

# Goshen Council on Aging

## March 2024 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

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

## St. Patrick's Day Luncheon

Tuesday, March 12th at Noon  
Goshen Town Hall

Our monthly local lunch will be our Annual St. Patrick's Day celebration hosted by Bill O'Riordan! This year our special speaker will be Dana Warren, a junior at Hampshire Regional High School. Dana will talk about her experience growing up Irish and her trip to Ireland. She will entertain the crowd with Irish tales, songs, and music. We will also have a sing-a-long of Irish songs led by Steve Calderone. Jerry from Spruce Corner will be serving up the traditional Corned Beef dinner with potatoes, carrots, cabbage, and rye bread. There will also be a new vegetarian Irish stew. And, of course, we will have a special dessert. Please call Kerry Normandin at 268-9354 **by March 6** with your meal choice. Suggested five dollar donation appreciated.



**NEW: March 9 from 2-3:30pm** in the dining room of Goshen Town Hall- The COA will host a **Free Writing Workshop** with Lara Tupper, local published author of three books. We will learn practical tips for sustaining a writing habit we can stick with and enjoy! Class size limited, please register with Lara at [www.laratupper.com/contact](http://www.laratupper.com/contact) (contact Kerry Normandin if you need assistance) **by March 5**. This program is free due to the generosity of the Goshen Cultural Council and the Mass Cultural Council. Let's get our stories written down! Adults of all ages are welcome.

**NEW: March 15- Pauline Productions**, led by Goshen resident Jeanine Haas, is putting on a play named **The Cemetery Club**, a comedy by Ivan Menchell. This play ran on Broadway in the 1990s and was made into a major motion picture. It is about a group of friends who meet monthly for tea to visit their husbands' graves. When one of them meets a fellow she likes, the friendship hits

some rough water. The van from the Hilltown CDC has been reserved for those who need a ride, and will pick up at the Goshen Town Parking Lot at 1:15. The play is at the First Congregational Church of Ashfield and it starts at 2pm. The COA will purchase the tickets. Please contact Kerry Normandin at **268-9354** or via email at [coa@goshen-ma.us](mailto:coa@goshen-ma.us) **by March 8** if you would like to join us and/or if you need a ride. It will be a fun day!

**NEW: March 21 and 28 from 2-4:30pm- Basket weaving class** taught by Goshen resident Mickey Malinowski. We will learn how to create a beautiful and functional basket in this two part class. All materials provided by the COA and Mickey has generously donated her time and talent. Adults of all ages welcome. Please contact Kerry Normandin **by March 12th** to sign up so we can order materials. Class size limited.

**NEW: Drawing class** beginning early April! Sign up now! Lena Garcia will be teaching a Drawing Class Thursday afternoons 1-3pm **starting April 4** in the dining room at the Goshen Town Hall. This eight week class is geared toward beginners who would like to learn to draw or would like to grow their skills in drawing. Participants will work on a variety of skills in an encouraging and relaxed atmosphere. This class is partially funded by a Goshen Cultural Council grant. You can sign up at [www.lenagarcia.com](http://www.lenagarcia.com) and you will get a supply list once registered.

**March 1 - Community Connections Group** from 10-11am in the dining room on the second floor of the Town Hall. This month we will have Amy Catanzaro, Au.D, audiologist from Hampshire Hearing and Speech in Northampton. Amy will talk with us about our sense of hearing and give us tips for how to prevent and manage hearing loss in our daily lives. Please join us!



**March 6 - Crafts Group.** We will meet in the upstairs dining room or the library at the Goshen Town Hall from 1-3pm. 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!

Joan Griswold teaches a **great exercise class** in person on **Wednesdays** at 10:15am in the Goshen Town Hall. She also puts this and other classes on Zoom on the other days of the week. Please contact Joan with questions and/or for the zoom links at joan@bybhealth.com.

*Our condolences go to the friends and families of **John Kroll and Rosemarie Clark.***



Rosemarie served our town as a library trustee and as COA coordinator from 2011 to 2017. She was a great friend to all and she will be missed.

**March 19 & 26 - 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 March 19 are Kielbasa with cabbage and onions or Chicken Piccata. On March 26, the meal choices are Greek Salad or Chicken Salad. The meals also include milk, vegetables, and a dessert. If you have not signed up and would like to for April, 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.

**March 20- Games Group-** Our Games Group will be from 1-3pm and continue on the third Wednesday of each month. We meet in the dining room on the second floor of Town Hall, or some-

times the Library. Please join us for a fun afternoon! We have many different games to play!

