

Goshen Council on Aging

September 2023 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

Kerry Normandin, Coordinator
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September Luncheon

Tuesday, September 12th at Noon
Town Hall

Our Monthly Luncheon will be at 12pm at the Town Hall. We have had some requests for a home-cooked lunch, so this month we will be featuring the favorite dishes of the Goshen COA board! There are sure to be some delicious choices! Please call Kerry Normandin at **268-9354** by September 5th so we know how much food to make. Hopefully you can stay and eat together, but we will have to-go containers available.

NEW CLASS- Goshen COA is offering a Tai Chi class on Tuesday mornings from 9-10 at the Goshen Town Hall! Our instructor will be Goshen resident Richard Larson. Richard learned Tai Chi at the School of Tai Chi Chuan in New York City. He will be teaching us the Eight Ways. There are many benefits to Tai Chi practice including improved balance, improved flexibility, and improved peace of mind. Please wear comfortable clothing and supportive shoes. All abilities are welcome and we can modify the approaches as needed so that everyone can benefit. The class is free and Richard has generously donated his time and talent. This will be a great way to start your Tuesday mornings!



It's fall so let's go to the Corn Maze! The COA will sponsor a field trip to Mike's Maze in Sunderland on **Friday, Sept. 22 from 11-3** (Rain date of Sept 29). We have arranged for the Easy Ride Van to meet us in the Goshen center parking lot so we can drive together. The van needs 8 riders and can take up to 12. We will go through the maze and then to a local restaurant for lunch. The van will leave at 11am from Goshen center and

return by 3pm. If you prefer to meet us there, we will be at the maze around 11:40. Please call or email Kerry Normandin at 268-9354 or coa@goshen-ma.us by Sept. 15 to let us know you are coming and if you would like to take the van. There is a brief form to fill out for those of us using the van. This should be a really fun event!

In person exercise class in Goshen! Join our very skilled instructor (and Goshen resident!) Joan Griswold on Wednesdays. 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. Let's keep moving!

Sept. 1st- Community Connections Group from 10-11am- We will move back inside to the dining room on the second floor of the Town Hall. Goshen resident Kelly Sturtevant will return to educate us about Reiki and Integrated Energy Therapy. Please join us to learn about these interesting healing approaches.

Sept. 6th- Knitting and Crafts Group is back- We will meet in the upstairs Dining Room at the Goshen Town Hall from 1-3pm. Please bring whatever craft or needlework project you are working on and work together with this great group!



Sept. 17th- The Hilltown Junior Olympics will be held at Tilton Town Field in Goshen and the Goshen COA will be handing out Ice Cream Sandwiches for the participants! Come cheer on the Goshen children as they challenge kids from the other Hilltowns to various individual and team events!

Sept 19 and 26 - 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, Sept. 19th, the meal will be Chicken Divan over egg noodles or New England Chicken Salad and on Sept. 26th the meal will be Salmon with dill sauce or a Vegetable and Cheese Frittata plus vegetables, milk and dessert. If you have not signed up and would like to for October, 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.

Sept 20- 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!

All Thursdays in September- Tilton Town Field Treks- Let's continue our go at your own pace walking club at our beautiful Tilton Town Fields at 1:00. Bring your own water. It is a beautiful place to get a few steps in!

Technology support- Peg Whalen has made some changes to the plans to teach technology skills to us all. Please see the Regional section of this newsletter to find out about the exciting changes!

Celebrating the Re-imagine & Revitalize Goshen Center Project

On September 16th, the Open Space Committee is hosting an event concurrent with the Oliver & Friends benefit for "It Takes a Village". Planned activities include chalk art and corn hole on the tennis court, a beekeeping demonstration, the Williams-Boltwood Project antique farm implements display, Bob Labrie's sunrise photos and much more. The Open Space Committee will have an information display, including plans for the renovation of the town green.

We hope you will join us for this community event to support your town and engage with your neighbors. This event will take place 11:00am-3:00pm. If you have questions or would like to volunteer, email: reimagnegoshen01032@gmail.com

Our condolences to:

Kerry Normandin and her family on the loss of her father-in-law, **Leonard Normandin**.

The family and friends of **Floyd Merritt**. Floyd served our town in several roles including Library Trustee and Goshen Historical Museum Curator. There will be a memorial service for him on Sept. 15th at 1pm at the Goshen Church. All are welcome to attend.



Happy Birthday in September!

