

Goshen Council on Aging

May 2024 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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



May Luncheon

Tuesday, May 14th at Noon



Our monthly local lunch will be at the Town Hall at 12 noon (back up location plan is Tilton Town Field pavilion). Jerry from Spruce Corner will be treating us to your choice of Stuffed Shells or Seasoned Chicken Thighs, with roasted potatoes, green beans, tossed salad, and rolls. A delicious dessert will be created by Peggy Hewes. Please call Kerry Normandin at 268-9354 **by May 7** with your choice of meal. A suggested five-dollar donation is appreciated.

Take Me out to the Ball Game... 
Wednesday, May 15th

The COA is 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 baseline! We will have transportation leaving the town parking lot at 9am and returning at approximately 4pm. The COA will cover the cost of the game and transportation, and lunch will be on your own at the ballpark. **Please contact Kerry ASAP and no later than May 7 to reserve your spot!** This will be a great day!

As you may have noticed, the windows of our beautiful town hall have been removed for restoration. The process of re-installing these windows will be happening on various days through May. We are hoping this will not interfere with any of our events, but we have some back up plans just in case.

Newsletter Update: As our world changes, so must we. For the last several years we have had grant funding for creating, printing, and mailing our beloved COA newsletter to residents. This funding has ended, and despite our best efforts, we were unable to secure further money for the printing and mailing of our newsletter. The good news is

that we will continue to create the monthly letter, but it will only be available online or via email. We hope you stay connected by emailing our newsletter designer, Kristen Estelle, so she can put you on our email list: regionalcoanews@gmail.com

If you do not have access to a computer, please contact Kerry (268-9354) and we will come up with a solution together. Our goal is to be sure you all remain informed of upcoming events and important news. Please bear with us as we make this transition in July.



We all had a great time creating unique baskets with Mickey Malinowski! Thank you, Mickey!

May 1 - 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!

May 3- Community Connections Group from 10-11am on the first floor of the Town Hall. This month we will have our favorite sound healer, Jennifer O'Connell. Sound healing is an ancient wellness practice which involves listening to and feeling the sounds and vibrations from chimes and crystal bowls. It is a relaxing and rejuvenating experience! This time, we will have cots and yoga mats available for those who wish to lie down. Please join us!

May 7,14, 21, and 28 - Goshen's own Richard Larson is back to teach our Tuesday **Tai Chi classes** combining the eight ways of Tai Chi Chuan and extending these to the expressive freedom of more general movement which will enhance peace of mind, balance, and the body's ease of movement. Richard studied at the NY school of Tai Chi Chuan, and currently practices at the Long River Tai Chi Circle. He also has been a mover and dancer for many years and enjoys sharing the gift of moving with others. Classes will be held at the Goshen Town Hall from 9-10 am (back up location at Tilton Town Field Pavilion).

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.

May 10- Through the TechConnect Grant, we welcome **Tech Hub of Western Mass** to Goshen on Friday, May 10 in the upstairs dining room of the Goshen Town Hall. (Back up location plan is back room of Town Offices). Tech Hub is a non-profit organization committed to bridging the digital divide in our community. From 9-10 am, representatives will teach a class on all the Basics of Email. Please bring your own device if you have one, but there will also be computers set up if you do not. From 10-12, there will be drop-in hours for any type of assistance you may need with your phone, tablet, or computer. Come to learn and come to get your questions answered!

May 15- Games Group- Canceled this month because we will be at the Baseball Game!

May 21 and 28 - 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 May 21 are Chicken Salad or Tuna Salad, and on May 28 the meal choices are Sloppy Joes or Broccoli and Cheese Chicken. The meals also include milk, veg-

etables, and a dessert. If you have not signed up and would like to for June, 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.

Goshen Chief of Police Fred Bezio has alerted the COA that several local older adults have been targets of **"grandparent scams"** in which scammers pose as grandchildren in trouble (or their lawyers) and demand money to be sent by wire, mail, or couriers. The FBI offers these tips: limit personal information posted to social media, hang up on suspicious calls from someone claiming to be a family member and calling that person directly, and never share financial information over the phone. Chief Bezio is available to help investigate potential scams: 413-268-3116.