**Foot Clinics with Piper Sagan** - Goshen residents are able to sign up for this service of medically based foot care through the COA in Cummington (**634-2262**) or Williamsburg (**268-8407**). Appointments include assessment of foot structure, health of the skin, toenails, and circulation. Nails are clipped and filed, dystrophic nails are thinned, and painful calluses are reduced. Recognizing the importance of this service, **the Goshen COA will pay 10 dollars towards the \$50 fee.** Piper also does home visits for \$80, contact her directly at 413-522-8432 for in home service.

**Inclement weather clause**– *Please be aware that if the Hampshire Regional School District is closed, any COA programming that day will be canceled.*

***Happy Birthday in March!***

Mary Berube, Susan Macdonald, Bernard Kubrak Jr., Edwin Brennan, Paul Britt, Ann Schmitt, Ross Lafond, Susan Labrie, Robert Bushee, Edward Connell, Denise Luczynski, Theresa Bothwell, Alison Bowen, James Murdock, Stanley Dewey, William Benoit, Sheryl Gardner, Robert Raymond, Michael Kurland, Lawrence Hodge, Maria Rooney, Sheila Myers, Thomas Vincent, James Vogel, John Dolven, Joe Roberts, David Silvia, Robert Emerson, William Sbrega, Brooke Schnabel, Beverly St. Amand, Elaine Ulman, Edward Arnold, Catherine Sands, Carol Monaghan, Jim Krebs, Mary Ann Korash, Lynne Paterson



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

\_\_\_\_\_

# SAVE THE DATE!



**TechConnect Fair**  
**APRIL 6, 2024, 10 AM-3 PM**  
 New Hingham Elementary School  
 Chesterfield

Join us for a festive event offering technology support and exploration, giveaways, and more.  
 For adults 60 and older.



A program of the Northern Hilltown's Consortium of COAs

[www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

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!

*May your troubles  
 BE LESS AND YOUR  
 blessings be more  
 AND NOTHING BUT  
 happiness come  
 THROUGH YOUR DOOR.  
 -Irish Blessing*

## The English Language – gotta love it...

I enjoy those pieces that question why our language includes things such as spellings that are the same but the sound is different, e.g., cough, rough, though, and through. Then there are the words that just make me smile, like “kerfuffle”.

Our language changes all the time, too. We now have phishing and smishing and vishing and catfishing, and more. The AARP has a nice page with some definitions:

[www.aarp.org/money/scams-fraud/info-2023/glossary-of-scam-terminology.html](http://www.aarp.org/money/scams-fraud/info-2023/glossary-of-scam-terminology.html)

A few highlights – phishing means they send real-looking emails to get us to click and provide information. Smishing means real-looking and sounding text messages on our phone. Vishing is a voice message, again to get us to buy something or to provide information. Catfishing is making a fake online profile, perhaps to start a romance scam or begin an online game and from that a relationship (which likely won’t end well).

Never mind the word, the idea is the same. A hacker or scammer pretends to be our bank or Medicare or the insurance company. He or she sounds real or friendly or helpful or scary, depending on how they are working their scam. They are trying to get us to willingly give up critical information so they can steal something from us, like our identity or funds in our bank account. Apparently tax season causes a rise in all these things, including fake emails – phishing! to get tax identifier numbers. If it happens to us, we can report this to [phishing@irs.gov](mailto:phishing@irs.gov)

Here’s to safe fishing,  
 Jean O’Neil  
 TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

## March's Good News

By Deb Hollingworth

Donald Trump, Joe Biden and Bernie Sanders all agree on one thing. The cost of our prescription drugs is too high. Americans pay more for their Rx than any other nation. This is not news: we know this.

The Good News is that efforts to reduce our cost are underway, starting with the Biden administration's Inflation Reduction Act which became effective August 16th, 2022. As of January 2023, co-pays for most insulins are now reduced to \$35/month or less. Vaccines are now zero co-pay including the shingles vaccine. Next year OOP starts. That's a cap on Out Of Pocket spending on Rx. So once you have spent \$2,000 in co-pays on your prescriptions, you will not have Rx co-pays for the remainder of the year.

The Federal government is also targeting high cost Rx. We have to wait until January 2026 to see savings on Eliquis, Xarelto, Jardiance, Farxiga, Entresto, Imbruvica and Stelara which are on the list of the first 10 Rx to be reduced. And in 2027, we'll see another list of 10 Rx to be reduced. This is because Medicare will be able to negotiate with the drug manufacturers and pharmaceutical companies will have to pay a "rebate" if they raise their prices more than the rate of inflation. This may seem like a slow process, but it's progress.

