

Goshen Council on Aging

January 2025 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, January 14th at 11:30am

Williamsburg Snack Bar, 109 Main Street, Haydenville

Our first luncheon of 2025 will be a trip back to the Williamsburg



Snack Bar! They have such a diverse menu and the food is delicious. And the staff is so attentive too! Meet us there at 11:30. The COA will cover up to 20 dollars per person. **Please call Kerry by January 7** so we can let the restaurant know how many of us to expect. Donations to the COA are appreciated but not mandatory.



At our December luncheon, **Arlene Harry was awarded the Goshen Golden Scepter** as an honor for being Goshen's Oldest Resident. Her whole family was in attendance; Santa too!

Jan. 1 – No Crafts Group this month due to the Holiday. We encourage you to do something creative!

Jan. 3- Community Connections Group will be held in the Goshen Town Hall upstairs dining room from 10-11am. This month will feature our favorite Sound Healer Jennifer O'Connell. Jennifer is a skilled practitioner and this class will give you a feeling of calm and relaxation. It is a healthy way to start off the New Year! All are welcome!

Jan. 7 - our first meeting for the group "Lets' Talk About Death Over Dinner" at 4pm in the Goshen Town Hall upstairs dining room. We had a great response to this group and have started a wait list. Please call or email Kerry if you are interested in being placed on the waitlist.

Jan. 15- 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!

Jan. 16.-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 or your tablet to Stephen and he will help problem solve with you! We are so lucky to have this volunteer program.

Jan 21 and 28- 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 Jan. 21 is choice of chicken corn chowder or asparagus and cheese quiche and the choice for the 28th is ham and pickle salad or egg salad. 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.

Our condolences to the friends and family of:

Ernie Carver 

Blue Binder Tip of the month- Now is a great time to take out your blue Critical Information Binder and add to it! Recently, a Goshen older adult misplaced her driver's license. She searched everywhere! She learned that in order to apply for a new one, she needed her number. Do you know your license number? Write it in your blue binder while you are thinking about it! These binders were handed out two years ago. If you need one, contact the COA. The binders are a helpful tool to organize important information.

Goshen Age Friendly Group- Henrietta Munroe is our coordinator for this program and you can reach her at **268-7465**. Henrietta is 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 have so many items we cannot store anymore!

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



**Save the Date—
Saturday, February 15th, 8:30-10:30am
Prevent Fires and Falls Presentation**

The Goshen Fire Department and the COA will be hosting a **free and fun presentation on preventing fires and preventing falls!**

Please join us at the Town Hall.
Giveaways! Prizes! Coffee and donuts, too!



Happy Birthday in January!

Kris Celatka, Jon Patton, Sandra Greenwood, Donald Otis, Barbara LeBeau, Patricia Quintilian, Judith Walsh, Betsy Burnett, Phyllis Sarafin, Kathleen Eastman, Diane Bushee, Joann Sheehan, Robin Langer, Martha Packard, Angela Otis, John Rooney Jr., Donna Williams, Daniel Soto, Patricia Morey, John Bourgeois, Cecile Carr, Agnes Lulek, Michael McGrath, Neil Wheeler Jr., Peter Provost, Renee Riley, Jeffrey Korostoff



***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 _____

True Story – the Grandparent Scam

So we have an educated and intelligent friend, no one's fool, who is also a grandparent. He got a call from a man saying he was a public defender in California and the grandson is at fault in a really bad car accident.



He needs \$10,000 for an appearance bond or he will go to jail – please call back immediately. Our friend used to work in the correctional system and the thought of his grandson in jail was too awful. Our friend also knew that his grandson and son were on a camping trip, so it was possible that he had gotten into a scrape but couldn't be reached by phone to verify this; he tried anyway, no answer. When our friend called the man back and said that much money was a problem, the man said he could manage the situation with \$5,000. Bingo - lost money.

So what do we do to avoid this particular scam?

You know I'm going to say don't answer the call if you don't know the caller, but if you do answer, have a plan. The scammer says "This is your grandson" and you say "Billy?" They say, "Yes, it's Billy." (You don't have a grandson named Billy). You say "But where is his Mom Marian?" They will probably hang up at this point and you have verified that this is a scam.

Limit personal information on social media. For instance, telling others – you never know who is listening – that you are so proud of Carl for making the soccer team on his 15th birthday, which was just yesterday. That gives the scammer four pieces of solid information to make his story real to you.

Protect your contact information, e.g., don't include your phone number and mailing address and email in your signature line in emails. Again, more information for them.

Check their messages to you, their email addresses and web page addresses to see if they are plausible. If the caller says they are from the government and gives a web address, is the suffix a .com instead of .gov or .MA?

Hang up after the first call and contact someone, anyone, who might know if your grandson could possibly be wherever the scammer says.

Listen to the teller when you go to the bank to withdraw cash! If they say something like "Are you sure this is safe?" think about it for a minute. Tellers are now trained to spot the actions that lead to these calls and loss of money.

Be safe, y'all.

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com, 413-268-2228

Seniors Aware of Fire Education

Winter is here and people and many people will be out there in the cold and on or near very cold water. They will be skating, ice fishing, and driving their snowmobiles on lakes, ponds and even rivers.

Accidents do happen and a lot of people experience cold water emergencies resulting in HYPOTHERMIA — the extreme loss of body heat. If your core body temperature gets below 95 degrees, it can be fatal if untreated. Hypothermia caused by cold water draws away body heat 20-30 times faster than cold air.



