

# Goshen Council on Aging

## July 2023 Newsletter



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

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

### July 5 -Knitting and Crafts Group

Bring knitting, crochet, drawing, needlework or any craft project. Join us on July 5th from 1-3pm in the upstairs Dining Room at the Goshen Town Hall. All are welcome- we are a fun and friendly group!

### July 6th & 20th– Tilton Town Field Treks

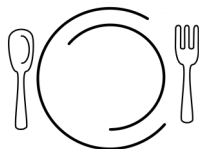
Let's continue our go at your own pace walking club at our beautiful Tilton Town Fields on every other Thursday in July at 1pm. Bring your own water. It is a beautiful place to get a few steps in!

### July 7th– Community Connections Group

**NEW LOCATION-** outside behind the Goshen Church under the tent from 10-11. The format for summer months will be casual fun with friends! Please join us, bring your own coffee or tea and we will provide the snacks and activities. In the case of rain we can meet in the Goshen Town Hall upstairs dining room.

### July 18 and 25 - HVES lunch

The HVES lunch is on the third and fourth Tuesdays of the month, pick up from 12:00 to 12:30. On Tuesday July 18th, the meal will be Egg and Cheese Croissant or Vegetarian Chili and on July 25th the meal will be Chicken Parmesan over noodles or Macaroni and Cheese plus vegetables, milk and dessert. If you have not signed up and would like to for August, 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.



### July 19- Games Group

Our Games Group will be on Wednesday, July 19th 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

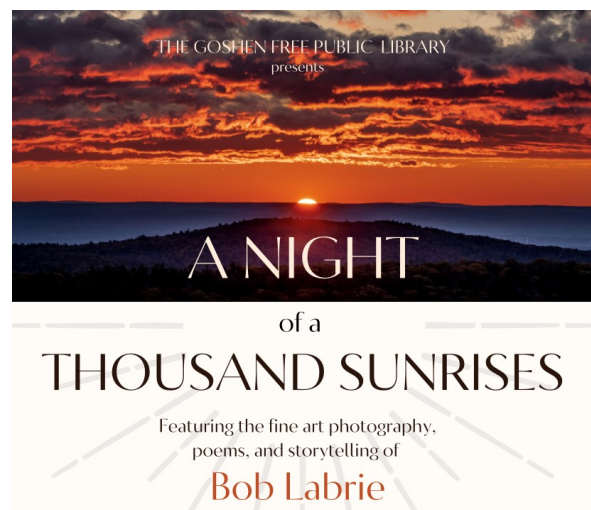
nice day we may head outside together. This will be in coordination with the Goshen Library, and the library is open right afterwards. Please join us!

### July 20 (third Thursday this month only) Practical Aging Issues Support Group

Please join us for this peer led support group with Grace Gibson and Jackie Compton. We will have discussions and share resources about various topics that are important to participants. Meet 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 monthly group.

### Saturday, July 15th at 6pm

### “Night of a Thousand Sunrises” by Bob Labrie



At the beginning of March 2020, Bob Labrie took his first “pandemic photo.” Many a morning with equipment in hand, he would climb the Fire Tower at the DAR to wait patiently for the perfect moment to photograph the rising sun.

When Covid truly hit and changed many lives, Bob continued his morning mission but now called his photos a "Pandemic Distraction."

Since that March day in 2020, Bob has amassed an amazing collection of photos, and stories and will be sharing his experiences at the Goshen Town Hall on Saturday, July 15 at 6pm. Please join us for a breathtaking "night of a thousand sunrises." *Brought to you by the Goshen Free Public Library.*

**Sunday, July 30th from 2-4pm**

**The Williams-Boltwood House**  
*Presented by members of the Trust*



History Matters! **The Goshen Historical Society** presents their first 2023 program to be held on July 30th at the Goshen Town Hall from 2-4pm. The presentation will be on the Williams-Boltwood House by members of the Trust. It will include historical information and the plan to restore this Goshen gem. There will also be a possibility of tours of parts of the house afterward. Please join us!