Save the Date- Car Fit event coming on July 24th- the COA will partner with Springfield College Occupational Therapy program to aid older adults in adjusting their car features to make the fit safer and more comfortable for the driver. This is a national program created by AARP, AAA, and AOTA.



Happy Birthday in May!

Ann Hackler, Alice Barrett, Gaye Reinhold,
Susan Zuroff, Janet Goss, John Miller,
Robert Berrena Jr., Rosemary Bienz,
Glenn Richardson, Michaela Malinowski,
Darlene Wolfe, Diane Jones, Richard Polwrek,
Edward Roberts, Donna Hewes, Edward Dzenis,
Peri Hall, Russell Papineau, Mary Richardson,
William Gardner, Hermine Antelman

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 _____



TechConnect Fair a Success!

On Saturday, April 6th the TechConnect program held a first of its kind northern hilltowns Consortium of COAs Fair. The event was hosted by the New Hingham Regional Elementary School in Chesterfield. Over one hundred people attended the fair! There were seven exhibitors, including AARP, the NW District Attorney's office, Meekins Library, Comcast, Whip City Fiber, Tech Hub from Holyoke and the Alliance for Digital Equity Network. TechConnect staff hosted tables where fair participants could tour the Northern Hilltowns Consortium website, northernhilltownscoas.org, sign up to join the project as a volunteer, get walk-up tech support for technology questions, and sign up for training and workshops. Many people attended the three mini-workshops offered on managing passwords, tech terms and what they mean, and making your tech device fit your needs.

Comments from those who came included: "The training on how to use the Hilltown Consortium website was very helpful". "I appreciated talking about the politics of being sure all people have technology", "I am going home to get my tech-phobic husband and bring him back. I think he would like this!", "This event really lit a fire under me, I have all these things on my list to learn and now I know how to get started". "I love this for our community! Coming here today let's people know they are not alone in their concerns about learning technology."

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!



But I did my MOLST!

In September 2022, I wrote about living wills and the state Medical Order for Life-Sustaining Treatment (MOLST). You may recall that I said a MOLST is an order, while another relevant document, the living will, is more of a conversation. The MOLST takes effect immediately at an emergency, the living will and advance directives come in when you are unable to respond for yourself. That is why having a living will following conversations with your family or friends is so important – it will help them figure out what you would want them to do.

Now, we have the POLST! It is a portable medical order, meaning if you travel in another state, the POLST will most likely apply. The MOLST may not. We were given a POLST form at the hospital a few days ago so they are becoming available.

These two forms are voluntary; you need not think about or plan for your end of life situation. You can also change the forms if you change your mind. Do know, however, that what happens in the future may not be to your liking. For instance, if the ambulance takes you to the emergency room and you do not have a MOLST or POLST on file, or they cannot find it, you will be designated as Full Code. That means if your heart stops and breathing ceases, they will try everything they can to start you back up. That can include chest compressions and intubation.

Where do they find your forms? Your doctor will have one, the person who has your health care power of attorney and any emergency contacts should have a copy. And of course it should be in that red File of Life folder on your refrigerator at home. You can also carry one of those files with you.

Still thinking for the future,
 Jean O'Neil
 TRIAD Committee member
jeanoneilmass@gmail.com
 413-268-2228

Tech. Help and Training for May



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, phone, drop-in or appointment: 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
- Friday, May 3, 17 and 31 from 10:00 to 12:00 at 400 Main Rd. Chesterfield Community Center
- Monthly at Meekins Library Drop-In tech support on Tuesday 5/14 from 10 to Noon, Williamsburg
- Monthly at Nash Hill Place Resident Drop-In tech support, Tuesday 5/14 from 10am-12pm and 6pm-8pm
- May 10th, Goshen COA, 10am-12pm
- May 20th, Plainfield COA, 9am-11am

Tech Training:

- Beginner's Computer / Laptop Class
Thursdays 1:00 – 2:30, continuing through 5/30 (new class starting in June)
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, continuing through 5/29 (new class starting in June)

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

Tech Workshops:

- iPad Basics, Worthington Library, Thurs. 5/2, 1-2
- Email Basics, Goshen COA, Fri. 5/10, 9-10
- Cyber security/online safety in Plainfield, Monday, May 20th 11-Noon

Devices Available:

We received our first shipment of PC laptops, Chromebooks and tablets. If you need a device to

connect to the internet, have something so old it is not working effectively, or need a different type of device please contact us.