Keith Orcutt, Stewart Parsons, Andrew Bothwell, Judy Dunn, Lorraine Brisson, David McCulloch, Lauren Therkelsen, Michael Lehan, Stuart Wood, William O'Riordan, James Dunn, Jr., Gary Griswold, Helen Reynolds, Karen Cherry, Nitza Hidalgo, Charles Amo, Joan Griswold, David Sharpe, Linda Walden, Maureen Krok, Kate Swol, Sandra Wentzel, Brenda Roberts, Theresa Healy, Mary Freund, Dianna Jablonski, Barbara Babij, Christine Mortensen, Eleanor Tennyson, Lynn Werthamer, Jeffrey Hewes, Giovanna Bellesia-Contuzzi, William Celatka, David Packard, Janet Briere, Nadine Salem, Kathleen Berrena, Theodore Kolodziej

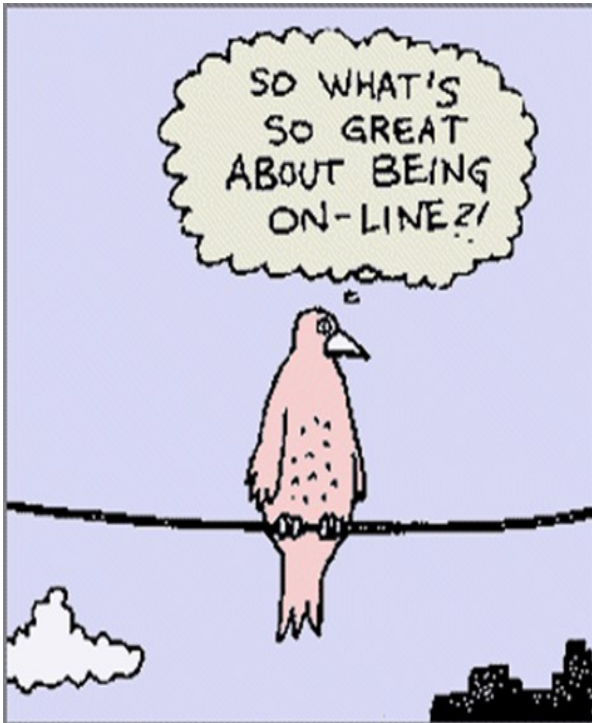


The Goshen COA counts on YOUR support to continue our important programming for local seniors!

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 _____



Good News for Northern Hilltown Seniors!

The seven Northern Hilltowns COAs were awarded nearly \$300,000 over 18 months to increase rural digital literacy and internet access for each of seven towns (Goshen, Williamsburg, Chesterfield, Westhampton, Plainfield, Cummington and Worthington) between September 2023 and January 2025. The funding was secured using the information from the survey we collected early in 2023. The project has four goals: give Whip City or Comcast internet service to those households without; give people laptop/tablet devices to connect to our digital world; train folks to use their new or current devices; offer technical support either in face-to-face appointments, by phone, at drop-in center, through classes, workshops, Zoom, and videos on the Northern Hilltowns Consortium of Councils on Aging website, www.northernhilltownscoas.org

We also are **seeking volunteers** for many tasks and a few paid staff to help meet digital needs in our towns. Watch for regular updates, volunteer opportunities, hiring announcements, and schedules for tech support and training. We will be kicking off the grant with a Digital Fair this fall. See www.northernhilltownscoas.org for exact dates and locations or look for flyers and lawn signs. We are excited to offer new digital resources and services and hope you will participate actively.

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!

Ongoing Computer/Laptop Classes starting in October

Classes held on second and fourth Thursdays from 1-3pm in the Chesterfield Community Center.

Learn more about using a computer or laptop! You don't need to own or bring a computer/laptop. Geared toward everyone, from those interested but know nothing, to beginners, to people comfortable with basics but wanting to learn more specific skills, and intermediate users. The goal of the class is to explore computers, internet, or learn something new! Participants can learn everything from turning on a computer, basic terms, how to make, find, reorganize files, get on the internet, and programs you want to get proficient using. People from all communities are welcome to attend. **Registration requested but not required by calling 296-5080 or emailing pegwhalenworkshops@gmail.com** or just stop in. Come on October 12 to the first class! See what it's about, 1-3pm at the Chesterfield Community Center. Classes scheduled for 10/12, 10/26, 11/9, 12/7, 1/4, 1/18.

Tech support hours for Sept., Oct., Nov.

Drop-in center open Wednesdays, 10am-3pm, first and third weeks of each month, at Chesterfield Community Center. Just stop by or pre-schedule a time slot online at:

northernhilltownscoas.org/p/86/Sign-up-for-technology-help

Starting 9/6, 9/20, 10/5, 10/4



The Book! Part 1. First Priority, Emergency

By Jean O' Neil and Deb Hollingworth

The Problem. So, are we all drowning in paperwork? Do we have piles of Probably Important Papers around? Are there some actually important papers that we can't put our hands on? If, heaven forbid, someone had to come in and deal with our paperwork life, would they want to just run away? We are guessing at least some of these questions have some truth in their answers.

The Solution. We plan on suggesting some ways to tame the paper beast. If you use the ideas that we are going to share for the next several months, you should be able to get your paper life in order. We have broken the whole enchilada into bite-sized, doable pieces.

The Benefits. Why would you want to tackle this? What if getting your paperwork organized could save you money, or be critical to your well-being in an emergency, or help your family take care of things if you can't?

