

# Goshen Council on Aging

## August 2025 Newsletter



Goshen Council on Aging  
40 Main Street Goshen, MA 01032

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

### Annual Appreciation Picnic

**Tuesday, August 12th at Noon**

**Tilton Town Field**

It is time for our Annual Picnic to honor and celebrate Goshen residents who are 90 and older! There will be special presentations and gifts for each of these seven wonderful residents who live in our community. Please join us at Tilton Town Field at 12 noon for a lunch of hamburgers, hot dogs, veggie burgers, pasta salad, grilled zucchini and summer squash, tossed salad, and chips. We will have ice cream sundaes with all the toppings for dessert. This is always a special and meaningful event. Everyone who has helped the COA this year will also be recognized. Please join us!



#### Aug. 1- Community Connections- 10-11 am.

Let's meet outside at the new accessible picnic table that sits in the shade in the park across the street from the Town Hall. We will have snacks and drinks to share and some fun conversation. We will bring our croquet game and play a modified version of the game together. See you there!

**Aug. 6- 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.

**Aug 14 and 28- Tilton Treks** continue every other week in August. 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!

#### Aug 19 and 26- 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 Aug. 19 is a choice of ham salad or tuna salad and the choice for Aug. 26 is roast pork with gravy or sausage 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.



***A lot of fun was had at our June ice cream social and concert!***



**Aug. 20- 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.

**Aug. 21 -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 information about other technology related services.

**Arlene Harry is having her 100<sup>th</sup> Birthday in August!** Her family asked the COA to spread the word that Arlene will welcome visitors on **Saturday, August 9th** in the afternoon at their home on **78 West St.** in an open house format. Arlene would love to have you stop by for a visit. Come wish her a Happy Birthday if you can!

**Blue binder tip-** Do you have a list of people you would like your family or friends to call should you become sick or injured? Who should be notified of your death? Write their names, addresses, and numbers in your blue binder.

**Farmers' Market Coupons are Available**  
Farmers' Market Coupons can be used at various farmers' markets for fresh produce and honey. This is a great program that gives you \$25 to spend at a farmers' market. If you are at least 60 years old, meet the income guidelines, and are interested, please call Kerry at 268-9354 with your name and phone number. To be eligible, your gross annual household income must be no more than \$28,953 for a household of one, and \$39,128 for a household of two. Coupon books are limited, this will be first come first served so please call if you are interested.



**The Goshen Historical Society presents...**

## **The History of the Goshen Cemetery**

Presented by Mike Packard

**Sunday, August 10th, 2-4 pm**

**Goshen Town Hall**

***The history of the Goshen Cemetery from the first burial there in 1775 up to today.***

The presentation will include the life stories of some of the notable Goshen residents buried there. And as we begin celebrating the 250th anniversary of the American Revolution, Mike will also discuss the Revolutionary War soldiers buried in the cemetery.

***Refreshments served, all ages welcome!  
Free and open to the public.***

## **Happy Birthday in August!**

Carolyn Lehan, Miriam Kurland,  
Marie Kelly-Calderone, Michael Baldwin,  
Roger Dow Jr, Dawn Williams, Marianne Neveu,  
Arlene Harry, Ronald Murphy, Gail Cockoros,  
Kim Dresser, John Harry, Gary Holman,  
Sharon Lafond, Evan Smith, Carol Hodge,  
Xiaoli Chen, Matthew Harry, Edward Joyner,  
Robert Thomas, Jennifer Wuest, Adrienne Racz,  
Sara Silvia, Humberto Rodriguez, Mark Douyard,  
Carol Stevenson, David Braman,  
Jacqueline Hayden, Robert Horton,  
Raymond Sheehan, Andrea Bell



***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

Cooking fires are still the leading cause of residential fires and fire injuries. Here are a few things to do and not do to be a fire S.A.F.E. cook:



- Keep the area around the stove clear of groceries, food packaging, and other items that can burn, like paper towels, hand towels and oven mitts. Wear tight fitting sleeves or short sleeves when cooking.
- Stand by your pan while boiling, broiling, or frying food.
- In the event of a fire starting in a pan or pot, smother it with a lid or cookie sheet.
- Do NOT try to move a burning pan and Do NOT douse it with water for fear of spreading the fire. Just PUT A LID ON IT!
- If the cooking fire gets away from you, call 911 immediately.

Be sure to STAND BY YOUR PAN when cooking,

-- 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.*

### Dementia and Finances

On one of my trips home, Dad activated my Power of Attorney because he caught himself writing two checks to a charity, which dismayed him with worry about doing worse. Probably all of us have a vague or possibly real fear of dementia.



When it comes to finances, there is basis for that fear. This month's note comes directly from a recent New York Times column by Dana G. Smith on financial problems as a sign of possible dementia. "People with dementia can experience money problems or declining credit scores years before memory loss, or other cognitive symptoms, emerge. They might forget to pay their bills, for instance, or no longer be able to stick to a budget."

"One of the reasons why financial mismanagement can be a sensitive indicator is just because it's so complicated," involving the interplay of multiple brain regions, said Dr. Winston Chiong, professor of neurology at the Univ of California, San Francisco. "Consequently, finances can be one of the first areas where cracks in someone's cognition start to appear." The author points out that poor financial decision-making is especially a concern for those with frontotemporal dementia, a relatively rare form of dementia affecting judgement very early on in the disease. These people might make impulsive purchases and decisions. Others might be more trusting of people than they had been. That of course increases their risk of being scammed.

