

# Goshen Council on Aging

## July 2025 Newsletter



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

**Kerry Normandin, Coordinator**  
413-268-8236 x118  
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*L-R: Patti Woodward, Henrietta Munroe,  
Roxanne Cunningham, Kathy Boisvert & Nancy Wood.  
Not pictured: Pat Wheeler, Suzanne Krebs &  
Evelyn Culver.*

**The COA Board** has five members: Henrietta Munroe, Nancy Wood, Patti Woodward, Pat Wheeler, and Suzanne Krebs. We are also lucky to have three associate members: Roxanne Cunningham, Evelyn Culver, and Kathy Boisvert. Alongside these incredible women, 33 other Goshen residents have volunteered time at COA events. Volunteers have provided over 477 hours this year! We are so grateful! We also thank COA Support Staff Kristen Estelle for all that she does for the COA, including but not limited to editing this newsletter. The COA is able to offer all it does because of these many people working together. **THANK YOU ALL!**

**July 2- 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 have a lot of talent among us and we love to share ideas. If you have an idea for a craft or art project you'd like to try, let us know. We might be able to gather the supplies and learn together.

**July 3, July 24 & July 31- Tilton Treks Returns!** Join us at 9-10 am at Tilton Town Farm for a walk around the grounds and/or on the trails for a bit of exercise. Walking is great for our physical and mental health. Bring your own water bottle. Rain or extreme heat will cancel. It will be a great way to begin the day!

### **July 15 and 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 July 15 is choice of Pollack Florentine or Spinach Quiche and the choice for July 22 is Chicken Parmesan or Chicken Cordon Bleu. 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.

**July 16- Games Group** will meet in the Library from 2-4pm. We have a variety of games to choose from and we will also have cards. Some weeks, if there is the right number of people, we play the card game Pitch. It's really fun! Come spend the afternoon with us.

**July 17- Technology Help** in the Library will be available from 12-2pm. You can ask questions regarding your computer, your phone, your tablet or any other technology related question and we will do our best to help. The Tech Connect article on page four of this newsletter also has information about other technology related services.

**Blue binder tips-** A couple years ago, the COA delivered blue Critical Information Binders to all residents over 60 who wanted one. We did this to provide you with a central spot for your important information that would be needed in an emergency. We started you off with some pages and have been giving tips on other items to add in the Newsletters. We encourage you to locate your binder and fill in the pages and add what you think is important. Tell your loved ones where you keep the binder. If you need a binder, contact us. The COA has a few available.

Save the date:  
**August 12th is our next luncheon,**  
and it is a special one. More info to come  
in the next newsletter!

**Send us your ideas-** If you have any ideas for a COA activity, class, experience, or even a new spot to try for lunch, please let us know. We welcome new ideas.



**Flags-** Did you know that the Westhampton Library has an American Flag Retirement Box? It is an Eagle Scout Project of Boy Scout Elijah Picard. You can place an old or damaged flag in this box and it will be disposed of in the proper manner. If you have a damaged flag and cannot make it over to Westhampton, contact the COA and we will bring it there for you.

Our condolences go out to the friends  
and family of **Steven Barrus** and  
**William Sbrega**.



### Chickpea Pasta Salad

Recipe by The Grow

*Yields: 4 servings.  
Time to Make: 15 minutes*

#### Ingredients:

2 cups cooked chickpea pasta  
1 cup canned chickpeas, drained and rinsed  
1/2 cup diced bell peppers (red, yellow, green)  
1/4 cup cherry tomatoes, halved  
1/4 cup diced cucumber



1/4 cup crumbled feta cheese  
3 tbsp olive oil  
2 tbsp red wine vinegar  
1 tsp dried oregano  
Salt and pepper to taste

#### Directions:

1. Combine pasta, chickpeas, bell peppers, tomatoes, cucumber, and feta in a bowl.
2. In a small bowl, whisk together olive oil, red wine vinegar, oregano, salt, and pepper.
3. Drizzle the dressing over the salad and toss to coat.
4. Serve fresh and enjoy!

### Happy Birthday in July!

Lisa Newman, Linda Clapp, Brenda Cliché,  
Ronald Loven Jr., Roger Culver, Michael Feld,  
Helen Mollison, Julie Hooks, Caren Miller,  
Donald Martino, Rose-Marie Carr, Stephen Morley,  
Hans Andreas, Gary Cunningham,  
Patrice Woodward, Wendy Connell,  
Susan Gesmer, Barbara Querceto, Jane O'Riordan,  
Yvonne Gittelson, William Kelly,  
Sonia Arrubla-Castro, Rita Petko-Sands, Ellen Feld,  
Mary Lou Joyner, Evelyn Kellogg-Culver,  
Marcia Chen, Marcia Yudkin, Jeffrey Bliss,  
Margaret Smith, Ned Wilson, Laurie St Amand,  
Leatrice Archbald, Chester Brown III,  
Dorothy Albrecht, Dana Stiepock,  
Henrietta Munroe, William Fivel, Santha Parke,  
Brent Roberts Jr., Martha Dragon, Kelly Sharpe,  
Cynthia Roberts, Ronald Freund, Peter Contuzzi,  
Denise Linscott, Barbara Bishop, Richard Larson,  
Anna Dow, Gary Lane, Linda Sbrega



### ***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 \_\_\_\_\_



### Power of Attorney, yet again

Since I last nagged you on getting a POA, I have learned some things. One of them the hard way, but that is to your benefit. Oh, and the person who gives the POA to another person is called the “principal”; the person who receives the authority is the “agent” or the “attorney-in-fact”.

