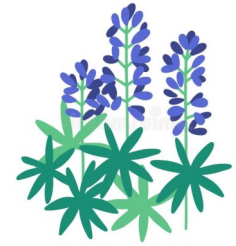


# Goshen Council on Aging

## June 2024 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

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

### Snack Bar Luncheon

Tuesday, June 11th at 11:30am

Williamsburg Snack Bar

109 Main St. Haydenville, MA

Our monthly local lunch will be another outing to the fabulous 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 June 4 so we can let the restaurant know how many people to expect. Suggested five dollar donation appreciated.

### Ice Cream Social

Saturday, June 15th from 12-2pm

Tilton Town Field (*rain location: town hall*)



We will have entertainment by Ray Of Elvis, a world renowned Elvis impersonator from 12:30-1:30! Wear your blue suede shoes and enjoy some great music! Afterward we will have ice cream sundaes with all the fixings- including Elvis' favorite- peanut butter, bananas, and bacon. You Can't Help Falling in Love with this event! We will have picnic tables set up but feel free to bring your own chair. Tell your friends and family members- fun for all ages! Sponsored in part by the Goshen Cultural Council, Mass Cultural Council and a grant from Highland Valley Elder services.

**Newsletter Update:** 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 starting with the August 2024 issue. We hope you stay connected by emailing our newsletter designer, Kristen Estelle, so she can put you on our email list: [regionalcoanews@gmail.com](mailto: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. The COA will make a few copies available in the Library and on the COA shelf of bookcase inside the front door of the Town Offices. Please bear with us as we make this transition in July.

#### June 4 and 18 - Lets bring back Tilton Treks!

We will meet at Tilton Field from 9-10am and walk the back field and/ or the paths that surround it, depending on participant wishes. It is such a beautiful area in Goshen; a lovely place to get some fresh air and exercise. Bring your own water bottle. We will not meet if it is raining.

**June 5 - 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!

**June 7- Community Connections Group** from 10-11am on the first floor of the Town Hall. This month we will have Hunt Chase from the Hilltown Mobile Market to explain all the great benefits of this program and how we can access fresh and local fruit and vegetables. Please join us!

**June 12- Games Group-** Change in date to the second Wednesday, June 12 just for this month

and a permanent change in time from 2-4pm at players' request. Come and join our group for a fun afternoon. Meet in the library or the upstairs dining room.

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.

**June 18 and 25 - HVES lunch-** The HVES lunch is on the third and fourth Tuesdays of the month with pick up from the Goshen Town Hall from 12:30 to 1:00 (please note change in pick up time). The meal choices on June 18 are Ham and Pickle Salad or Egg Salad, and on June 25 the meal choices are Shepard's Pie or Chicken Kiev. The meals also include milk, vegetables, and a dessert. If you have not signed up and would like to for July, 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.

**June 19 -** Through the **TechConnect Grant**, we welcome a skilled volunteer to **help with any type of assistance you may need with your phone, tablet, or computer.** Come to get your questions answered! If you can, call or email Kerry to sign up for a time slot between 1 and 3 pm, but also feel free to drop by with your questions that day! We will be in the Town Hall from 1-3pm. Back up location is back room of the Town Offices.

**June 8th (rain date June 9th)** from 10am-12:30pm **Plant and Tree Walk** at the D.A.R. State Forest. Join Naturalist and Director of the Tamarack Hollow Nature and Cultural Center in Windsor, MA for an easy plant and tree ID walk on a 1 mile round trip walk on the accessible nature trail. Program is free, donations accepted. This program is

supported in part by a grant from the Goshen, Cummington and MA Cultural Councils. To register (required) email: full\_circle\_o@yahoo.com. Visit [www.tamarackhollow.org](http://www.tamarackhollow.org) for more info.

Please remember to take some time to fill in pages of your **Critical Information Binder** that the COA delivered. It will be helpful for you and your loved ones. If you need a binder, contact the COA.

**Car Fit event on July 24th from 9-11am!** 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. It will be held at the Goshen Fire station parking lot. All towns welcome- please spread the word!