In Massachusetts, we've had out of pocket spending limits for Rx co-pays with our Prescription Advantage program since the 1990s, but this has only been available to lower income residents. The Federal OOP program does not have income/asset eligibility rules. Everyone is eligible. For more information on Rx costs, or if you have questions about generics, or other cost savings measures, you can contact the Pharmacy Outreach Program at **866-633-1617** or call your senior center to ask for an appointment with your SHINE counselor.



## Technology Help and Training for March



**Volunteers Still Needed:** to learn more about what's needed to help others with technology contact the Volunteer Coordinator at **413-296-5548**, email [coatechvolcoor@gmail.com](mailto:coatechvolcoor@gmail.com), or visit the website [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org).

### Tech Support

- Support available by email: [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com), phone or text msg **413-296-5080**. Response within 24 hours.

### 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 3/12 from 10 to Noon, Williamsburg  
*Repeats 2nd Tues of each month*
- Nash Hill Place Resident Drop-In tech support, Thurs 3/12 from 10:00 to Noon  
*Repeats 2nd Tues of each month*

### Tech Training:

- Beginner's Computer / Laptop Class  
Thursdays 1:00 – 3:00, for 6 weeks starting 3/7 through 4/11, or 4/18 through 5/23
- Intermediate Windows Computer Class  
Wednesdays 10:30 – Noon, for 6 weeks starting 2/21 through 3/27 or 4/3 thru 5/8

All classes held at the Chesterfield Community Center, 400 Main Rd, lower level.

Must register for classes or workshops no later than one week before the scheduled training date. 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)

### Event Save The Date:

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

## 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 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 \$131 (price correction) Payment to FNSC is due by March 12. Please mail them to the address above. **A few seats are 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 - is due NOW. Make payment to Diamond Tours and mail to the address above. **A few seats are available.**

*Day Trip Thursday June 13. **Timeless Music Pop to Broadway*** – Luncheon and Show at Storrowton 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 FNSC 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. Waitlist available.**

*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 October 14th. **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.**

*NEW Day Trip October 15. **Culinary Institute of America--*** Enjoy a "CIA" experience, lecture and tasting with lunch at Catarine de Medici. The \$TBD Payment to Francine Frenier is due by August TBD. Please mail a check to the address above. This trip will depart from Hadley.

*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.

## Summit to Fight Fraud: Preventing Fraud and Scams for Older Adults and Others Tuesday, March 19th at 10am

Sponsored by Investor Protection Trust, and presented with the Massachusetts Securities Division, the Pension Action Center will host a free in-person **AND live-stream event** on fraud prevention on Tuesday, March 19th. The event is free of charge, but registration is required.

Hosted in the UMass Ballroom space from 9am-3pm, with programming starting at 10am after a breakfast welcome reception, we will gather a group of experts in this field: guest speakers and panelists including several Q&A sessions. We aim to have presenters from community law enforcement, AARP MA, the Banker's Association, state officials, in addition to other stakeholders and experts in this space.

Link to Register: <http://tinyurl.com/2rkbejux> OR email your COA Coordinator/Director for the link.



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Town of Goshen  
40 Main Street  
Goshen, MA 01032**

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US POSTAGE  
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Greenfield MA

**Goshen COA  
Board:**

Kerry Normandin,  
Coordinator

Henrietta Munroe

Pat Wheeler

Nancy Wood

Patti Woodward

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Newsletter Editor  
and Designer:  
Kristen Estelle  
regionalcoanews@gmail.com

**This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.**

**NEW Drawing Class in Goshen!**

*Thursdays, April 4 - May 23 from 1-3pm*  
Goshen Town Hall - Upstairs  
Suggested Donation of \$10 per class

This eight week, two hour drawing class is geared for beginners who would like to learn to draw, or would like to grow their skills in drawing. We tackle questions like "How do you break down what you see in order to draw it?" "How can you see the shape, line, value?" and "How can I suggest movement within my drawing?" Senior, adult and teen participants will work on these skills in an encouraging and relaxed atmosphere. Each class will begin with a warm up, and then a drawing project. The goal is to stretch our brain, try something new and to have fun together.



*Save the Date: Saturday, April 13th at 3pm*

**4D1G Gospel Quartet**

Goshen Congregational Church  
45 Main St., Goshen

Come enjoy this HymnSing and gospel music with us! Dennis Ainsworth on piano. More details to follow.

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*Save the Date: Saturday, April 27th, 9-3pm*

**Spring / Summer Clothing Exchange**

Goshen Congregational Church  
45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! More details to follow.

