

Goshen Council on Aging

April 2026 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

Snack Bar Luncheon

Tuesday, April 14th at 11:30am

Williamsburg Snack Bar, 109 Main St. Haydeville, MA

Our monthly luncheon will be held at the Williamsburg Snack Bar at 11:30am- **please note change of time**. We will order off the extensive menu and enjoy each others company! Please email or call Kerry at 268-9354 by April 6 to let her know you are joining us so she can tell the restaurant how many to expect. Suggested donation to the COA of \$5 is greatly appreciated.

April 1st- 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- we enjoy meeting new people and welcome all ages to attend!

April 3rd- Community Connections- 10-11 am. This month we welcome Goshen's own Shannon Wade, owner of Ripple Studio in Williamsburg. Shannon is skilled in Integrative Body Work, Functional Movement Training, and Pregnancy / Postpartum / Peri-Post Menopause Support. For this session Shannon will lead us in functional exercises to build and maintain our strength and balance. We will meet in the upstairs dining room of the Goshen Town Hall.

April 15th- Crafts Group – in the library 2-4pm. This month we have Goshen crafter Mickey Malinowski leading us in a special class creating beautiful beaded garden decorations. We will each choose the beads for a unique design to jazz up a houseplant or the garden. Mickey is a skilled leader and teacher and is generously donating her time and talent for this special class. Class size is limited, so please contact Kerry **by April 10** to sign up. Class is free but donations are welcome to offset the cost of supplies.

April 16th -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.

The Town Hall was a sea of green in March at a record-setting **74 person luncheon** organized by Bill O'Riordan. We were all entertained with stories, songs, jokes, and plenty of blarney! Thanks Bill!



April 21st & 28th- 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 April 21st is a hamburger or vegetarian chili and the choice for April 28th is Tuna Salad or Chicken 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!

April 25th- Hilltown Consortium of COA's Job/Volunteer/Resource Fair at New Hingham Regional Elementary School. Drop in from 10am-2pm! Are you searching for a meaningful part-time job or volunteer opportunity near home? Are you curious about services and agencies in the Hilltowns and all they have to offer you? If so, please stop by. People of all ages welcome and encouraged to attend! See the Regional Section of this newsletter for more information.

Upcoming trip to the Norman Rockwell Museum on Tuesday, May 19th! Let's fill the 50 passenger bus! We will leave the Goshen town parking lot at 9:20am and return at 3:45pm. We have a luxury bus reserved that has seating availability for two wheelchairs. The plan is to spend a few hours viewing "the best of American Illustration art that tells the stories of our lives, explores historical perspectives, and provides a delightful escape from (continued on next page)

(continued from previous page) the every day." We will wander through 10 galleries and 36 acres of scenic views and have a pre-ordered boxed lunch on the beautiful museum grounds. This trip will be paid for by the Goshen COA, however donations are gratefully accepted. **Contact Kerry at 268-9354 or coa@goshen-ma.us by May 5 to reserve your spot.**

Friends of Goshen Community Park Fundraisers

April 18: Backyard Birds presented by Dan Ziomek at the Goshen town hall, 2pm. Suggested donation: \$5.00, children 10 and under -FREE. Bird themed door prizes. Birdhouse gourds and bird friendly perennial plants available for purchase.

April 25: Spaghetti Dinner & Raffle. Dinner served at 5:30pm at the Goshen town hall. Doors open at 4:30pm. Raffle drawing at 6pm. Adults: \$15, children 10 and under - FREE.

For more information: email LorraineBrisson@verizon.net or call (413) 270-0208

Special performance by Goshen resident Richard Larson- All welcome to attend on April 11 at 2:30pm at the Goshen Town Hall. Richard will present his solo work with a mixture of dance, body mime, and clowning. This program is sponsored by the Goshen Library.

Annual Town Caucus: April 13th at 7pm in the Town Hall. This important event is where townspeople are nominated for various elected positions. In order to hold the caucus, we need at least 25 voters to make a quorum. It's an easy way to contribute to the town, and we'd love to see you there.

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!

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.

Do you know about The MA Senior Games? It is like the Olympics of MA with older adults competing in over 30 events ranging from Basketball, to Disc Golf, Cornhole, and Power Lifting. Training sessions are available for all events. For details and registration go to MASeniorGames.org or call 413-366-1147. Check it out!

Save the Date(s):

Annual Town Meeting: May 16th
Annual Town Election: June 6th

Happy Birthday in April!

