

Goshen Council on Aging

October 2024 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

Kerry Normandin, Coordinator
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October Luncheon

Tuesday, October 8th at Noon
Goshen Town Hall, 42 Main Street

The October COA luncheon will be held downstairs in the Goshen Town Hall at noon. This month we have a special musical presentation after lunch from 12:45- 1:30pm by **Martha and the Strummers, a 13 piece Ukulele band!** Three members are from Goshen! Lunch will be a medley of dishes from Panda Garden in Williamsburg, including vegetarian options. We will have a delicious dessert too. It will be a Hawaiian theme, so feel free to wear your brightest colored shirts! Please call Kerry at **268-9354 by Oct 2** to let her know you are coming.

Oct 2- Crafts Group- Please join us in the library from 2-4pm with a current craft project you are working on at home. It is always more fun to craft with others! We welcome new ideas for group projects too!

Oct 4- Community Connections Group will be held in the Goshen Town Hall upstairs dining room from 10-11am. This month we welcome Michelle Ryan, Ayurvedic Health Counselor and Yoga Educator. You will learn simple Ayurvedic self-care practices that can help alleviate stress, improve digestion, and help balance body, mind, and spirit. Ayurveda is the world's oldest holistic system of wellness. You can learn more at www.michelleryanyoga.com. Hope to see you – all are welcome!

Oct 5- The COA will have an information table at the Goshen Library from 10-2pm as part of a **community event** with many other fabulous Goshen Groups. The Library is hosting a book, bake and tag sale at this event also! Stop on by!



Oct 15 and 22- HVES grab and go lunches- HVES delivers meals to Goshen COA on the third and fourth Tuesdays of the month. Participants pick up their hot lunch at the Goshen Town Hall from 12:30-1:00pm. The lunch for Oct 15 is choice of Mediterranean Baked Haddock or Broccoli and Mushroom Quiche and on Oct 22 the choice is Turkey Soup or Eggplant Parmesan. The meals also include milk, vegetables, and dessert. There is a suggested \$4 donation given to Highland Valley to offset the cost of the meal. Please call Kerry at 268-9354 if you would like to sign up to get these nutritious and delicious meals.

Oct 16- Games Group will meet in the Library from 2-4pm. This is a fun way to spend an afternoon. We have games available, but if you have a favorite you would like to play, bring it along! We are always open to learning new games, as well as playing old favorites!

Oct 17-Technology Help in the Library with Goshen resident Stephen Morley who volunteers through the Tech Connect Program. He will be there 12-2pm. Bring any and all questions regarding your computer, your phone, your tablet to Stephen and he will help problem solve with you! We are so lucky to have this volunteer program!



Oct 8, 22, and 29- Let's mix it up! Join together on Tuesday mornings from 9-10 am at the Town Hall for a variety of fun movement activities to keep us active and engaged. Wear your sneakers and bring your water bottle. All are welcome!

Oct 19 in Westhampton- Hazardous Waste Collection Event from 9am-12pm at the Westhampton DPW. You need to preregister between Oct 1 and Oct 16 by email hrcm@hrcm-ma.org or phone **413-685-5498** with your name, town, and phone number. More information is on the Goshen Town website at www.goshen-ma.us

**Joint Fundraiser for
Reimagine Goshen Center and
the Williams-Boltwood House Projects**

Join us at the Goshen Town Hall for a **Pizza and Dance Party on Saturday, October 5, at 6:00 PM**. Suggested donation (includes food and drinks): \$20 at the door (sliding scale for kids). Doors open at 5:30 PM for raffle ticket sales. Raffle at 7:30 – must be present to win.

RSVP by email at reimaginegoshen01032@gmail.com or by phone **413-268-3660**

Please, let us know:
cheese/vegetarian/meat or gluten free

Looking forward to seeing you there!

There will be a **Covid & flu vaccine clinic on October 9th from 10am to 1pm at the Plainfield Safety Complex, 38 North Central Street.**

Pre-registration is recommended at northamptonma.gov/2219/vax or by calling **413-587-4903**. Registering will save time and help the clinic organizers know how many vaccines to bring, however, walk-ins are welcome (please bring your insurance card). Vaccines are free but insurance helps to cover some of the cost. Anyone 19 years of age and older can register.

Homebound? Call **413-587-4903** to arrange an in-home vaccination or go to northamptonma.gov/2219/Vaccine-Programs

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 also be arranged at hilltownmobilemarket.com

Foot Clinics with Piper Sagan - Goshen residents are able to sign up for this service of medically based foot care 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** for in home service.

Happy Birthday in October!

