

Goshen Council on Aging

November 2024 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

Thanksgiving Luncheon

Tuesday, November 12th at Noon

Goshen Town Hall, 42 Main Street

Lunch will be our delicious traditional Thanksgiving meal of turkey, gravy, mashed potatoes, stuffing, butternut squash, cranberry sauce, and rolls prepared by Jerry Bird from Spruce Corner Restaurant. This month we have a special dessert in honor of all the veterans and their families who live in Goshen. Please call Kerry at 268-9354 by Nov. 5 to let her know you are coming.

Nov. 1- Community Connections Group will be held in the Goshen Town Hall upstairs dining room from 10-11am. Michelle Ryan, Ayurvedic Health Counselor and Yoga Educator, will return! We learned so much last month that we asked her back to teach us more about Ayurveda and the premise of food as medicine. Michelle will bring all the ingredients and together we will make ghee and Kitchari. Ayurveda is the world's oldest holistic system of wellness. You can learn more about Michelle at www.michelleryanyoga.com. Hope to see you – all are welcome!

Nov. 6- Crafts Group- from 2-4pm. This month, in collaboration with the library, we are having a class on Introduction to Needle Felting. All materials will be provided at no cost. We would love for anyone interested to join us! Please email Pat Wheeler at patwheeler0825@gmail.com to sign up. A second session may be held later in the month if we don't finish or if we want to make another creation!

Nov. 8- Lunch at Smith Vocational. We are hosting a trip to try out the Oliver Smith Restaurant at Smith Vocational and Agricultural High School! Their menu changes but features a variety of the students' delicious creations. They are open limited hours so we will plan to get there for

an early lunch at 11:15. After lunch we will head to the Smith College Museum of Art which is free for all visitors. Kerry will arrange to have the Easy Ride van meet us at the Goshen town parking lot at **10:45**. Please call Kerry by Nov 4 if you would like to join us and let her know if you'd like to ride on the van or meet us there.

Nov. 13- Covid and Flu Vaccination Clinic led by the Hilltown CDC at the Goshen Town Hall from 11:30-1:30. All are welcome. There is no charge but please bring your insurance card as your insurance will reimburse the provider. Pre-register if you can at home.color.com/vaccine/register/cdrmaguire?site=goshen-town-hall-3300

Contact Joan Griswold at 296-4536 ext 102 or joang@hiltowncdc.org with any questions.

We honor all veterans this month and every month.



Thank you to all who have served our great nation!

Nov. 19 and 26- 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 Nov. 19 is choice of Cheddar Broccoli soup or Baked Ziti and on Nov. 26 the choice is Mediterranean Pollack or Chana Masala. 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.

Tuesday, November 5th from 7am-8pm
State Election, Goshen Town Hall

Nov. 20- 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!

Nov. 21-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 problem solve with you! We are so lucky to have this volunteer program!

Nov. 24 – Young at Heart Chorus at the Academy of Music in Northampton will be performing a show entitled “Old School” on Sunday, November 24 from 3-4:30pm. The Council on Aging was able to secure tickets. Transportation would be on your own for this show. **Please call Kerry by Nov. 7 at 268-9354 to sign up.**

Fundraiser for Reimagine Goshen Center Project:

BINGO!

**Sunday, Nov. 10th at 1:30 (doors open at 12:30)
Goshen Town Hall**

Includes 10 games and a door prize ticket. Suggested donation: \$20 if pre-registered by Nov 5, \$25 at the door. Many great raffle prizes donated by local businesses! Additional Bingo sets will be available for \$5, daubers available for \$1.

RSVP: reimaginegoshen01032@gmail.com or by phone **413-268-3660**. Mail check with email address to: Town of Goshen, Open Space Committee, 40 Main Street, Goshen 01032. Memo: Reimagine Goshen. You will receive an email confirmation.

Our condolences to the friends and family of:



**John Doyle
Deanna Harry
Mark Harry**



Nov. 17- Chesterfield-Goshen Children’s Fund Craft Fair- from 10-3pm at the Goshen Town Hall. Many local crafters and vendors and a huge raffle to benefit the Children’s Fund. The Fund helps provide Holiday gifts for local families with school aged children who need a little extra help this holiday season.



