

Goshen Council on Aging

November 2023 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

Kerry Normandin, Coordinator
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Thanksgiving Luncheon

Tuesday, November 14th at Noon
Town Hall



Jerry from Spruce Corner will be cooking the full Thanksgiving meal of turkey and all the sides! Always a favorite! **Also this month we will be entertained by Goshen resident Don Otis who will be playing his acoustic guitar!** Please call Kerry Normandin at 268-9354 by Nov. 7 to let us know if you are able to join us. We hope you can stay but we will have to-go containers available.

Pottery Class- Goshen's own Vanessa Kerby, M.A. Art Education University Of MA Amherst, Owner of Goshen Ocean Ceramics, is offering a three part ceramic pottery workshop using hand building techniques. **Classes will be on Nov. 1 from 4-6:30pm, Nov. 15 from 4-6:30pm and Nov. 29 from 4-5pm.** Please make sure you can attend all three. All ages and experience levels welcome! Please call or email Kerry Normandin at 268-9354 or coa@goshen-ma.us to sign up; class size is limited. Come and be creative with us!

Nov 1- Knitting and Crafts Group. We will meet in the upstairs Dining Room at the Goshen Town Hall from 1-3pm. Do you have a craft you would be willing to share? Let us know- we love to learn new things! Please bring whatever craft or needlework project you are working on and work together while enjoying each others company.

We honor all veterans this month and every month.



Nov. 3-Community Connections Group from 10-11am in the dining room on the second floor of the Town Hall. This month the owner of the Ledges Food Truck, Tiffany Marcinek, will join us to talk about cooking using nutritious food options and minimizing food waste by using everything in creative ways. There will be delicious samples to taste also! Please join us!

Nov. 14, 21,28- Tai Chi class will continue in November. (No class on 11/7). Our instructor Richard Larson 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 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.

Nov. 15- Games Group- Our Games Group will be from 1:00 to 3:00pm and continue on the third Wednesday of each month. New games have been donated by Henrietta Munroe. If you have any board games in good repair that you would like to donate, let us know, or better yet bring one in and play it with us! We will meet in the upstairs dining room at the Town Hall. Please join us for a fun afternoon!

Nov. 16 - Practical Aging Issues Group with Grace Gibson and Jackie Compton will meet from 11:30-12:30 in the Town Hall. This month we will have a discussion with a member of Northampton Neighbors or we will devote the time to a peer led discussion of concerns and issues and discuss ways we can help each other.

Nov. 21 and 28 - 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 Nov. 21, the meal will be Potato Leek Soup or Lasagna Roll ups and on Nov. 28 the meal will be a grilled Honey Dijon Chicken Sandwich or Beef Wellington plus vegetables, milk and dessert. If you have not signed up and would like to for December, 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.

In person exercise class continues with Joan Griswold on **Wednesdays 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!



A fun time was had by all at Mike's Maze in September.

*Our condolences to Henrietta Munroe, on the loss of her sister, **Karyl Towse**.*



Bingo: The Goshen Open Space Committee is sponsoring Bingo, Sunday, November 12th, 1:30pm in the Goshen Town Hall. Doors open at 12:30. Includes 10 games and a door prize ticket. Suggested Donation: \$20 Pre-registration by November 7, \$25 at the door. Additional bingo card sets will be available for \$5. Daubers available for \$1. Mail check with email address to: Town of Goshen, Open Space Committee, 40 Main Street, Goshen, MA 01032. Memo: Re-imagine Goshen. You will receive an email confirmation. For questions about the event: call Lorraine, **413-268-3660** or Mickey, **413-535-0431** or email: **reimaginesoshen01032@gmail.com**. Proceeds will support Re-imagine Goshen Center, a project of the Open Space Committee

Peg Whalen has a **drop in tech support** in Chesterfield and has a **computer class** with rolling admission. Please call or email Peg at **413-296-5080** or **Coatechhelp@gmail.com** with questions or to register for a class.

Happy Birthday in November!

- Judith O'Brien, John Woodward, Jr., Barbara Richardson, Sylvia Orcutt, Gloria McCormick, Angela Vincent, James Barrett, Gregory Hayes, Richard Still, Jr., Nancy Kosior, Paula Pedersen, James Lyons, David Verge, David Guido, Donna Kolodziej, Scott Wallace, Joann Holman, Kathleen Roberts, Tammy Lyons, Nancy Wood, Alan Carr, Susan Harry, Thomas Wartenberg, Kathryn Boisvert, Robert Adamites, Maria Arrubla, Jacqueline Cichy, Dora Emerson, Leonard Szarkowski, Karen Cichy, Scott Heidemann, Bradley Howe, Joel Carr, Douglas Gagnon, Richard Nadeau, Janet Nadeau, Deborah Senecal, Marya Zilberberg, Lynda Constantilos



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 _____

Seniors Aware of Fire Education



The big cool down of fall has already started and folks are firing up their wood stoves and fireplaces. Most chimney fires are started by a build up of CREOSOTE in the chimney which can ignite in and through the chimney into the house.

