

# Goshen Council on Aging

## December 2024 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

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

## Holiday Luncheon

**Tuesday, December 10th at Noon**  
Goshen Town Hall, 42 Main Street



Our festive Holiday COA luncheon will be held downstairs in the Goshen Town Hall at noon. Lunch will be your choice of Prime Rib or Vegetable Lasagna by Jerry Bird from Spruce Corner Restaurant. There will be sides of potatoes, vegetables, salad, and rolls. And, as always, we will serve a delicious holiday dessert. We are hoping that Santa will make an appearance too! **Please call Kerry at 268-9354 by December 2** to let her know your choice of dinner. Donations to the COA are appreciated but not mandatory.

**Dec. 4 - Crafts Group-** from 2-4pm in the library or upstairs dining room. Are you working on a holiday craft? Bring it along for us to work as a group! We will also have materials to create a holiday bird feeder and to create popcorn and cranberry garland if you wanted to try something different. Sign-ups are appreciated – please email Pat Wheeler at [patwheeler0825@gmail.com](mailto:patwheeler0825@gmail.com). All are welcome!

**Dec 6- Community Connections Group** will be held in the Goshen Town Hall upstairs dining room from 10-11am. This is the two-year anniversary of this great group! This month, we will have a Holiday Name That Tune and other fun activities and some tasty treats. Join us as we review what we have done and plan for the future. Join us!

**Dec. 17 and 24- 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

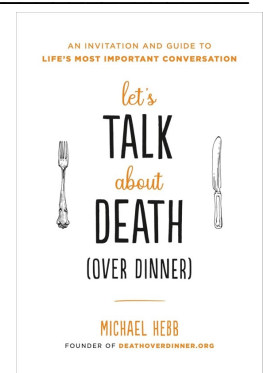
from 12:30-1:00pm. The lunch for Dec. 17 is choice of Macaroni and Cheese or Tuscan White Bean soup and on Dec. 24 the choice is Honey Glazed Ham or Baked Ziti. The meals also include milk, vegetables, and dessert. There is a suggested \$4 donation given to Highland Valley to offset the cost of the meal. Please call Kerry at **268-9354** if you would like to sign up to get these nutritious and delicious meals.

**Dec 18- 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!

**Dec 19.-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!

The Goshen COA is taking a break from caroling this year. A festive alternative is to head over to the **Carol Sing at the Goshen Congregational Church** across from the Town Hall. This is happening on **Sunday, December 15 at 3:00pm**. All are welcome to this fun event!

**A three part discussion group** based on the book **Let's Talk About Death Over Dinner** will be facilitated by end of life doula Stacey Mackowiak in January/ February. Please see the back page of this newsletter for more details and information to sign up.



Our condolences to the friends and family of:

**Ray Tomasaukas**

**Dora Emerson**



Dora Emerson worked as a COA assistant doing outreach for over 20 years. She cared so much for all the older adults in town, and was always willing to lend a hand or a listening ear to those who needed it. She will be missed.

**Goshen Age Friendly Group** - If you would like a bucket of sand delivered to you from the TRIAD program, please contact Henrietta Munroe at **268-7465**. Henrietta is also the one you can call to borrow medical equipment free of charge. We have items such as tub seats, commodes, walkers, and even a knee scooter. Please call if there is a piece of equipment you need- we are likely to have it!

*Winter Weather: Please be aware that if the Hampshire Regional School District is closed, the COA programming that day will be canceled.*

**Re-imagine Goshen Center Quilt Raffle Drawing**

The Open Space Committee will be drawing the winner of the quilt raffle on **December 8th** at 10:00 am in the Goshen Town Hall. Stop in for free apple cider and cider doughnuts from 9:30-10:30 am.

Raffle tickets will be available for purchase before the drawing.  
RSVP: email **reimaginegoshen01032@gmail.com** or call Lorraine at **413-268-3660**.



