

# Goshen Council on Aging

## August 2023 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

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

### Annual Appreciation Luncheon

Tuesday, August 8th at Noon  
Tilton Town Field

**THANK YOU!**

We will be honoring our Goshen residents 90 years and above with a verbal tribute to each of them and the presentation of a small gift. We will also be recognizing the amazing volunteers who help in the success of the Goshen COA. Our picnic lunch will consist of hamburgers, hot dogs, veggie burgers, salad, pasta salad, grilled vegetables, and a delicious dessert. **Please join us at our beautiful Tilton Town Field at 12 noon for this very special lunch. No need to call this month, we will be sure there is plenty for everyone!**

### Newsletter funding update: great news!

In the July newsletter we talked about the lack of funding for the continued printing and mailing of this monthly newsletter. We have great news! The Northern Hilltown Consortium of COAs was able to secure a Service Incentive Grant (SIG) from MCOA (MA Councils on Aging) to fund the newsletter for another year. Jan Gibeau, Chair of the Consortium, had this to say "Hooray! We did it! The written word lives on for another year...and educational programs and conferences will continue. Can you believe it?" We are so grateful for the hard work that went into securing this grant.

**Transportation News-** The Goshen COA worked together with the towns of Plainfield, Cummington, Windsor, Worthington and Westhampton and has secured a MCOA grant for transportation for residents over 60. The funds will subsidize the already existing Hilltown Driver Pool service that the Hilltown CDC provides. This is separate from the Easy Ride Van. Locally-hired drivers are available to take individuals to appointments or on er-

rands when the van is not available. Please go to the HCDC website for more information on how to take advantage of this service:

[www.hilltowncdc.org/transportation](http://www.hilltowncdc.org/transportation) or call 413-296-4232.

### Aug 2, 9, and 30- In person exercise class is back in Goshen!

Join our very skilled instructor (and Goshen resident!) Joan Griswold on most Wednesdays in August (no class Aug 16 or 23). Class will be held at 10:15am in the Goshen Town Hall. Please wear supportive footwear and bring water and free weights if you have them. There is a brief health questionnaire Joan will have you fill out. This class is also offered simultaneously on Zoom, so if you prefer this method please contact Joan for the link at [joan@bybhealth.com](mailto:joan@bybhealth.com). Let's keep moving!



**Aug 3 and 17- Tilton Town Field Treks-** Let's continue our go at your own pace walking club at our beautiful Tilton Town Fields at 1pm. Bring your own water. It is a beautiful place to get a few steps in!

**Aug 4 - Community Connections Group- NEW LOCATION-** outside behind the Goshen Church under the tent. The format for summer months will be casual fun with friends! Please join us, bring your own beverage and we will provide the snacks and activities, 10-11am. In the case of rain we will meet in the Goshen Town Hall upstairs dining room.

**Knitting and Crafts Group-** No group this month, will be back in September!

**Technology support-** Peg Whalen is taking a well deserved break from the drop in services for 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)

**Aug 15 and 22- 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, Aug 15th, the meal will be spaghetti with meat sauce or vegetarian broccoli and cheese casserole and on Aug 22nd the meal will be a Greek salad with grilled chicken or a tuna salad grinder plus vegetables, milk and dessert. If you have not signed up and would like to for September, 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.

**Aug 16- Games Group-** Our Games Group will be 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. If it is a nice day we may head outside together. Please join us!

**August 17- 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](mailto:jackiecompton2@yahoo.com) or Grace at **374-4357** or [gracecgibsonphd@verizon.net](mailto:gracecgibsonphd@verizon.net) for more Info and to indicate interest in this monthly group.

**Critical Information Binder Tip-** Take some time to review your financial accounts and assign and write down the beneficiaries of these accounts in your binder.

*Our condolences to the friends and family of **Norman Hathaway**, who passed away in June. Norm was a longtime Constable in Goshen who always had a kind word and a friendly smile.*



**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!

## VOLUNTEER



### ***Happy Birthday in August!***

Marie Kelly-Calderone, Miriam Kurland, Carolyn Lehan, Michael Baldwin, Raymond Tomasaukas, Roger Dow, Marianne Neveu, Arlene Harry, Ronald Murphy, Gail Cockoros, Kim Dresser, John Harry, Gary Holman, Sharon Lafond, Evan Smith, Xiaoli Chen, Carol Hodge, Matthew Thomas, Edward Joyner, Mary McCulloch, Robert Thomas, Ruth Dresser, Adrienne Racz, Sara Silvia, John Doyle, Humberto Rodriguez, Mark Douyard, Carol Stevenson, Jacqueline Hayden, Robert Horton, Raymond Sheehan



***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](mailto: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

## **Artificial Intelligence**

You've read about it, here it is! Actually, it has been here for awhile. I spoke a text on my phone, trying to say "Cats really know how to nap". The first word appeared on my screen as Katz but by the time I finished my sentence it had changed to Cats. That is a form of AI.

We see it in autocorrect, when our email recognizes an address we start to type, or when Siri figures out who to call. When we have to select all the images with a sidewalk in them to continue to the web page we want, that is a form of AI. Many Applications (Apps) use AI.

In addition to these useful and positive activities, doctors are using AI to help prepare their case notes and discharge papers, saving them time. A recent study at the Mayo Clinic used AI to supplement physician readings for colon cancer and found more polyps than the doctor did. Maps and navigation tools have given us benefits in ease and accuracy of use. E-banking allows us to bank from home.

ON THE OTHER HAND, as AI becomes more sophisticated, it can cause problems. The ability to clone voices is growing so scammers can use AI to duplicate voices and facial images of a grandchild and really alarm a grandparent into sending money. Voice cloning can trick us into sending money to a friend who calls. We are already seeing campaign ads done by AI that show fake photos and videos, helping to spread misinformation and false events.