1. Before the agent can use the POA for the principal, the principal should notify any third parties, such as banks, that the agent is authorized to act on the principal's behalf. This means that the agent should go to or communicate with the bank or rest home or whatever entity, to insure they can accept the POA and add it to their files. The agent should take a copy of the appointment and proof of identity.

2. Some entities such as a financial institution may need a certified copy of a POA. The attorney who prepared the POA – or any notary public – can prepare a certified copy from an original POA document. This verifies that the POA is still valid.

3. The wording should be explicit as to privileges given to the agent. My best example of that is making sure that complete electronic access to accounts is available. I bank online, many of you do, and the principal may want the agent to be able to continue that.

4. To change the mailing address of the principal for Medicare and Social Security (SS), the agent will need to go through SS, and whether this can be done online or via phone or if a visit is required is fluid these days. In my case, I called SS to set up an appointment to visit and learned that the federal government does not recognize a POA. SS requires that the agent register as a Representative Payee. The paperwork includes a form “Request to be Selected as Payee” and likely a form for a medical provider to certify that the principal cannot or does not want to manage their finances.

5. MassHealth requires the agent to register as an Authorized Representative before the principal's address can be changed, or before MassHealth will share information about an insurance issue. That registration form can be found online: [www.mass.gov/doc/authorized-representative-designation-form-1/download](http://www.mass.gov/doc/authorized-representative-designation-form-1/download)

6. The principal should keep a list of who they have informed about their POA, in case they later need to revoke it.

Smile!

Jean O'Neil

TRIAD Committee member

[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

413-268-2228



### Seniors Aware of Fire Education

This Senior S.A.F.E. column is different from the many that have been published over the years. I am going to give you only one piece of fire and life safety advice, which is:

**Senior**   
**SAFE**

~ if you are in a structure that is on fire or in one when a carbon monoxide detector sounds,  
**GET OUT and STAY OUT!**

This is the last COA newsletter put together by Kristen Estelle. She has edited, formatted and produced the printed and online editions of the newsletters that go to every senior in seven Northern Hilltowns. She has brought local and regional news for everyone's benefit. This newsletter was the first of its kind when it was recognized by the Department of Fire Services a number of years ago at an annual S.A.F.E educators conference.

I personally thank Kristen for editing and formatting my column. It catches the eye and is an easy read. I also thank her for the “gentle reminder” of the deadline each month.

Job well done!

--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 July



### 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](mailto:coatechdevices@gmail.com).

### 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** or check the website, [www.northernhilltownscoas.org](http://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](mailto:coatechdevices@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 One Friday, 11:30-1:30 (7/18)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (7/9)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (7/17)

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

### Tech Training Classes & Workshops:

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)

### Tech Workshops, July and August:

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

- 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](http://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 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 vs Philadelphia Phillies** at Polar Park, Worcester, MA. A pre-game tour of Polar Park and a ball-park-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. 15. The BIG E,* an annual favorite, with free entertainment at The Court of Honor Stage. The Stylistics perform hits from the 70's. Cost \$18 for Northampton Seniors, all other seniors \$20. Make your check payable to Barbara Kaczinski & send to 39 Leeno Terr. Florence, MA 01062 by Sept. 1. NO REFUNDS due to bargain price. Bus leaves from Sheldon Field. **NOTE: check info and mailing address.**

**NEW Day Trip Tues. October 8. Historic Salem Cross Inn.** Includes luncheon, choices available. Tour of Quabbin and stop at Brookfield Orchards. Discounted price for Worthington Seniors over 60 and \$103 for other seniors. Call Phyllis 413-238-5962 or coa@worthington-ma.us for details and to reserve a seat by Sept 1. Limited seating.

*Day Trip Oct. 9. A Chorus Line.* Center orchestra seating for the 50th Anniversary Production 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. **Call or email above to be added to the Wait List.**

*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 10 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.

## Good News for July 2025

By Deb Hollingworth

Let's talk a little more about resources for caregivers. Are you a caregiver? Nurses, physical therapists, and other medical professionals certainly are, but you are too if someone depends on you to help them in order to stay home safely.

Maybe you do grocery shopping, or provide rides to medical appointments? But what if you are taking care of someone 24/7, providing personal care, meals, setting up medications, doing laundry and a host of other tasks to make sure the house is run.

Being a caregiver, managing the household, can become a full time job.

What happens if you need care yourself? Who can take over while you get the care you need for a medical procedure, recovery from surgery, or just to recoup your strength? This kind of help is called Respite care. It might be help like someone coming into your home, or it might be a short term nursing home placement for the person you're taking care of.

These short term nursing home placements can be paid for by MassHealth if the person you are caring for qualifies for MassHealth, or in some cases, the VA will pay for short term placement if the person you care for is a veteran and receives medical services from the VA system.



To find out more about the Caregiver Options, you can contact Highland Valley Elder Services at **586-2000** and ask to speak to an Options counselor. Highland Valley also has had Caregiver grants to help with additional expenses when the caregiver needs Respite services support. (Federally funded grants through Highland Valley are subject to availability). And always give your senior center a call to see who to speak to about MassHealth and Veterans services eligibility.

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

**Goshen COA  
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# SCAM ALERT!



*You get a call or message  
saying that you did not appear  
for **jury duty**, you need to pay  
a fine or you will be arrested.*

***What should you do?***

- Hang up! It's a scam.
- No one will call if you miss jury duty.
- The sheriff's department will **never** call and ask you to pay a fine.

**VERIFY THE  
INFORMATION**

**Massachusetts  
Office of the Jury  
Commissioner**

(800) 843-5879

*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.**

