

Goshen Council on Aging

March 2026 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

St. Patrick's Day Luncheon

Tuesday, March 10th at 12pm

John James Memorial Hall, 42 Main St. Goshen

The COA's annual St. Patrick's Day Luncheon will be at the Goshen Town Hall on March 10th at noon! Our favorite Goshen Irishman Bill O'Riordan will host- we are so grateful Bill has invited his friend Michael Cahillane from Northampton to entertain us with stories, songs, and a bit of blarney! Mike is a Northampton native who has been involved with Irish politics, culture, and education his entire life and we are sure to be entertained. Jerry from Spruce Corner Restaurant will be cooking up a fabulous meal of Corned Beef and Cabbage, potatoes, and carrots, and there will also be his delicious vegetarian Irish stew. We will have Irish Soda Bread from the Cummington Creamery and a festive Irish dessert. Please call Kerry at **268-9354** by March 3 to let her know you are joining us **and your choice of meal.**

Live Well, Age Well Informational Series

Tuesdays in March from 4:30-6pm
Goshen Town Hall

Adults of all ages welcome- it's never too early to start planning! On March 10th, we welcome an expert in Aging In Place; March 17th we welcome Dr. Jin Joo from Mass General Hospital / Harvard Medical School to discuss Learning About Brain Health via Zoom; March 24th we welcome the Funeral Alliance of Western MA to discuss planning memorial services; and March 31st we welcome Stacey Mackowiak to discuss legacy projects and vigil planning. A light dinner will be provided each week. Participants are welcome to attend one or all weeks, but please let Kerry know **by March 2** if you plan to attend: call **268-9354** or email **coa@goshen-ma.us**. This series is funded by a grant from the MCOA through the MA Executive Office of Elder Affairs.

March 4- 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. Come play with us and spend an afternoon in good company having some great fun!

March 6- Community Connections- 10-11 am. This month we welcome Michelle Ryan from Chesterfield who will educate us on Ayurvedic practices. Ayurveda is a traditional Hindu system of medicine, which is based on the idea of balance in the bodily systems and uses diet, herbal treatment, and yogic breathing. Michelle will give us an overview as well as a few practices we can use at home to bring greater health and wellness to our daily routine. We will meet in the upstairs dining room of the Goshen Town Hall.

March 11 at 9:15am- Goshen and Chesterfield older adults have been invited to **New Hingham Regional Elementary School** for their March All School Meeting which is an assembly hosted by a class where students share recent projects and community members are welcome. We will have a special COA section of chairs, so let Kerry know if you plan to attend. It is so fun to watch the students in action!

March 17 and 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 March 17 is Corned Beef (of course!) or Cheese and Chive Quiche and the choice for March 24 is Cobb Salad or Greek Chickpea Salad. 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. We would love to increase participation in this program!



March 18- Crafts Group from 2-4pm in the Library. Bring your own crafts to work on in community! The Library is also hosting an Embroidery Workshop with a focus on Visible Mending via open drop in from 2-5. Supplies are provided but if you want help starting to repair an item, bring it in!

March 19 -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.

March 28- 9:30-12:00 at the Goshen Town Hall. **Guided Painting Workshop** with local artist Lena Garcia. Come and create a springtime inspired painting with step-by-step instructions. Participants will explore how to use acrylic paint and will have a finished painting to bring home at the end of the workshop. We will explore techniques like color mixing, blending, hard edge vs. soft edge, and others. Beginners are welcome! Class size is limited to 12, so please contact Kerry at coa@goshen-ma.us or call **268-9354** as soon as possible to sign up. This workshop is funded in part by a grant from Highland Valley Elder Services. The class is free, however donations are appreciated.

Exercise Classes with Joan- Exercise classes continue with Joan Griswold on Wednesdays at 10:15 in the Goshen Town Hall. The focus is on functional movement which enhances physical strength and balance. 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!

Library Meals- The Goshen Library is hosting free home-cooked lunches every Wednesday at noon in the upstairs dining room of the Town Hall. Come and share a meal with friends! Call the library if you can to let Julie know you are coming, but if you forget, you can just stop by! The meals are delicious!