*Sandy and VJ having a great time at our COA luncheon!*

**Happy Birthday in December!**

David Clapp, Sandra Papush, Jeannine Haas, Steven Kendall, William Carter, Doreen Skorupski, Robert Maloni, Patricia Wheeler, Dina Raymond, Charles Wuest, Elizabeth Bell-Perkins, Frank Krok, Nina Pinger, Meesook Barton, James Smith, Paul Webb, Patricia Kirouac, Diane Krok, Abigail Kingman, Linda Still, John Skorupski, Robert Goss, Grace Gibson, Marcia Shaw, Wayne Eastman Jr., John Riley, Lloyd Ewing, Virginia Toner, Monique Bourgeois, Linda Desnoyers, Richard Richardson, Dwight Baghdoyan



***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 \_\_\_\_\_

\_\_\_\_\_

### Bad News, Good News

Do you want the Bad news first? Then we will end with the Good, being positive as we are.

**The Bad** – scams are on the rise in frequency, diversity and impact. Around 50% of people of all ages are likely to lose money to a scam, sometimes hundreds of dollars. The types of scams, e.g., grandparent, social media hack, QR codes, etc., make our exposure and danger so much more likely than before. As for impact, in addition to including how awful we feel about being scammed, the total monetary cost per year in the US might be 10 billion dollars or more. That's dollars with a B.

**The Good** – more agencies and organizations are paying attention and marshaling resources! I've compiled a list of sources for avoiding and reporting scams.

**AARP.** The Association of Retired Persons keeps up with types of scams and issues alerts along with other educational materials. There is a Watchdog Alerts newsletter. Go to their scam web page: [www.aarp.org/money/scams-fraud/](http://www.aarp.org/money/scams-fraud/)

**BBB.** Better Business Bureau prepares topical scam alerts, highlighting current and most active scams. Mind-boggling. To sign up for their newsletter, go to [www.bbb.org/us/news/scams](http://www.bbb.org/us/news/scams), then scroll to the bottom and click on "Sign up for scam alerts".

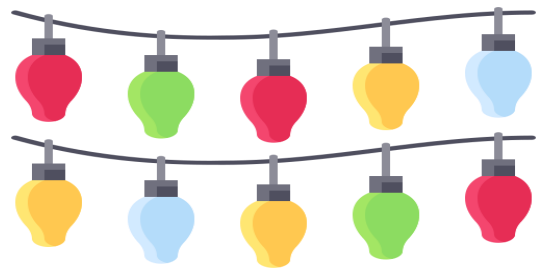
**BBC.** The British Broadcasting Corporation posts a page called Be Scam Safe with a really full set of scam videos and articles. Type into your browser "Be Scam Safe" to connect.

**CFPB.** The Consumer Financial Protection Bureau at [www.consumerfinance.gov/consumer-tools/fraud/](http://www.consumerfinance.gov/consumer-tools/fraud/) talks about understanding scams, knowing your rights, and how-to guides.

**DA.** The Northwestern District Attorney's office advocates for all residents, especially elders, focusing on education and prevention of consumer scams and elder exploitation. Go to [www.northwesternda.org/prevention](http://www.northwesternda.org/prevention) and click on Consumer Protection or call **413-586-9225**.

**VA.** The Veteran's Administration has a new service with information, reporting, and assistance on scams for veterans, service members, and their families. Visit [www.VSAFE.gov](http://www.VSAFE.gov), or call 1-833-388-7233.

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



### Seniors Aware of Fire Education

The holiday season is upon us and most of these holiday observances involve electric lights and candles. Here are a few things you can do to keep your celebration bright and safe.

Senior   
**SAFE**

#### For indoor lights and decorations:

- Buy lights and electric decorations that are listed safe by an approved testing service.
- Check for and replace any lighting that has frayed wires, broken plugs, sockets or switches.
- Never overload outlets.
- Use no more than three (3) strings of lights on a single extension chord.
- Remember to turn off the tree lights and other electric decorations before going to bed.
- Consider using energy efficient LED lights that stay cool.
- Never use lit candles in the tree or near live or other flammable decorations.
- Keep lit candles at least a foot (12 inches) from flammable items.
- Never leave a lit candle unattended.

#### For outdoor lights and decorations:

- Only use electric decorations that are rated for outdoor use.
- Plug them into a ground-fault circuit interrupter (GFCI).
- Use electric connection protectors.
- Anchor outdoor lights and decorations with insulated holders or hooks.

