

# Goshen Council on Aging

## July 2024 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

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

**July 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, hobby, or needlework project you are working on. We have some very talented people in the group who are willing to answer questions. Our librarian Julie always has interesting things going on too. Join us for a fun afternoon of creating!

**No Community Connections Group** this month due to the Holiday.

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.

**July 2, 23, and 30 - Tai Chi is back!** Goshen resident Richard Larson will be back to teach our Tuesday morning tai chi class on three Tuesdays in July. We will meet at the Goshen Town Hall from 9-10am. Everyone is welcome!



Everyone had a great time at the Woo Sox Game!

### Reminder:

This July newsletter is the last to be distributed by the post office. If you'd like to receive the newsletter via email, contact our newsletter designer, Kristen Estelle: [regionalcoanews@gmail.com](mailto:regionalcoanews@gmail.com)

Please include your full name, email and mailing address.

Stay in touch and informed! The newsletter can also be found on the Northern Hilltowns Consortium website ([northernhilltownscoas.org](http://northernhilltownscoas.org)) If you do not have access to a computer, please contact Kerry (268-9354) and we will come up with a solution together. The COA will make a few copies available in the Library and on the COA shelf of the bookcase inside the front door of the Town Offices.

**July 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 12:30 to 1:00 (*please note change in pick up time*). The meal choices on July 16 are Chef Salad with Turkey and Cheese or Chicken salad, and on July 23 the meal choices are Bean and Cheese Enchiladas or Broccoli and Cheese Chicken. The meals also include milk, vegetables, and a dessert. If you have not signed up and would like to for August, 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.

**July 17- Games Group.** we have changed the time at players' request and we will meet **2-4pm**. Come and join our group for a fun afternoon! Meet in the library or the upstairs dining room.



## July 24 -Our First Ever Car Fit Event!

This is a national program created by AARP, AAA, and AOTA. The COA is partnering with the Springfield College Occupational Therapy program to aid mature drivers in adjusting their car features to make the fit safer and more comfortable for the driver. Please come to the **Goshen Fire Station parking lot anytime between 9 and 11:30am**, where we will be set up for a drive through event with various helping stations. It should take about 20 minutes per car, and you will drive away with some great tips from the Occupational Therapy students and staff. **People from all towns welcome**-please spread the word! You can find more information about these events at [car-fit.org](http://car-fit.org).



you need help, please contact the CDC at 296-4536. The Hilltown CDC also runs the Easy Ride van program and driver pool, contact Ed Pellitier for information: **413-296-4232**.

Our condolences to the friends and family of **Douglas Gagnon**.



**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). 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**.



**Critical Information Binder tip this month**- Please keep the updated **Resource Page** from the Regional Section of this newsletter and put it in your blue binder. There are new numbers and revised times that will be helpful to you. If you need a binder, contact the COA.

**Goshen Age Friendly Program**- One goal of this program is to lend durable medical equipment that you may need on a short or long term basis. We have items such as walkers, tub seats, crutches, and commodes, please call as we may just have what you need for free! And if we don't, we will contact other agencies to help find it! This group also has knowledge about various services and agencies in the area. Henrietta Munroe is the leader of this program, please give her a call at **268-7465** if you are in need of any of these services.

Do you know about the **Hilltown Elder Network (HEN)** run by the Hilltown CDC? They are always looking for people to help older adults with a variety of tasks. If you are interested in helping, or if

### Happy Birthday in July!

Lisa Newman, Linda Clapp, Brenda Cliche, Ronald Loven Jr., Michael Feld, Roger Culver, Helen Mollison, Julie Hooks, Caren Miller, Donald Martino, Stephen Morley, Rose-Marie Carr, Hans Andreas, Gary Cunningham, Patrice Woodward, Wendy Connell, Susan Gesmer, Yvonne Gittelson, Barbara Querceto, Jane O'Riordan, William Kelly, Sonia Arrubla-Castro, Ellen Feld, Rita Petko-Sands, Marcia Chen, Jeffrey Bliss, Mary Lou Joyner, Evelyn Kellogg-Culver, Ned Wilson, Laurie St. Amand, Pamela Skinner, Dana Stiepock, Dorothy Albrecht, Chester Brown, Brent Roberts Jr., William Fivel, Santha Parke, Henrietta Munroe, Martha Dragon, Kelly Sharpe, Cynthia Roberts, Ronald Freund, Ernest Carver Jr., Peter Contuzzi, Denise Linscott, Richard Larson, Barbara Bishop, Anna Dow, Gary Lane, Linda Sbrega