Here are a few tips on how to begin the wood heating season safely:

- Have your chimney inspected and/or cleaned at the beginning of the heating season.
- Burn only dry, well seasoned hardwood to reduce creosote accumulation.
- Do not use flammable liquid to start the fire.
- Make sure the damper is open before starting the fire.
- Always use a fireplace screen to keep flying sparks and embers from falling onto the floor.
- Shovel ashes into a metal bucket with a metal lid, and place it on the ground well outside the building. Ashes and embers can stay hot for days and still ignite combustibles.

Have a SAFE wood heating season!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.

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

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

My Forgetter's getting better but my Remember-er is Broke

Often times I walk into a room, say
"What am I here for?"
I wrack my brain, but all in vain
a zero is my score.
At times I put something away where it is safe,
but, Gee!
The person it is safest from generally is me!

When shopping I may see someone, say "Hi"
and have a chat,
Then, when the person walks away I ask myself,
"Who the heck was that?"

Yes, my forgetter's getting better while my
remember-er is broke,
And it's driving me plumb crazy and that isn't
any joke.

My forgetter's getting better but my
remember-er is broke, to you that may seem
funny but to me that is no joke.
For when I'm "here" I'm wondering if I really
should be "there," and, when I try to think it
through, I haven't got a prayer!

**THE OLDER I GET, THE MORE I HAVE
IN COMMON WITH COMPUTERS.
WE BOTH START OUT WITH LOTS OF
MEMORY AND DRIVE, THEN WE BECOME
OUTDATED, CRASH
UNEXPECTEDLY,
AND EVENTUALLY
HAVE TO
HAVE OUR
PARTS
REPLACED!**



The Book- Part 3. Personal Information

By Jean O' Neil and Deb Hollingworth

Thanksgiving is coming - we should talk stuffing! Well, not the turkey, but your wallet. Part of the process of organizing our paperwork is knowing where to best keep it.

So on to Part 3. We all have a batch of personal documents, some need to be with us at all times, others are needed now and again, others maybe once every several years, if that. Where should these items be kept?

Wallet. An appropriately skinny wallet has your driver's license, vaccination records, library card, grocery or gas cards, one or two credit cards, and roadside assistance card. If you have under-age children, you should carry some of their records as well.

Home. Safe but available, you might keep your Medicare card, and vehicle title and registration in your home. We also recommend keeping a copy of your will, durable power of attorney, health care proxy, living will, and letter of instruction at home.

Safety deposit box. A very secure and protected way to store information is a metal box in your bank's vault. Here can go things that you don't need immediate access to, likely a birth certificate, marriage or divorce papers, social security card, military discharge papers, real estate deed, and passport.

Our local banks have safety deposit boxes that may cost \$40 or more a year, more for a larger box. They give you two keys and keep one; your key plus their key is needed to access the box. If you lose your key, they will have to drill the box open and charge you.

If you don't have a safety deposit box, there are alternatives. You can buy a safe to keep at home in a secure place. Safes come in different qualities and prices based on their size, level of protection from burglary, and resistance to fire.

Another alternative, simplicity itself, is to make a copy of the documents and ask a friend or family member (perhaps the person who has your Power of Attorney?) to store them so they are in a second location. If that location is in a different state, even better, to reduce chances of an emergency hitting you both. This approach at least gives you a start on replacements if needed.

Back to stuffing. Why do we ask you to un-stuff your wallet? Identify theft! If you carry your social security card and your Medicare or health insurance cards and your wallet is stolen or lost, the

information on those cards can help an unscrupulous person highjack your identity. We can hear some of you protesting now – I can't remember those numbers! OK. You can make a copy of the card, cut it to shape, block out the last four characters, and memorize them. Or maybe not bother. Deb says the Medicare card is easily replaced with a phone call, and we note that you shouldn't need the full Medicare number until you go to a new medical provider.

One more thing – if anyone would like a large three-ring notebook, I have two and will be happy to give them a new home. Give me a call. Jean, 268-2228.

Until next time – part four will be on home matters, such as history of home improvements and overall house management. You'll really want to learn about a family heirloom clock...

We DO NOT throw away
perfectly good food in this
house.

We put the left overs in
Tupperware, put the
Tupperware in the fridge, let it
go bad, THEN throw it out.

Haircuts and More at Smith Vocational High School

Tuesdays & Thursdays

Manicures, colors, facials, and other hair care options are being offered at Smith Vocational High School on Tuesdays and Thursdays.

