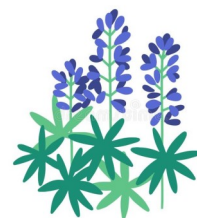


Goshen Council on Aging

June 2025 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

Panda Garden Luncheon

Tuesday, June 10th at 11:30am
49 Main St. Williamsburg, MA

Let's go out and try something new! Please join us for lunch at Panda Garden Chinese Restaurant at 49 Main Street in Williamsburg on June 10 at 11:30 (please note earlier time). They will be setting up a special buffet for us with a variety of delicious choices. We will sit in their dining room at the tables and booths in their festive restaurant. It might be a little cozy but it will be fun! **Please call Kerry at 268-9354 by June 2 to let her know you are coming.**

June 4- 2025 Elder Law Education Program

from 4-5pm at the Goshen Town Hall. This program is sponsored by the Massachusetts Bar Association (MBA) with generous assistance and continued collaboration from the Massachusetts Chapter of the National Academy of Elder Law Attorneys. It is coordinated by the MBA in celebration of Law Day. Atty Sarah E. Dolven from Zurn, Sharp, Heyman & Dolven, LLP will come to the Town Hall to educate us on Essential Documents including Wills, Power of Attorney, and Health Care Proxies and also the Realities of Protecting our Assets. Atty. Dolven will answer questions you may have about planning for your future needs. Refreshments will be provided. Please join us, all are welcome!

June 4- Crafts Group this month meets in the Library. We welcome you to bring your own craft project to work on in community with us. We plan to have a small paper packet craft if anyone would like to work on these as well. The decorative packets are yours to use or you can donate them to the COA to use when handing out small thank you gifts. Please join us!

June 6- Community Connections from 10-11 in the Town Hall upstairs dining room. This month

we welcome Lynne Paterson, owner of the Prakasa Yoga and Wellness Studio at 152 Ball Road in Goshen. Lynne will talk to us about Meditation. If prayer is defined as speaking to God/Spirit, then meditation could be described as listening. Many health benefits are gained from the regular practice of meditation. Lynne will introduce the Heart Math technique proven to harmonize body-mind-spirit and leave you feeling refreshed and at peace. All are welcome, bring your friends!



Ice Cream Social



Saturday, June 14th from 12:30-2pm

Tilton Town Field (*rain location: town hall*)

This year we will have music by AJ and Sylvia's Folksy Tunes! AJ and Sylvia are from Chesterfield and they play a variety of songs that will have our toes tapping and our hands clapping. The COA board will be scooping out bowls of ice cream and we will have plenty of toppings, including strawberries and blueberries to make your own patriotic sundae in honor of Flag Day. Come have a sundae and listen to some fun music at our beautiful Tilton Town Field! There are a few picnic tables but feel free to bring your own chair. All ages are welcome! This event has been funded by generous grants from the Goshen Cultural Council / MA Cultural Council and Highland Valley Elder Services.

Also on June 14th... Annual Town Meeting at 9:30am in the Town Hall! Come participate in direct democracy, a New England tradition that started over 250 years ago and continues to this day!

June 17 & 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 June 17 is choice of Greek Chickpea Salad or Chicken Salad and the choice for June 24 is Fish Sandwich or Broccoli and Cheese Quiche. 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.

June 18- Games Group will meet in the Library from 2-4pm. Playing the card game Pitch has proven to be popular so we will have cards to play, but we will also have other games if you would prefer to play something different. This will be a really fun way to spend a couple of hours together.



Fun at
Magic Wings!



June 19-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, your tablet to Stephen and he will problem solve with you! We are so lucky to have this volunteer program!

Medical Equipment Program- We have slightly changed the way we will be giving out medical equipment. We will now work with TRIAD services out of the Hampshire County Sherriff's office. TRIAD is able to deliver equipment straight to the person who needs it, and they have a large variety of items to lend. Henrietta is still your contact person at **268-7465**, and she will contact TRIAD for you or give you the number to call yourself if you prefer. The COA sends a big thank you to Henrietta Munroe for running this program and for keeping all our equipment in her barn all this time!