Claire Byrom, Michael Grinley, Stephen Fancy, Peter Therkelsen, Annmarie Dresser, Peter Normandin, Steven Rida, Elizabeth Loven, Loretta Patton, Scott Healy, Martha Monaghan, Michelle Parsons, Cameron Georges, David Krassler, Bethany Magdalenski, Patricia Roguz-Britt, Sarah Kane, June Millington, Roger Perreault, Jeffrey Murphy, Ann Marie Deres, Francis Burnett, David Tirrell, Peter Barrett, Richard Barton, Robert Haskell, Annette Korowski-Lavaud, Steven Daiber, Leslie Snowden, Pamela Arnold, Judi Morin, Doris Barbeau, Marcia Phillips, Victoria Verge



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.)

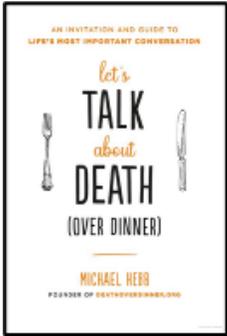
Name _____ Telephone _____

Address _____

Email _____



Regional News



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. We still have space. 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, Volunteer & Job Fair

Whether you are seeking assistance, wanting a way to give back or looking for part-time work, this fair has something for everyone regardless of age.

Please join us! ALL community members encouraged to attend

Saturday, **April 25, 2026**

10:00 a.m. – 2:00 p.m.

**New Hingham Elementary School
30 Smith Rd, Chesterfield, MA**

Why Come? Our hilltowns thrive when we show up for one another. Your impact can be profound. Help strengthen the economy and networks that enrich our community and serve older adults.

What You Will Find? We will have information brochures, limited **tech help, blood pressure clinic**, and HEN program help and job **applications**. There also are **giveaways and door prizes**: Campground stay, Williamsburg Market gift certificates, stained glass, and others.

Participating organizations include:

- Hilltown CDC**
- Highland Valley Elder Services**
- HEN Program**
- Foothills Health District**
- SHINE, Trinity Health,**
- Service Net, TechConnect,**
- Veterans Affairs,**
- Elder Care Access,**
- New England Wound Center,**
- Consumer Protection,**
- Funeral Consumer Alliance,**
- Blood Pressure Clinic, and more**

Good News for April 2026

By Deb Hollingworth

Finding home care resources can be a challenge.

If you need a little help, like grocery shopping, rides to medical appointments, meal prep, trips to the bank, or help remembering to take Rx, there are several affordable resources available.

If you need help daily for personal care like bathing, dressing as well as help with laundry and meal prep, then finding a reliable, skilled provider can be more complex.

Let's start with those of us who need a little bit of help to keep ahead of housework, laundry and making meals. And perhaps you want to give up driving, but still need to get to medical appointments, or out to do errands. Affordable

resources might include home care services from Highland Valley Elder Services, 586-2000 or the HEN (Hilltown Elder Network) program at the Hilltown CDC 296-4232.

Your COA or senior center might be able to help with transportation to appointments and help with meals. They also can recommend ways to get you started thinking about what kind of help you need, and who provides it. Most of these services are free or at a low cost.

For even more help understanding what's available, call the Community Connector, 413-296-4536 ext. 110, or send an email to communityconnectjo@gmail.com.

Highland Valley has a free consultation service called Options Counseling which can give you an overview of resources for your particular situation.

The next challenge is paying for home care services.

Home care help can be paid for a number of ways.

1. Medicare pays for home care services if you are discharged home after rehab or hospital for a planned surgery or after an unplanned medical event. Your doctor can "write orders" for OT, PT or RN. While helpful, these services are not designed to give you daily assistance and are short term, usually for 2-4 weeks.
2. If you need more help and are an eligible veteran, you may be able to get ongoing services through the VA. Call your senior center to see when you can speak with your veteran's agent.
3. While Medicare doesn't pay for ongoing home care help, MassHealth does. And you may be eligible for MassHealth benefits. Check with your SHINE counselor for eligibility requirements. 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.
4. Long Term Insurance policies, if you have one, pay for home care benefits. So dust off that policy you began years ago and read the contract to see how to access your benefit.
5. Paying privately is expensive, but if you want to stay home safe and get the care you need, this may be the time to consider it.

Next month we'll talk about how to look for home care services providers. Meanwhile, don't miss an opportunity to see what's available at the **April 25th Resources Fair which is being held at New Hingham School** in Chesterfield.

See you there!

DEMENTIA TALK – FOR CAREGIVERS

Are you a caregiver of a person who has dementia? Caregiving is hard work; education, support, and community can all have a positive impact! Heidi Zahra, MSN RN, is a faculty lecturer at the Elaine Marieb College of Nursing from UMass Amherst.

On Thursday, April 30th at 10am in Plainfield,

Zahra will speak with caregivers on the topic of sleep, a very common challenge for caregivers of people with dementia. She will also share additional educational offerings and programs for care partners. This is a nice way to connect with other caregivers and share ideas and stories.

For more details Contact Polly at

pryan@town.plainfield.ma.us or call 413-212-1581.

