

# Goshen Council on Aging

## March 2025 Newsletter



Goshen Council on Aging  
40 Main Street  
Goshen, MA 01032

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

## St. Patrick's Day Luncheon

**Tuesday, March 11th at Noon**  
Town Hall

Please join us for a grand St. Patrick's Day themed luncheon on March 11 at noon at the Goshen Town Hall in the downstairs area. It is a wonderful tradition that Goshen's own Bill O'Riordan plans a wee bit of Irish entertainment for this special lunch. Come and join the craic! Lunch will be our traditional Corned Beef dinner with all the fixings and there will also be a delicious Vegetarian Irish Stew. Please let Kerry know if this is your choice so we have enough. And, as always, we will serve a delicious Irish themed dessert. Please email or call Kerry at **268-9354** by March 4 to let her know you are coming. Until then, may the lilt of Irish laughter lighten every load.



## Writing workshop

**Saturday, March 8th, 2-3:30pm**  
Town Hall Dining Room

Pick up the pen and start your writing project on Saturday, March 8 from 2-3:30pm at the Town Hall upstairs dining room. Author Lara Tupper returns to Goshen to lead this free, fun, supportive workshop. Learn practical tips and easy prompts that will allow you to develop a writing routine and complete your writing project. No prior writing experience needed, just bring a notebook and a pen. Please sign up at Lara's website: [www.laratupper.com/contact](http://www.laratupper.com/contact) This program is supported by a grant from the Goshen Cultural Council and Mass Cultural Council.

## Candle Making Class

**Thursday, March 20th, 6-7:30pm**  
Town Hall Dining Room

On March 20th from 6-7:30 in the Goshen Town

Hall upstairs Dining Room, we will be hosting a creative candle making class by Goshen resident, Jana Rosewarne. Jana will bring all the materials needed including various scents and materials to embellish and decorate the candle vessels. Class is free and limited to 15 people, please email or call Kerry **by March 13** if you would like to attend. In case of inclement weather, class will be held on March 27 at 6-7:30.

**Exercise Classes with Joan**- Exercise classes continue with Joan Griswold on Wednesdays at 10:15 in the Goshen Town Hall. We will continue to focus on functional movement which enhances our physical strength and balance, allowing for ease and comfort with our daily tasks. Please wear supportive footwear and bring water and free weights if you have them. There is a brief health questionnaire Joan will have you fill out. This class is also offered simultaneously on Zoom, so if you prefer this method, please contact Joan at [joan@bybhealth.com](mailto:joan@bybhealth.com). Let's keep moving!

**March 5 – Crafts Group** this month meets in the Library or the upstairs dining room attached to the library. This month we welcome you to bring your own craft project to work on in community with us. Doing creative projects is good for our brains and our bodies– we encourage you to do something creative!

**March 7- Community Connections Group** will be held in the Goshen Town Hall upstairs dining room from 10-11am. This month we would love to have a conversation about TRAVEL. Bring your favorite travel story, picture, or memento and let's share the gift of fabulous memories with each other.

**March 18 and 25- 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 March 18 is choice of spaghetti with meat sauce or tomato basil quiche and the choice for the 25th is Cobb salad or Greek chickpea 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.

**March 19- 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!

**March 20-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! We are so lucky to have this volunteer program!

**“Blue Binder Tip of the Month”**- Have you taken the time to write down your wishes for a good death? Where you hope to be, who you hope to be there, what you would like the atmosphere to be like? Although we may not get the choice, if we do, how would you like it to be? Write it down for your loved ones.

**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.



**Do you need a ride?** The Hilltown Easy Ride van provides rides for medical appointments, medical errands and shopping to Northampton and Pittsfield. Contact Ed Pelletier of the Hilltown CDC Transportation program at **296-4232** for more information and to arrange a ride.

**Senior snowshoeing – March 5, 12 & 19**

Hilltown Land Trust and All Out Adventures are offering a series of snowshoe treks on Wednesday mornings at the DAR state forest in Goshen.

**There are two treks per day on March 5, 12 and 19 at 10am and noon.** Please arrive 15 minutes early. No cost; donation to All Out Adventures is appreciated. Snowshoes, poles and traction aids are provided for free.

