

Goshen Council on Aging

April 2025 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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"Welcome Spring!" Luncheon

Tuesday, April 8th at Noon
Town Hall

Please join us for a Welcome Spring luncheon on April 8 at noon at the Goshen Town Hall in the downstairs area. Lunch will be catered by Spruce Corner with a choice of Chicken Piccata or Vegetarian Piccata with Cannellini Beans, rice, and vegetables. And, as always, we will serve a delicious dessert. Please email or call Kerry at 268-9354 by April 1 to let her know you are coming and your choice of meal.



April 2 – Crafts Group this month meets in the Library or the upstairs dining room attached to the library. We welcome you to bring your own craft project to work on in community with us. Do you have a craft you would like to learn? Or one you would like to teach? Let any COA board member know and we will work on making that happen!

April 4- Community Connections Group will be held in the Goshen Town Hall upstairs dining room from 10-11am. We had to postpone our March group so we will repeat our plan to talk about TRAVEL. Francine Frenier, who leads the COA travel groups listed in our newsletters, will join us to talk about upcoming options and answer any questions. We also want you to bring your favorite travel stories, pictures, or mementos to share the gift of fabulous memories with each other. Coffee, tea, and international snacks will be provided.

April 11- Join us for a play put on by Pauline Productions entitled Francis Perkins: A Woman's Work on April 11 at 2pm. Francis Perkins was the first woman Secretary of Labor from 1933-1945 and crafted some of the most significant legislation of the New Deal Era. The COA has reserved the

FRTA van to drive us to this event, or you can meet us at the First Congregational Church of Ashfield at 1:45pm. If you would like to ride in the Van, Kerry will need to know by April 3 in order to get everyone registered as there is a new system in place, and we will meet in the Goshen center parking lot at 1:15pm. Call or email Kerry to reserve a ticket to the play by April 4.

April 18- Let's welcome Spring with a trip to the **Magic Wings Butterfly Museum!** We will visit with the butterflies from 10:30-12 then head to a local restaurant to enjoy lunch together. We have reserved the FRTA van to drive us, or you can meet us there in Deerfield. Kerry will need to know by April 3 if you want to take the van in order to get everyone registered as there is a new system in place. We will meet at the Goshen center parking lot at 10:00 am if you are riding in the Van. Call or email Kerry to reserve a ticket to the Museum by April 10.

April 15 & 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 April 15 is choice of Cream of Asparagus soup or Chive and Cheese Quiche and the choice for the 22nd is Beef Wellington or Vegetarian Chili. 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.

April 16- Games Group will meet in the Library from 2-4pm. This month we will have a **Beginners Pitch Game!** Come and learn this classic card game or get a refresher! If you already like to play Pitch, come to play a round or two and give us some pointers. This will be a great way to spend an afternoon.

April 17-Technology Help in the Library with Goshen resident Stephen Morley who is our generous volunteer. He will be there 12-2pm. Bring any and all questions regarding your computer, your phone, or your tablet to Stephen and he will problem solve with you! We are so lucky to have this volunteer program!

Our condolences go out to the friends and family of **Joanne Bradshaw and Joseph Frye Jr.**



AMMENDMENT about Foot Care- If you would like to attend a session with Piper Sagan, foot care nurse, please call the COA in Williamsburg or Cummington to set up an appointment. If you wish to have a home visit, please call Piper Sagan at **413-522-8432**.

Worcester Red Sox Game- Baseball season is upon us! We had so much fun last year at the game, the COA has decided to team up with Francine Frenier's trip to the game on **Sunday, August 3!** This special trip includes a pre-game tour, Ballpark Fare Buffet, transportation, and the game ticket for \$90.00. To help with the cost, the COA will subsidize half of this (\$45) for Goshen seniors! Space is limited so you have to sign up with Francine Frenier at **413-296-4291** or **Francine.frenier@gmail.com**. To get the "Goshen deal", you have to sign up by May 1 to give Kerry time to do the paperwork. Go Woosox!

Do you need a ride? The Hilltown CDC has the Easy Ride van service and a driver pool to help you. Contact Ed Pelletier at 296-4232 for more information and to arrange a ride.