Happy Birthday in June!

Edmond Greenwood, Peter Fappiano,
Donald Boisvert, Lynn Rancourt-Tomasaukas,
Terrylee Crowther, Andrew Perkins,
John Monaghan, Martha Sites,
Colleen Wilcox-Mayer, James Durant,
Thomas Patton, Patricia Murphy, Gail Kicza,
Susan Wallace, Steve Calderone, Tara O'Brien,
James Sands, Constance Schwaiger,
Mary Georges, Diane Mollison, Nancy Parlaulas,
Jonathan Mayer, Jean Adamites, Robert Albrecht,
Richard Williams, Henri Zajac, Deborah Zebrowski,
Valerie Durant, David Lutz, Marc Fromm



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

As you plan your summer vacation, here are some things to think about hotel/motel fire safety. First of all, select a hotel or motel that has a smoke detector and a sprinkler system in the room. Here are some things to think about or do after you have checked in:

Senior 
SAFE

- Check out TWO ways out of the hallway. The elevator is NOT one of them.
- Count the number of doors to the nearest exit and the number of doors to the other exit.
- If you are deaf, ask for a Hearing Impaired Kit or a room with a strobe fire alarm
- Keep your room key/card, your eyeglasses, your wallet and a flash light on the night table. Take them with you when the fire alarm sounds.
- Feel the door with the back of your hand. If it is really hot, do not open it.
- If it is cool, open it a little. If smoke, heat and flames rush in, close the door.
- If the hallway is clear or just has smoke in it, get low and go, counting the doors to the best exit.
- If you cannot reach an exit, return to your room.

If you are stuck in your room:

- Put wet towels around the door to discourage smoke and heat from getting in the room
- If possible, open the window and hang a sheet or towel out of it to let the firefighters know you are there.
- Do NOT jump out the window.
- Cover your face with a wet cloth and stay low by the window.
- Call 911 and let them know which room you are trapped in.

I hope you do not have to do any of this, but do think about it as you move into your hotel/motel. Have a SAFE vacation!

--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.

Joy oh Joy – two more new scams?

Well, new to me. Sorry to pass these on, but forewarned is forearmed, right?

First one: I got an email from someone I hadn't corresponded with or seen for at least three years. She asked if I used Amazon and I wrote back yes. She then asked if I could help her out. She had a good friend with a birthday and wanted to get her an Amazon gift card today but there was a problem with her credit card. Could I order the gift card and pay for it, she would repay me when things with the bank were straightened out. Umm, no way would have been my answer if I had written back.

One of the cues on this was the perceived urgency – card needed **TODAY!** Also, I liked the person presumably sending the email so there was a personal connection designed to make me feel like I should help her out.

Second one: this might not be a scam but it has Buyer Beware all over it. A friend was online for help with a computer-related accessory and signed into the chat to get technical assistance. She was asked to pay a dollar deposit – a fully refundable dollar deposit – so she put in her debit card number. Things started feeling wonky so she did NOT give her security ID and quit the site. The phone rang and it was her bank calling about three questionable charges just attempted of \$55 each.

She had gotten hooked up with JustAnswer.com, a valid service that contracts to provide technical advice. There is a \$5 or \$1 dollar fee to start up, then a monthly fee of \$55. Some who have tried to quit the service have found that difficult. If you are doing a technical chat, it is free unless they give you the fine print. Hence, Buyer Beware.

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



Tech. Help and Training for June



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

There is still time to join the Digital World while supplies last. 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 (6/13 and 6/27)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (6/11)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (6/19)

- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (6/19)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (6/26)
- Williamsburg Meekins Library Drop-In tech support 2nd Tuesday 6/10 from 10:30-12:30 Nash Hill Place Resident Drop-In tech support 2nd Tuesday 6/10 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, June into August:

***Note Change To June Workshops** from mailing

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

- 6/13 - Microsoft Excel
- 6/27 - 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.

