

Goshen Council on Aging

November 2025 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

Thanksgiving Luncheon

Tuesday, November 11th at 12pm

John James Memorial Hall, 42 Main St. Goshen



We are looking forward to our annual Thanksgiving and Veterans Day Luncheon! Jerry from Spruce Corner Restaurant will be cooking up a delicious meal of turkey, gravy, potatoes, and butternut squash to get us in the holiday spirit. We will honor our veterans with a special poem and gift. And of course there will be pie for dessert! Please call Kerry at **268-9354** by November 4 to let her know you are joining us.

Nov. 5th- Crafts Group this month meets in the Library. We welcome you to bring your own craft project to work on in community with us. 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.

Nov. 7th- Community Connections- 10-11 am. Lorraine Brisson will be at our group to educate us and answer our questions about preparing our gardens for winter, or even getting ready for Spring! We will meet in the upstairs dining room of the Goshen Town Hall.

Nov. 18th and 25th- 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 Nov. 18 is a choice of Chicken and Bean Enchilada or Stuffed Shells and the choice for Nov. 25 is Seafood Newburg 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.

Preventative Care

Flu & Covid Vaccine Clinic

Wednesday, November 19th, 1:30-4:30pm

John James Memorial Hall, 42 Main St. Goshen

There is no charge but please bring your insurance card. Contact Joan at **413-296-4536 x102** or joang@hilltowncdc.org if you have questions.

Baystate Wellness on Wheels Bus

Wednesday, November 19th, 1:30-4:40pm

Goshen Town Parking Lot

Also on this day from 1:30-4:30 in the Goshen Town parking lot, the Baystate Wellness on Wheels bus will be set up to provide preventative screenings, education, resources and coordinated access to care. The bus travels throughout Western Mass and is staffed to offer health screenings for diabetes and blood pressure, and to provide equipment such as home BP cuffs as needed, for all people over 18 regardless of insurance. People from all Hilltowns are invited to attend. What a wonderful opportunity to take charge of our health and wellness!

Nov. 19- 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. Or if you could bring your favorite game and teach us how to play!

Nov. 20- 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 page of this newsletter also has some tech help information.

Exercise Classes with Joan- Exercise classes continue with Joan Griswold on Wednesdays at 10:15 in the Goshen Town Hall. We 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. Let's keep moving!



BINGO!



Sunday, Nov. 9th at 1:30
(doors open at 12:30)

John James Memorial Hall, 42 Main St. Goshen

Join us for BINGO- a fundraiser for the Re-imagine Goshen Center Project! Includes 10 games and a door prize ticket. Suggested donation: \$20. Additional Bingo sets and daubers are available for suggested donations of \$5 and \$1. Great Bingo and raffle prizes donated by local businesses and individuals.

RSVP: reimaginesoshen01032@gmail.com or by phone **413-268-3660**. Mail check with email address to: Town of Goshen, Open Space Committee, 40 Main Street, Goshen, MA 01032. Memo: Reimagine Goshen. You will receive an email confirmation. See you there!

Our COA Chair and wonderful Goshen friend **Henrietta Munroe** is recovering from a recent surgery. Please join us in wishing her a speedy recovery!

Reach Out to our Community Connector!

Do you need help finding resources in the area? Please reach out to our Community Connector, Jen O'Connell. Jen can help with many issues, including: obtaining benefits such as Fuel Assistance and SNAP, Social Security and finding resources so you can continue to live independently at home. She can also help you find programs for home repairs and transportation assistance. Jen can be reached at **413-296-4536 ext. 110** or communityconnectjo@gmail.com

Our condolences to the friends and family of:

Agnes Lulek
Constance Roy
Colleen Wilcox-Mayer



Happy Birthday in November!

Judith O'Brien, John Woodward Jr.,
Barbara Richardson, Gloria McCormick,
Angela Vincent, James Barrett, Gregory Hayes,
Richard Still Jr., Nancy Kosior, Paula Pedersen,
David Verge, Marla Gale, James Lyons,
John Wallace, Donna Kolodziej, David Guido,
Kathleen Roberts, Joann Holman, Karen Stevens,
Nancy Wood, Tammy Lyons, Alan Carr, Susan Harry,
Thomas Wartenberg, Kathryn Boisvert,
Maria Arrubla, Robert Adamites,
Leonard Szarkowski, Jacqueline Cichy,
Scott Heidemann, Karen Cichy, Bradley Howe,
Joel Carr, Richard Nadeau, Janet Nadeau,
Deborah Senecal, Marya Zilberberg,
Lynda Constantilos



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 _____



Regional News

SENIORS AWARE OF FIRE EDUCATION

“Charge into Fire Safety” . . .