Happy Birthday in November!

John Woodward Jr., Judith O'Brien, Barbara Richardson, Gloria McCormick, Angela Vincent, James Barrett, Richard Still Jr., Gregory Hayes, Nancy Kosior, Paula Pedersen, James Lyons, David Verge, Donna Kolodziej, David Guido, J Wallace, Karen Stevens, Kathleen Roberts, Joann Holman, Tammy Lyons, Nancy Wood, Alan Carr, Susan Harry, Thomas Wartenberg, Kathryn Boisvert, Leonard Szarkowski, Dora Emerson, Jacqueline Cichy, Robert Adamites, Maria Arrubla, Scott Heidemann, Karen Cichy, Bradley Howe, Joel Carr, Richard Nadeau, Janet Nadeau, Deborah Senecal, Marya Zilberberg, Lynda Constantilos



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

The big cool down of fall has already started and folks are firing up their wood and pellet stoves and plugging in their space heaters. Here are some things to consider as you prepare to use them.



For fireplace and solid fuel (coal, wood, pellet) stoves:

- ~ Have your chimney professionally inspected and cleaned.
- ~ Burn only dry, well seasoned hardwood to reduce creosote accumulation.
- ~ Do not use flammable liquid to start the fire.
- ~ Make sure the damper is open before starting the fire.
- ~ Keep any flammable material at least three feet away from the stove.
- ~ Always use a fireplace screen to keep flying embers and sparks in the fireplace.
- ~ Shovel ashes into a METAL BUCKET with a METAL LID, and place it on the ground well outside the house and away from the porch. Ashes and embers can stay hot for days and ignite combustibles.

If you must use a space heater, here are a few ways to use it safely:

- ~ Do not use a space heater as your number one heating source.
- ~ Keep any flammable material at least three feet from the heater.
- ~ Plug the heater directly into the wall outlet. Do NOT use extension chords or power strips with the heater.
- ~ Always turn off the heater when going to bed or leaving the room.
- ~ Remember, it is illegal to use portable kerosene and propane heaters inside your home because they create carbon monoxide.

One more consideration:

- ~ Make sure you have working carbon monoxide detectors in your house. CO is a colorless, odorless gas, and is absolutely lethal.

Stay warm, 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.

Emergency Room Advice

Personal experience can be a terrific teacher. This is what I learned in the last 8 months or so. For this note, I will assume you are helping a family member or friend.

If it is necessary to send someone to the hospital emergency room, look at the transportation options, e.g., driving the future patient, or calling 911 and going in an ambulance. If the latter, the patient will be seen initially quicker than if he/she walked in. Plus, if there is a life-threatening issue or the patient is not capable of moving themselves, then obviously you want them to be in EMT care ASAP. Bless those folks.

Follow the ambulance safely – don't rush. It will take a little time for the ambulance to get there and into the hospital and for them to put the patient somewhere that you can see him/her. Take the time to get Necessary Stuff.

And what on earth is Necessary Stuff? This is a technical term (well, maybe not...) meaning identification, medicines, medicine list and schedule, paperwork, phone numbers, and things to do.

Identification – you may need the Medicare card or other insurance.

Medicines – toss (yes, carefully) the pill containers into a plastic bag. Include non-prescription items such as supplements. The hospital pharmacy is well-stocked but there may be meds that they don't have. In this case, they will package them and have you keep them safe. And, remember only the hospital staff is to give medicines while you are there.

Medicine list - Of course you already have this, right? Brand name, generic name, dose, and how many times a day and when the pill is taken.

Paperwork – the MOLST or POLST and a copy of the healthcare proxy. The hospital may already have these but you need to be sure. The default option, if they don't, is to label the patient Full Code and pull out ALL stops if the patient stops breathing. The health care proxy of course lets you ask questions and get answers, and make decisions to the benefit of the patient if they are unable to speak for themselves.