*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. **Wait-list 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 **NOW. Call or email above to be added to the Wait List.**

*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 due **NOW**. Make check payable to Francine Frenier and mail to address above. **Call or email above to be added to the Wait List.**

*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. **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, mail to address above by Oct. 13.

There are day trips to Bronx Zoo, Provincetown, Hampton Beach, Statue of Liberty, Salem, Mohegan Sun, Radio City Rockettes all leaving from Chicopee. If interested, call 413-296-4291 for more info.

Good News for June 2025

By Deb Hollingworth

Let's talk about ways to get help at home, and how to pay for it. If you are having difficulty bathing, dressing, doing housework, grocery shopping or getting to doctor appointments, there are services available.

Through Medicare: these services need a doctor's order and are delivered by Certified Medicare Home Care providers like VNAs. They are designed to be short term. Usually few weeks, and often after a medical event like a stroke, heart attack, or surgery for hip or knee replacement. Medicare funded services are NOT designed to be long term. They do not come on a daily basis. Typically the VNA might send a worker a couple times a week for 3-4 weeks.

State home care services through Highland Valley can provide help with personal care, housekeeping, grocery shopping or transportation. They are designed to be short term, or long term. A co-pay is charged. Co-pays are determined on a sliding scale, based on your income. State home care services are typically a couple hours, once or twice a week. Services are delivered by Certified home care providers like our local VNAs. Availability of workers can be an issue.

MassHealth is the only medical insurance that provides substantial hours of home care help, even on a daily basis. This help can come through a Certified Medicare home care provider like a VNA, but also can be someone you hire on your own. MassHealth will pay caregivers for the help they provide. Your caregiver can be anyone you are not married to. This is often the best option for someone who might need a number of hours of help on a daily basis. To access this benefit, you need to be eligible for MassHealth. Which means you must have limited income and assets. However, you can have as much as \$2,900/ month in income if you apply as a Frail elder waiver. Countable assets must be \$2,000 or less. But your primary residence, a car, term life insurance and pre-paid burial contracts are all uncountable assets. Excess assets can be transferred. This is where I run into the misconception that there is a 5 year look back for any asset transfer. This applies only to applicants seeking nursing home payment.

If your intent is to remain in your home, you can transfer assets, and then apply for MassHealth. You report the transfers so that MassHealth has a record of them in case, in the future, you might require nursing home care. If you want MassHealth to pay your nursing home bill, the 5 year look back applies. If you want MassHealth to pay for care at home, the 5 year look back does not apply.

MassHealth has a couple of programs that pay family caregivers. The most familiar, perhaps the most popular, is the PCA program (*cont. on next page*)

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

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(continued from previous page) where you hire your own worker....and MassHealth pays them.

Probably the best way to learn more about the MassHealth programs that pay caregivers is to speak to an Options Counselor at Highland Valley: 586-2000, or an Options Counselor at STAV-ROS 256-0473 or an Options Counselor at LifePath in Greenfield 773-5555.

They can help determine which MassHealth program might work best for your situation. Next month we can talk about the Adult Family Care program which is another way MassHealth can pay family for the help they provide.



Funded in part by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act

FITNESS FOR ALL WITH JOAN

These movement opportunities have been created by a certified fitness instructor/personal trainer with functionality and mobility for daily life in mind. Come move with us in person or via Zoom. Make the time to invest in your health, in YOU!



**Classes offered on Monday, Wednesday,
Thursday & Friday**



M, 9:30 AM W, TH 10:15 AM, FRI 9 & 10:15 AM



**Monday: Zoom only
Wednesday: Goshen COA/Zoom
Thursday: Zoom only
Friday: Chesterfield COA/Zoom**

*Donations are welcome to support these class offerings

COME JOIN US



413-537-8337



www.bybhealth.com

Joan@bybhealth.com