... is the NFPA (National Fire Protection Association) theme for this year's Fire Safety Week. Its focus is on Lithium-Ion battery safety. This is a very timely topic, considering the folks who recently lost their house in Amherst due to a fire caused by a lithium-ion battery. Here are some important things for you to consider in safely using these batteries:

BUYING THEM: Buy only devices and their batteries that are listed by a nationally recognized testing laboratory such as the Underwriter's Laboratory (UL) found on the packaging and the device.

CHARGING THEM: Read and follow manufacturer's charging instructions.

- ~ Always use manufacturer's batteries, cords and power devices made for the device.
- ~ Plug the charger DIRECTLY into the wall outlet.
- ~ Do NOT leave device unattended while charging.
- ~ Disconnect charger when device is fully charged.
- ~ Do not overcharge the device.
- ~ Charge the device on a hard, stable surface.

USING THEM

- ~ Read and follow the manufacturer's instructions for using these batteries' device.
- ~ Use ONLY the battery designed for your device.
- ~ Stop using the battery if it is damaged.
- ~ Stop using the battery if you notice an unusual odor, change in color or shape, leaking or odd noise. If you can do so safely, move the device away from anything that can burn and call the fire department.

STORING THEM

- ~ Read and follow the manufacturer's storing guidelines.
- ~ Store the batteries and devices at room temperature.
- ~ Do NOT leave them in hot cars, direct sunlight, or in freezing temperatures.
- ~ Store them away from combustible materials.

DISPOSING THEM

- ~ Do NOT throw batteries into the trash.
- ~ Always recycle used lithium-ion batteries.

Take charge of using lithium-ion batteries safely!

~ Worth Noyes

Fire and Life Safety Educator
Williamsburg and Cummington Fire Departments

GHOSTS? REALLY?

You thought it was past time for goblins and ghosts, right? Wrong. A couple of new scams have come up: ghosting.

First is ghost tapping. Courtesy of the Better Business Bureau, we learn that when you tap a debit or credit card on a machine to make a payment, you are using Near Field Communication (NFC). This allows data exchange between your card and the vendor's machine at very close range, i.e., about 4 inches or less. So this is usually safe.

NFC is also what allows you to share information with another phone without being physically connected, or to unlock a door, and many other options. A nice piece of technology.

Here is the ghost part. If you are being crowded by someone, they could snatch your card's bank information while you tap. They could also jostle you so you drop the card, they bend over to pick it up and do the steal.

(continued on next page)

(continued from page 3) Second is ghost touching. The thief places an electronic reader under a table, like in a coffee shop or library. You put your phone down and it lies over the reader. At a distance, the thief can access your phone's content. Not all phones are vulnerable to this.

So what to do to keep the ghosts away?

- Make sure you know where you are tapping and the amount.
- If you have any doubts, swipe or insert your card instead of tapping.
- Check for suspicious charges on your bank account especially after being in a crowd, or a public place with a table.
- Put your phone face upon the table so you can see if it becomes activated.

The www.bbb.org/all/scam-prevention page has links for more information if you want to get more techie informed.

As always, stay safe!

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

On the Road Again...

TRIPS IN 2025/2026



Contact Francine Frenier to reserve your seat BEFORE mailing payments.

For more info call 413-296-4291

Email: francine.frenier@gmail.com

Mail to: 11 Stage Rd. Williamsburg, MA 01096

Hamilton at the Bushnell on Wednesday, November 12 with the Holyoke Senior Center. Call 413-322-5625 for more information. Tickets are going fast.

