

Goshen Council on Aging

September 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, September 10th at 11:30am

Williamsburg Snack Bar, 109 Main Street, Haydenville

Our luncheon this month will be back at the Williamsburg Snack Bar! We will meet there at 11:30 (note change in time) and join together for a lunch of your choice from their menu (up to 20 dollars). Please call Kerry Normandin at **268-9354** by **September 3** so we can let the restaurant know how many of us to expect. Suggested five dollar donation appreciated.

Sept 4- 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!

Sept 6- Community Connections Group - we will meet again 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.

September 10, 17, and 24- Join our **Tai Chi class** with our instructor, Goshen resident Richard Larson. He will teach our Tuesday morning tai chi class on three Tuesdays in September (no class Sept. 3 due to Voting in the Town Hall). 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!

Come out and vote at the Town Hall, 42 Main St.!

State Primary, Sept 3rd, 7am-8pm
State Election, Nov. 5th, 7am-8pm



Our COA tradition of honoring residents over age 90 was started many years ago by our first COA coordinator, Marguerite Webb. This year, seven Goshen residents were honored. Pictured left to right are Ray Sheehan, Dora Emerson, Audrey Bissell, and Arlene Harry, at the picnic lunch at Tilton Field last month. Ruth Dresser, Ernie Carver and Barbara Regan were also recognized.

On July 24, we held our CarFit event in coordination with the Springfield College Occupational Therapy program.

Thanks to our Fire Department we had the perfect place to check cars safety.



Sept. 19- Technology Help- The Tech Connect program / Goshen's own Stephen Morley will provide 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. Tech Connect also has classes and workshops listed on www.northernhilltownscoas.org which are available to all hilltown older adults.

Sept. 21- Tech Connect Fair from 9am-1pm at the New Hingham Regional Elementary School in Chesterfield. See the Regional section for more details! Hope to see you there!

Sept 17 and 24 - 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 Sept 17 are Seafood Salad or Ham and Pickle Salad, and on Sept 24 the meal choices are Macaroni and Cheese or Vegetable and Cheese Quiche. The meals also include milk, vegetables, and a dessert. If you have not signed up and would like to for October, please call Kerry Normandin at **268-9354** to fill out a brief intake form. There is a suggested \$4 donation that is given to Highland Valley Elder Services to offset the cost of the meal (**please note the recent suggested donation increase by HVES**).

Sept 18- 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 have some games but if you would like to play something else, bring your game along. We are always open to new ideas! We will meet in the library.

**Happy Grandparents Day!
September 8th**

We send our condolences to the friends and family of **Linda Walden**.



Farmers market coupons- DEADLINE EXTENDED

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 and leave a message with your name and phone number.

Happy Birthday in September!

Stewart Parsons, Andrew Bothwell, Judy Dunn, David McCulloch, Lorraine Brisson, Lauren Therkelsen, Michael Lehan, Stuart Wood, Edouard Beauvais, William O'Riordan, Gary Griswold, Helen Reynolds, James Dunn Jr., Karen Cherry, Nitza Hidalgo, Charles Amo, Joan Griswold, Brian Moriarty, David Sharpe, Kate Swol, Maureen Krok, Sandra Wentzel, Brenda Roberts, Theresa Healy, Mary Freund, Dianna Jablonski, Barbara Babij, Christine Mortensen, Eleanor Tennyson, Lynn Werthamer, Jeffrey Hewes, David Packard, Giovanna Bellesia-Contuzzi, William Celatka, Janet Briere, Nadine Salem, Theodore Kolodziej, Kathleen Berrena



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

September has been designated "Fall Prevention Month." So, here are some things you can do to keep from falling down to avoid serious injuries:

Senior 
SAFE

1. Stay active.
2. Try balance and strength exercises. Your COA may sponsor exercise sessions.
3. Make your home fall-proof.
4. Wear slip-proof shoes.
5. Have your eyes and hearing checked regularly.
6. Find out what the side effects are from the medications you are taking.
7. Get enough sleep.
8. Limit your consumption of alcohol.