Hilltown Variety Show on March 14th from 4-6pm at the First Congregational Church in Ashfield. Jeannine Haas of Pauline Productions has organized this event. The tickets are free and no reservations are needed, there is general seating and doors open at 3. Goshen resident Don Otis is one of the performers! It should be an entertaining afternoon. The COA is not able to organize a trip, but meet us there!

SAVE THE DATE(S)!

Spring/Summer Clothing Exchange

Saturday, April 18th, 9am-3pm
Goshen Congregational Church
45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently used men's, women's and children's spring/ summer clothing and accessories at the church on Wednesday 4/15 from 6-8pm or Friday 4/17 from 9am-3pm, then come back to shop on Sat. the 18th from 9am-3pm! All are invited to participate whether you donate clothes or not.

Job/Volunteer/Resource Fair

Saturday, April 25th
New Hingham Regional Elementary School
30 Smith Rd., Chesterfield

The Hilltown Consortium of COAs is hosting this great event. This is a chance to find out about many opportunities in the Hilltowns- all ages welcome and encouraged to attend! See flyer in the Regional Section of this flyer for more information.

Happy Birthday in March!

Susan Macdonald, Bernard Kubrak Jr., Edwin Brennan, Paul Britt, Ross Lafond, Ann Schmitt, Susan Labrie, Robert Bushee, Edward Connell, Theresa Bothwell, Denise Luczynski, Gregory Thompson, Alison Bowen, Renate Kovacs, Stanley Dewey, James Murdock, William Benoit, Sheryl Gardner, Robert Raymond, Michael Kurland, Lawrence Hodge, Sheila Myers, Maria Rooney, Thomas Vincent, James Vogel, John Dolven, Joe Roberts, Robert Emerson, David Silvia, John April, Brooke Schnabel, Beverly St Amand, Elaine Ulman, Edward Arnold, Catherine Sands, Carol Monaghan, Jim Krebs, Kelly Papineau, Mary Korash, Lynne Paterson



***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

This month our focus is what to do and not to do treating burns and scalds.

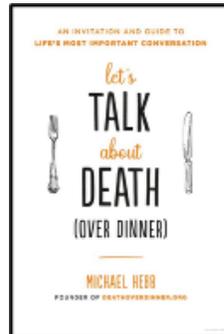


1. First, remove patient from the source of the burn.
2. Call 911 if the burn is deep and/or covering a large area.
3. Run COOL (not cold) water over the burn. This will cool down and stop any boiling fluid under the skin.
4. Do NOT put butter, grease or ointment on the burn. Flush chemical burns continuously with cool water.
5. Remove watches and jewelry from the burn area.
6. If possible, remove clothing from the burned area.
7. If clothing is stuck to the burn, leave it in place and cut away the clothing around the burn.
8. Again, do not hesitate to call 911.
9. Seek medical attention for serious, deep, large area burn treatment.

Have a burn-free and sweet sugar season!

--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.



A discussion series around the book "Let's Talk about Death over Dinner," by Michael Hebb, will be offered at the Cummington Community House in April and May.

"Given the right framing, a "difficult" conversation does not need to be difficult. It can be liberating. It can even be transformative," Michael Hebb.

Death Doula Stacey Mackowiak will lead us through a "guided conversation that transforms a seemingly difficult conversation into one of deep engagement, insight, and empowerment."

Michael's book will be provided at an introductory session on Thursday April 16th from 4-5pm. On Thursdays May 7th and 14th dinners will be held from 4:30-6:30pm to share our thoughts on questions posed in the book.

Participation is limited to 15 individuals. Please RSVP with Polly at pryan@town.plainfield.ma.us or call 413-212-1581.

All individuals in the 7 COA Consortium Hilltowns are welcome to participate. (Williamsburg, Goshen, Cummington, Plainfield, Worthington, Chesterfield, and Westhampton).

This is an event funded by a grant from the Massachusetts Council on Aging



HILLTOWN RESOURCE AND VOLUNTEER/JOB FAIR

ROOTED IN THE HILLTOWNS. GUIDED BY CARE.