### ***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

In the last five years there have been more than 500 fires and explosions involving the use of illegal fireworks in Massachusetts. Seven firefighters were injured and the damage was estimated at more than \$1.5 million. More than 200 people, many of whom were children, were treated in medical facilities for serious injuries caused by fireworks.

Senior   
**SAFE**

No wonder Massachusetts law prohibits the possession and use of fireworks by people who are not certified and permitted to use them. The illegal fireworks include sparklers, party poppers, snappers, fire crackers, cherry bombs and the bigger rockets.

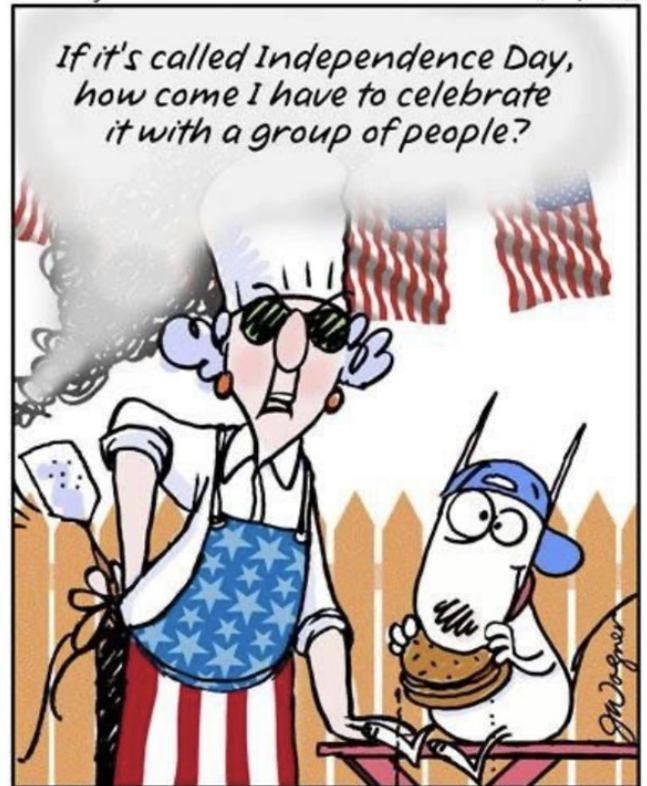
There are a whole lot of fireworks events run by certified-permitted people in our area around the Fourth of July. Enjoy them safely!

--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.*

Crabby Road

7-4-12



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## So Whaddaya Think?

Since my pay for writing these notes depends on how useful you find them – oh wait, I don't get paid! Oh well. I would still like to find out how useful you find them. I've been writing these since 2014 and mostly decided the subjects myself. Occasionally one of you will write or call with a question that ends up as a topic, and that is good. It makes me do more research and learn more. When I am out of my knowledge base, I have several experts I can consult and learn more.

With the transition of the newsletter and the reinvigoration of the Northern Hilltowns Consortium website ([northernhilltownscoas.org](http://northernhilltownscoas.org)), it's a good time to do a check. I've written on:

- credit reports
- scams and more scams
- financial literacy
- our mind and money
- the Big Five and extensions thereof
- electronic safety
- nuisance calls and emails
- organizing our life of paper

So which of these topics have caught your attention? Which have you found most helpful, and which should be explored more? Which might be ripe for an update? AND have I left out a topic you think should be covered? I really would like your input.