Enjoy a S.A.F.E fall without falling!

--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.



TECH CONNECT FAIR

Saturday, September 21st, 9am-1pm
*New Hingham Regional Elementary School
30 Smith Road. Chesterfield, MA*

Don't miss the Tech Connect Fair on Saturday, September 21st at the New Hingham Regional Elementary School! You can drop in anytime from 9am to 1pm. Residents from all towns are welcome to attend! Come and discover an array of tech vendors, engage in mini workshops, attend informative sessions, and participate in tech-centric activities.

One of our previous year's attendees shared, "This event ignited my passion for learning. I have so many items on my list to learn, and now I know how to get started." We're sure you'll gain new insights, get your tech queries solved, and maybe even find a new passion. Plus, we've got door prizes and giveaways adding to the fun. **Can't wait to see you!**

All Those Papers! Part 1

So you know how you throw something out and the next day wish you had it? Sadly, that can happen with papers! We've gone over what papers you should have and how to file them (The Book), now - please don't yell - do I HAVE to keep them ALL??? The good news in short, no. The bad news, you have to figure out which ones. Some of these decisions are personal, some are not. So here we go.

Personal – should you keep old love letters? Photos of past boy or girl friends? The registration for your first car? You decide, we all don't care.

Not personal – here we care as we don't want you to be sad. We'll start with taxes and finish next month with other items. I have to admit I cheated this month and let the IRS write for me. This is too important to chance an error.

Taxes. I used this link - www.irs.gov/businesses/small-businesses-self-employed/how-long-should-i-keep-records and added emphasis on a definition. Let me know if you want more details, or a print of this link. Records here means your tax returns and associated documents, like 1099s, or other documents that were filed with the return or that could have an effect on your return in future years.

“The length of time you should keep a document depends on the action, expense, or event which the document records. Generally, you must keep your records that support an item of income, deduction or credit shown on your tax return until you can amend your tax return to claim a credit or refund, or the IRS can assess additional tax.

1. Keep records for 3 years if situations (4), (5), and (6) below do not apply to you.
2. Keep records for 3 years from the date you filed your original return or 2 years from the date you paid the tax, whichever is later, if you file a claim for credit or refund after you file your return.
3. Keep records for 7 years if you file a claim for a loss from worthless securities or bad debt deduction.
4. Keep records for 6 years if you do not report income that you should report, and it is more than 25% of the gross income shown on your return.
5. Keep records indefinitely if you do not file a return, or
6. If you filed a fraudulent return.”

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

Tech. Help and Training for September



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 (9/6 and 9/20)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (9/11)
- Goshen Free Public Library, 42 Main St.
Drop-in tech support, 3rd Thurs. 12-2 (9/19)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (9/19)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (9/26)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 9/10 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 9/10 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
On hold for now.

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

Computer Classes:

Beginner's Windows Laptop Class will resume on Thursdays September 5, 12, 19, 26, 1:00 - 2:30

Intermediate Windows Laptop Class starts Wednesdays 10:30 – Noon, on 9/11 for 6 weeks

Tech Workshops:

- Zoom – Fri, 9/6/2024, 10:30 – 11:30
- Mac basics – Wed, 9/11/24, Noon-1pm
- Google Drive – Fri, 9/20/2024, 10:30 – 11:30

- Accessing the newsletter online – Mon, 9/30 at Noon - 1:00pm
- Facebook – Fri, 10/4/2024, 10:30 – 11:30
- What does THAT mean: tech terms – Wed, 10/9/24, 11:00 - 12:00pm
- MS Excel – Fri, 10/18/2024, 10:30 – 11:30
- Streaming – Sat, 10/26/24, 10:30 - 12:00pm