 **17 Saturday, April 25, 2026**

 **10:00 a.m. – 2:00 p.m.**

 **New Hingham Regional Elementary School, Chesterfield, MA**

The Northern Hilltowns Consortium is proud to sponsor the upcoming Hilltown Resource, Volunteer & Job Fair, an event designed to connect community members to available resources, and to meaningful work and volunteer opportunities that directly support adults across our Hilltowns and western Massachusetts.

Whether you are a senior seeking assistance, a caregiver looking for guidance, or someone hoping to give back, there will be valuable information available. This fair will highlight a wide range of resources available to seniors and their families. Attendees can learn more about services including Veteran Affairs benefits, in-home support, help with housekeeping and daily tasks, transportation assistance, nutrition programs, and other community-based supports designed to make daily life safer and more manageable for older adults.

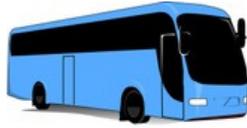
In addition to providing information about resources available to Hilltown seniors and their families, this fair will bring together local organizations and service providers who are actively seeking compassionate, dependable employees and volunteers. Opportunities range from caregiving, transportation, and nutrition services to outreach, social support, and community engagement. These roles play a vital part in helping seniors remain safe, connected, and able to age with dignity in their own homes. The need is real—and the impact of showing up is profound.

At the Council on Aging, we believe every older adult deserves access to support, respect, and compassionate care. By empowering you with information about what resources are available, we aim to increase your independence. By strengthening community partnerships and empowering people to share their time and talents, we reinforce the networks that serve our elders and enrich the fabric of our small towns. Please join us!

All community members are encouraged to attend. Come explore opportunities, connect with local organizations, and help strengthen the care and compassion that define our Hilltowns.

On the Road Again...

TRIPS IN 2026



Contact **Francine Frenier** to reserve your seat **BEFORE** mailing payments.

For more info call [413-296-4291](tel:413-296-4291)

Email: francine.frenier@gmail.com

Mail: **11 Stage Rd. Williamsburg, MA 01096**

Multi-Day Trip April 17-21 Washington DC 5 days, 4 nights Admission to the George Washington Mount Vernon Estate, Garden & Memorial, Arlington National Cemetery, Smithsonian Institution, Capitol Building, World War II Memorial and more. Price \$790 and is due NOW. Make the check payable to Diamond Tours and mail to the address above. A few seats are still available.

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 \$132. Make check payable to Landmark Tours and mail to the address above NOW.

Day Trip June 11th, Million Dollar Quartet play. New London Barn Playhouse presents a jukebox musical that dramatizes a real and remarkable moment in music history. Four future legends, Elvis Presley, Johnny Cash, Carl Perkins, Jerry Lee Lewis happened to gather in the same studio. Includes a buffet luncheon at Colby-Sawyer College. Price \$177. Make a check payable to Landmark Tours and mail to the address above by April 6, 2026.

Day Trip June 23rd, Portsmouth Harbor Cruise and Fosters' Lobster/Clambake. Before the Portsmouth Harbor cruise, enjoy lunch at Fosters in York Maine offering a choice of **lobster or BBQ chicken or vegetarian option.** Price \$160. Make a payable to Landmark Tours and mail to the address above by April 16, 2026. (replaces the Isles of Shoals trip)

Day Trip July 1st, FDR Homestead & Library and Hudson River Cruise. Take a scenic cruise on the Hudson River. Enjoy a boxed lunch of gourmet sandwiches on board. Tour the home of Franklin D. Roosevelt & the first Presidential Library. Price \$140. Make check payable to Landmark Tours and mail it to the address above by May 6, 2026. Wait list only.

Day Trip July 12, 13, 14 or 15 Tall Ships in Boston Contact The Travel Group 1-888-320-8687 for more info.

Day Trip August 3rd Encore Casino. \$50 Cost Includes: round trip bus transportation, driver gratuity & \$20 in free slot play. Meals on your own. Make check payable to Francine Frenier and mail to address above by June 6, 2026. 35 passengers are needed for this trip to go.

