care agencies often can't fill requests for help. Many of us rely on family and friends or programs through our senior center which may work for short term solutions, but what if you anticipate needing help for an extended period of time? Did you know that there are programs that let you hire your own worker? That worker can be a family member or friend (not spouse).

MassHealth has two different programs that pay family caregivers for the care they provide. You must meet financial eligibility requirements for MassHealth. Many folks assume they "won't be eligible because I have money in the bank". But there are ways to qualify and you should check with your SHINE counselor. Income has to be less than \$2,742/month with limited assets. But, you can transfer assets without a 5 year look back period if you are intending to remain at home instead of entering a nursing home. Also, for those of you who are not going to qualify for MassHealth, Highland Valley has a program called "self-directed care" which allows you to hire your own worker. If you are a veteran, you might qualify for some home care help. And while it's less common, if you are one of those folks with a Long Term Care Insurance policy, that policy will also pay for home care help. Need help sorting through all the options? Check with your senior center and ask to speak to the SHINE counselor.



Haircuts and Manicures at Smith Vocational High School

*Tuesdays & Thursdays,
April & 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!

Beyond Basics Smartphone Workshop

**Friday, May 19th
1:30-3:30pm**

Chesterfield Community Center

Presented by Peg Whalen

Want to know how to find and listen to podcasts? Wondered how to make a mobile deposit with your banking app? Desperate to block unwanted calls and text messages? This workshop will help you do things you have wondered about but have not figured out how to do. Sign up for Beyond Smartphone Basics. If you have an iPhone OR an Android smartphone this workshop is for you.



Interested in coming?

Reserve a spot by Tuesday, May 16th. To register, contact workshop presenter Peg Whalen, at pegwhalenworkshops@gmail.com or 413-404-4566. Email, leave a voicemail or text including your name, email address, what type of smartphone you have (iPhone or Android), whether you use mobile banking and your home or cell phone number.

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 _____

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 FNSC for **\$78. WAIT LIST ONLY.**

Day Trip June 20. Encore Casino. Boston Harbor casino trip. **Free \$20 slot play.** Make payment to Francine Frenier for \$42 by **April 21st.** *Special \$22 discount for Chesterfield seniors aged 60 and over.* Lunch on your own, options available on site. 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. Danny Lombardo performs on the keyboard. Make payment to Landmark Tours for \$113 due **April 1st. WAIT LIST ONLY.**

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 August 23. Saratoga Racetrack, Saratoga Springs, NY. This trip includes lunch at the Inn at Saratoga. Entrée choices are Chicken Normandy or Pasta a la Saratoga. After lunch, spend time at the racetrack in our reserved grandstand seats. Over 60 concession stands on the grounds. Make payment to Landmark Tours for \$130 due **June 10th.** Mail to the address above.

Multi Day 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. Make payment to First Choice for \$748 p/p double occupancy due **June 21st.** Mail to the address above.

Day Trip September 14. Lake Sunapee Luncheon Cruise- Vermont Country Store. A two hour luncheon cruise on Lake Sunapee in New Hampshire. This trip includes Luncheon buffet and

a stop at the Vermont Country Store. Make payment to Landmark Tours for \$111 due **July 10th.** Mail to the address above.

Multi Day Trip 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. A few seats available.



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.

Encore Boston Harbor Casino Day Trip

Tuesday, June 20, 2023

\$42.00 cost includes:

- round trip bus transportation
- driver gratuity
- \$20 in free slot play!

Meals on your own

*\$22.00 special discount for Chesterfield seniors
age 60 and over*

Meet the bus: Sheldon Field, Old Ferry Rd.
Northampton. 7:00 A.M, subject to change
Bus leaves casino: 3:30 P.M.

Cash or checks payable to Francine Frenier **due April 21, 2023**

Only 30 seats available ~NO REFUNDS due to bargain price~

Contact: Francine Frenier 413-296-4291 or Francine.frenier@gmail.com

