

Goshen Council on Aging

September 2025 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

Kerry Normandin, Coordinator
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coa@goshen-ma.us

Snack Bar Luncheon

Tuesday, September 9th at 11:30am

Williamsburg Snack Bar, 109 Main St. Haydenville, MA

This month for lunch let's meet at the Williamsburg Snack Bar at 11:30 (please note earlier time). We will all order off their extensive menu and enjoy some time together in this local restaurant. Please call Kerry at 268-9354 **by September 2** to let her know you are joining us.

Painting Class with Lena Garcia

will run nine weeks starting Sept. 18

We are excited to have Lena back to teach an Acrylic Painting class. Participants will work on developing traditional painting methods including color mixing/theory, value, line, shape, and "seeing" what they are painting. Students will complete 2-3 paintings during class time, working at their own speed and comfort level. No experience necessary! All materials and supplies will be provided and Lena is a skilled and gentle teacher. Please sign up with Lena at www.lenagarcia.com or, if you do not have access to a computer, call Kerry at 268-9354 and she will help you sign up. Class size is limited so reserve your spot today!



We will have snacks and drinks to share and some fun conversation. We will bring our croquet set and play a modified version of the game together. See you there!



Over 50 of us celebrated Goshen's Golden Seniors on August 12th at the Tilton Field

Sept. 3- 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.

Sept. 4- Let's have one last Tilton Trek on September 4 from 9-10 am at Tilton Town Farm! We can walk around the grounds and/or on the trails for a bit of exercise. The September breezes will be blowing and maybe some leaves will be changing. Bring your own water bottle. Rain or extreme heat will cancel. It will be a great way to begin your day!

Sept. 5- Community Connections- 10-11 am Last month we had to cancel because it was wet and cold, so let's try it again! Let's meet outside at the new accessible picnic table that sits in the shade across the street from the Town Hall in the park.

Sept. 16 and 23- 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 Sept. 16 is a choice of egg salad or chicken salad and the choice for Sept. 23 is chicken stew or broccoli 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.

Sept. 17- 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 would like to, bring your favorite game and teach us how to play! Come spend the afternoon with us.

Sept 18- 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 questions and we will do our best to help. The Tech Connect page of this newsletter also has information about other technology related services.

Our condolences go to the friends and family of **Gladys Zuraw.**



Blue binder tip- Take a moment and add information about your Home, Car, and Life insurance policies to your Critical Information Binder. Include the policy number and the contact number.

Be sure to check out the COA newsletters of all the local Hilltowns on our consortium website **www.northernhilltowncoas.org**. There are many great programs that you might enjoy!

Hilltown Mobile Market

The Hilltown Mobile Market is a nonprofit, farmer-led grocery store located at 19 Sawyer Road in Worthington (formerly Sawyer Farm), and is open Tuesday through Saturday from 10am to 5pm. The Market is committed to making local food accessible to all. Hilltown Market works directly with small-scale farmers to bring their produce and goods to local residents. Eighty cents of every dollar spent at the market goes directly back to the farmers, helping to strengthen our rural economy and support the people who grow our food.

Recently the Market had to scale back certain services, including a home delivery program, which will not be available this year. Despite these changes, the market remains open five days a week and continues to connect the community with locally grown food. Because their selection is tied to what's in season, the shelves are always changing. As the months progress, so does what's available—stop by periodically to see what's fresh from local farms. We accept SNAP/HIP, Senior Farmer's Market Coupons, WIC Farmer's Market Coupons, Fresh Connect,

Cash, Card, and Check. Whether you're shopping for a few ingredients or simply curious about the program, the Market is here to serve the community and support our local farms. For more information, contact us at **market@hilltowncdc.org**.

Fall / Winter Clothing Exchange

Saturday, September 20th, 9am-3pm

Goshen Congregational Church
45 Main St., Goshen



Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/17 from 6-8pm or Friday 9/19 from 9am-3pm, then come back to shop on Sat. the 20th from 9am-3pm! All are invited to participate whether you donate clothes or not.

Happy Birthday in September!