Day Trip September TBD Big E.

Day Trip Nov/Dec, TBD Holiday trip

STATE CIRCUIT BREAKER TAX CREDIT

Receive up to \$2820 with the CircuitBreaker Tax Credit refund!

Are you: A Massachusetts resident that was 65 or older before 12/31/25?

Do you have a yearly income:

Under \$75k for single person, not head of household?

Under \$94k for head of household?

Under \$112k for married couples filing joint return?

If you meet these guidelines, please call or email Jennifer O'Connell, the Community Connector, for assistance. **413-296-4536 ext 110**, or email **communityconnectjo@gmail.com**

You can receive up to three prior years worth of tax credit refunds. This tax credit also applies to individuals who do not owe taxes but you do have to file a state tax return to get it.

GOOD NEWS FOR MARCH 2026

By Deb Hollingworth

Yipe! This is the time of year when I sometimes hear from folks that the health care plan changes they made last Fall during Open Enrollment are not working out.

Usually this happens when they go to pick up a prescription and discover that this year's co-pay is significantly more than they had to pay last year. Or, if they had a United Health Care (AARP) plan and didn't change it, they might be told that their medical provider can't bill their United plan any more.

WHY are all these changes happening?

Because they can. Health insurers are always trying to improve their bottom line and they are allowed to charge more for Rx co-pays, drop medical providers from their network and increase co-pays for medical services if it improves their profit margins.

The **Good News** is that if you are currently enrolled in a Medicare Advantage plan, you are allowed to switch to another Advantage plan or opt out altogether and return to original Medicare and enroll in a Medicare D plan for Rx coverage. You have until March 31st to make any changes. After that, you are locked into your plan's coverage until January next year.

You can ignore all this if you have an Advantage plan that is through your retirement/pension. It is usually unwise to opt out of health coverage provided through your pension because if you do make a change, you will not be able to get that pension benefit back.

Best strategy is to check with a SHINE counselor to see if you can make changes, and see if there are better options.

Our SHINE counselor for the hill towns is **Caroline Solan** at Highland Valley: 413-586-2000 or you can call the Regional SHINE office at Lifepath in Greenfield, 413-773-5555.



An UPDATE on YOUR Tech Services

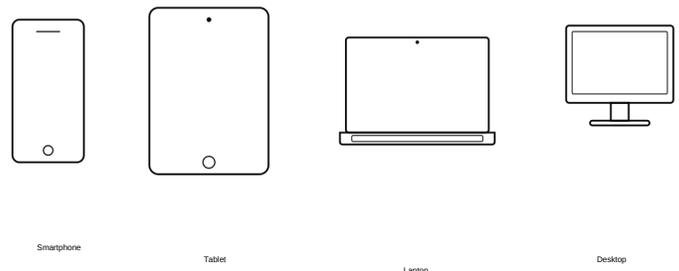
TECH CONNECT 2.0 has continued operating on funds from the original Tech Connect program since March of 2025. With the support of Northampton Open Media, the Alliance for Digital Equity, our COA directors, volunteers and librarians, we have supported over 350 technology calls from older adults in the hilltowns. We grow more popular as word of mouth spreads that we are a source of refurbished devices, free tech support and training.

We are exploring state and community grants. It has been rough going in the current funding climate. We are funded through the spring / early summer but then must rely on ourselves and the community to support the service if we are to continue.

We are considering asking for donations for home visits, placing a donation box at drop-in sessions, and launching a fundraising drive in April. Stay tuned for specific changes and announcements in the next COA newsletter.

Lizzy Canady

Nancy Brown



TECHNOLOGY HELP FOR MARCH



NEW Best Ever! TechHub is returning on alternate Fridays to present workshops. Workshops are one hour beginning at 10:30 am. A 2 hour drop in session will follow. All sessions will be held at 400 Main St., Chesterfield, downstairs. No need to register.

March 6	Zoom Basics
March 20	Social Media Basics
April 3	Online Safety Basics
April 17	Avoiding Misinformation
May 1	Cloud Basics
May 15	MS Excel
May 29	Windows Operating System Basics
June 5	Designing with Canva

Tech Support home visit is available by appointment. Call or message 413-296-5080 to arrange a home visit or email coaTechHelp@gmail.com for help.

