

Goshen Council on Aging

August 2024 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

Kerry Normandin, Coordinator
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Annual Appreciation Picnic

Tuesday, August 13th at Noon
Tilton Town Field

It's time for our Annual Picnic to honor and celebrate Goshen residents who are 90 and older! There will be a special presentation and gifts for each of these residents who call Goshen their home.

Please join us at Tilton Town Field at 12pm for a picnic lunch of hamburgers, hot dogs, veggie burgers, pasta salad, tossed salad, and grilled summer vegetables. We will be having ice cream sundaes for dessert! This is always a special event. Everyone who has helped the COA this year will also be recognized. Please join us!



This report helped the Northern Hilltown Consortium to receive a grant from the MA Executive Office of Elder Affairs to set up and operate the Tech Connect program. Thank you for completing those surveys!

August 2- Community Connections Group.

We will meet this month at the picnic table at Highland Village / Goshen senior housing from 10-11 to play a few games, have snacks, and enjoy each others company.

August 7 - Crafts Group.

We will meet in the Library at the Goshen Town Hall from 1-3pm. Feel free to bring whatever project you are working on. Our librarian Julie always has interesting things going on too. Let us know if you have a craft idea or something you would like to teach the group- we will get any supplies needed. It is fun to create together!

Farmers Market Coupons- There is a program for Farmers' Market Coupons for eligible Goshen residents. Each booklet contains \$50 worth of coupons that can be used at various local farmers' markets for fresh locally grown produce. The eligibility criteria are: at least 60 years old; household income at or below 185% of the federal poverty level (see below); or, disabled, under the age of 60, or living in elder housing. To be eligible, your gross annual household income must be no more than \$27,861 for a household of one, and \$37,814 for a household of two. If you are interested, please call the COA office by July 24 and leave a message with your name and phone number.

Hot Off the Press! Report on Aging and Technology in Seven Rural Hilltowns

Remember that survey you received on your digital activity way back when? Well, the full-color, published report, based on your help, is now out! If you would like to see a copy, there is one in the Library and one on the bookshelf inside the Town Hall.



Ray of Elvis was a big hit at our ice cream social In June!



August 6, 13, and 27 (not the 20th) - Tai Chi is back! Goshen resident Richard Larson will teach our Tuesday morning tai chi class on three Tuesdays in August. We will meet at the Goshen Town Hall from 9-10am. Everyone is welcome to join this class of gentle strengthening movement, mindfulness, and balance. Bring your friends!

Our condolences go to the friends and family of **Nancy Burnett**



as well as to our newsletter editor, **Kristen Estelle**, at the loss of her sister, **Lauren Eldred**.

August 15- Technology Help- The Tech Connect program has found Goshen's own Stephen Morley to provide once a month drop in help for your technology questions! Stephen will be in the Library from 12-2 on the third Thursday of the month. We are so grateful for his willingness to volunteer his time and talent. The Tech Connect program also has classes and workshops listed on the website www.northernhilltownscoas.org which are available to all hilltown older adults.

August 20 and 27 - 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 Aug 20th are Beef Wellington or Macaroni and Cheese, and on Aug 27 the meal choices are Roasted Pork and Gravy or Veggie Casserole Chana Masala. The meals also include milk, vegetables, and a dessert. If you have not signed up and would like to for September, 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.

August 21- 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. We will meet in the library.

The Hilltown Mobile Market comes to Goshen senior housing the 1st Tuesday of each month through November from 10-12 noon. Goods from local farms will be available at a "pay what you can" price. This is an extension of the Hilltown Market located at 19 Sawyer Road in Worthington where farm goods are sold Tuesday-Saturday 10-6pm and Sundays 12-4pm. Home deliveries can be arranged: www.hilltownmobilemarket.com

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.

Happy Birthday in August!

Marie Kelly-Calderone, Miriam Kurland, Carolyn Lehan, Michael Baldwin, Raymond Tomasaukas, Roger Dow Jr., Dawn Williams, Marianne Neveu, Ronald Murphy, Arlene Harry, Gail Cockoros, Kim Dresser, John Harry, Gary Holman, Sharon Lafond, Evan Smith, Xiaoli Chen, Carol Hodge, Matthew Harry, Edward Joyner, Robert Thomas, Adrienne Racz, Ruth Dresser, Sara Silvia, John Doyle, Humberto Rodriguez, Mark Douyard, Carol Stevenson, David Braman, Robert Horton, Jacqueline Hayden, Andrea Bell, Raymond Sheehan



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

Emergencies happen fast and need to be quickly attended to. Here are three things you can do to plan for emergencies.

Senior 
SAFE

1. Make sure your house number is clearly visible from the street, so first responders can find your home quickly.
2. Get a FILE OF LIFE from your Council On Aging center, fire or police department. Fill it out with the names of the medications you are taking; post it on or in your fridge (EMTs will look for it if they are transporting you to the hospital).
3. Notify E-911 when someone in your house uses a life support system such as home oxygen or has some other disability. Dispatch will notify first responders which will enable them to render aid more quickly.

Plan to be SAFE!

--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.



QR codes – Questions!

What are they?

They are the ubiquitous white squares printed on labels and packaging that contain black squares and squiggles (most likely a technical term). They might make you think of bar codes, the multiple black lines printed on labels. But the QR code is sort of a spiffy bar code, where more data can be stored in the image. QR codes can store data such as web sites, text, images, payment information, and application downloads.