Re-imagine Goshen Center Fundraisers

- **Spaghetti Dinner and Raffle:** Saturday, April 26, 5:30 pm, in the town hall. Suggested donations: \$20 pre-registration (no later than April 21), \$25 at the door. Doors open at 4:30pm for raffle ticket sales. Raffle at 6:30pm, must be present to win. To register: Mail check with email address (for confirmation) to Town of Goshen, Open Space Committee, 40 Main Street, Goshen, MA 01032. Memo: Re-imagine Goshen. You may also email **reimaginesoshen01032@gmail.com** or call Lorraine at: **413-268-3660**.
- **Bottle Redemption:** The Open Space Committee and the Goshen Transfer station invite residents to donate their redeemable bottles and cans in support of the Re-imagine Goshen Center project. This year's start date is March 29. Barrels will be available to drop off your redeemable containers. In 2024, we collected \$923.65, thanks to the efforts of our dedicated volunteers. For more information or to volunteer, see contact information above. Thanks for your support.

Happy Birthday in April!

Claire Byrom, Michael Grinley, Stephen Fancy, Peter Therkelsen, Annmarie Dresser, Steven Rida, Elizabeth Loven, Loretta Patton, Scott Healy, Martha Monaghan, Steven Barrus, Michelle Parsons, David Krassler, Patricia Roguz-Britt, Cameron Georges, June Millington, Roger Perreault, Jeffrey Murphy, Ann Marie Deres, Francis Burnett, David Tirrell, Richard Barton, James Berube, Robert Haskell, Annette Korowski-Lavaud, Steven Daiber, Leslie Snowden, Judi Morin, Doris Barbeau, Marcia Phillips, Victoria Verge



The Goshen Council on Aging 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 make out your check to "Goshen Council of Aging" and write "Program Support Fund" in the memo line; mail to Goshen COA, 40 Main St. Goshen, MA 01032.)

Name _____ Telephone _____

Address _____

Email _____



Seniors Aware of Fire Education

Preventing Electrical Fires



Here are some things you should look for and do to prevent electrical fires.

Call 911 if you experience any of these warning signs:

- arcs, sparks, or short circuits
- sizzling or buzzing sounds
- odor like a vague smell of something burning

Call a licensed electrician if you experience these warning signs:

- frequent tripped circuit breakers or blow fuses
- dimming or flickering lights, light bulbs that pop or wear out too fast
- overheated plugs, cords or outlets
- shock or mild tingling
- loose plugs
- damaged wires or faulty outlets

Some things you can check on your own are:

- overloaded outlets - only one appliance on an outlet
- electric cords behind furniture, couches, and bureaus
- overloaded power strips, most are for low current devices
- frayed wires, cracked insulation or any damage
- extension cords not properly rated for appliances
- cord or wire nailed into place can short out or arc
- do not use indoor rated cords outdoors.

Be charged up for a SAFE spring!

--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.

Social Security Safety, part 1

Assuming you have been following the news, you could - should? be aware of the safety of your Social Security information. I have recently learned that we can block access to our Social Security account from someone who has a nefarious intent. Because I have online access to my account, I proceeded to check this out.

So I tried to set a block. And failed. I could not get into my account using ID.me which is what I signed for a couple of years ago. I did get into my account using what I thought was an old user name and password. But then there was no option to block anyone else.

Stay tuned – I Will make this work!

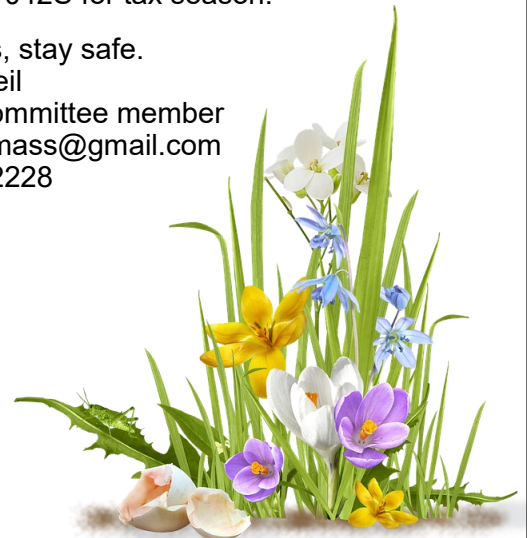
In the meantime, remember the old safety warnings. Don't carry your card with you. Don't share your number over the phone, EVER. Don't give out your number unless it really is necessary; when someone asks for your number, push back nicely. Ask why they need it, what is the consequence of them not having it.