Devices for you: Refurbished PC laptops 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.

Drop-in Centers schedules (no appointment needed)
Chesterfield Community Center 400 Main Rd.

Weekly on all Tuesdays from 11:00 to 2:00
Goshen Library, Drop-In tech support from
12:00 to 2:00, 3rd Thursday, 3/19

Westhampton Library Drop-In tech support, from
2:00 to 4:00, 4th Thursday 3/26

Williamsburg

Meekins Library Drop-In tech support from 10 :30 to
12:30, 2nd Tuesday, 3/10

Nash Hill Place Resident Drop-In tech support from
10:00 to Noon, 2nd Tuesday, 3/10

Worthington tech support - contact Eileen Daneri
eadaneri@gmail.com

NOTE: Plainfield and Cummington residents should call 413-296-5080 for an appointment or use the Chesterfield site.

Internet Hotspots

Funding for hotspots data ended in February. Call 413-296-5080 for help on finding the right low- cost internet plan for you.

TECH TALK *from Peg Whalen*

I want to share once again an experience I had a while ago so that others can benefit from my mistake. On a trip to Philadelphia by train I brought two carry-on bags with me and my laptop. To keep the laptop safe when I briefly left my seat I tucked it overhead between my carry-on bags. Later, when I was exiting the train, I got distracted. I grabbed both carry-on bags and, yup, you guessed it, I left the laptop behind. Losing the laptop itself was frustrating but could be replaced at some expense. The information loss was a tragedy. Before leaving, I had not backed up the files, photos, and programs on the laptop. **I knew better!** It happened anyway.

Backup your information in case of device loss, viruses, scams, equipment failure. If you do not know how to protect electronic information, find assistance with ways to stay safe.

What should I have done? I could have used one of the “clouds”, like Microsoft OneDrive, Google Drive, Apple iCloud, or my external hard drive at home.

I urge you to consider attending the May 1st Cloud Basics workshop offered by TechHub. Make an informed decision about trusting Clouds. I wish I had had my head in the Clouds!

#SlamTheScam 2026



National “Slam the Scam” Day is designated by Social Security’s Office of the Inspector General to raise awareness of government imposter scams, which continue to spread across the United States. Slam the Scam Day is Thursday, March 5, 2026, as part of National Consumer Protection Week, which takes place this year from March 1-7.

Watch for more info at

<https://youtu.be/c6svESSADHM>

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

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The Goshen COA presents:

Live Well, Age Well Informational Series

**March 10-
Age in Place Specialist
Erin Curtain,
Occupational Therapist**

**March 17-
Learning about Brain
Health with Dr Joo from
MGH/Harvard via zoom**

**March 24-
Funeral Alliance of
Western MA
Planning memorial services**

**March 31-
End of Life Doula
Stacey Mackowiak
Legacy projects & vigil planning**

Join us on Tuesday afternoons in March from
4:30-6pm at the John James Memorial Hall in
Goshen! Light dinner included each week.

Register by March 2nd for one or all weeks:
email coa@goshen-ma.us or
call Kerry Normandin at 413-268-9354.
Older adults from all towns welcome!



Massachusetts
Councils On Aging

Funded by a grant awarded to the Massachusetts Association of
Councils on Aging by the Massachusetts Executive Office of Elder Affairs

SCAM ALERT!

Fraudsters build trust by posing as romantic partners they meet online, often through unsolicited messages or apps. Once trust is gained, they push **fake investment opportunities** with promised high returns, using false reports to encourage more investment. After taking the money, they shut down accounts and disappear.

Protect Yourself:

- Be cautious about what you share online—scammers use social media and dating details to target victims.
- Never invest based on advice from someone you've only met online.
- Research investments at www.investor.gov.
- If it sounds too good to be true, it probably is.

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

Northampton
(413) 586-9225

Greenfield
(413) 774-3186

Working in cooperation with the Office of
the Massachusetts Attorney General