With appreciation,  
Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)  
413-268-2228

## Tech. Help and Training for July



### Tech Support Available

Receive technology 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: All are Welcome at Any Location! (no appointment needed)

- Chesterfield Community Center, 400 Main Rd.  
Weekly on all Tuesdays from 11:00 to 2:00  
Bi-Weekly on Fridays, 1:30 to 3:30 (7/12, 7/26)
- Cummington Community House, 33 Main St.  
Drop-In tech support, 2nd Weds. 10-12 (7/10)
- Goshen Town Hall, 42 Main St.  
Drop-in tech support, 3rd Weds. 1-3pm (7/17)
- Plainfield Shaw Memorial Library, 312 Main St.  
Drop-In tech support, 3rd Thurs. 5-8pm (7/18)
- Westhampton Public Library, 1 North Rd.  
Drop-In tech support, 4th Thurs. 2-4pm (7/25)
- Williamsburg  
Meekins Library Drop-In tech support  
2nd Tuesday 7/9 from 10 to Noon  
Nash Hill Place Resident Drop-In tech support  
2nd Tuesday 7/9 from 10 to Noon
- Worthington Library, 1 Huntington Rd.  
Drop-In tech support, 2nd Thurs. 1-3pm (7/18)  
{appt. preferred}

### Tech Training:

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

- Beginner's Computer / Laptop Class  
will resume in September
- Intermediate Windows Computer Class  
Wednesdays 10:30 – Noon, until 7/17
- Chromebook training will be available in August.  
See next month's newsletter for date & time.

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

- Managing Passwords  
Chesterfield Com. Center, Thurs. 7/18 3-4pm

- Accessing Your COA Newsletter Online  
Chesterfield Comm. Center, Mon. 7/29 3-4pm

### Devices Available:

We have many PC laptops, refurbished Chromebooks and refurbished iPads. 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 request form on our website: [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

**VOLUNTEERS STILL NEEDED:** to learn more about what we need volunteers to help with, contact Volunteer Coordinator: [coatechvolcoor@gmail.com](mailto:coatechvolcoor@gmail.com), 413-296-5548, or [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.

*Day Trip Wednesday, August 7. **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 NOW. Please mail it to the address above. Please include your date of birth for the player card. **This trip is a go. Just a few seats remain.***

*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. Departs from the Calvary Baptist Church, Easthampton.*

*Day Trip Friday, September 13. **Boston. 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 Monday, September 23. **The Big E**, an annual favorite, with free entertainment at Honor Court Stage. Herman's Hermits starring Peter Noone performs at 2pm. **Cost TBD.** Make your check payable to Francine Frenier and send it to the address above. NO REFUNDS due to bargain price.*

*Continued on back page.*

# Resource Directory

<b>Domestic Violence Advocate</b> , Hilltown Safety at Home (HS@H)	413 387-3120
If you need help in an emergency, call <b>911</b> or the <b>Safe Passage Hotline</b>	888 345-5282
<b>National Suicide Prevention Lifeline</b>	800 273-8255
<b>Elder Abuse Hotline</b>	800 922-2275
<b>First Call for Help</b> , Information and Referral Resources	211
<b>Fuel Assistance</b> , Application and Recertification	800 370-0940
<b>Hilltown Elder Network – HEN</b> (sponsored by Hilltown CDC)	413 296-4536, ext. 120
<b>Veterans' Service Officer:</b> Williamsburg, Chesterfield, Cummington, Goshen	
Dan Nye or Steve Connor	413 587-1299
Westhampton – Joe Henning	413 207-3541
Plainfield – Brian Brooks	413 772-1571