Things are only going to get worse as potentially very useful Artificial Intelligence gets co-opted for nefarious purposes. Remember last month's note on mindset? We need to keep our Game Brain engaged!

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

## Another Conversation about Memory Scheduled for the Fall!

More than 90 people signed up for the conference on June 22. The Community Center could only accommodate 60 people, leaving 26 on a waiting list. The keynote by Dr. Starr, combined with presentations by Sharon Asher and Deb Hollingworth, set the stage for a day that made it easy to talk about a wide range of sensitive issues. By all measures it was a success.



### When asked to evaluate the day, these were some of the comments:

*“Better than expected.”*

*“Almost as good as someone by my side to do what’s needed.”*

*“I’ve been working with people with memory problems for a long time and I actually learned something new today.”*

*“Made me realize my brain is better than my body.”*

### What was most helpful?

- Dr. Starr answered important questions
- Description of brain function
- Gentle but firm presentations of facts
- Positive focus of the day
- Chatting with others at my table
- What to expect if this happens to someone in your family
- The presenters did not catastrophize Dementia
- Deb’s experience with her parents

### More information wanted:

- Home care resources; where to start, who pays, what’s available
- Finding local in home care services in the Region
- Programs that pay caregivers
- Supportive housing options
- Later life planning help understanding health insurance
- How to make ends meet with dwindling Finances
- Discussions about depression and “nervousness”
- How to find individual counseling for planning for the next stage
- Learning how to talk with someone with memory impairments

- How to respond to tense and difficult interactions
- Common caregiving stresses and how to get help
- Financial pitfalls, protections and planning for long term care
- Affordable options when continued care at home is not possible
- Use of light and touch therapies

### Next Steps

#### First and foremost the conference will be repeated in the fall!

Plans are underway to provide monthly small group forums to dig deeper into the topics listed above and more. Look for the plan in the next issue.

I’m at the place  
in my life where  
Errands count as  
“Going Out”

IF THERE WAS A PILL TO CURE  
PROCRASTINATION, I WOULD  
PROBABLY TAKE IT TOMORROW.



## 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 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**.*

*Day Trip September TBD. **The Big E**, an annual favorite, with free entertainment at Honor Court Stage. Watch for details. Tentative date September 22. We will depart from the Big E at 4pm.*

*Multi Day Trip September 10-12. **Nantucket Island. REDUCED PRICE. 3 days- 2 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 \$689 p/p double occupancy due **NOW**. Mail to the address above. Limited seats.*

*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. **Two seats remain.***

*Day Trip October 9. **Lake George Cruise** - Take a 2.5 hour luncheon cruise through the vistas of Lake George. A Captain's Luncheon Buffet will be served on board. Special pricing for Worthington Seniors \$75, for all other seniors the cost is \$125. Make your check out to Landmark Tours and mail to Worthington COA, PO Box 7, Worthington, MA 01098 by September 5th. Two pick up locations-- Worthington and Northampton. A similar trip sold out recently, so reserve early. For further information contact Phyllis Dassatti at 413-238-5962.*

*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.*

~~COMING IN 2024~~

*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.

~~Since Lake George and Lake Sunapee were so popular and sold out in 2023, I will run these two trips in 2024.~~

## Consortium website opens door to "rooms" full of information

Thanks to the work of Peg Whalen, the seven hilltowns of northwest Hampshire County, from Westhampton to Plainfield, Worthington to Williamsburg, are rolling out their redesigned website, <https://northernhilltownscoas.org> This website gives easy, early access to all the Councils on Aging newsletters, in full color, every month. The website also has a section for each town, CHESTERFIELD, CUMMINGTON, GOSHEN, PLAINFIELD, WESTHAMPTON, WILLIAMSBURG, and WORTHINGTON, with NEWS and announcements, CALENDARS, NEWSLETTERS, contact information, photos, and links to important in-town resources and events. The website supplies users access to written information, instructions, video about topics on GETTING THE HELP YOU NEED, links to USEFUL WEBSITES and services access, and many other information sources and volunteer opportunities. The site also describes special INITIATIVES the seven COAs are taking part in, cross-town calendars, and regional news.

Related to Tech Tips, the site has a TECHNOLOGY section dedicated to supporting aging in a digital world, with technical support sources, how-to instructions, workshop video, visual and written handouts about devices and tech uses, links to existing online sources for technology classes, training and technical assistance, and shortly, will have a calendar of scheduled local trainings. Please visit the website regularly and get familiar with its resources. You can reach the site at

<https://northernhilltownscoas.org> (Note, both hilltowns and COAs have "s" after their name, use care in entering the website.) We suggest you bookmark the website so you can quickly and return often to check on the wide variety of activities and services the area COAs are offering.

If you currently are unable to access the internet, your local library can help you visit the website. If you have suggestions or comments about the website, please share them on the site or let your COA know. This website is for EVERYONE in our seven towns. We invite you to help us tailor it to meet the needs and expectations of all the older adults we serve.

Please note, technical support is ongoing throughout the summer, by appointment only. Pre-arranged hours will resume in the fall. Contact your COA or reach out to Peg Whalen for assistance at

[pegwhalenworkshops@gmail.com](mailto:pegwhalenworkshops@gmail.com) or text your name and questions to **413-296-5080**.

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

PRSR STD  
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# SCAM ALERT!



***Protect Yourself & Avoid a Scam***

- Screen your calls & hang up if the caller tries to pressure you.
- Block unwanted calls & text messages.
- Don't give out personal information over the phone, through email or text message.
- Resist the pressure to act quickly.
- Stop & talk about the situation with a friend or family member.
- Never pay someone you don't know by gift card, wiring money or cryptocurrency.

*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  
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