Registration is required – contact **413-584-2052** or **info@alloutadventures.org**. If you have questions, contact Sarah: **sarah@hilltownlandtrust.org**

**Happy Birthday in March!**

Susan Macdonald, Bernard Kubrak Jr., Paul Britt, Ann Schmitt, Ross Lafond, Edwin Brennan, Susan Labrie, Robert Bushee, Edward Connell, Denise Luczynski, Theresa Bothwell, Alison Bowen, Renate Kovacs, Stanley Dewey, James Murdock, William Benoit, Robert Raymond, Sheryl Gardner, Michael Kurland, Lawrence Hodge, Maria Rooney, Sheila Myers, Thomas Vincent, James Vogel, Joe Roberts, John Dolven, David Silvia, Robert Emerson, William Sbrega, Beverly St Amand, Elaine Ulman, Brooke Schnabel, John April, Edward Arnold, Catherine Sands, Carol Monaghan, Jim Krebs, Mary Ann Korash, Lynne Paterson

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



# PLEASE do your Power of Attorney now!

For more information, please revisit page 5 of the June 2022 newsletter:

<https://northernhilltownscoas.org/files>

For financial safety,  
Jean O'Neil  
TRIAD Committee member  
jeanoneilmass@gmail.com, 413-268-2228

## Seniors Aware of Fire Education

This month our focus is what to do and not to do treating burns and scalds.



1. First of all, remove the patient from the source of the burn.
2. Call 911 if the burn is deep and/or covering a large area.
3. Run COOL (not cold) water over the burn. This will cool down and stop the boiling fluid under the skin.
4. Do NOT put butter, grease or ointment on the burn.
5. Flush a chemical burn continuously with cool water.
6. Remove watches and jewelry from the burn area.
7. If possible, remove clothing from the burn area.
8. If clothing is stuck to the burn, leave it in place and cut away the clothing around the burn.
9. Again, do not hesitate to call 911 and seek medical attention for serious, deep, large area burn treatment.

Have a burn-free and sweet sugar season!

--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.*



Please join us!

### "Sharing Stories, Creating Change" Hilltown Exhibit Opening & Community Gathering

The Hampshire County Community Story Archive presents a collection of food stories sharing community wisdom for a better future.

Saturday, March 8th

1:30 to 3:30pm

Join in conversation with storytellers at 2pm

Meekins Library, Community Room  
2 Williams Street, Williamsburg

Free & open to the public.  
Refreshments will be served!

Visit [hcfpc.collaborative.org](http://hcfpc.collaborative.org) to learn more

*Funded by Mass in Motion, an initiative of MA Dept. of Public Health & Williamsburg Cultural Council, a local agency supported by MA Cultural Council.*



## Tech. Help and Training for March



### GREAT NEWS!

TechConnect will continue providing services. Although we have fewer trainings going forward, drop-ins and tech support will continue. Please take advantage of ongoing service.

### DELIVERING NOW AND ACCEPTING NEW REQUESTS: Internet Hotspots

It's not too late if you need affordable internet access! We have a solution that may work for you. Hotspots are small cellular devices you can use to access the internet, and they work in most areas in the hilltowns. If you are interested in learning more, please contact us by phone or email. Calls to **413-296-5080** are now returned and emailing **coatechconnect@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** or check the website, **www.northernhilltownscoas.org**, for locations and time. You can attend drop-in at all locations, except Nash Hill.

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

There is still time to join the Digital World. 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  
Two Fridays, 11:30-1:30 (3/7 and 3/21)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (3/12)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (3/20)

- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (3/20)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (3/27)
- Williamsburg  
Meekins Library Drop-In tech support  
2nd Tuesday 3/11 from 10 to Noon  
Nash Hill Place Resident Drop-In tech support  
2nd Tuesday 3/11 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 two days 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**

### Tech Workshops, March through August:

*On Fridays twice a month from 10:30–11:30 at  
Chesterfield Community Center*

- 3/7 - Computer Maintenance
- 3/21 - Misinformation
- 4/4 - Social Media
- 4/18 - Cloud Basics
- 5/2 - Intro to Google Suite
- 5/16- Microsoft Word
- 6/6 - Microsoft Excel
- 6/20 - Canva
- 7/18 - Windows Basics
- 8/1 - Google Drive

### Computer Classes:

No ongoing computer classes are scheduled. An alternate online resource for basic training can be accessed, with help from us, at **www.digitalliteracyassessment.org/login/?location=17640-MG8N-techconnect**

We can set up your access to this website and help you begin to train yourself for very basic to more advanced beginner digital literacy.



