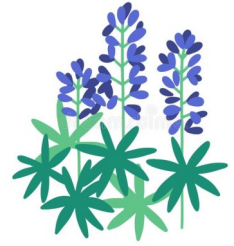


# Goshen Council on Aging

## June 2023 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

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

### *June Luncheon*

Tuesday, June 13th at 12pm  
Goshen Town Hall

Lunch will be served by a new Goshen business, The Ledges! This recently opened eatery in town features menu items like soup, salads, sandwiches, and small plates based on what food is local and fresh. **Please join us! Call Kerry Normandin at 268-9354 by June 5** and let her know you are coming. What a great way to welcome this new business and enjoy delicious food together!

#### **June 2nd: Community Connections Group**

We will be meeting on Friday June 2nd from 10-11am in the Goshen Town Hall upstairs dining room. The COA is coordinating with the Hilltown CDC. We are happily inviting Kelly Sturtevant, Reiki Master and Animal Reiki Practitioner back this month to teach us how to tune in to our energies through the use of all of our senses and how this connects to feeling more peace and joy in our lives. Kelly will teach us simple techniques to help us tune into the wisdom of the body. Feel free to bring a friend, all are welcome.

#### **June 7 -Knitting and Crafts Group**

Bring knitting, crochet, drawing, needlework or any craft project. Join us on June 7th from 1-3pm in the upstairs Dining Room at the Goshen Town Hall. All are welcome- we are a fun and friendly group! It is a wonderful way to spend an afternoon!

#### **June 13- Technology support**

Peg Whalen continues her monthly series to assist with questions about all types of technology devices and their uses. She is available between 10:00 and 12:00 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 sched-

ule enough time for help with your specific needs.



### **Ice Cream Social**

Saturday, June 17th 2pm  
Goshen Town Hall



The Goshen COA and the Goshen Library invite people of **all ages** to join us for a fun afternoon!

- Learn about **Birds of Prey** with local legend Tom Ricardi who rescues and rehabilitates these amazing creatures.
- Enjoy some delicious **ice cream!**

See you there!

#### **June 20 and 27 - HVES lunch**

We have added another hot curbside pick up style meal based on your feedback. The HVES lunch will now be on the third and fourth Tuesdays of the month, pick up from 12:00 to 12:30. On Tuesday June 20, the meal will be Egg Salad or New England Chicken Salad and on June 27 the meal will be French Meat Pie or Baked Ziti plus vegetables, milk and dessert. If you have not signed up and would like to for July, 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.

#### **June 21- Games Group**

Our Games Group will be on Wednesday, June 21st from 1-3pm and continue on the third Wednesday of each month. We will meet in the upstairs dining room at the Town Hall. If it is a nice day we may head outside together. This will be in coordination with the Goshen Library, and the li-

brary is open right afterward.

**June 22 - Practical Aging Issues Support Group**

Please join us for this peer-led support group with Grace Gibson and Jackie Compton. We all have wisdom and valuable life experience to share- this is a chance to learn from one another. We will have discussions and share resources about various topics including long term care, hospice, estate planning, elder care managers, and the roles of local agencies. This monthly group will meet on the fourth Thursday of the month in the upstairs dining room of the Goshen Town Hall from 11:30-12:30. Masking is not required but is encouraged.

Please contact Jackie at 268-7265 or jackiecompton2@yahoo.com or Grace at 374-4357 or gracecgibsonphd@verizon.net for more information and to indicate interest in this group.

**June 1, 8, 15 & 22 (not the 29)  
Tilton Town Field Treks**

Let's continue our weekly, go at your own pace walking club at our beautiful Tilton Town Fields on each Thursday in June at 1pm. Bring your own water and snack with you. It is always more fun to exercise with others. See you there!

Our condolences to the friends and family of **Mary McCulloch**.

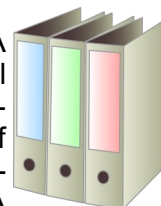


A special conference on **memory** will be held in Chesterfield on June 22nd. This no-cost event will bring together several skilled professionals who will inform us on various aspects of memory and how it affects our lives. Please see the Regional Section of this newsletter for more details and how to register for this important event.

**The Goshen Historical Society** is getting active after a lull because of the pandemic. Before the pandemic the Society offered programs related to the history of Goshen and the surrounding area. We are seeking new members who are interested in learning more about local history. If you would like to join the Society or you have ideas for programs or activities, **please call Bill O'Riordan at 413-548-0886 or come to the next meeting on June 8 at 7pm in the Goshen Town Hall.**

**Critical Information Binders**

The mighty members of the COA board have delivered over 200 Critical Information Binders to Goshen residents over 60! If you were away or if you did not receive one, please contact Kerry or any member of the COA Board and we will get one to you. We have had good feedback that these binders serve as a convenient place to organize and store important information.



***Happy Birthday in June!***

Edmond Greenwood, Donald Boisvert, Terrylee Crowther, Lynn Rancourt-Tomasaukas, Andrew Perkins, John Monaghan, Martha Sites, Colleen Wilcox-Mayer, James Durant, Patricia Murphy, Susan Wallace, Steve Calderone, James Sands, Constance Schwaiger, Gregory Linscott, Diane Mollison, Nancy Parlakulas, Jean Adamites, Robert Albrecht, Jonathan Mayer, Richard Williams, Henri Zajac, Deborah Zebrowski, Rebecca Barrows, Valerie Durant, Joanne Bradshaw, David Lutz