There are day trips to Radio City Rockettes, Craft Festival at Mohegan, NYC on your own--all leaving from Chicopee. If interested, call 413-296-4291 or 413-593-3939 for more information.

~~~~~ 2026 ~~~~~

### **Multi Day Trip April 17-21, Washington DC 5**

**days, 4 nights** Visit or tour George Washington Mount Vernon Estate, Garden & Memorial, Arlington National Cemetery, Smithsonian Institution, Capitol Building, World War II Memorial and more. Price \$790. Take a \$25 discount if paid in full by January 26, 2026. Make the check payable to Diamond Tours and mail to the address above.

***No money is due until early January.***

### **Multi Day Trip September 27- October 3,**

**Mackinac Island**, the quaint Michigan island where no vehicles are allowed. Trip is for 7 days, 6 nights. Tour the island by horse & carriage, cruise the Soo Locks, visit Bronner's Christmas Wonderland, Frankenmuth Bavarian Village and much more, not to mention the plentiful fudge shops. Price \$959. Take a \$25 discount if paid in full by June 27, 2026. Make the check payable to Diamond Tours and mail to the address above.

***No money is due until next year. This trip quickly filled up. Please email to be added to the wait list.***

### **Day Trip May 3, 2026, Sunday A Grand Night**

**for Singing** at the Seven Angels Theater in Waterbury, CT. Pre-show lunch at San Marino's Restaurant. Price \$TBD. Make a payable to Landmark Tours and mail to the address above by March TBD.

### **Day Trip June TBD Isle of Shoals Cruise and**

**Lobster Lunch** Enjoy at 2.5-hour cruise from Portsmouth, NH to the Isles of Shoals. Pre-show lunch at Fosters in York Maine. Price \$TBD. Make a check payable to Landmark Tours and mail to the address above by April TBD.

### **Day Trip July TBD 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 \$TBD. Make check payable to Landmark Tours and mail to the address above by MayTBD. Those on the cancelled trip from July 2025 will be given first chance to sign up.

## CREDIT FREEZE FAQs



*By the Northwestern District Attorney's Consumer Protection Unit*

If you're concerned about identity theft, data breaches, or someone gaining access to your credit report without your permission, you might consider placing a credit freeze on your report.

### What is a credit freeze?

Also known as a security freeze, this free tool lets you restrict access to your credit report, which in turn makes it more difficult for identity thieves to open new accounts in your name. That's because most creditors need to see your credit report before they approve a new account. If they can't see your report, they may not extend the credit.

### Does a credit freeze affect my credit score?

No. A credit freeze does not affect your credit score.

A credit freeze also **does not**:

- prevent you from getting your free annual credit report
- keep you from opening a new account. But to open one, you'll need to lift the freeze temporarily. It's free to lift the freeze and free to place it again when you're done accessing your credit.
- keep you from applying for a job, renting an apartment, or buying insurance. The freeze doesn't apply to these actions so you don't need to lift it.
- prevent a thief from making charges to your existing accounts. You still need to monitor all bank, credit card and insurance statements for fraudulent transactions.

### Can anyone see my credit report if it is frozen?

Yes, certain entities still will have access to it.

- your report can be released to your existing creditors or to debt collectors acting on their behalf.
- government agencies may have access in response to a court or administrative order, a subpoena, or a search warrant.

### How do I place a freeze on my credit reports?

Contact each of the nationwide credit bureaus:

Equifax

[Equifax.com/personal/credit-report-services](https://www.equifax.com/personal/credit-report-services)  
800-685-1111

Experian

[Experian.com/help](https://www.experian.com/help)  
888-EXPERIAN (888-397-3742)

Transunion

[TransUnion.com/credit-help](https://www.transunion.com/credit-help)  
888-909-8872

You'll need to supply your name, address, date of birth, Social Security number and other personal information.

After receiving your freeze request, each credit bureau will provide you with a unique PIN (personal identification number) or password. Keep the PIN or password in a safe place. You will need it if you choose to lift the freeze.

### How do I lift a freeze?

A freeze remains in place until you ask the credit bureau to temporarily lift it or remove it altogether. If the request is made online or by phone, a credit bureau must lift a freeze within one hour. If the request is made by mail, then the bureau must lift the freeze no later than three business days after getting your request.