**Foot Clinics with Piper Sagan -** Goshen residents are able to sign up for this service through the COA in Cummington (634-2262) or Williamsburg (268-8407). Recognizing the importance of this service, the Goshen COA will pay \$10 towards the \$50 fee. Piper also does in home visits for \$80, please contact her directly at 413-522-8432.

**Happy Birthday in June!**

Edmond Greenwood, Donald Boisvert,  
Lynn Rancourt-Tomasaukas, Terrylee Crowther,  
Andrew Perkins, John Monaghan, Martha Sites,  
Colleen Wilcox-Mayer, James Durant,  
Patricia Murphy, Susan Wallace, Steve Calderone,  
Tara O'Brien, Constance Schwaiger, James Sands,  
Mary Georges, Diane Mollison, Nancy Parlakulas,  
Gregory Linscott, Robert Albrecht, Jean Adamites,  
Jonathan Mayer, Richard Williams, Henri Zajac,  
Deborah Zebrowski, Rebecca Barrows,  
Valerie Durant, Joanne Bradshaw, Marc Fromm,  
David Lutz



***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**

As summer approaches, many of us are planning road trips, staying in hotels and motels. Here are a few fire safety tips for hotel/motel stays:

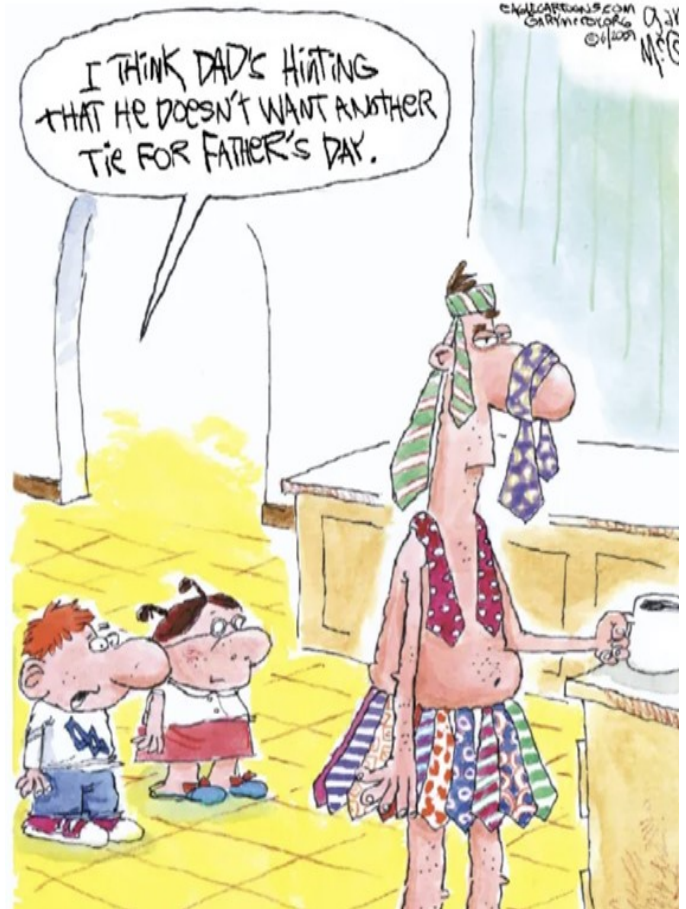


- Select places that have sprinklers and smoke alarms in each room.
- When you get your room, count the number of doors down the hall to the nearest exit.
- If you are deaf or hard of hearing, ask for a Hearing Impaired Kit or for a room that has a strobe alarm in the room.
- Keep your room key, eyeglasses, wallet and flashlight on the night table. When the smoke alarm sounds, take these things with you.
- Feel the door with the back of your hand. If it is hot, don't open it.
- If it is cool, open the door a crack. Be ready to close the door if heat, flames and smoke rush in.
- If there is just some smoke in the hall, get low and go, go down the hall counting the doors to the exit.
- Get out and stay out until the fire officials say it is safe to return.