What does QR stand for?

My guesses were Quaint Rabbit, Quiet Roommate, and Quintessential Realist. Turns out it stands for Quick Response. Who knew. The general idea is that an electronic reader such as on your cell phone can access tons of information quickly. Sorry – Quickly.

Is there a problem?

So thinking that if an electronic reader, operated or accessed by a human being, can get all that information, is there a chance for mischief? What a surprise, yes, there is and it is called Quishing (I did not make that up). When the reader such as our phone scans the code, information is obtained that could be used to steal identity or money. I just got a bulk -mail letter from an insurance company with a QR code; even if they are a reputable company, if I scan that, I will give them some of my electronic information and they will at a minimum start sending me emails and maybe texts. The FTC warns that standard security programs may not be able to catch problems with QR codes.

Safety precautions are similar to other electronic “things” to which we are asked to respond. Be sure you know where you are clicking, the context, reputation, etc. In other words, who might be trying to push you to a fraudulent website. The AARP Fraud Line gives these three “Don’ts”: Don’t download an app from the code. Find and use the app from your phone’s app store. Don’t pay a bill by clicking on a QR code. Don’t follow a QR code you got online or from a text.

Quietly I leave you for this month,
Jean O’Neil
TRIAD Committee member
jeanoneilmass@gmail.com
413-268-2228

Tech. Help and Training for August



Tech Support Available

Receive technology help by email, phone, drop-in or appointment: 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, 11:30-1:30 (8/9 and 8/23)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (8/14)
- Goshen Free Public Library, 42 Main St.
Drop-in tech support, 3rd Thurs. 12-2 (8/15)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5-8pm (8/22)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (8/29)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 8/13 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 8/13 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
8/12 from 1-3pm. Appt. preferred.

Tech Training:

Must pre-register for classes no later than one week before the scheduled training date. All classes held at the Chesterfield Community Center, 400 Main Rd, lower level. To register, email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

- Beginner's Computer / Laptop Class
will resume on Thursdays September 5, 12, 19, 26, 1:00 - 2:30
- Intermediate Windows Computer Class
starts, Wednesdays 10:30 – Noon, on 9/11 for 6 weeks

Tech Workshops:

- Chromebook Training, 8/9, 10:30-11:30
- iPad Basics Workshop, 8/22, 9-10:30

- Windows Basics Workshop, 8/23, 10:30-11:30
- Accessing the Newsletter Online, 8/28, 10:30-11:30

SAVE THE DATE:

Second TechConnect Fair

New Hingham Regional Elementary School

Sat. Sept. 21st, 9:00 - 1:00

Check website for details!

www.northernhilltownscoas.org

Devices ready for distribution: We have many PC laptops, refurbished Chromebooks and tablets. If you need or are waiting for 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 on our website, www.northernhilltownscoas.org

GOSHEN VOLUNTEER NEEDED WILL TRAIN: to learn more about what we need help with, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or visit 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. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

*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 NOW. Waitlist only.

*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 is FREE for Chesterfield Seniors 60+ and \$18 for other seniors.*** Make your check payable to Francine Frenier and send it to the address above by September 6th. NO REFUNDS due to bargain price.

*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. Waitlist available.

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 60+ and \$131 for other seniors. Call Phyllis 413-238-5962 for details and to reserve a seat by September 1. Limited seating. Two pick up locations, Worthington and Northampton.

*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. Waitlist only.

NEW *Day Trip Monday, October 21. **Boston Fine Arts Museum.*** 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. Waitlist only.

*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 Asheville, North Carolina

Virtual Good News for August By Deb Hollingworth

Confused? The Good News is that many of you applied for the Medicare Savings Program when MassHealth released the new application in March. And many of you have been approved. Congratulations!

You should have gotten notification from social security that they would be putting your Medicare B premium back in your check, so your social security check should be bigger now. It can take a couple of months for that to happen, but it looks like they are processing faster now. You should also receive a MassHealth ID card (which looks like an ATM card). It's blue and has your MassHealth ID number on it.

Why are you getting a MassHealth card... does this mean you have MassHealth?

No, the Medicare Savings Program is a Federal benefit....not MassHealth. I know you must be sick of me saying that...over and over....but it's easy to think you have MassHealth if they send you an ID card.

Depending on your income, you may need to show that MassHealth ID card at the pharmacy, or when you have doctor visits, because there are additional benefits for those with incomes less than \$2,385 / month (single) or \$3,237/ month {married}. For those at this income, the Medicare Savings Program automatically enrolls you in Extra-Help which will subsidize your Rx co-pays and also pays your co-pays for doctor visits.

So tuck that new MassHealth ID card away in your wallet, and make sure to show it to your medical providers.

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

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SCAM ALERT!



*You get a call or message saying that you did not appear for **jury duty**, you need to pay a fine or you will be arrested.*

What should you do?

- Hang up! It's a scam.
- No one will call if you miss jury duty.
- The sheriff's department will **never** call and ask you to pay a fine.

***VERIFY THE
INFORMATION***

**Massachusetts
Office of the Jury
Commissioner**

(800) 843-5879

*If you have a
consumer problem or
question, contact the*

**Northwestern
District
Attorney's
Consumer
Protection Unit**

**Greenfield
(413) 774-3186
Northampton
(413) 586-9225**

**Working in cooperation
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