**Technology support-** Peg Whalen is taking a well deserved break from the drop in services for July and August. She continues to be available on a case by case basis if you are having a specific issue. You can contact her if needed at [pegwhalenworkshops@gmail.com](mailto:pegwhalenworkshops@gmail.com)

**Volunteers**

The Goshen COA is looking for volunteers- if you are interested in helping out at our various events, please contact Kerry Normandin or any board member, or come by our next meeting on August 29th at 1pm held at the Town Offices back room. We would love to have you join us!

**Critical Information Binder Tip-** Write down a list of meaningful items that you wish to give away to specific people. Consider doing it now rather than spelling it out in your will. Sign and date your list.

**\*Please be sure to read important messages in the Regional section regarding the technology survey and the funding concerns for this beloved Newsletter\***

***Happy Birthday in July!***

- Linda Clapp, Brenda Cliche, Lisa Newman,
- Ronald Loven, Jr. Roger Culver, Michael Feld,
- Julie Hooks, Helen Mollison, Caren Miller,
- Donald Martino, Rose-Marie Carr,
- Stephen Morley, Hans Andreas,
- Gary Cunningham, Patrice Woodward,
- Wendy Connell, Susan Gesmer, Yvonne Gittelson,
- Jane O’Riordan, Barbara Querceto,
- Sonia Arrubla-Castro, William Kelly, Ellen Feld,
- Rita Petko-Sands, Jeffrey Bliss, Marcia Chen,
- Mary Lou Joyner, Evelyn Kellogg-Culver,
- Laurie St. Amand, Pamela Skinner,
- Dorothy Albrecht, Chester Brown, Dana Stiepok,
- William Fivel, Henrietta Munroe, Santha Parke,
- Brent Roberts, Jr., Martha Dragon,
- Ronald Freund, Cynthia Roberts,
- Ernest Carver, Jr., Peter Contuzzi, Denise Linscott
- Barbara Bishop, Richard Larson, Anna Dow,
- Gary Lane, John Kroll, Linda Sbrega



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

### LIES MY MOTHER TOLD ME

By I Might Be Funny

1. "It's illegal to drive with the overhead light on."
2. "If you swallow your gum, it will stay in your stomach for 7 years."
3. "Keep making that face & it'll freeze like that."
4. "I have eyes in the back of my head."
5. "You can't swim for 30 minutes after eating."
6. "Don't sit so close to the TV, you'll go blind."
7. "The dog went to live on a big farm."
8. "I'm just running into the store for *one* thing."
9. "A watermelon will grow in your stomach if you swallow the seeds." © I Might Be Funny
10. "Maybe...I'll think about it."

**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](mailto: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](mailto:Lindsay.Sabadosa@mahouse.gov)

Phone: 413-270-1166.

Mail: 76 Gothic Street  
Northampton, MA 01060

### Scams and Our Brains

We read a lot about the different scams and the scammers that are out to get us (no, it is not paranoia if they really are, goes the old joke), but what about our role in scams? I got to thinking about the "How" part of our avoiding scams. Perhaps it comes down to how we think about them. Our mental state may direct how we respond to a potential threat.

So, we get an offer, a message, some communication, and wonder if it could be a scam. Are there hard and fast rules to help you to decide? Not always but there are three that should tickle your brain.

- ⇒ If the person asks you for something related to crypto currency, It Is A Scam.
- ⇒ If the person says they are calling from Medicare, Social Security, the IRS, or the FBI, It Is A Scam.
- ⇒ If they are calling from your bank and asking for personal information like your account number, debit card number or pin, account log-in credentials, Social Security Number, or account balance, It Is A Scam.

Other rules are fuzzier, but consider:

- ⇒ Was it an unsolicited phone call?
- ⇒ Was it an unsolicited and maybe poorly worded email?
- ⇒ Was it an unsolicited door visitor?
- ⇒ Does it sound too good to be true?
- ⇒ Do they say there is great benefit but no risk?
- ⇒ Is the speaker or writer pressuring me to hurry, act fast, keep this secret?
- ⇒ Have any friends or family warned me about responding to calls and emails?
- ⇒ Do I think I'm too smart or well-informed to fall for a scam?
- ⇒ What does my instinct say? Or if you prefer, what is my gut reaction?