So here are a few things to consider about avoiding or dealing with cold water emergencies:

- Dress properly for cold weather activities. Wool insulates better when dry or wet than man-made fabrics do.
- Keep your feet warm and dry by wearing snow boots and heavy-duty socks.
- Keep your head covered, because you can lose your body heat 50% faster through your head.

If someone falls through the ice or into cold water:

- Call 911 immediately. Many of our fire departments are trained for and have special equipment for cold water rescues. Our ambulances are staffed and equipped to care for a hypothermic patient. So, do not hesitate to call 911.
- Do NOT go out on the ice. You do not want to chance being a victim.
- REACH...THROW...or ROW.
Try to REACH the person with a stick.
Try to THROW something like a rope, life jacket or any thing that can float to the person.
If a boat is available, ROW to the victim to the shore.
- Send someone out to the nearest access point to guide the emergency responders to the cold water victim.

We do have a multitude of lakes, ponds and rivers in our hilltowns. Moving water can change the thickness of ice without you seeing it. The only really safe place to skate is at a skating rink. Be SAFE out on the cold water!

--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 January



We Are Still Alive!

Tech Connect continues providing services through January and February. We have trainings this month and tech support will continue through February. Please take advantage of continuing service while we remain active. And we haven't given up looking for ways to extend services. We will know more by February.

PLEASE READ! Delivering 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. Hotspots work in most areas in the hilltowns. If you are interested in learning more, please contact us by phone or email. If you requested affordable internet and were not contacted, please reach out to us again. Calls to **413-296-5080** are now returned and email to coatechhelp@gmail.com is also a great way to reach us.

Tech Support Available by appointment

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

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

There is still time to join the Digital World. 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, leave message at **413-296-5080**, or use online request form on our website, 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 (1/10 and 1/24)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (1/8)

- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (1/16)
- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (1/16)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (1/23)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 1/14 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 1/14 from 10 to Noon
- Worthington: drop-in 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, call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Computer Classes:

Beginner's Windows Laptop Class will continue on Thursdays on January 9 and 16 from 1:00 - 2:30.

Intermediate Windows Laptop Class continues over three more Wednesdays: January 8, 15, and 22, 10:30-Noon.

Tech Workshops:

- 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 or overnight April TBD. One dat at **Encore Casino** or an overnight at **Turning Stone Casino in Verona, NY**. Please email me which casino you'd like.

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. Price TBD.

Day Trip June 8. **Winnepesaukee Railroad.** Enjoy a complete turkey dinner, prepared by Hart's Turkey Farm Restaurant, aboard the train while touring the shores of Lake Winnepesaukee. Price \$137. Make check payable to Landmark Tours and mail to the address above.

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. Only a few seats left.

Day Trip July TBD. **FDR Homestead & Library and Hudson River Cruise.** Take 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** **Lehigh Valley IronPigs** 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 Oct. 9. **A Chorus Line.** Center orchestra seating for the 50th Anniversary Production on stage at the Goodspeed Opera House in East Haddam, CT. Lunch at The Gelston House. Price \$177. Make a check payable to Landmark Tours and mail to the address above. Note date change.

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 January 2025, 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 January

By Deborah Hollingworth

Let's talk about buyer's remorse: when you've made a decision, or done something and now you're having second thoughts. Wished you hadn't done that... If it's a health insurance decision that you regret, because you've made a change in your coverage and now you wish you hadn't, then there's good news because even though the deadline for Open Enrollment has passed and now it's January 2025, **YOU CAN MAKE CHANGES IN YOUR HEALTH INSURANCE COVERAGE** if you want to regardless that the deadline's past, regardless if you've enrolled in a new Rx plan, regardless if you've chosen a Medicare Advantage plan. You can change your mind.

Why would you change your mind?

Well, you could have been swayed by advertising you saw on tv saying you could get additional benefits so you enrolled in a Medicare Advantage plan and found out that your doctor, or hospital isn't in network. Or you could have missed the Open enrollment deadline of December 7th to sign up for different Rx coverage- you "meant" to, but you didn't. Where does the time go? Or you could have gotten a new medical diagnosis and you wonder if you should change your insurance coverage as a result because you have all these co-pays whenever you see a medical provider. Or you went to the pharmacy to pick up your Rx and were unpleasantly surprised at the co-pay cost. I still remember the pharmacist looking at me and asking: "Do you know how much this is going to cost you?" before letting me know that my blood thinner had a \$600 co-pay (and that was last year...it's gone up for 2025)

But regardless the reason or the worry, regardless of how confusing or complex our health insurance coverage seems, the good news is that there is usually a way to change your coverage. Our SHINE counselor, Caroline Solan, can take a look at your coverage, determine if it's the best option and help you change it if you need to. You can contact Caroline by calling Highland Valley at **586-2000** and asking for a SHINE appointment.

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**Goshen COA
Board:**

Kerry Normandin,
Coordinator

Suzanne Krebs

Henrietta Munroe

Pat Wheeler

Nancy Wood

Patti Woodward

Newsletter Editor
and Designer:
Kristen Estelle
regionalcoanews@gmail.com

SCAM ALERT!



*You get a call or message saying that **your Social Security number has been linked to a crime** and you need to **act now**.*

-They may tell you to move your money to protect it.

-They may tell you to take out cash and drop it off.

-They may tell you to buy gold and give it to a courier.

What should you do?

-Hang up! It's a scam.

-Do not give out or confirm your Social Security number to anyone who calls you.

-Do not make payments or move money.

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
with the Office of the MA
Attorney General.**

