

# Goshen Council on Aging

## February 2024 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

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### Valentine Luncheon

Tuesday, February 13th at Noon  
Goshen Town Hall

Our monthly lunch will be a Valentine's Day theme with your choice of Chicken Cacciatore or Stuffed Shells with tossed salad and rolls catered by Jerry Bird of Spruce Corner Restaurant. We will also have a special dessert. Please call Kerry Normandin at 268-9354 by Feb 6 with your meal choice. Suggested five dollar donation appreciated.



**Feb. 2 - Community Connections Group** from 10-11am in the dining room on the second floor of the Town Hall. This month we will have Jen O'Connell speaking with us about Sound Healing. Please join us!

**Feb. 7 - Crafts Group.** We will meet in the upstairs Dining Room at the Goshen Town Hall from 1-3pm. Occasionally we meet in the library so check in there too. This month we will have all the materials ready for a craft to work on together. Feel free to also bring whatever craft or needlework project you are working on. Join us for a fun afternoon of creating!

**Feb 6, 13, and 20 (not 27)- Tai Chi class** will continue at 9am in the Town Hall with our instructor Richard Larson. The slow, repetitive movements of the Eight Ways are good for the body and the 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. This is a very popular class-come give it a try!

**Make 2024 your year to join a great exercise class!** Joan Griswold teaches in person on Wednesdays at 10:15am in the Goshen Town Hall. She also has classes on Zoom and in person other days of the week that you can join. Joan has a brief health questionnaire she will have you fill out. Please contact Joan with questions and/or for the zoom links at [joan@bybhealth.com](mailto:joan@bybhealth.com).

**Feb 20 and 27 - HVES lunch-** The HVES lunch is on the third and fourth Tuesdays of the month with pick up from the Goshen Town Hall from 12:00 to 12:30. The meal choices on Feb 20 are Chicken Tikka Masala or Macaroni and Cheese and on Feb. 27, the meal choices are Pulled Pork or Lentil Bolognese. The meals also include milk, vegetables, and a dessert. If you have not signed up and would like to for March, 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.



*We were very creative in our pottery class with Vanessa Kerby!*



**Feb. 21- Games Group-** Our Games Group will be from 1:00 to 3:00pm and continue on the third Wednesday of each month. We meet in the dining room on the second floor of Town Hall, and occasionally in the library. Please join us for a fun afternoon!

**Tech Connect** -Technology help continues to be offered in a variety of ways- please look in the Regional section of this newsletter for more information. There is also great news about a grant that has been secured to help seniors with internet hook up and technology devices-you will receive a mailing soon- please check it out!

Please make sure you also check out the website **[northernhilltownscoas.org](http://northernhilltownscoas.org)** - it is being updated and you can find all the past and current newsletters for the seven northern hilltowns, important information about a variety of topics, and details on COA events happening throughout the area!

**Massachusetts Senior Circuit Breaker Tax Credit-** certain seniors who own or rent residential property as their principal residence may be eligible for a refundable tax credit up to \$2500. You need to file a schedule CB with your Massachusetts personal income tax return. More information can be found at [mass.gov](http://mass.gov) website.

**Goshen Age Friendly Program-** The COA has had some recent donations of durable medical equipment. We now have shower benches, walkers, a walker tray, two rollator walkers with seats, canes, commodes, and medication boxes. **Please call Henrietta Munroe at 268-7465** if you need any of these items and we will get them to you at no cost.

*Save the Date-* on **March 9 from 2-3:30** we will host a **free Writing Workshop** with local author **Lara Tupper!** Let's get our stories written!

Our condolences to the friends and family of:

**Pearl Woodward**

**Pat Perrault**



**Is your New Year Resolution to join a town board?** The COA needs one more board member! We are a fun group and we strive to support all the seniors in town. Contact any member for more information.



*In these wintery months, please be aware that if schools are closed, any COA programming that day will also be canceled.*

### ***Happy Birthday in February!***

Lisa Roberts, Stanley Jablonski, Frank Kosior, Gary Batrano, Siegfried Haug, William Dyer, Jane Hillman, Melanie Dana, Nicholas Cockoros, Albert Maiolatesi, Dawn Scaparotti, William Kerby, Eric Liimatainen Jr., Carl Eldred, Nelson Nieves, Frank Phillips, Joan Loven, Roxanne Cunningham, Gregory Roberts, Donald Chevalier, Wanda Roberts, Deborah Tirrell, Dale Morrow



### ***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 \_\_\_\_\_

\_\_\_\_\_



## Technology Help and Training for February



### Tech Drop in Center Hours:

*(no appointment needed)*

- Weekly on Tuesdays from 11:00 to 2:00 at 400 Main Rd Chesterfield Community Center
- Meekins Library Drop-In tech support on Tuesday 2/13 from 10 to Noon, Williamsburg
- Nash Hill Place Resident Drop-In tech support, Thurs 2/22 from 10:00 to Noon

### Tech Training:

- Beginner's Windows Computer Class continues, weekly Thursdays 1:00 – 3:00, Chesterfield Community Center, 400 Main Rd, lower level
- Intermediate Windows Computer Class sign-up starts now, classes to begin in March.