So I send this not to be scary and alarmist, but to pay attention to a possible warning signal such as missing bill payments, falling for scams, or seeing lower credit scores. If a sign comes, it is important to have open, honest conversations about the future, document important information early, and develop support networks that can help us out.

Yours in health,

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

## Tech Help and Training for August



### 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 services.

### DELIVERING NOW & 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 internet and 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 to **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](http://www.northernhilltownscoas.org), for locations and time. You can attend drop-in at all locations, except Nash Hill.

**DEVICES FOR YOU:** PC LAPTOPS, DESKTOPS, REFURBISHED CHROMEBOOKS, AND IPADS There is still time to join the Digital World while supplies last. We have received more PC laptops, desktop computers, refurbished Chromebooks, and a few iPads. If you need 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 by leaving a message at **413-296-5080**, or use the online request form on our website, **[www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)**

### DROP IN CENTERS:

ALL 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 in August from 11:30 to 1:30, on 8/1

### DROP IN CENTERS: (CONTINUED)

Cummington Community House Drop-In tech support, 33 Main Street, 10 to Noon,  
2nd Wednesday 8/13

Goshen Library, Drop-In tech support from Noon to 2:00, 3rd Thursday, 8/21

Plainfield Shaw Memorial Library Drop-In tech support, from 5:30 to 7:30, 3rd Thursday 8/21

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 8/28

#### Williamsburg

Meekins Library Drop-In tech support from 10 :30 to 12:30 2nd Tuesday, 8/12

Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2nd Tuesday, 8/12

Worthington Drop-In tech support at COA office  
– call COA for date/time

### TECH TRAINING CLASSES AND 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**; call or text **413-296-5080**, or sign up through the website **[www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)**

### TECH WORKSHOPS AUGUST:

On Friday at 10:30 – 11:30 at Chesterfield Community Center

**8/1 - Google Drive 10:30 – 11:30**

### COMPUTER CLASSES:

No ongoing computer classes are scheduled. An alternate online resource for basic training can be accessed, with help from us, at Your paragraph text. We can setup 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 payments. For more info call **413-296-4291** or email: **francine.frenier@gmail.com**  
Mail to: 11 Stage Rd. Williamsburg, MA 01096

**Day Trip** Sept. 15th 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** WED. 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 email [coa@worthington-ma.us](mailto:coa@worthington-ma.us) for details & 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 your check payable to Landmark Tours and mail it to the address above by August 1. A few seats available.

**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. Make check payable to Diamond Tours and mail to address above. One bus only. Wait list still available.

**2026 Multi Day trips** to  
Washington DC and Mackinac Island

**Day Trip** Dec 7, Sunday 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 check payable to Landmark Tours and mail to address above by Oct. 13. Call or email to be added to the Wait List

There are **day trips** to Bronx Zoo, Statue of Liberty, Salem, Radio City Rockettes leaving from Chicopee. Call 413-296-4291 or 413-593-3939 for more information.

### Good News for August 2025

By Deb Hollingworth

It's been awhile since I've talked about the Pharmacy Outreach Program, a great resource for folks who have questions about RXs. This telephone help line (866) 633-1617 has been around for about 20 years and is available M-F 8:30 to 5. Located at UMass Medical-Worcester, and funded by the MA College of Pharmacies and Executive Office of Aging & Independence. Their information line connects you with pharmacists or information specialists who understand prescriptions and the drug plans that cover them.

They can tell you about drug interactions, generics vs. brand names, whether there is another RX that might work as well as the one you are currently taking and review your prescription list. But the number one question information specialists get is about RX cost. And if you are one of those folks who take more than 8-10 RXs daily, co-pays mount up and can be a financial hardship.

If there's a less expensive way to get your RX, the Pharmacy Outreach specialists will know. Whether it's manufacturer's patient assistance programs, prescription discount cards, Rx coupons, free trial offers, manufacturer co-pay cards or co-pay foundations. They can guide you through the labyrinth of options. As you might guess their phones ring off the hook during Open Enrollment (October 15th - December 7th) when it's time to pick a Medicare D plan for the coming year. They have already begun taking appointments for Open Enrollment, so if you have a complicated RX list with multiple medications with significant co-pays, you might want to give them a call (866) 633-1617. Book your appointment now!

**Goshen Council of Aging**  
**Town of Goshen**  
**40 Main St. Goshen, MA 01032**

**Goshen COA Board:**

Kerry Normandin, Coordinator  
Suzanne Krebs  
Henrietta Munroe  
Pat Wheeler  
Nancy Wood  
Patti Woodward

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**Newsletter Editor and Designer:**

Kristen Estelle  
regionalcoanews@gmail.com

# SCAM ALERT!



*Did you get a message saying that you have **unpaid toll charges?***

*The message warns that your license or registration will be cancelled or suspended if you don't pay.*

## WHAT TO KNOW

EZDriveMA **does not** send text messages asking for payments for unpaid tolls.

## WHAT TO DO

**-Stop!** It's a scam!

**-Don't click on the link** in the message to make a payment.

**-Call EZDriveMA** at (877) 627-7745 to see if you owe money for unpaid tolls.

*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  
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