Have great and SAFE adventures!

--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.*



**Crypto – warning, Will Rogers...**

You've read some news about cryptocurrency, right? Bitcoin? Blockchain? Cryptocurrency is digital money that can be used to purchase things or to form part of an investment strategy. Please do remember though that it is unregulated and the values are highly volatile, so getting into this new form of currency is a high-risk venture.

Also, the skeptic in me points out that the word "crypto" means secretive or hidden, often used in combination with other words such as cryptography, the "practice and study of hiding information". Cryptic coloration is one form of camouflage in animals.

I have paid only passing attention to the development of cryptocurrency, but now, what a surprise, we find crypto sneaking into scams. Actually, there is nothing sneaky about it. Barging is more the correct word! When a scammer requests that we pay up, he or she used to ask us to wire money or send gift cards. Now they may request that we buy cryptocurrency.

Worse, as I learned in a recent AARP newsletter, there are ATM machines that deal in cryptocurrency. The scammer can tell us to go find one of those, easily done, and put in X amount of cash. We might as well be digging a black hole and dumping the cash into it!

Please be safe,  
Jean O'Neil  
TRIAD Committee member  
jeanoneilmass@gmail.com

## Tech. Help and Training for June



**VOLUNTEERS STILL NEEDED:** to learn more about what we need volunteers to do for individuals in your town, contact Volunteer Coordinator: **413-296-5548**, [coatechvolcoor@gmail.com](mailto:coatechvolcoor@gmail.com), or through [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### Tech Support Available

Help by email, phone, drop-in or appointment: [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com), phone or text msg **413-296-5080**. Response within a day.

### Drop in Centers:

*(no appointment needed)*

- Chesterfield Community Center, 400 Main Rd.  
Weekly on Tuesdays from 11:00 to 2:00  
Bi-Weekly on Fridays from 1:30 to 3:30
- Williamsburg  
Meekins Library Drop-In tech support monthly  
2nd Tuesday 6/11 from 10 to Noon  
Nash Hill Place Resident Drop-In tech support  
monthly, 2nd Tuesday 6/11 from 10 to Noon
- Worthington Library  
Drop-In tech support, 2nd Thurs. 6/13, 1-3pm  
{appt. preferred}
- Goshen Town Hall, 42 Main St.  
Drop-in tech support, Weds. 6/19 from 1-3pm
- Plainfield Shaw Memorial Library  
Drop-In tech support, 3rd Thursday 6/20

### Tech Training:

- Beginner's Computer / Laptop Class  
Thursdays 1:00 – 3:00, 6/6 through 7/11
- Intermediate Windows Computer Class  
Wednesdays 10:30 – Noon, 6/5 through 7/10

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

### Tech Workshops:

“Cutting the Cable” with Streaming

- Chesterfield Community Center Tues 6/18,  
6:00 to 7:00pm
- Westhampton Public Library Wed 6/26,  
10:30 to Noon

### Devices Available:

We have 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](mailto:coatechconnect@gmail.com), leave message at **413-296-5080**, or use online form on our website: [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### **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](mailto:francine.frenier@gmail.com). Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

**NEW Day Trip Friday, June 14. Block Island.** Enjoy a guided island tour and luncheon at the National Hotel. Make payment to Landmark Tours for \$160 and mail to the address above NOW.

**NEW Day Trip Tuesday, July 2. Encore, Everett, MA Casino trip.** Free \$20 slot play. Lunch on your own, options available on site. Make payment to Francine Frenier for \$42 and mail to the address above NOW.

**NEW Day Trip Friday, August 23. Essex Steam Train & Riverboat, Essex, CT.** A train and riverboat excursion awaits. Includes luncheon at Griswold Inn. Make payment to Landmark Tours for \$136 and mail to the address above by July 20th.

**NEW Day Trip Friday, September 13. Boston, MA Charles River Sightseeing Cruise & Harvard Museum of Natural History, home of the Glass Flowers.** Includes lunch at The Cheesecake Factory. Make payment to Landmark Tours for \$124 and mail to the address above by August 1st.