It is a good idea to create your own online account, at www.ssa.gov/myaccount That way even if someone gets your number they can't adopt your account for their own. With an online account, you can:

- Get your benefit verification letter
- Check your benefit and payment information and your earnings record
- Change your address and phone number
- Start or change direct deposit of your benefit payment
- Get a replacement Medicare card
- Get a replacement SSA-1099 or SSA-1042S for tax season.

As always, stay safe.

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



Tech. Help and Training for April



GREAT NEWS!

TechConnect will continue providing services through a partnership with Northampton Open Media. 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. Call **413-296-5080** or email coatechdevices@gmail.com.

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

Please remind us if you requested one and are still waiting. There is still time to join the Digital World. We have ordered more PC laptops/ computers, refurbished Chromebooks, iPads 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 coatechdevices@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 (4/4 and 4/18)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (4/9)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (4/17)

- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (4/17)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (4/24)
- Williamsburg Meekins Library Drop-In tech support 2nd Tuesday 4/8 from 10:30-12:30 Nash Hill Place Resident Drop-In tech support 2nd Tuesday 4/8 from 10 to Noon

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

Tech Workshops, April into August:

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

- 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.** \$20 in Free Slot play. Lunch on your own. Restaurants on site. Cost \$40. Make check payable to Francine Frenier and mail to the address **NOW. A few seats open.**

Day Trip May 8. **Titanic: The Artifact Exhibition at Saunders Castle at Park Plaza Boston, MA.** Lunch at Venezia. Cost \$144.00. Make check payable to Landmark Tours and mail to the address above by April 8.

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 **NOW. Waitlist only.**

Day Trip June 17 **Isles of Shoals Cruise in Portsmouth, NH.** Lunch at Foster's Clambake in York, Maine. Cost \$154. Make check payable to Landmark Tours and mail to the address above by May 17.

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. Payment of \$1,052 due **NOW.** Make the check payable to Diamond Tours and mail to the address above. **Waitlist only.**

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. **Waitlist only.**

Day Trip August 3. Triple A affiliates, **Boston Red Sox Woo 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.

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 April, Diamond Tours is expecting this trip to go, despite the hurricane damage around the area. Please stay tuned. A 2nd bus has a few open seats.**

Day Trip Sunday, December 7. **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 \$160 (approx.) Make a check payable to Landmark Tours and mail to the address above by August 1.

Good News for April 2025

Let's talk about the "Windfall Elimination Provision and Government Pension Offset", what many of us called the offset rule that effected our social security benefits (reducing them).

On January 6th, President Biden signed into law the Social Security Fairness Act that ENDS the offset! The American Federation of Teachers estimates this will effect more than 100,000 Massachusetts teachers. Municipal workers and Federal employees will be affected too. All this means your social security retirement benefit is going to increase starting April 1st! But it gets better. Your increased benefit actually started January 2024...which means you will get a lump sum amount to catch up. After that you should see an increased monthly social security benefit which the Biden administration estimates at about \$350/month for over 2.8 million Americans. That first "catch up" amount is supposed to happen April 1st, so check your bank statement for an additional U.S. Treasury deposit.

This Good news may have some drawbacks. The first is: don't try to contact the social security office now since they are flooded with folks calling asking for help calculating their new benefit. Wait times on phone calls can be up to 3 hours.

But more concerning is this new income may impact your public benefits like MassHealth, SNAP, and the Medicare Savings Program. MassHealth has decided not to count windfall income for the next 6 months. So we have until October before this new income will be counted.

If you think you might be at risk of losing benefits because your income and assets have increased, you should contact your senior center for a SHINE appointment for questions about the Medicare Savings Program and check to see if you can have a conversation with the Connector program for other benefits.

**Goshen Council on Aging
Town of Goshen
40 Main Street
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**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.

**Let's Keep Talking About Death-
Part 2**

**May 20, May 27 and June 3rd
4:00-5:30pm**

**John James Memorial Hall
42 Main St. Goshen**

We are continuing our series of conversations based on *Let's Talk About Death Over Dinner* by Michael Hebb. Sessions will be led by End of Life Doula Stacey Mackowiak and take place over three sessions-May 20, May 27, and June 3 from 4:00-5:30pm.

More info to come in the May newsletter.

All are welcome!