Beverly Thomas, Joseph Frye Jr.,
Elizabeth Chevalier, Laurie Frye, Deborah Lucia,
Mark Harry, Barbara Curran, Anita Thompson,
Robert Lebeau, Robert Mimitz Jr., Robert Labrie,
Nancy Doyle, John Otis, Audrey Bissell,
Judith Dolven, Laura Barrus, Jeffrey Gagnon,
Jamie Smith, Joanne Arnold, Michael Duquette,
Georgia McCarthy, Eileen Torchioheidemann,
Jane McGrath, Timothy Pease, Suzanne Krebs,
Daniel Desnoyers, Richard Briere,
Dennis Luczynski, Barbara Regan, Julie Hood,
Alan Kirouac, Jane Larson, Karen Difranza,
Barbara Batrano, Agnes Ciminera, Donna Dyer,
David Mollison, Diane Russell, John Schwaiger,
Rene Senecal, John Bienz



***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 _____

A WILLIAMSBURG FORUM ON OUR CLIMATE AND ENERGY FUTURE

Sunday, October 6, 2 pm

How to Save Money with Energy Upgrades

Learn about Federal and state incentives and programs to help residents and businesses save money.

Sunday, October 20, 2 pm

Your Electricity Bill 101

Understanding your bill, why rates change, energy sources for electricity in our area, "community choice" aggregation. Bring a copy of your bill to follow along!

Sunday, November 3, 2 pm

Our Electricity Future

Learn about interconnectivity, Community Choice 2.0, micro-grids, and power sharing.

Events are at Anne T. Dunphy School,
1 Petticoat Hill Rd, Williamsburg
Childcare & light refreshments provided.

Position Available: Community Connector

The Northern Hilltowns Consortium of Councils on Aging seeks outreach worker to serve as the "Connector" to help older adults and their family caregivers find and connect with the best resources to:

- Find and join programs that will support independent living in their own homes
- Answer questions about eligibility for benefits: health insurance, pharmacy subsidies, fuel assistance, SNAP benefits, property tax rebates
- Identify services or programs that are the best fit to individual or family needs
- Help manage changes in medical conditions, or finances, or housing
- Guide people through the required processes to successfully obtain and/or enroll in services they require

Flexible hours: 18/month. Work from home. Some home visits when necessary.

Looking for a person with experience working with older adults, knowledge of aging resources, excellent communication skills, experience using computer and internet services.

Driver's license required
Salary: \$21 /hour

If interested, please submit resume and/or contact:

COA Director, Chesterfield Council on Aging
413-296-4007 or
coa@townofchesterfieldma.com

Seniors Aware of Fire Education

October is **FIRE SAFETY MONTH** and the topic is how to make and practice a home escape plan when your smoke alarm wakes you up.

Senior 
SAFE

First, make a HOME ESCAPE PLAN:

- Make a plan that includes TWO WAYS out of every room.
- Draw a floor plan of your house. Include doors, windows, halls, stairs and fire escapes. Use arrows to show escape routes — two ways out of every room.
- Make sure the windows in your plan open easily and are not painted shut.
- Keep pathways free of obstacles.
- Choose a MEETING PLACE safely outdoors.

Second, PRACTICE your home escape plan. Plans only work if practiced.

- Hold a FIRE DRILL at least twice a year; one day drill and one night drill.
- Plan on how to help anyone who may need to be assisted after the drill, make any necessary adjustments to your plan.

Third, WHEN THE ALARM SOUNDS:

- Get out of bed and go to your bedroom door.
- Feel the door with the BACK OF YOUR HAND.
- If it feels cool, open the door slowly. If the way out is clear of fire, get low and go.
- Do not open the door if it is hot. Go to your window, open it. If you can not get out safely, shout and signal for help. One of the first firefighters there will walk around the whole building, checking to see if someone is trapped.
- Once you are out, STAY OUT! Do not go back in.
- Call 911 from your cell phone.
- Go to your family MEETING PLACE.
- Let the firefighters know if everyone is safely out of the house.

Hope you never need your HOME ESCAPE PLAN. But having one which every one in your home knows, will make all the difference.

Have a great fire SAFE month,

--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. Help and Training for October



THANK YOU TO EVERYONE THAT PARTICIPATED IN THE TECH CONNECT FAIR ON 9/21! The event was a success, with many new demonstrations, exhibitors, and a silent tech auction.

Tech Support Available by Appointment

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 (10/4 and 10/18)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (10/9)
- Goshen Free Public Library, 42 Main St.
Drop-in tech support, 3rd Thurs. 12-2 (10/17)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (10/17)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (10/24)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 10/8 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 10/8 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
Call COA for date & time: 413-238-5962.

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 restart on Thursdays 1-2:30pm, on 10/3 for 4 weeks

Intermediate Windows Laptop Class starts Wednesdays 10:30 – Noon, on 10/23 for 6 weeks

Tech Workshops:

- Facebook – Fri, 10/4, 10:30 – 11:30
- What does THAT mean: tech terms – Wed, 10/9, 11:00 - 12:00pm
- MS Excel – Fri, 10/18, 10:30 – 11:30
- Streaming – Sat, 10/26, 10:30 - 12:00pm
- Internet Basics– Fri. 11/1, 10:30-11:30am
- Using Medical Portals & Telehealth– Thurs. 11/14, 10:00-12:00pm
- Microsoft Word– Fri. 11/15, 10:30-11:30

Internet Hotspots, PC laptops, refurbished Chromebooks and iPad and Android tablets available: Our 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

Need affordable internet access?