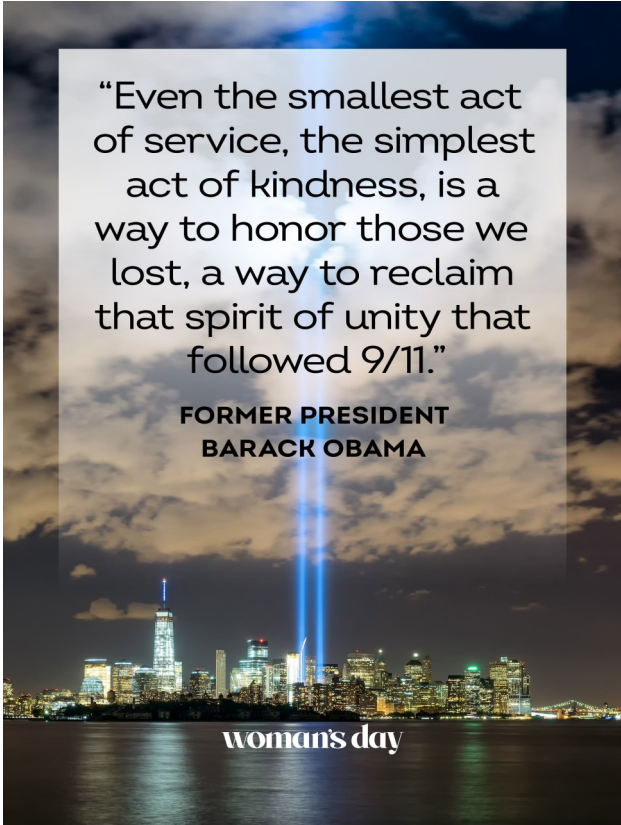
TechConnect Fair

New Hingham Regional Elementary School
Sat. Sept. 21st, 9:00 - 1:00
Check website for details!

www.northernhilltownscoas.org

Devices ready for distribution: Our recently hired staff member Ky Martus, is distributing devices. Please remind us if you requested one and are still waiting. We have more PC laptops, refurbished Chromebooks and iPad and Android 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 request form on our website, www.northernhilltownscoas.org

Cummington Drop-In Volunteer Needed - Will Train: to learn more about what we need help with, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or through www.northernhilltownscoas.org



“Even the smallest act of service, the simplest act of kindness, is a way to honor those we lost, a way to reclaim that spirit of unity that followed 9/11.”

FORMER PRESIDENT
BARACK OBAMA

womans day

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 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 NOW. NO REFUNDS due to bargain price.

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.

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 NOW. Please mail a check to the address above. Waitlist available.

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. Waitlist available.

October 2025~~~~Blue Ridge Mountains Asheville, North Carolina

Fall / Winter Clothing Exchange

Saturday, September 21st, 9-3pm

Goshen Congregational Church
45 Main St., Goshen



Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/18 from 6-8pm or Friday 9/20 from 9am-3pm, then come back to shop on Sat. the 21st from 9am-3pm! All are invited to participate whether you donate clothes or not.

A WILLIAMSBURG FORUM ON OUR CLIMATE AND ENERGY FUTURE

Sunday, September 22, 2 pm

Our Climate Future: What to Expect in New England

Temperature and precipitation projections for New England, anticipated challenges of these changes and what you can do to prepare.

Presented by:
Toni Lyn Morelli,
Northeast Climate Adaptation
Science Center, UMass

Events are at the Anne T. Dunphy School in Williamsburg. Childcare and light refreshments will be provided.

Brought to you by Indivisible Williamsburg and the Williamsburg Energy Committee

SAVE THE DATE!

Sunday, October 6, 2 pm	Sunday, October 20, 2 pm	Sunday, November 3, 2 pm
How to Save Money with Energy Upgrades	Your Electricity Bill 101	Our Electricity Future



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

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SCAM ALERT!



You get a message saying your package cannot be delivered. They provide a link to click to schedule delivery.

What should you do?

- Stop and verify the information before you act.
- Don't click on the link or call to claim the package or schedule a delivery.
- Keep tracking information if you are expecting a delivery.

***VERIFY THE
INFORMATION***

USPS.com
1-800-275-8777

UPS.com
1-800-742-5877

FedEx.com
1-800-463-3339

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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