Email coatechconnect@gmail.com, leave message at **413-296-5080**, or use online form to make request at: www.northernhilltownscoas.org

May's Good News

By Deb Hollingworth

Just a quick note here on how it's going with the Medicare Savings program that I can't seem to stop talking about. The two page application was just released March 1st and for those who filled one out and got it in, I began hearing from you by the end of March that you had received an approval letter from MassHealth already with benefits to start April 1st. This means MassHealth is taking about 3 weeks to process these applications. Amazing. This program pays your Medicare B premium, so you can expect a letter soon from social security with a new social security benefit statement showing they have put \$174 / month back in your retirement benefit.

It's a good idea to keep that acceptance letter from MassHealth because up in the right hand corner there will be your ID number which starts 1000, followed by about 6-7 more numbers. This number is also your ID for Health Safety Net which is another benefit that you get automatically. Health Safety Net can be a life saver because it pays hospital bills that your Medicare and/or Medicare supplement might not cover. And you may get yet another letter saying you have Extra-help which is a benefit that supplements the cost of your prescriptions. You need to give your pharmacists that ID number and show them the Extra-help letter. Same goes for any hospital bills. You would need to let the hospital know you have Health Safety Net so they can bill any residual costs that your Medicare is not picking up.

And ...this is curious....you may not even have to apply in order to get these benefits? I had a caller who received a letter from Prescription Advantage which is a Rx subsidy program for Massachusetts residents. Her letter said that Prescription Advantage was terminating her coverage because she had gotten the Medicare Savings program. How can this be she asked? She never applied. It seems that MassHealth is reviewing all those who have had Health Safety Net the past few years and are automatically approving them for the Medicare Savings program. This is definitely good news. So if you receive any letters saying you have been approved for Medicare Savings program, and you want to know how that happened, call your senior center and ask for a SHINE consult. We can check it out for you. Same goes if you want an application and are having difficulty trying to find it online- just give us a call.

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. **\$20 discount for any Chesterfield Senior over age 60 who goes on any trip advertised in the newsletter through 2024.**

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 NOW. Please mail to the address above. **A few seats are 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 Friendship Tours is due by June 5th. Please mail to the address above. Please include your date of birth for the player card. **There is a second bus. If interested, call again.**

Day Trip September TBD. Big E. Dependent on the offered entertainment.

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. Ten seats available.**

*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. A 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. **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 \$147 payment to Francine Frenier is due by August 15th. Please mail a check to the address above.

Day Trip October TBD. Boston Fine Arts Museum. In the planning process.

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

Here is an important thing to add to your spring chores. Check your house numbers and make sure they can be easily seen from the road. Why? Seconds count in an emergency! First responders (police, firefighters and EMTs) can find your house faster when your home is properly marked.

Senior 
SAFE

USE LARGE VISIBLE NUMBERS!

- The numbers need to be at least 4-inches in height and facing the street. (Some communities require taller numbers.)
- The letters should be on a contrasting background so they can be seen from a distance.
- The numbers should be under lighting so they can be seen at night.
- If possible, the outside lights should be turned on for the responders.
- If your driveway is long and if your house is not visible from the road, put your house number on both sides of your mailbox, or on a sign post at the end of your driveway. (The Hampshire County Sheriff's TRIAD program has number signs and posts available to everyone to be planted at the end of the driveway. Contact your COA or police department on how to get the number sign and post.)

Be prepared for the time when seconds count!

--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**

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Goshen COA
Board:**

Kerry Normandin,
Coordinator

Henrietta Munroe

Pat Wheeler

Nancy Wood

Patti Woodward

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.

\$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!

