

Goshen Council on Aging

April 2024 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

Kerry Normandin, Coordinator
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coa@goshen-ma.us

Williamsburg Snack Bar Outing

Tuesday, April 9th at 11:30am

Our monthly local lunch will be an outing to the Williamsburg Snack Bar. We will meet there at **11:30** and join together for a lunch of your choice from their menu (\$15 maximum). Please call Kerry Normandin at 268-9354 by April 2 so we can let the restaurant know how many people to expect. Suggested five dollar donation appreciated.

April 2, 9, and 23 (no class April 16 or 30)

Tai Chi Classes continue with our interim teacher Janet Clark on April 2, 9, and 23 in the Goshen Town Hall from 9-10am. Join us to work on your strength, balance, and peace of mind. All are welcome.

April 3 - Crafts Group. We will meet in the upstairs Dining Room or the Library at the Goshen Town Hall from 1-3pm. Feel free to bring whatever craft or needlework project you are working on. We have some very talented people in the group who are willing to answer questions and give helpful advice and tips. Join us for a fun afternoon of creating!

Drawing class- Lena Garcia will be teaching a Drawing Class on Thursday afternoons from 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 (call Kerry if you need assistance) and you will get a supply list once registered.



April 5- Community Connections Group from 10-11am in the dining room on the second floor of the Town Hall. This month we will have James Kitchen, a musician and artist from Chesterfield, who will delight us with a variety of musical instruments both old and new! Come and hear interesting stories about the Victrola. It is sure to be a fun time! Please join us!

April 6- Tech Connect Fair at New Hingham School at 30 Smith Rd. in Chesterfield. Drop in any time between 10am and 3pm - bring a friend or 2 or 3! Residents of all towns are welcome. More details in the Regional Section. You are sure to learn something new about technology that you can use in your daily life. Door prizes given away every half hour!



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.

April 16 and 23 - 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 April 16 are Meatball Stroganoff or Lasagna and on April 23, the meal choices are Minestrone Soup or Sausage and Onion Quiche. The meals also include milk, vegetables, and a dessert. If you have not signed up and would like to for May, 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.

April 17- 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, or sometimes the Library. Please join us for a fun afternoon! We have many different games to play! All are welcome.

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.



Re-imagine Goshen Center Fundraisers

Spaghetti Dinner & Raffle: Saturday, April 27, 5:30 pm, in the town hall. Suggested donation: \$20 pre-registration (no later than April 22), \$25 at the door. Doors open at 4:30 pm for raffle ticket sales. Raffle at 6:30 pm, must be present to win.

To register: 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. You may also email reimaginesoshen01032@gmail.com or call Lorraine at: 413-268-3660.

Bottle Redemption: The Open Space Committee and the Goshen Transfer station invite residents to donate their redeemable bottles in support of the Re-imagine Goshen Center project. Starting March 30, a barrel will be available to drop off your redeemable containers. For more information, see contact information above.

SAVE THE DATE!

We will be hosting a trip to the **Worcester Red Sox** on **May 15** for the 11:15 game - our seats will be under cover along the first base line! More details to follow- call or email Kerry if you are interested.

Goshen Age Friendly Program- Please call Henrietta Munroe at 268-7465 if you need any durable medical equipment free of charge. We have a variety of items to loan.

Be sure to check out the website northernhilltownscoas.org for all sorts of great information!

Happy Birthday in April!

Michael Grinley, Claire Byrom, Stephen Fancy, Peter Therkelsen, Annmarie Dresser, Steven Rida, Elizabeth Loven, Loretta Patton, Scott Healy, Martha Monaghan, Steven Barrus, Michelle Parsons, Patricia Roguz-Britt, June Millington, Jeffrey Murphy, Ann Marie Deres, Francis Burnett, David Tirrell, Richard Barton, James Berube, Robert Haskell, Steven Daiber, Judi Morin, Doris Barbeau, Marcia Phillips, Victoria Verge



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

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!



After the Scam...

So you have been scammed. You may have lost money, a sense of security, or just pride. What do you do? Consider these options:

1. Crawl in a corner and cry "poor me, poor me" for awhile.
2. Complain to friends and family at length, accept sympathy.
3. Get ready to move on, learning how it happened and determining to never let it happen again. You might enlist one of those friend and family folks here.
4. Submit a report or complaint to the proper authorities.

I think number 1 would be very tempting, number 2 might be somewhat satisfying. But numbers 3 and 4 are the best choices!

This is a good read for the problem: <https://consumer.ftc.gov/articles/what-do-if-you-were-scammed>. Your first action after realizing there has been a scam is to try and limit your loss. Call the local police department to see if they can help, especially if you lost money or property or had your identity compromised. The sooner the scam is reported, the better the chance that police can recover some money. Contact your bank and credit card firms and tell them there was a fraudulent charge, freeze your credit reports, and change passwords.

Next, if you did lose money, call the National Elder Fraud Hotline at 1-833-372-8311. A case manager will help you through the reporting process and through any remaining steps to take, depending on the type of scam.

If the scam is computer-based, it is also a good idea to report this to the FBI's Internet Crime Complaint Center at www.IC3.gov for their tracking of cyber crimes. You can also contact the Federal Trade Commission – go to ftc.gov for a reporting form. You describe what happened, read their suggestions for next steps, and know that they will share reports with investigative agencies to help others.

After you have limited your loss, be brave and tell others to try and warn them. Post on social media, call those who you think might be vulnerable. Please know you are not the only person who has been scammed – many others have and will be, sadly.