If you opt for a temporary lift because you are applying for credit or a job, and you can find out which credit bureau the business will contact for your file, you can save some time by lifting the freeze only at that particular credit bureau.

Otherwise, you need to make the request with all three credit bureaus.

### Questions?

Call the Northwestern District Attorney's Consumer Protection Unit:

**Greenfield (413) 774-3186**  
**Northampton (413) 586-9225**

## TECHNOLOGY HELP FOR NOVEMBER



### **Tech Support home visit available by appointment**

Call or message **413-296-5080** to arrange a home visit or email **coaTechHelp@gmail.com** for appt.

**Devices for you:** *Refurbished PC laptops, Window desktops, Chromebooks, and iPads*

If you need a device to connect to the internet or have something so old it is not working effectively, please contact us. Leave a message at **413-296-5080**, or use the online request form on our website, **www.northernhilltownscoas.org**

### **Drop in Centers** *(no appointment needed)*

Chesterfield Community Center 400 Main Rd.  
Chesterfield, every Tuesday from 11:00 to 2:00  
Cummington Community House Drop-In tech support, 33 Main Street, from 10:00 to Noon, 2nd Wednesday 11/12

Goshen Library, Drop-In tech support from 12:00 to 2:00, 3rd Thursday, 11/20

Plainfield Shaw Memorial Library Drop-In tech support, from 5:30 to 7:30, 3rd Thursday 11/20

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 3rd Thursday 11/20 -SESSION MOVED ONE WEEK DUE TO THANKSGIVING

Williamsburg Meekins Library Drop-In tech support from 10 :30 to 12:30 2nd Tuesday, CLOSED ON 11/11 for Veterans' Day

Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2nd Tuesday, 11/11

Worthington tech support - contact Eileen Daneri [eadaneri@gmail.com](mailto:eadaneri@gmail.com).

### **Internet Hotspots**

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 internet and work in most areas in the Hilltowns. If you are interested, please contact us by phone 413-296-5080. Unlimited data plans are available through February.



**Men's and women's haircuts, manicures, colors, facials, and other hair care options are being offered at Smith Vocational High School. Appointment times have changed to Tuesday and Thursday from 9- 11 am. Appointments are available now through mid-May.**

\$5.00 is the cost for a haircut. Please call for other prices. The Smith Vocational Cosmetology students provide the services with their teacher Ms. Daniels alongside.

Simply call 413-587-1414 ext. 3531 for an appointment.

The Salon is located Smith Vocational High School in Room 124 of Building A at 80 Locust St., Northampton.  
**ALL ARE WELCOME**



**NO APPOINTMENT REQUIRED  
PRE-REGISTER BY CALLING**



**ALL ARE WELCOME**  
pediatric, regular & high dose flu  
COVID - Moderna

## FLU & COVID VACCINATION CLINIC

**Goshen Town Hall  
40 Main Street  
Goshen, MA  
November 19th, 2025  
1:30 PM - 4:30 PM**

### PLEASE BRING YOUR INSURANCE CARD

### QUESTIONS?

There is no charge to you for your vaccination, but your insurance will reimburse the service provider. Please bring your ID with you.

**Joan Griswold**  
Director of Community  
Programs

**(413) 296-4536 x 102**  
[joang@hilltownncdc.org](mailto:joang@hilltownncdc.org)

### WANT TO PRE-REGISTER?

If you would like to pre-register for this clinic please reach out to Colleen Kicza at  
**(413) 296-9763 or email [ckicza@hchcweb.org](mailto:ckicza@hchcweb.org)**

*This event is being coordinated by Hilltown Community Development  
in partnership with the Hilltown Community Health Center*

## Wellness on Wheels (WOW) Bus at Town of Goshen Vaccine Clinic



> The "Wellness on Wheels" (WOW) team will be on site to offer free:

- Prevention Screenings for High Blood Pressure and Diabetes
- Healthy Eating and Active Living education & resources
- At-home Blood Pressure cuffs for eligible individuals
- Resources & answers to your health questions

**Wednesday, November 19, 2025 |  
1:30PM to 4:30PM  
Parking lot across from 40 Main St  
Goshen, MA 01032**



**GOSHEN COUNCIL ON AGING  
TOWN OF GOSHEN  
40 MAIN STREET  
GOSHEN, MA 01032**

**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

# Consumer Alert!



Concerned about identity theft?  
Consider **FREEZING YOUR CREDIT.**

A credit freeze limits outside access to your credit reports. It can help prevent someone from opening new accounts and loans in your name.

Call the credit agencies for a **FREE** credit freeze.

**Equifax 1-800-685-1111**

**Experian 1-888-397-3742**

**TransUnion 1-888-909-8872**

*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**