Keep the holidays bright SAFElly!

--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 December



We have more people to help you with your tech needs and requests. Our long period of low staffing is at an end. With more hands on deck we are hoping our final three months will have much higher efficiency and shorter response times.

### More Tech Support Available by appointment

Receive technology help by email, phone, drop-in, or by appointment: [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com), phone or text msg **413-296-5080**.

### Being delivered now: Internet Hotspots

Need affordable internet access? Have you already requested affordable internet? We have a solution that may work for you. Hotspots are small cellular devices you can use to access internet. They work like WIFI without cable or fiber service. Hotspots work in most areas in the hilltowns. If you are interested in learning more about how these devices could benefit you, please contact us by phone or email. If you requested affordable internet and were not contacted in November, please reach out to us again. Calls to **413-296-5080** are now returned and email to [coatechhelp@gmail.com](mailto:coatechhelp@gmail.com) is also a great way to reach us.

### Devices for you: PC laptops, refurbished Chromebooks and iPad and Android tablets

Ky Martus continues 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](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)

### 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  
Three Fridays, 11:30-1:30 (12/6, 12/13 & 12/27)
- Cummington Community House, 33 Main St.  
Drop-In tech support, 2nd Weds. 10-12 (12/11)
- Goshen Free Public Library, 42 Main St.  
Drop-in tech support, 3rd Thurs. 12-2 (12/19)

- Plainfield Shaw Memorial Library, 312 Main St.  
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (12/19)
- Westhampton: to be scheduled. Please contact us for details, [coatechhelp@gmail.com](mailto:coatechhelp@gmail.com) or call **413-296-5080** for day/time.
- Williamsburg  
Meekins Library Drop-In tech support  
2nd Tuesday 12/10 from 10 to Noon  
Nash Hill Place Resident Drop-In tech support  
2nd Tuesday 12/10 from 10 to Noon
- Worthington: tech support at COA office.  
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 [coaTechTrainer@gmail.com](mailto:coaTechTrainer@gmail.com), call or text **413-296-5080**, or sign up through the website [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### Computer Classes:

Beginner's Windows Laptop Class will restart on Thursdays on December 12, 19 and January 9, 16 from 1:00 - 2:30.

Intermediate Windows Laptop Class starts, over six Wednesdays, 10:30-Noon. December 4, 11, 18 and Jan 8, 15, 22, 10:30-Noon.

### Tech Workshops:

- 12/6, 10:30-11:30 Computer Maintenance
- 12/9, 1 - 2:30 Organizing, Storing, & Moving Digital Photos (ONLINE CLASS)
- 12/13, 10:30-11:30 Windows Accessibility
- 12/17, 1- 2:30 Android phones
- 1/10, 10:30 - 11:30 Misinformation
- 1/15, 12- 1:00 Self Learning
- 1/24, 10:30 -11:30 Google Suite
- 1/29, 10- 11:30 iPhones
- 1/29, 6 - 7:00 pm Learn & Watch: YouTube, Libby, Kanopy



## On the Road Again...

### 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 late April TBD. **Encore Casino.*** Boston Harbor casino trip. Lunch on your own, options available on site.

*Day Trip May TBD. **Isabella Stewart Gardner Museum & Maggiano's Little Italy.*** Enjoy a delicious family-style lunch at Maggiano's. Tour three floors of galleries at the Isabella Stewart Gardner Museum on your own or with a guide. Price TBD.

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

*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 July TBD. **FDR Homestead & Library and Hudson River Cruise.*** Start your day with a scenic cruise on the Hudson River. Enjoy lunch at Mahoney's Irish Pub & Steakhouse (TBD.) Tour the home of Franklin D. Roosevelt and the first Presidential Library. Price TBD.

*Day Trip August 3. Triple A affiliates, **Boston Red Sox vs Philadelphia Phillies** at Polar Park, Worcester, MA. A pre-game tour of Polar Park and a ball-park-fare buffet for our group are included. Cost \$90.00. Make check payable to Francine Frenier and mail to address above.*

*Day Trip Sept. TBD. **The BIG E,*** an annual favorite, with free entertainment at The Court of Honor Stage.