Must register for classes or workshops.

Email [coaTechConnect@gmail.com](mailto:coaTechConnect@gmail.com); call or text **413-296-5080**, or sign up through the website [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

Must register one week before the scheduled training date.

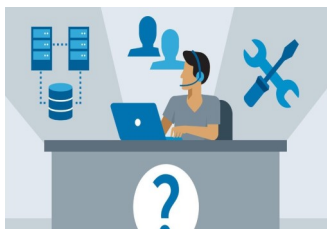
### Tech Help Requests or Volunteering:

- Support available by email: [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com), phone or text msg **413-296-5080**. Response within 24 hours.
- See our updated website [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org) to sign up online as a volunteer or to request tech assistance.

### Event Save The Date:

On **Saturday, April 6<sup>th</sup>** we will be holding a **Tech Connect event** with vendors, mini-workshops, information, and activities at New Hingham Elementary School, Smith Rd, in Chesterfield.

Watch for more information in the coming month.



**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!



### **Seniors Aware of Fire Education**

We were now in "Open Burning Season" which began Jan. 15 and ends May 1. This is the time in which you may burn brush, cane, driftwood and forest debris outside. It is against the law to burn construction material or debris. Here are some safety tips for outdoor burns:



- Get a burning permit from your town. They are issued on a daily basis based on weather conditions.
- An adult must attend the fire until it is totally extinguished.
- Have fire control materials at hand — water supply, rakes, and shovels.
- Pick an open area 40 feet from any structure in which to build the fire.
- Do NOT use gasoline or any other combustible liquid to start the fire.
- If the wind picks up, be ready to quickly extinguish the fire.
- If the fire gets out of control, immediately call for help - 911.

The reason I have chosen Open Burning Season for the February topic is because the best time to prevent wild, out-of-control fires is to burn during wet, snowy conditions. These conditions help keep the fire from rapidly spreading on and under ground.

You even have one more day in February to be fire S.A.F.E.!

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

*The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. of Fire Services.*

## Love is in the Air, but also...

It is the Valentine season again! Love it. But there are issues for some folks around this time of year. One of our friends, a very educated and smart but lonely guy, joined a dating service. He went 0 for 4 on successful interactions. I asked him if he had any advice to share, and this is what he sent.

"I would like to share my thoughts on online dating. My experiences have not been good. I have had four horrible experiences and unfortunately I got burned big time on one of them. The patterns as I look back are similar. Unfortunately you tend to ignore red flags until it is too late. The following patterns are serious red flags:

1. All of them start off by telling you how nice it is to meet you. "You are the first person since my husband died that I feel a real connection to." "Let's move slow before we move to texting, phone before meeting." Always a hint of being flirtatious.
2. They ask a lot of questions about you but are very vague about themselves.
3. They send photos, nothing inappropriate, but ask for none in return.
4. No interest in your past relationships (like why am I online), have been married, kids, etc.
5. When texting, you respond within a reasonable period of time, they respond sometimes hours later with one or two words. They rarely ever respond by using your name, appears to be honey, babe, etc.
6. when texting for specific information, they immediately respond with a text so lengthy, you wonder if it has been scripted.
7. In my case, all have appeared to either been self-employed and/or business owners, and some emergency has come up. "I know we have known each other a short period of time, but can you send me...?"
8. When I have asked for the local address or to send me a copy of their driver's license, I get responses like, "I have trust issues", "If we are going to be life partners, why can't you do this?" etc.

The last one was really good. We had telephone conversations, etc. We were supposed to get together like the next day or a weekend. She called me to say her work required her to go out of town. Shortly thereafter, a panic phone call of an emergency where she needed to borrow \$5,500 until she returned home.

Hope this helps. I have no more shame to hide. By the way, I decided to give up online dating."

Be safe, y'all.

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com; 413-268-2228



### February's Good News

By Deb Hollingworth

Recently I've had questions about lifeline services; what they cost and how to get them if you don't have a land line anymore. There are several possibilities including subsidies for both your land line bill and/or your wireless/Smart phone bill. Utility companies are mandated to provide discounts for low income customers. So if you live in subsidized housing or receive SNAP benefits or have MassHealth, you qualify. This applies to both a land line or a wireless bill. To get more information and help applying, you can call Verizon at 1-800 Safe-Link. ((1-800-723-3546). If Verizon is your phone carrier, they will discount your bill. However, the discount is only about \$10/month for a land line, and \$5.50/month for wireless. If you have a Smart phone you might explore apps that act as a lifeline.