Stewart Parsons, Andrew Bothwell, Judy Dunn,
David McCulloch, Lorraine Brisson,
Lauren Therkelsen, Michael Lehan, Stuart Wood,
Edouard Beauvais Jr., William O'Riordan,
James Dunn Jr., Helen Reynolds, Gary Griswold,
Karen Cherry, Nitza Hidalgo, Charles Amo,
David Sharpe, Brian Moriarty, Joan Griswold,
Maureen Krok, Kate Swol, Sandra Wentzel,
Brenda Roberts, Theresa Healy, Mary Freund,
Dianna Jablonski, Barbara Babij,
Christine Mortensen, Eleanor Tennyson,
Lynn Werthamer, Jeffrey Hewes, William Celatka,
Giovanna Bellesia-Contuzzi, David Packard,
Janet Briere, Nadine Salem, Kathleen Berrena,
Theodore Kolodziej



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

Wow! It is September and it is still hurricane season, which has already messed with us. With this in mind, here are a few ideas on how to prepare for any emergency.



-Have a plan on how to get out of the house in 3 minutes or less. Keep eyeglasses, canes, walkers, hearing aids, and masks near where you are sleeping.

-Make sure pathways are clear of clutter.

-Install night lights (LEDs work well) throughout the house to prevent falls. Remember your smartphone has a flashlight built in.

-Make sure your house number is clearly visible from the road so first responders do not have to spend crucial time finding you.

-Obtain and fill out a FILE OF LIFE from your Council On Aging and post it on the refrigerator.

-Know where you can seek shelter and find sustenance.

Stay strong and be SAFE!

-- 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.

Some of these topics have been at least touched on before, but somehow new information or warnings keep coming up.

Big Five and relatives

Will, health care proxy, durable power of attorney, advance directive, living will, MOLST, POLST, HIPAA release. Add to this: beneficiary designations.

Budgeting

What to include, format for planning and recording, tips for staying on track

Credit

Cards, credit bureau records, managing, correcting errors, raising your score

Death

Dealing with finances and related matters after this unfortunate occurrence

Digital security

Phone and email and internet safety

Financial literacy

Finances and our brain, useful facts

Identity theft

How it happens, how to avoid, how to recover from

Scams

Recognizing and avoiding and recovering from

Web resources

For financial topics

Please let me know your thoughts!

Yours in knowledge,

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

WHAT DO YOU WANT TO SEE?



Looking back, I've been writing this note since early 2014 and volunteering in the topic since 2007. It occurs to me that I could ask you what you want to read. That I can write, of course. Here is an alphabetical list of topics I would be happy to work on. Please note the list does not include tax or investment advice!

TECH HELP AND TRAINING FOR SEPTEMBER



GREAT NEWS! TechConnect is 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 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**. 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**

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

DROP IN CENTERS: (CONTINUED)

Cummington Community House Drop-In tech support, 33 Main Street, 10 to Noon,
2nd Wednesday 9/10

Goshen Library, Drop-In tech support from Noon to 2:00, 3rd Thursday, 9/18

Plainfield Shaw Memorial Library Drop-In tech support, from 5:30 to 7:30, 3rd Thursday 9/18

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 9/25

Williamsburg

Meekins Library Drop-In tech support from 10 :30 to 12:30 2nd Tuesday, 9/9
Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2nd Tuesday, 9/9

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**

TECH TRAINING CLASSES AND WORKSHOPS:

There are no workshops or classes scheduled for September.

TECH CONNECT CONTINUES THROUGH OUR AFFILIATION WITH:





Hilltown Easy Ride

Senior Van

need a ride?

Call 413-296-4232

Are you a resident of Blandford, Chester, Chesterfield, Cummington, Goshen, Huntington, Middlefield, Montgomery, Plainfield, Russell or Worthington who is 60 Yrs, disabled or veteran in need of a ride to important medical appointments, grocery shopping, or to pick up medications? We want to help.

FRTA /HILLTOWN VAN

- Professional drivers
- Handicap accessible vehicle

DRIVER POOL DRIVERS

- Compassionate neighbors
- Personal vehicles

Our drivers are your neighbors and they want to support your transportation needs.
Interested in joining our team? Call us today!