Probably our best defense against the scams is our brain!

Thoughtfully,

Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## July's Good News

By Deb Hollingworth

There are 2.4 million Massachusetts residents who are enrolled in MassHealth's programs. Usually we have to re-certify every year, that is, fill out what looks like an application every year to let MassHealth know about any changes in our circumstances. Did we get married, did our spouse die, did our financial situation change? Is our address the same? In March 2020, when Covid put us in a "public health emergency", re-certification stopped because our MassHealth coverage was frozen in place.

Now that the Covid public health emergency has ended, MassHealth has to start the re-certification process again. For all 2.4 million of us. The good news is that more folks have been hired to help us do this. Highland Valley and LifePath (in Greenfield) have received money to hire a Benefits counselor to help with the re-certification application. So here are some numbers to call if you have questions about the Big Blue envelope.

You can call MassHealth's customer service line at **800-841-2900** or Highland Valley at **413-586-2000** and ask for their Benefits counselor, or LifePath at **413-773-5555** to ask for their Resource Consultant. Closer to home you can contact your Senior Center to speak with your SHINE counselor.

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### Saving the Written Word: Councils on Aging Newsletters at Risk

Funding from the Executive Office of Elder Affairs for the monthly newsletter ended on June 30th. The Northern Hilltowns Consortium of Councils on Aging has been working diligently to find a way to save it. It's the major way we reach out to 2,326 households with people 60 years or older. It's important. Better communication was one of the priorities people cited in our Age Friendly survey as a priority in making our towns more livable.

What does the newsletter do to make communication stronger? We've focused more and more on getting the word out about:

- Town and regional events that help people feel less isolated and more connected to their communities and each other.
- Access to food, exercise classes, health insurance plans and benefits
- Use of broadband and internet resources, learning how to use iPhones, computers and other equipment needed to enter the digital world

- Learning about scams and how to reduce vulnerability.
- Groups in each town that meet regularly meet to work on arts and craft projects, puzzles, playing cards, etc.
- Educational programs about major issues affecting us as we age, such as memory problems, loneliness, financial problems, access to medical services, long term care and end of life issues.

Losing the newsletter puts all of this in limbo. The Consortium has applied for a number of grants but the process itself is very competitive. We will not know the results until after the final state budget is signed by Governor Healy. Representative Lindsay Sabadosa and Senator Paul Mark have been working hard to support our efforts by filing bills in both the House and Senate. At the time of this writing the request did not make it out of the House budget committee, but the Senate voted to fund \$25,000. We appreciate their work on our behalf. Unfortunately, we need close to \$42,000 each year to keep the newsletter alive.

We have applied for a major grant from EOEA to increase digital equity in rural communities. The hope is to expand electronic access for people who want to switch over to digital copies but also make it available on the Consortium website: **[northernhilltownscoas.org](http://northernhilltownscoas.org)**, the town websites, Facebook, and a range of related internet access points. We recently learned that applications that have been submitted resulted in a total of \$3 million dollars, twice the \$1.5 million of the funds available.

The Consortium is still committed to keeping the newsletter going as long as we can. In our June monthly meeting the group voted to use funds from our membership dues to cover the August edition.

Let's hope that we are fortunate enough to get the help we need, but June and possibly July are cliff-hangers for now.

Respectfully,  
Jan Gibeau  
Chair, Northern Hilltown Consortium of  
Councils on Aging



## 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 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 **NOW**. Mail to the address above. **WAIT LIST ONLY.**

*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 **NOW**. 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 **NOW**. Mail to the address above. Limited seats.

*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 **NOW**. Mail to the address above. **WAIT LIST ONLY.**

*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. Due **NOW**. Contact Francine to reserve your seat.