## 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 May 6.* One day at **Encore Casino in Everett, MA.** Free Slot play. Lunch on your own. Restaurants on site. Cost \$40. I need 15 to sign up to make this trip affordable. Make check payable to Francine Frenier and mail to the address above by March 6.

*Day Trip May 19.* **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 \$144. Make check payable to Landmark Tours and mail to the address above by March 24. **Waitlist only.**

*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 by April 8. **Waitlist only.**

*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. Make the check payable to Diamond Tours and mail to the address above. **A few seats remain.**

*Day Trip July 16.* **FDR Homestead & Library and Hudson River Cruise.** Take a scenic cruise on the Hudson River. Enjoy a boxed lunch on board. Tour the home of Franklin D. Roosevelt and the first Presidential Library. Price \$140. Make check payable to Landmark Tours and mail to the address above by May 28.

*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 ballpark-fare buffet are included. Cost \$90.00. Make check payable to Francine Frenier and mail to address above by June 1.

*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. Center Orchestra seating. Lunch at The Gelston House. Price \$177. Make a check payable to Landmark Tours and mail to the address above by August 1. **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. Make the check payable to Diamond Tours and mail to the address above. **As of March 2025, Diamond Tours**

**is expecting this trip to go, despite the hurricane damage around the area. 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 March 2025

Being a caregiver is usually not something you imagine, or plan for. It just happens. It could be your parents needing help, or your child becomes disabled, or your life partner's medical problems become debilitating. Your caregiver responsibilities can happen in an instant due to accident and/or injury. Or they can grow slowly, when the person you are helping begins needing more and more support. It can become overwhelming, and isolating where you focus on what needs to be done day by day.

How do you manage? What help is available?

We usually look to our health insurance because caregiver tasks include helping with personal care, meals, cleaning, grocery shopping, managing Rx, and keeping track of doctor appointments. For those of us over 65 who have Medicare as our primary health insurance, we are surprised and disappointed to discover that Medicare doesn't cover home care services or nursing home costs except for short periods of rehab, or after a hospitalization when your doctor can write orders for the VNA to deliver limited home care help.

In Massachusetts, we also have the State Home Care program which can provide ongoing home care services for residents over 60. These services include help with meals, housekeeping, personal care, transportation to medical appointments, lifeline services and a program called Options counseling to help understand other resources. Unfortunately, availability of workers for home care is limited, especially here in the hill towns. Highland Valley is the agency who oversees and pays for these home care services. Often authorized hours go unfilled because there aren't available workers.

So while Medicare and Highland Valley may pay for some home care, when our caregiver needs are greater, MassHealth is the resource that can help caregivers pay for the help they need.

MassHealth is medical insurance for those with limited financial resources. However, MassHealth has different income and asset eligibility limits for different programs. For caregivers, there are a couple of programs that help.

The PCA (Personal Care Attendant) program lets you hire your own worker, and Mass Health pays for a number of hours determined by a nursing assessment. So those who have significant medical problems, would qualify for more hours than those with less need. The worker you hire can be anyone (*cont. on next pg*)

**Goshen Council on Aging  
Town of Goshen  
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Coordinator

Suzanne Krebs

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Newsletter Editor  
and Designer:

Kristen Estelle

regionalcoanews@gmail.com

(cont. from previous pg) who is not married to the MassHealth member. The PCA program has higher income eligibility limits, and “excess” assets can be transferred before applying. This program pays for care at home, not nursing home. MassHealth also pays for the Adult Family Care Program, like the foster care system, a caregiver can be paid for managing the Mass Health member’s care at home. AFC pays the caregiver a tax free stipend for managing and coordinating services. The program also provides a RN and social worker to help the caregiver access other resources and services.

To enroll in either of these programs, the person needing help must be eligible for Mass Health.

You might contact your senior center or SHINE counselor to ask about Mass Health eligibility. Don’t assume you’re not eligible- it’s worth a conversation to explore the options.



## Spring/ Summer Clothing Exchange

**Saturday, April 26th, 9am-3pm**

Goshen Congregational Church  
45 Main St. Goshen



Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men’s, women’s and children’s spring/summer clothing and accessories at the church on Wednesday 4/23 from 6-8pm or Friday 4/25 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 26th from 9am-3pm! All are invited to participate whether you donate clothes or not.