The cost is \$5.00 for a haircut. Please call for other prices. 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!**

On the Road Again... 2024 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.

~~COMING IN 2024~~

Multi Day Trip May 29– June 6, 2024.

Nova Scotia, Prince Edward Island & New Brunswick. *Passport required.*
Check your expiration date.

Cost \$1,644 per person dbl. occupancy, \$25 discount if paid in full by **February 20th**. Make payment to Diamond Tours and mail next year to the address above. Wait List Only.

This 9 day trip includes: 8 nights lodging including 5 nights in Canada, two night stay in Maine. 15 meals including: 8 breakfasts, 6 dinners, 1 lunch. Guided Tour of Acadia National Park, Halifax, Peggy's Cove & Prince Edward Island

~If you have called in the past and are on the list for this trip, please call or email Francine again to confirm you are still interested.~

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

~~*A trip to Sight and Sound Theater in Pennsylvania Dutch country to see Daniel is in the works.*~~

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

The answer is “YES” if.....

1. You have none of the above
2. You have Medicare and are interested in a Medicare supplement
3. Your medical conditions have changed and you expect to need more medical care
4. Your Rx costs are significant
5. You expect to travel, or spend significant time out of State
6. Your doctor is “not in network”
7. You have gotten denials for services
8. You just don't like your current health insurance coverage
9. You're just curious

RESOURCES

- The SHINE program (also called SHIP program in other States)
- The Pharmacy Outreach Program
- Prescription Advantage (for Massachusetts residents only)
- The MassHealth Buy-in program
- X-tra Help through Social Security
- Health Safety Net

For information on any of the above resources, give your senior center a call to get an appointment with your SHINE counselor.



What is Open Enrollment?

Open Enrollment happens each year from October 15th through December 7th. It's the time when we can shop for health insurance.

Do You Need to Shop?

The answer is “NO” if....

1. You have health insurance through your pension retirement benefit
2. You use the VA for medical care
3. You have MassHealth
4. You are still working and have employer's insurance coverage or your spouse is still working and you are covered under your spouse's insurance

November Tech Talk; It's a Small World

by Peg Whalen

Remember Disney's “It's a Small World After All”. I always loved that song. Well, the world is now singing a new tune, “It's a Digital World After All”. I took some liberties and rewrote the lyrics.

It's a world of tech
A world of skills
It's a world to explore
And a world with thrills
There's so much to be shared
That it's time we're aware
It's digital world after all.

I'd love it if all of us were singing this song. Many of you already do. I encourage more of you to join

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(continued from previous page) them. We can all benefit from living in this new world. You've lived through party line phone service, rotary dialing, and wireless phones. Now we have handheld computers that make calls, take pictures, send text messages, do email, and offer video calling.

The internet saves us money, time, gas, energy. Telehealth appointments with our health providers, safe online banking to spare us trips to the bank, ordering prescription refills easily, and shopping that saves us driving to stores. We can watch tv for much less than costly cable and satellite services. Working on puzzles is free and easy. The internet opens a world to us where we can read about topics we are interested in, learn just about anything, even work from home.

Using digital technologies lets us reach people we may be unable to see regularly. We can watch young family members living elsewhere grow up. Social media, like Facebook, gives many people a way to lessen loneliness or isolation. Video calls make it possible to share holidays with those we love. We can relieve boredom and enjoy the stimulating competitive exchanges we love by playing games online, like Mah Jong. Visiting people we otherwise would lose contact with is easier when friends move away or when we retire and don't see coworkers we enjoyed working with.

There really is so much to be shared, explored, learned. I encourage you to build your skills in ways you find helpful. Our new Digital Literacy funding provides you with many ways to explore this digital world. You can participate in ways you find interesting and accessible. And we can help, with learning, equipment, broadband, and support. Because, It's a Digital World After All!

**Ongoing Tech Support & Computer Classes with
Peg Whalen**

We're offering Drop-In Center Tech Support at the Chesterfield Community Center on the 1st and 3rd Wednesdays of each month. In November, Drop-In is on 11/1 and 11/15 from 10am-3pm. You can stop in or schedule: coaTechHelp@gmail.com or **413-296-5080**. Please call or email for assistance outside Drop-In hours. Free equipment and broadband installation will be available soon, along with training.

Computer classes you can attend at any point are on the 2nd and 4th Thursday of each month. Register before coming: coaTechHelp@gmail.com or **413-296-5080**. Classes are scheduled for 11/9, 12/14, 12/28, 1/11, 1/25, from 1:00 to 3:00. Laptops are provided. You are encouraged to bring your own to learn on. We start with turning a computer on OR you can learn just what you are interested in. Give it a try!