NORTHERN HILLTOWNS

Meet Irene, our Northern Hilltown region FRTA van driver.



HILLTOWN CDC VAN

Meet Susan, our CDC van driver. She covers needs all over the Hilltowns



SOUTHERN HILLTOWNS

Meet Jack, our Southern Hilltown region FRTA van driver.

Some Hilltown Community Health Center and Highland Valley Elder Services consumers may be prequalified for services. Be sure to mention this to our coordinator upon calling.

DO YOU QUALIFY FOR SERVICES :

 413-296-4232

 www.hilltowncdc.org/transportation

THE BOSTON SHUTTLE IS BACK!

After a four-year pause, Cooley Dickinson Hospital has restarted its shuttle service for Pioneer Valley residents. Our voices were heard, and they responded. Here is some information about the Boston shuttle service:



The shuttle leaves Monday - Friday at 6:30 am from the parking lot across from 8 Atwood Drive, Northampton, and travels to Boston with stops at Mass. General Hospital, Mass. Eye & Ear, and Brigham & Women's Hospital. You must have an appointment scheduled at any of those facilities between 10 am and 1:30 pm. The shuttle departs Boston at 3 pm.

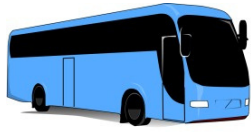
The shuttle is wheelchair-accessible, complimentary, and seats 28. Each patient may bring one companion. You must register at least 24 hours in advance by calling **413-966-8011**. They have people to reserve seats/answer questions from 8 am - 12 pm, Monday-Friday. If you call outside of those hours, press "1" to leave a message.

We hope that you can make good use of this service so that the shuttle will continue to run well into the future. Please share this information with your friends. There is a parking lot at Atwood Drive to leave your vehicle until you return.

www.cooleydickinson.org/2025/06/cdh-to-restart-weekday-round-trip-shuttle-service-for-patients-seeking-care/

On the Road Again...

2025 TRIPS



Contact Francine Frenier to reserve your seat **BEFORE** mailing payments. For more info, call 413-296-4291 or francine.frenier@gmail.com. Mail payments 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. Due Now. NO REFUNDS due to bargain price. The 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 for details & to reserve a seat. 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. Lunch at The Gelston House. Price is \$177. Make your check payable to Landmark Tours and mail it to the address above NOW. A few seats are available.

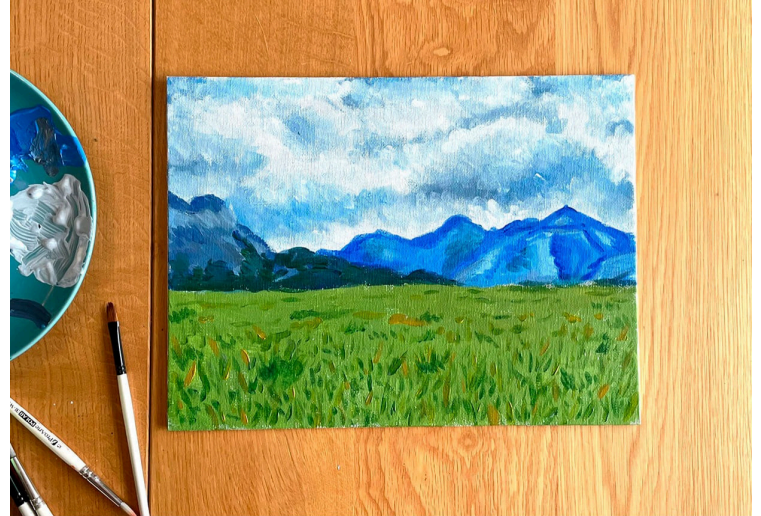
Multi Day Trip October 12-18 **Biltmore Estate & Smoky Mountains, Asheville, NC**. Seven days, six nights. Visit the Biltmore Estate, the St. Lawrence Basilica, historic Gatlinburg, TN & Asheville, NC. Guided tour of the Smoky Mountains National Park. Price \$1,099. Make the check payable to Diamond Tours and mail to the address above. Wait list.