**Day Trip September 9-29 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.**

*Continued on back page.*

## The Newsletter is Changing

There are some changes coming with this newsletter and we'd like to let you know what to expect.

First, a brief background. In its current format, the newsletter is a group effort of all seven towns that make up the Northern Hilltowns Consortium of COAs: Chesterfield, Goshen, Cummington, Plainfield, Worthington, Westhampton and Williamsburg. The newsletter has both a local section and a regional section. The regional section is the last four pages of the newsletter and includes information relevant to folks in all the Consortium towns. The local section is either two or four pages, depending on which town you live in. The local section includes information about activities and services specific to your town.

For the last several years, the monthly newsletter has been primarily funded by a generous Service Incentive Grant originally administered by the Executive Office of Elder Affairs and, recently, by the Massachusetts Councils on Aging. Last year we also received some funds from a specific line item in the state budget.

Many people in the Consortium have worked long hours to apply for and then manage this funding. This includes keeping in contact with people in the relevant agencies and our state legislators. That funding allowed us to produce, copy and mail a paper edition of the newsletter to all of you.

**All of us- COA coordinators, directors and volunteers- have happily done this work because we truly believe the newsletter is a vital resource for our communities.** Because it has been mailed to every household in the seven Consortium towns that has a resident who is 60 years old or over, it is our primary means of sharing information with you about everything we do – from lunches and crafting groups to information about home safety and medical insurance and everything in between.

We also believe that a paper newsletter matters to our readers, even if the world is moving on to solely electronic means of communication. Many of you have told us how much you value receiving a traditional paper newsletter.

Unfortunately, the funding that has allowed us to copy and mail this newsletter has nearly run out. Despite our best efforts, we have been unable to find alternate funding. In an increasingly digital world, funding for copying and mailing a paper newsletter is no longer supported. Reading online has become the norm.

To that end, we would like to inform you about what will be changing. Unless your COA makes

specific alternative arrangements, the July 2024 issue of this newsletter will be the last time we mail a paper copy to you. After July, we can still provide you with an electronic copy of the newsletter.

Readers who currently receive the newsletter as a PDF via email will continue to receive it that way. Readers who do not receive the newsletter via email but would like to, please contact our newsletter editor, Kristen Estelle, with your name, email **and mailing address**, so she knows which town's newsletter you'd like to subscribe to: **regionalco-[anews@gmail.com](mailto:anews@gmail.com)**

In anticipation of this change, we have created a user-friendly and informative website, where you will be able to access the newsletter for all the consortium's towns: **[northernhilltownscoas.org](http://northernhilltownscoas.org)**

We understand that many of you may not want to receive the newsletter by email or do not have the technology to do so. Please know we are working to ensure the newsletter reaches you. As you see on the previous page, our TechConnect team offers technology classes, as well as free devices you can use to go online. Additionally, some of the COAs are considering leaving paper copies in public places around town. Check the local news portion of the newsletter to see what your town's COA has planned in this regard.

You are always invited to contact your COA with any questions or concerns.



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

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

***On the Road Again: 2024 Trips***  
*continued from page 4*

**NEW Day Trip Friday, October 4. Vermont's Finest.** Stops at Scott Farm Orchard for freshly pressed cider and slice of apple pie, & Robb Family Farm Sugarhouse to sample maple cream and syrup. Lunch at The Marina included. Make payment to Landmark Tours for \$127 and mail to the address above by August 19th.

**NEW Day Trip Tuesday, 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 Monday, October 21. Boston Fine Arts Museum.** Guided tour and many exhibits to explore on your own including: Jewelry--Beyond Brilliance, Art of Japan, Dali: Disruption and Devotion. Lunch on your own at one of three dining options within the Museum, or bring your own to eat outside the Museum. The \$72-\$88 (depends on how many passengers) payment to Francine Frenier is due by August 21st. Please mail a check to the address above. **Call NOW to reserve a seat so the price can be set.**

**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 a check to the address above.