*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 \$259 payment to First Choice **NOW**. Mail to the address above. A few seats remain.

*Multi Day Trip May 2024. Nova Scotia, Prince*

**Edward Island & New Brunswick. Passport required.** Cost TBD per person dbl. occupancy. This 9 day trip includes 8 nights lodging including 5 nights in Canada, one night stay in Maine coming and going. 14 meals including: 8 breakfasts and 6 dinners. Guided Tour of Acadia National Park, Guided Tour of Halifax, Peggy's Cove & Lunenburg.

## Aging and Technology Survey Results

We are grateful to everyone who contributed their experiences with technology by participating in the Aging and Technology survey and offer thanks to even more people expressing interest in the results. We mailed over 3,516 questionnaires to everyone 60 and older in Chesterfield, Cummington, Goshen, Plainfield, Westhampton, Williamsburg, Haydenville, and Worthington. The response was overwhelming, with over 1,225 returns, a response of 35%.

### Here's what we learned:

Our results show 85% of older adults in the Hilltowns use technology daily, 10% use it never, rarely or once in a while, and 5% use it monthly or weekly. The top three reasons for none or infrequent technology use are knowing little to nothing (44%); having no interest (35%); and over one-quarter have concerns about stolen identity, theft, or home break-ins. Of the small number of people never or infrequently using technology, 15% said they cannot afford internet service and computers.

Of those responding to the survey 91% said that they have a computer, laptop, or tablet and are able to access the internet. Almost one in ten (8%) have no technology of any type. About 3/4 report having printers The types of phones people use varied; 59% still have a landline, 90% have cellular phones, and 90% of these are smartphones. Three quarters have Broadband internet service from either Comcast, Dish, Direct TV, Satellite or Whip City fiber network.

People said that they make use of technology in a variety of ways. Most people use email (93%). Other ways include: searches on the internet, order prescriptions online, make telehealth appointments, use medical/health care portals. Over half of people (52%) use social media of some type to access retirement accounts or online Social Security accounts. Slightly over a third have an online Medicare account.

### Who helps with technology?

The major source of help comes from adults: adult or child/teen family members (74.2%) or friends (24.2%). *Continued on next page.*

**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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*continued from page 5)*

**What are the concerns about “going online”?**

Safety was a concern and one-third of people indicated that they have been or may have been a victim of computer or internet scams. Among these scam victims, 6% lost money, 11% report viruses, 3% lost information, and/or 2% had damage to equipment. Very few reported financial loss or damage to authorities, with less than 5% alerting police, DA, or government entities, banks or credit card companies.

The questionnaire includes a section about older adults’ interests in learning more and how they want to get technical support and training.

Almost half of those responding expressed definite or possible interest in learning more. The most requested ways of learning include having someone to call when they have a problem or question and scheduling one-on-one help (40.8%). Workshops (34.5%) and drop-in locations (29.9%) were also identified as ways to learn more. Over 1 in 4 said that being told about helpful websites, watching online videos, and ongoing technology classes were good ways to help them learn more. That’s good to know because all these services currently are available across our seven northern hilltowns or online.

Of the nearly half interested in learning more, the devices they most want to learn to use/use better are smartphones and computers/laptops. Over 70% of people identified technology uses they most wanted to learn, including taking, managing, saving, or sending photos, streaming to TV, scanning documents, and attaching documents.

This survey has been very helpful in charting the course to making life on the internet easier, but we could use more help to get there. If you are among the advanced/expert users and are willing to share a small amount of your time to help other older adults please let us know at [nhillcoastech@gmail.com](mailto:nhillcoastech@gmail.com)

**What’s ahead?**

The Consortium has applied for a major grant from the Executive Office of Elder Affairs that could be a strong way to move us forward. In addition to the needed services identified in the grant, it may also provide a way to help more people get Broadband, have access to hotspots and use laptops at identified computer sites in the Hilltowns.

Your voices have been heard and we await decisions when Governor Healy signs the new budget.