Phone numbers – You will need to call those who need to know, e.g., children, other family members, friends. You should have the number for the primary doctor, any consultants, or case managers. You may need to (*cont. on next page*)

Tech. Help and Training for November



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.

Still Available: Internet Hotspots, PC laptops, refurbished Chromebooks and iPad and Android tablets

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: coatechconnect@gmail.com, **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.

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 (11/1 and 11/15)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (11/13)
- Goshen Free Public Library, 42 Main St.
Drop-in tech support, 3rd Thurs. 12-2 (11/21)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (11/21)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (11/22)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 11/12 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 11/12 from 10 to Noon

- Worthington Library, 1 Huntington Rd.
Call COA for date & time: 413-238-5962.

Tech Training:

Must pre-register for training 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 November 7- December 5 for four-weeks, 1:00- 2:30. Repeats on December 12, 19 and January 9, 16 from 1:00 - 2:30.

Intermediate Windows Laptop Class starts Wednesdays on October 23- November 27 for 6 weeks, 10:30-Noon. Repeats on December 4, 11, 18 and Jan 8, 15, 22, 10:30-Noon.

Tech Workshops:

- 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
- Computer Maintenance– Fri. 12/6, 10:30-11:30
- Organizing, Storing, & Moving Digital Photos (ONLINE CLASS) - Mon. 12/9, 1-2:30pm
- Windows Accessibility– Fri. 12/13, 10:30-11:30
- Android Phones– Tues. 12/17, 1-2:30pm



(ER Advice, cont. from previous page) call a friend who has a key and can take care of pets.

Things to do – there will be some down time so reading or handwork might be appreciated. That's of course in addition to the worrying which I know you can handle.

Yours in health,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com
413-268-2228

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 NOW. 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. **As of November 2024, Diamond Tours is expecting this trip to go, despite the hurricane damage. Please stay tuned.**

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More day trips 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



Haircuts, manicures, colors, facials, and other hair care options are being offered at Smith Vocational High School on every other Wednesday, starting **October 12 through mid May**.

The cost is \$5.00 for a haircut (please call for other prices.) The Smith Vocational Cosmetology students provide the services with their teacher Ms. Daniels alongside. Simply call 413-587-1414 ext. 3531 for an appointment.

The Salon is located in Room 124 of Building A at Smith Vocational High School, 80 Locust St. Northampton.

All are welcome!

Local chorus invites the public to sing along

Heart of the Valley Chorus, a women's voices barbershop a cappella group, is inviting members of the community to sing along with them at several open rehearsals this holiday season. Anyone aged 8 to 108 who enjoys singing in the "treble" range – soprano, alto, mezzo, and high men's parts – are encouraged to come learn a few holiday songs, with an option to perform along with the chorus at the Bombyx Center for Arts and Equity in Northampton on December 14. Singers under 16 are welcome with an adult.

Heart of the Valley Chorus has been bringing its unique blend of barbershop harmonies to the Pioneer Valley for 40 years. Members come from Longmeadow, Holyoke, Easthampton, Hadley, South Hadley, Leeds, Florence, and Goshen, and range in age from their 20s to their 70s! Singing a variety of music – jazz, Broadway, contemporary, and inspirational – all in four-part barbershop style, the group is dedicated to sharing their music with underserved populations and creating a safe and welcoming space for all singers.

The group's open holiday rehearsals are scheduled for Wednesdays 11/13, 11/20, 12/4, and 12/11 at 6:30pm at the Christ United Methodist Church on Rocky Hill Rd in Northampton. Anyone interested in joining this special holiday program should contact Stephanie at heartofthevalleychorus@gmail.com or visit www.heartofthevalleychorus.org for a registration form.

**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 from a charity looking for donations. Should you donate?

Scammers try to fool you into giving them money.

- They rush you into giving out your credit card number over the phone.
- They use names that sound like a real charity.
- They change the caller ID to make you think it's a local caller.

What to do:

- Research before donating. Look up the charity online & read what others are saying about it.
- Ask the caller to send you more information.
- Don't feel obligated to donate to someone who calls you.

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**

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