## Food Services

<b>Food Bank of Western Massachusetts Brown Bag Program</b>	413 338-2920 or 800-247-9632
<b>SNAP, Supplemental Nutrition Assistance Program</b> (Food Stamps)	413 552-5400
Williamsburg Sr. Ctr, 268-8410 for assistance	
<b>Hilltown Food Pantry</b> , Goshen Town Hall – Diane Drohan, Director	413 268-7578 Wed. 1-3
<b>Meal Site</b> , Williamsburg Senior Center Café	413 238-2920 Mon.-Thurs.
<b>Meals on Wheels</b> , Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
<b>Northampton Survival Center</b> , 265 Prospect St., Northampton	413 586-6564
<b>Grab and Go Meals:</b> Chesterfield COA, Mondays, Thursdays, 11:30	413 296-4007
Cummington, Plainfield COAs, Tuesdays, Noon	413 634-2262
Goshen COA, 3 <sup>rd</sup> & 4 <sup>th</sup> Tuesday, 11:30	413 268-8236 x 118
Westhampton COA, 3 <sup>rd</sup> Thursday, Noon	413 387-3960
Williamsburg COA, Tuesday Wednesday 11:30	413 338-2920
Worthington COA Thursday, 11:30	413 238-238-5962
<b>Salvation Army Emergency Food, Fuel or Medication Vouchers</b>	413 586-5336 or 586-6564

## Health Services

<b>Highland Valley Elder Services</b> , Intake referral for homecare, etc.	413 586-2000
<b>Hilltown Community Health Center</b> , Medical & Dental	413 238-5511, ext. 131
<b>Hope Nurse</b> Greta Cullett	413 238-5511, ext. 322
<b>HealthWise</b> Comm. Health Worker, Ellie Mathias	413 238-5511, ext. 322
<b>Foot Care</b> , Piper Sagan, RN. -Williamsburg or in-home visits	413 268-8407
Plainfield, Cummington, call COA	413 634-2262
Goshen, Call Piper for appt.	413 522-8432
Worthington, call Deb Dean	413 667-5363
<b>SHINE, Medicare &amp; Drug Coverage Part D &amp; Prescription Advantage</b>	
Lorraine York-Edberg	413 773-5555, Ext. 2275
Deborah Hollingworth call COAs,	
Williamsburg, Chesterfield, Goshen	
Worthington, Cummington, Plainfield, Westhampton	
<b>Mass Health &amp; Insurance Coverage</b>	
Buliah Mae Thomas, Navigator: Hilltown Comm. Health Ctr.	413 238-5511

## Transportation Services

<b>PVTA Dial-A-Ride</b> Williamsburg	413 268-8407 or 866-277-7741
<b>Hilltown Easy Ride Van and Driver Pool</b> , Ed Pelletier	413 296-4232
<b>Westhampton Transportation</b> , appts. or shopping Danielle Buzzee	413 246-0278
<b>Williamsburg Medical and Carpool rides</b> , call to schedule	413 268-8407

## Local Councils on Aging

<b>Chesterfield COA</b> , Janice Gibeau	413 296-4007
<b>Cummington COA</b> , Chrisoula Roumeliotis	413 634-2262
<b>Goshen COA</b> , Kerry Normandin	413 268-8236, ext. 118
<b>Plainfield COA</b> , Polly Ryan	413 212-1581
<b>Westhampton COA</b> , Amy Landau	413 203-9808
<b>Williamsburg Senior Center</b> , Melissa Wilson	413 268-8410
<b>Worthington COA</b> , Phyllis Dassatti	413 238-5962

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

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Patti Woodward

Newsletter Editor  
and Designer:  
Kristen Estelle

**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*

**Four Day Trip September 30- October 3. Lancaster, PA. Sight & Sound's spectacular theatrical experience of the biblical show Daniel.** Cost \$646, per person dbl. occupancy. Highlights: Sight & Sound Theater show, tour of Philadelphia, visit the Liberty Bell, Holocaust Memorial, The Mint, and spend time at Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail to the address above now. Call now to reserve your spot. Four seats available.**

**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 Monday, October 14. Thimble Islands Cruise** along the Connecticut shore line aboard the Sea Mist. Includes luncheon, choices available. Discounted price for Worthington Seniors over 60 and \$131 for other seniors. Call Phyllis 413-238-5962 for details and to reserve a seat by September 1. Limited seating.

**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.

**NEW 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 \$85 payment to Francine Frenier is due by August 21st. Please mail a check to the address above. **Call NOW to reserve a seat. This trip is a go.**

**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 \$30 Payment to Francine Frenier is due by October 25. Please mail a check to the address above. **NO REFUNDS due to bargain price.**

**October 2025~~~~Blue Ridge Mountains**