Be brave!
 Jean O'Neil
 TRIAD Committee member
jeanoneilmass@gmail.com
 413-268-2228

Technology Help and Training for April



Volunteers Still Needed: to learn more about what we need volunteers for in providing help to others with technology, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or visit www.northernhilltownscoas.org.

Tech Support

- Support available by email: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within a day.

Drop in Center Hours:

(no appointment needed)

- Weekly on Tuesdays from 11:00 to 2:00 at 400 Main Rd. Chesterfield Community Center
- Monthly at Meekins Library Drop-In tech support on Tuesday 4/9 from 10 to Noon, Williamsburg
Repeats 2nd Tues. of each month
- Monthly Nash Hill Place Resident Drop-In tech support, Tuesday 4/9 from 6pm-8pm
Repeats 2nd Tues. evening of each month

Tech Training:

- Beginner's Computer / Laptop Class
Thursdays 1:00 – 2:30, restarting 4/25 for six weeks through 5/30
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, restarting 4/24 for 6 weeks through 5/29

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

Must pre-register for classes no later than one week before the scheduled training date.

Email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Event:

On **Saturday, April 6th** we will be holding a **FREE TechConnect Fair** with vendors, mini-workshops, information, walk-up tech questions answered, activities, giveaways and door prizes at New Hingham Elementary School, Smith Rd, in Chesterfield. Bring a friend!



April's Good News:

MassHealth Has Released the Medicare Savings Program Application!

By Deb Hollingworth

This Federal benefit program, administered by MassHealth, can reduce your health insurance costs by: paying your Medicare B premium which is \$174/ month this year. It also automatically gives you Extra-Help which is a program that subsidizes your Rx costs, and you get Health Safety Net coverage for hospital costs. If your income is low enough, the Medicare Savings program will, in addition, also pay co-pays for medical services like doctors visits, tests, and emergency services.

This is a great program and the financial eligibility guidelines have changed. Income can be as much as \$2,824/month if you are single and as much as \$3,833 if married. As of January 1st this year, Massachusetts became the 11th State to eliminate the assets limit for this benefit. Eligibility is determined by income alone.

The application is one page, with your signature required on the back side. Applications are now available. I don't know if you've been doing the math, but the savings on your Medicare B premium, which is now being deducted from your social security check, will be restored to your retirement benefit for a yearly savings of over \$2,088 this year. You can get an application, and description of the Medicare Savings Program and how it works, from your Senior Center. If you have questions, or need help determining if you are eligible, or help getting the application completed and submitted, you can ask for a SHINE consult.

This change has been a long time coming and you can thank Mass Senior Action which is our advocacy voice for Massachusetts Seniors.

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.

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 short wait list is available.**

Day Trip Thursday June 13. Timeless Music Pop to Broadway – Luncheon and Show at Storwton 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. **A short wait list is available.**

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. 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. **A short wait list is available.**

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.

Seniors Aware of Fire Education

This month the Senior SAFE focus is on fall prevention. Falls are the leading cause of death from unintentional injury among older adults. Here are a number of things you can do to keep from falling down:

- 1. Exercise Regularly.** It will help you build strength and improve your balance and coordination. Ask your doctor about the best things to do. Take advantage of your Council On Aging exercise group.
- 2. Take Your Time.** Get out of chairs slowly. Sit for a moment before getting out of bed. Stand up and get your balance before you walk.
- 3. Keep Stairs And Walking Areas Clear.** Remove any clutter from walking areas.
- 4. Improve Lighting In And Outside Your Home.** Use night lights or a flashlight to light the path from your bedroom to the bathroom. Turn on the lights before using the stairs.
- 5. Use Non-Slip Mats** In the bathtub and shower. Have grab bars installed next to the bathtub, shower and toilet. Wipe up spilled liquids immediately.
- 6. Avoid Uneven Surfaces.** Use only throw rugs that have built-in non-skid backing. Use non-skid pads under rugs. Smooth out wrinkles and folds in carpets. Be aware of uneven sidewalks and pavement out doors.
- 7. Stairways Should Be Well Lit.** Lighting from both the top and bottom of the stairway is important. Have easy-to-grip handrails along the full length on both sides of the stairs.
- 8. Wear Sturdy, Well Fitting Shoes.** Low-heeled shoes with non-slip soles are best. They make a fashion statement and are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.

Be SAFE and fall free!

--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.

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

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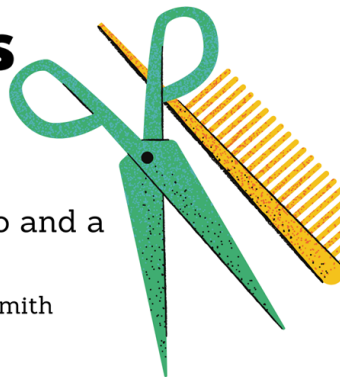
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\$5 haircuts

SMITH VOCATIONAL
COSMETOLOGY



Ready for a fresh 'do and a
new you?

Get your haircut at Smith
Vocational!

WHEN: Tuesdays & Thursdays,
call to schedule

WHERE: The Salon is located in Room 124 of
Building A at Smith Vocational High
School, 80 Locust St., Northampton.

WHAT ELSE: Manicures, colors, facials, and other
hair care options, call for other prices

HOW TO BOOK: Simply call 413-587-1414 ext. 3531 for
an appointment. All are welcome!

Drawing Class in Goshen!

Thursdays, April 4 - May 23 from 1-3pm
Goshen Town Hall - Upstairs
42 Main St. Goshen
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. Supply list provided upon registration. Register at www.lenagarcia.com