We will be writing for three scenarios. One, there is a sudden death or incapacity. Two, there is a prolonged illness. (In both cases, others will have to step in to keep things going). Three, there is a desire to just get organized and not fret. We've all heard of the benefits of decluttering...

FIRST PRIORITY. Let's start with information that is needed in an emergency. Say you have a 911 event and the EMTs are here to take you or a loved one to the hospital. If you have a red packet of File of Life on your refrigerator and have kept the paper inside current, you have helped yourself a great deal. Our Senior Centers can get you a File of Life magnet.



Even without that magnet, you can write out the relevant information and carry it in your wallet and give a copy to a trusted friend or family member.

That includes:

- Your name, birthdate, address, and phone numbers
- Health insurance provider
- A list of medicines, allergies, any recent medical events
- Chronic medical conditions such as heart disease or diabetes
- The name and number of your primary care doctor
- Contacts to tell about your situation, who to call first, who to call as backup
- Contact information for your Durable Power of Attorney and Health Care Proxy (see June and July 2022 newsletters)
- Location of your critical information binder or folders (see next newsletter!)

Other priority information may include:

- Location of your house and car keys
- Codes for a security system or lock box, for the garage door
- Passwords for computer systems
- Pet care (name of caretaker, food and medicine instructions, name of vet)

You will have to decide where to keep this information as some of it is sensitive. It should be made available to those who need it but kept secure against access by others.

The next chapter, if you want to get a head start, will be on Assets and Liabilities, which can include an inventory of assets, and listing of financial obligations like mortgages, credit cards, loans, and monthly household overhead/bills.

**When we're young,
we sneak out of our
house to go to
parties.**

**When we're old, we
sneak out of parties
to go home.**



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 September 22. **The Big E**, an annual favorite, with free entertainment at Honor Court Stage. **Cost is FREE to the first 20 Chesterfield Seniors and all others \$18**. Make your check payable to FNCS and mail to the address above. NO REFUNDS due to bargain price.*

*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.*

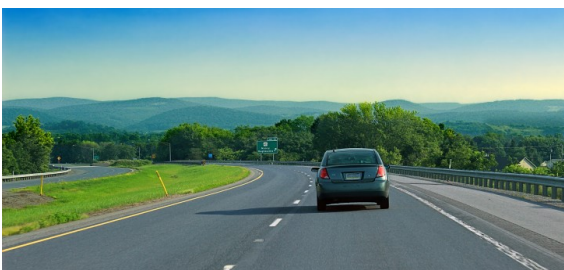
*Day Trip November 4. **Elvis- A Musical Revolution- North Shore Theater**. An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make \$259 payment to First Choice **NOW**. Mail to the address above. A few seats remain.*

~~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.~~

Looking for day trip ideas for 2024. Please email Francine at address above.



Northern Hilltowns Consortium of COAs presents:

Another Conversation About Memory Thursday, September 28th

Chesterfield Community Center, 400 Main Rd.
Chesterfield, MA 01012



Program:

- 10:00 **Check in & Coffee**
- 10:30 **Welcome and Program Overview**
Jan Gibeau, R.N. PhD. Director,
Chesterfield Council on Aging
- 11:00 **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*
- 12:00 **Tools and Tips for improving your memory**
- 12:30 **Lunch**
- 1:30 **Impact of memory impairments 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
How to talk with someone with memory
impairments*
- 2:30 **Closing remarks: What's Next?**

Lunch and refreshments will be provided

RSVP BY SEPTEMBER 21st:

coa@townofchesterfieldma.com or
413-296-4007



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

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Fall / Winter Clothing Exchange Saturday, September 30th, 9-3pm

Goshen Congregational Church
45 Main St., Goshen



Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/27 from 6-8pm or Friday 9/29 from 9am-3pm, then come back to shop on Sat. the 30th from 9am-3pm! All are invited to participate whether you donate clothes or not.

WHY ENGLISH IS HARD TO LEARN

We'll begin with *box*; the plural is *boxes*,
But the plural of *ox* is *oxen*, not *oxes*.
One fowl is a *goose*, and two are called *geese*,
Yet the plural of *moose* is never called *meese*.

You may find a lone *mouse* or a house full of *mice*;
But the plural of *house* is *houses*, not *hice*.
The plural of *man* is always *men*,
But the plural of *pan* is never *pen*.

If I speak of a *foot*, and you show me two *feet*,
And I give you a *book*, would a pair be a *beek*?
If one is a *tooth* and a whole set are *teeth*,
Why shouldn't two *booths* be called *beeth*?

If the singular's *this* and the plural is *these*,
Should the plural of *kiss* be ever called *keese*?

We speak of a *brother* and also of *brethren*,
But though we say *mother*, we never say *methren*.
Then the masculine pronouns are *he*, *his*, and *him*;
But imagine the feminine . . . *she*, *shis*, and *shim*!

- ANONYMOUS
via LoveThisPic.com