For folks who have a land line, but can't afford the Lifeline service fee of about \$30/month, Highland Valley offers to pay for lifeline if you have a medical condition that makes you susceptible to falls. If you call Highland Valley Elder Services at 413-586-2000, you can ask to speak to their Benefits counselor who may have more suggestions on how to cut costs. Also, MassHealth will pay for a lifeline if your doctor orders it. (Like getting a prescription from your doctor).

Lifeline works when you fall at home, but there are additional features for mobile lifelines in case your car breaks down, or you sprain an ankle while hiking in the woods and need help. The GPS feature can guide emergency responders to your location.

With luck, you may never need to use your lifeline. But you and your family and friends will have some peace of mind knowing you have one.

## 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.

*Day Trip April 5 or 15th. Culinary Institute of America--* Enjoy a "CIA" experience with lunch at Catarina DeMedici. Free time to explore the bookstore and bake shop. The \$125 Payment to Francine Frenier is due by February 20th. Please mail a check to the address above. This trip will depart from S. Hadley.

*Day Trip Tuesday, May 14. Neil Diamond -The Tribute from Las Vegas* - Rob Garrett, known as the King of Diamonds, performs at the Aqua Turf Club, CT. Family style meal of Chicken ala Kathryn & Broiled Scrod included. The \$137 Payment to FNCS is due by March 12. Please mail them to the address above. **Two seats available.**

*Nine 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 to the address above. **Four openings.**

*Day Trip Thursday June 13. Timeless Music Pop to Broadway* - Luncheon and Show at Storowton Tavern Carriage House in W. Springfield. Self-drive or carpool. Cost is \$77 made out to Chesterfield COA and mailed to address above. Chesterfield seniors: please call for pricing.

*Day Trip Thursday, July 11th. 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. The \$118 Payment to Landmark Tours is due by May 10. Please mail to the address above. **This trip sold out last year, so reserve early.**

*Day Trip Wednesday, August 7th. Resorts World Casino-- Catskills, NY trip.* Can you get enough of **Elvis**? Enjoy a lovely ride to the Catskills. Included: King in Concert show, Buffet Lunch and \$25 free slot play, driver gratuity. The \$145 Payment to FNCS is due by May 5. Please mail to the address above. Please include your date of birth for the player card. **THIS TRIP IS A GO.**

*Day Trip October TBD. Lake George Cruise-* Take a 2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet

will be served on board. Keyboard entertainer performs. Stops at scenic Prospect Mountain and the Lake George Outlets with 30 stores to explore. The \$131 payment to Landmark Tours is due by August 19th. Please mail to the address above. **This trip sold out last year, so reserve early.**

*Four Day Trip September 30- October 3. Lancaster, PA. Sight & Sound production of the biblical show Daniel.* Cost \$646, per person dbl. occupancy - \$25 discount if paid in full by **June 20th**. Includes: Sight & Sound Theater show, tour of Philadelphia, time in Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail to the address above. Call now to reserve your spot.**

*Day Trip Friday December 13. Festival of Trees and Red Rose Lunch.* Enjoy the uniquely decorated Christmas Trees at the Mass Mutual Center in Springfield. Enter a chance to win a tree and associated gifts. Some are worth hundreds of dollars. Then walk over to the Red Rose Italian Restaurant for lunch: pizza, salad and bread. The \$TBD Payment is due by October 25. Please mail to the address above.

## Do you know about the Hilltown Driver Pool Program?

This is a door-to-door service provided by members of your community looking to support your occasional transportation needs to important medical appointments, related errands and trips to the grocery store. Residents from the towns of Chesterfield, Cummington, Goshen, Hinsdale, Peru, Plainfield, Windsor, Westhampton and Worthington who are ambulatory and at least 60 years of age are eligible for service. This is a grant-funded program; suggested donations range from \$5-\$10. Interested in being a driver? Schedules can be very flexible. For services or more information about supporting this program as a driver reach out to Ed Pelletier at **(413) 296-4232** or email: [ride@hilltowncdc.org](mailto:ride@hilltowncdc.org).



### Please take this Hilltown CDC survey:

The Hilltown CDC is applying for funding that supports important programs in our community: the Goshen Food Pantry, the HEN Program, Health Outreach Program and the Housing Rehabilitation Program. You **do not** have to be a recipient of these programs, but **you do** need to be a Hilltown resident. Please take a few moments to share your important feedback and support of this valuable Hilltown resources:

<https://www.surveymonkey.com/r/KTMT25C>

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# CHARITY SCAM

You get a call from a charity looking for donations. Scammers try to fool you into giving money using these tactics:

- They rush you into making a donation;
- They use names that sound like a real charity;
- They change the caller ID to make you think it's a local caller.

## WHAT CAN YOU DO TO MAKE SURE THE MONEY IS GOING TO A GOOD CAUSE?

- Research the charity before donating;
- Verify that the organization is registered with the MA Attorney General's Office;
- Look up the charity online & read what others are saying about it.



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 Attorney General