***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 \_\_\_\_\_  
\_\_\_\_\_

You're invited to  
**A CONVERSATION ABOUT MEMORY**



**Thursday, June 22nd 10am-3pm**  
**Chesterfield Community Center**  
**400 Main Rd., Chesterfield**

- ⇒ *Ever forget where you left your keys or phone ?*
- ⇒ *Recognize someone's face but can't recall their name?*
- ⇒ *Forget what you were looking for?*
- ⇒ *Love old memories but can't hold on to new ones?*
- ⇒ *Can't remember how to do something that you've done many times?*
- ⇒ *Do you ever get lost driving?*

**Lunch and Refreshments will be provided**

*Sponsored by the  
Northern Hilltowns Consortium of Councils on Aging*

**RSVP BY JUNE 16:**  
**413-296-4007 or [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)**

*Northern Hilltowns Consortium of Councils on Aging  
presents:*

## **A Conversation About Memory**

- 10:00am: **Check in & Coffee**
- 10:30am: **Welcome and Program Overview**  
Jan Gibeau, R.N. PhD. Director, Chesterfield COA
- 11:00am: **Understanding Memory Impairments**  
Dr Rebecca Starr, MD, AGSF, Medical Director, Geriatrics,  
Cooley Dickinson Healthcare  
  
Sharon Asher, RN,BSN, MBA, Program Director  
Pioneer Valley Memory Care Initiative  
  
*How does memory work?*  
*What is normal for memory in older adults?*  
*Types and range of memory changes*  
*Evaluation and treatment of memory impairments*  
*Getting help: resources available*  
*Pioneer Valley Memory Care Initiative*
- 12:00pm: **Group Discussion: Sharing the Journey**
- 12:30pm: **Lunch**
- 1:15 pm: **Impact of Dementia on Personal and Family Life**  
Deb Hollingworth, LCSW, Regional Connections Facilitator  
*Adjusting to the impact of learning about your diagnosis*  
*What it's like to be a caregiver or being the one who needs help*  
*Common challenges for both care recipients and caregivers*  
*Tips for better communication*
- 2:00pm: **Tools for improving memory**
- 2:30pm: **Closing remarks**  
*What's Next? Suggestions for additional programs and supports*

## 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 July 20. **Lake George Cruise-*** Take a 2 ½ 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 NOW. **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 24. **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. **NOTE DATE CORRECTION.**

*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. **WAIT LIST ONLY.**

*Day Trip November 4. **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.

## June's Good News

By Deb Hollingworth

### The Bucket List

When my kids were growing up, teenagers, I used to be on their case to clean up their rooms. Pretty much constantly. And they would assure me they were working on it. To which I would reply, "Will it happen in my lifetime?"

I have a "Will it happen in my lifetime? bucket list. First item on that list is changing eligibility rules so that when we turn 65 MassHealth doesn't count our assets. They don't count our assets when we're younger, just when we hit 65.

In Massachusetts if we are low income, or disabled, we can get affordable (subsidized) health insurance, with premiums determined by our income. The lower our income, the lower our monthly premiums. Until we reach 65. Then the eligibility rules change, and our assets count. So if we saved for retirement, or have a life insurance policy with a cash surrender value, or any savings, then we lose our affordable health insurance.

We become eligible for Medicare at 65, but Medicare has monthly premium(s), and if we want to purchase a supplement to our Medicare, then that's another monthly cost.

So as a SHINE counselor, the question I get quite frequently is: why do I lose my subsidized health insurance when I turn 65 and might need it most? And the Good News is: Mass Senior Action Council is working on changing that. Last month I wrote about the income eligibility changes to the Senior Buy-in Program where income and asset limits were raised so that more seniors (an estimated 60,000 of us) will now be eligible to have the Buy-in Program pay our Medicare B monthly premium, and get our Rx co-pays subsidized. We can thank Mass Senior Action Council for lobbying our legislators to get that change. Now they are working at doing away with the asset eligibility limit altogether! This would mean Massachusetts would join eleven other States to offer subsidy for low income seniors 65 and older. **This is Huge.** If you qualified, your co-pay for brand name Rx...like Eliquis...would be \$10. And at the risk of being too optimistic, it looks like this could become a reality in the near future. Mass Senior Action Council could use our help; have our voices join their effort.

You can Google Mass Senior Action Council to learn more and join. There is no membership fee and they are working hard for us and getting results!

**Goshen COA  
Board:**

Kerry Normandin,  
Coordinator

Kathy Boisvert

Lorraine Brisson

Henrietta Munroe

Nancy Wood

Patti Woodward

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Newsletter Editor  
and Designer:  
Kristen Estelle

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**If I die**

at home, what should happen? Triad is all about making elders more secure, and while that usually includes avoiding scams and bad financial situations, there are other issues in our lives. For example, a reader asked "What do you do if someone dies at home, maybe at night, maybe unexpectedly, who do you call? What do you have to do? And remember we are in the hilltowns."

Good question, so here is what I learned for three scenarios.

- **For an expected death, if hospice has been caring for the person**, call the hospice nurse who will know what to do. They will be able to pronounce death and facilitate transporting the body.
- **For an expected death, but hospice has not been involved**, call 911. Emergency personnel will know what to do to obtain a legal pronouncement of death that is needed for a death certificate. Survivors should not move the body.
- **For any unexpected death**, call 911.

Two Comments:

⇒ Every person should have a MOLST (MA Medi-

cal Orders for Life Sustaining Treatment) or CC/DNR (Comfort Care / Do Not Resuscitate Order Verification) form on file to handle the question of whether cardiac resuscitation attempts should be made by emergency personnel. Other forms such as Living Wills may be prepared and address other emergency care options. Designation of a Health Care Proxy is also very desirable.

⇒ Even though we are a bit distanced in the hilltowns, we have terrific emergency response teams who know what to do and will do it with respect.

Take care,

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com; 413-268-2228

**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!