*Day Trip Sept 5-Oct 26 TBD. **A Chorus Line.*** 50th Anniversary Production on stage at the Goodspeed Opera House in East Haddam, CT. Lunch at The Gelston House. More details to come. Price TBD. Wed.Thurs.Sun

*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 December 2024, Diamond Tours is expecting this trip to go, despite the hurricane damage. Please stay tuned.**

*Day Trip Nov-Dec. **A Holiday Event in Waltham, MA.*** Reagle Music Theater Players beloved Christmas extravaganza--100 performers, live orchestra, dancers, living nativity, and yuletide tunes. Pre-show lunch at The Chateau Restaurant. Price TBD. Sundays.

## Good News for December

### By Deborah Hollingworth

The Good News this month is a reminder that we have a resource called The Connector which can work for you if you have questions about benefits, resources, and services. When your circumstances change, and you could use some help, but don't know what's available or where to start, the Connector can help you "connect" with the resources you need.

This help is available to the seven hilltowns of Plainfield, Cummington, Worthington, Goshen, Chesterfield, Williamsburg and Westhampton through a grant from Highland Valley. We have helped people figure out housing options, determine if folks are eligible for benefits like fuel assistance, SNAP, Circuit Breaker property tax rebates, and if folks qualify for subsidies on their health insurance.

Often it's brainstorming on how to survive a change in medical conditions, or shrinking finances and increasing household overhead/bills. What to do when life throws us a curve ball, or when we might be worried about outliving our savings/investments.

The Connector can help you understand what's available when you're being discharged from a nursing home, or whether you might be eligible for MassHealth and whether MassHealth might pay family caregivers for the help they provide.

There's help out there, but unless you know the eligibility requirements... unless you know how the 'system' works... unless you know what's available... you can't get it, if you don't know about it.

The Connector is here to help you get those resources, over a phone call or a home visit to help with an application. Whatever works for your situation. It's a no cost resource, funded through Highland Valley.

To get help, call your COA and they will get you Connected!

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

**Goshen COA  
Board:**

Kerry Normandin,  
Coordinator

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Henrietta Munroe

Pat Wheeler

Nancy Wood

Patti Woodward

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**The Goshen Council on Aging** invites you to a three part discussion group based on the book *Let's Talk About Death Over Dinner* by Michael Hebb.

\* **January 7, 2025, 4-5pm**

Introduction and receive a copy of the book.

\* **February 18, 2025, 4-6:30pm**

Catered dinner and a prompted discussion facilitated by Stacey Mackowiak, End of Life Doula.

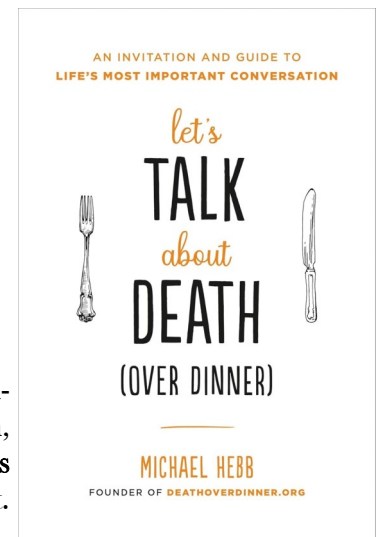
\* **February 25, 2025, 4-5pm**

Follow up conversation (optional).

This important and engaging program is free and limited to 15 participants; older adults from all Hilltowns are welcome. Please contact Kerry Normandin, Goshen COA Director, by 1/3 to sign up: 413-268-9354 or [coa@goshen-ma.us](mailto:coa@goshen-ma.us) All three parts will take place in the John James Memorial Hall, 42 Main St. Goshen, MA. Funded by a grant from the MCOA.

*"...encourages people to pull up a chair, break bread, and really talk about the one thing we all have in common."*

*"...transform your difficult conversations into an opportunity of celebration and meaning, changing not only the way we die, but also the way we live."*



Massachusetts  
Councils On Aging