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. Make a check payable to Landmark Tours and mail to the address above by October 13. Call or email above to be added to the Wait List

There are also day trips to Bronx Zoo, Radio City Rockettes, and the Craft Festival at Mohegan!

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



ACRYLIC PAINTING CLASS

JOIN US! GOSHEN COA SPONSORED ACTIVITY

Goshen Town Hall
42 Main St., Goshen, MA 01032

Learning to capture an object through painting, to see its shape, value, lighting, line is a satisfying practice. Participants will work on developing traditional painting methods including color mixing/theory, value, line, shape, and "seeing" what they are painting. Students will complete 2-3 paintings during this class time, and will be allowed to work at their own speed and move onto the next project when they are ready. Inspiration will come from still life's of every day objects and photos.

Thursdays 10am-Noon
9 classes: Sept. 18 -Nov. 13

Suggested Donation of \$10 per class
All materials and supplies provided
Register at www.lenagarcia.com

GOOD NEWS FOR SEPTEMBER 2025

By Deb Hollingworth

I confess... sometimes I struggle finding Good News with our current events, and this month especially I am so tempted to call this column Bad News because a perfect storm is brewing which looks like it will result in substantial increases in your monthly premiums, deductibles and co-pays for Medicare D plans.

Do you care; will this effect you? That depends. The answer is No if you get your Rx through the VA because you are a veteran.

The answer is No if you get your health insurance through your retirement pension plan, or your spouse's pension plan (like municipal or State employees).

The answer is No, not as much....if you don't take any Rx...or if your Rx are just generics.

But the answer is Yes if you are one of those Medicare beneficiaries who take brand name Rx and have a "stand alone" Medicare D plan. Which means you do not have a Medicare Advantage plan where your Rx are included.

Of the 70 million Medicare beneficiaries there are a lot of us who like traditional Medicare and who have resisted enrolling in a Medicare Advantage plan, so we have a "stand alone" Medicare D plan.

AND, Open Enrollment is coming up: October 15th– December 7th, where we have to decide to stick with our D plan that we've had this year or change plans because the cost for premiums, co-pays and deductibles will be lower if we switch plans.

In 2006 when Medicare D plans were "invented" there were 22 Medicare D plans for New England residents. This past year we are down to 14. That number may shrink again for 2026 as Health insurance companies that offer Medicare D plans are looking at their bottom line and determining there's not a large enough profit margin to continue to offer them.

What's making the cost of Medicare D plans increase this year?

- rising cost of RX: we have some remarkable new RX on the market now, but they come with significant co-pays as many of us taking blood thinners have discovered.
- regulatory changes which allow D plans to increase their monthly premiums as much as \$50/ month where before they were limited to \$35/ month increases.
- cutbacks in subsidy that these health insurance companies were getting as part of the Deficit Reduction Act passed in the summer of 2022. A recent Wall Street Journal article said subsidy cutbacks expected to be as much as 40%.

All these factors impact profit margins, so we anticipate changes in D plan costs as we help folks during Open Enrollment this year.

The Good News is that there are Medicare familiar counselors who can help you sort through your options. We suggest you call early for **an appointment!**

SHINE Counselor

Caroline Solan at Highland Valley Elder Services:
413-586-2000

Pharmacy Outreach Program: 866-633-1617

LifePath regional SHINE office: 413-773-5555

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Trip to Polar Park where the group watched the WooSox play on August 3rd in Worcester

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

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Scam Alert!

Government & Business Imposter Scams



They say they want to help, but they just want to steal your money!

- Someone is using your account, or they found suspicious activity.
- Your information or Social Security # is being used to commit crimes.
- There's a security problem with your computer.

WHAT TO DO

Do not respond. Just hang up!

Do not call the phone number they provide.

Don't click on links in text or email messages.

Verify the information. Call your bank using the phone number on your card or statement.

Get help for tech issues from someone you trust.

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**

www.NorthwesternDA.org

Working in cooperation with
the Office of the MA Attorney
General.