We now have a way for you to affordably connect to the internet using an internet "Hotspot" device. They work like WIFI without cable or fiber service. If you are interested in learning more about how these devices work and how they could benefit you, please contact us by phone or email.

All Those Papers! Part 2

By Jean O'Neill

It is a myth that piles of paper will procreate. I think... I could be wrong. This note was hard to write – lots of individual situations. If I have missed something you are particularly interested in, let me know. A basic rule of thumb is to keep paper for a year unless you have a reason for longer. I know – a mealy-mouth answer. Another rule of thumb is anything that you deem important that would be hard to replace should be kept. This might include correspondence with the Social Security office on a specific matter.

Really Important Stuff. You could write this paragraph. Keep these indefinitely - birth and death certificates, marriage licenses, divorce decrees, adoption papers, Social Security card, property deeds, estate documents, and military discharge papers.

Banking. Keep either paper or electronic bank statements for a year. You might want some of them longer for convenience on reminders about an expenditure, but the bank keeps these electronically
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On the Road Again... 2024 & 2025 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, 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.

~~~~~2025~~~~~

*Multi Day Trip June 22-26. Montreal & Ottawa.* Passports required. Visit the Biodome, Notre Dame Basilica, Montreal's Underground City, Parliament Hill, Cruise on the St. Lawrence River. Price \$1,052. Discount of \$25 if paid in full by March 26, 2025. Make the check payable to Diamond Tours and mail to the address above.

*Day Trip TBD. Winnepesaukee Railroad.* Enjoy a delicious turkey dinner, prepared by Hart's Turkey Farm Restaurant, aboard the train. Tour the shores of Lake Winnepesaukee. Price TBD.

*Multi Day Trip October 12-18. Biltmore Estate & Smoky Mountains, Asheville, NC.* Seven days, six nights. Visit the Biltmore Estate, the St. Lawrence Basilica, historic Gatlinburg, TN & Asheville, NC. Guided tour of the Smoky Mountains National Park. Price \$1,099. Discount of \$25 if paid in full by July 18, 2025. Make the check payable to Diamond Tours and mail to the address above.

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More to come! Any new ideas or special events are always welcome. Please email Francine at **francine.frenier@gmail.com**. Any interest in a Woosox game? Please email me.

THANK YOU to all the passengers who joined the trips. I hope you enjoy travelling to various places and meeting new friends as much as I do.

~ Francine



October's Good News By Deb Hollingworth

The Good News this month is about changing of the guard. We have a **new SHINE counselor** for Highland Valley which includes our 7 hill towns! Her name is **Caroline Solan** and you can make an appointment to see her in person at Highland Valley (320 Riverside Drive in Florence). She will be working Wednesdays every week. Or you can call her there at **413-586-2000** and leave a message, or book an appointment for a phone call, or visit. Email works too. She can be reached at **csolan@lifepathma.org**.

The best way to reach Caroline depends on why you need to speak with her. If you have a "time sensitive" question, like an impending nursing home discharge, or a termination of coverage from your health plan, or questions about enrolling in a Medicare supplement because you have a new medical condition that you think might require hospitalization, the best strategy might be to email her. Because then she can get back to you as soon as she's able.

If you have questions about Open Enrollment and whether or not you should keep your current Medicare supplement plan or switch, then the best strategy might be to call Highland Valley and schedule a Wednesday appointment. Ask for the Intake department for a SHINE appointment.

When you call you will be asked for: your name, date of birth, zip code and reason you are calling. If you have MassHealth, then they should also ask for your MassHealth ID number which is on your blue MassHealth card. You may have to wait a while for an in person appointment. Asking for a phone call might be a shorter wait and sending an email might be the most expedient way to get in touch.

For folks who have issues with their MassHealth coverage and have home care services through Highland Valley: you can call and ask the Intake department if it's possible to leave a message for Scott or Oognah.

If you have MassHealth issues, but don't get homecare services from Highland Valley, you can contact Buliah Mae Thomas at the Hilltown Health Center: call 413-238-5511, or email **bthomas@hchcweb.org**

Remember you can always call your local senior center who will have all this information.

We are so lucky to have Caroline joining the SHINE team!

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

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and you can retrieve them. Canceled checks can go after a year.

Bills. Our utility bills, phone bills and the like can be discarded after you verify they are paid.

Credit card receipts. After a purchase shows up and you verify it, you can usually discard the receipt. Keep it if needed for proof of purchase such as a warranty claim.

Insurance. Keep your active policy documents, and a year's worth of billings. Older billings can go away.

Investments. Inquire with your broker or whomever holds your investments. They may keep all the paperwork, or it may be your responsibility. If it is up to you, keep transaction items until the investment item is sold and the taxes settled.

Loans including Co-Signs. Paperwork for a loan should be kept until the loan is settled and any tax paperwork dealt with.

Property. You should hold records that relate to property until the period of limitations expires for the year in which you dispose of the property. In general, keep property papers for three years to allow some dust to settle.

Purchases. Keep receipts as long as the warranty period, and manuals as long as you have the item and it still works. Hope it's a long time...

Again, Whew!
Jean O'Neil
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413-268-2228