WHAT IS THE NORTHERN HILLTOWNS CONSORTIUM?



The Northern Hilltowns Consortium (NHC) is comprised of the Directors/Coordinators of seven Northern Hilltowns – Williamsburg, Westhampton, Chesterfield, Goshen, Cummington, Worthington and Plainfield.

This group of COAs has been meeting monthly since the late 1990's. It is a partnership, collaboration, support group, network of dedicated, knowledgeable, and highly effective COA leaders. The group focuses on ways to improve quality of life, help maintain independence, reduce isolation and loneliness to support aging in place in the hilltowns.

The Consortium has had success in applying for grants over the years because our small towns collaborate. This funding benefits our seven-town region, most notably bringing you the TechConnect Program (nearly \$300,000 in 2023). The NHC has been awarded Service Incentive Grants (SIG) since 2015 to develop and coordinate services in our region. For several years we have also received Highland Valley Elder Service grants for our Community Connector Program, intergenerational and fitness programming. The group has hosted region wide events, such as the successful "Let's Have a Conversation about Memory", featuring Dr. Rebecca Starr. NHC collaborates to get grants and create worthwhile events to bring to you and our communities. The NHC website contains every COA's newsletter each month. We encourage you to read all or some of them. It also has a variety of information about resources, tech services, and town COA details. Please visit the website at <https://www.northernhilltownscoas.org>

All seven of the Consortium Councils on Aging will be at the April 25th Resource, Volunteer and Job Fair.

FREE GUIDED TOUR - MELVILLE HOMESTEAD



A free guided tour of Arrowhead, Herman Melville's historic home and farm, is planned for Friday April 17th from 11am to noon. It is located at 780 Holmes Road in Pittsfield, Massachusetts. At least 12 participants are needed for this event. Please RSVP with Polly at pryan@town.plainfield.ma.us or call 413-212-1581

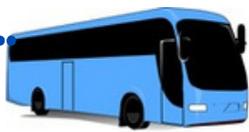
COMMUNITY CONNECTOR

The Hilltown Elder Network (HEN program) is looking to help our Hilltown seniors! If you are in need of assistance with house cleaning, meal prep, grocery shopping, or transportation please call the number below to sign up. It is a free service, if income eligible, provided by the Hilltown CDC.

If you are a senior looking to make a little extra money (\$22 an hour) while helping out a community member, please call! Hours are flexible and can be as little as two hours a week. We have some HEN caregivers that are also receive HEN services.

We will be having a job fair on Saturday, April 25th from 10-2 at New Hingham Elementary school. The Hilltown Elder Network will have a booth with all the info you will need to get started as a caregiver or sign up to begin receiving help. Feel free to contact Jennifer O'Connell at 413-296-4536 ext. 110 or email at jennifer@hilltowncdc.org for more information or to sign up sooner than the job fair.

On the Road Again... TRIPS IN 2026



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

For more info call **413-296-4291**

Email: francine.frenier@gmail.com

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

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 NOW to the address above. Wait list available.

Day Trip May 8th, Friday, FDR Homestead, Library and Val Kill. Contact Forbes Library 413-587-1011.

Day Trip June 11th, Thursday, 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 NOW to the address above. I need 10 more to make the trip a-Go.

Day Trip June 23rd, Tuesday, 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 NOW to the address above.

Day Trip July 12, 13, 14 or 15 Tall Ships in Boston
Contact First Choice Tours 1-413-665-9090.

Day Trip August 3rd, Monday 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

TECH CONNECT
SUCCESS FOR OLDER ADULTS



TECH HELP FOR APRIL

TechHub workshops and tech support sessions are returning to Chesterfield. Alternate Friday workshops are 1-hour beginning at 10:30 am. Technical support drop-in sessions follow from 11:30-1:30. All sessions are held downstairs at 400 Main St., Chesterfield. Classes are free. No need to register. See below for date and topic changes from previous newsletters.

Workshops

April 3 Online Safety & Avoiding Misinformation

April 17 Introduction to Google Workspace

May 1 Cloud Basics & Google Drive

May 15 MS Excel Basics

May 29 Windows 11 Operating System Basics

June 12 Designing with Canva

June 26 Zoom Basics

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 (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, 4/16

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 4/23

Williamsburg

Meekins Library Drop-In tech support from 10 :30 to 12:30, 2nd Tuesday, 4/14

Nash Hill Place Resident tech support from 10:00 to Noon, 2nd Tuesday, 4/14

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

NOTE: Plainfield/Cumington residents should call 413-296-5080 for an appt or use Chesterfield site.

Internet Hotspots

Hotspot funding ended. Call 413-296-5080 for help on finding the right low- cost internet plan for you.



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

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SCAM ALERT!

The Northwestern District Attorney's Office
Consumer Protection Unit offers free
assistance to residents.

We Can Help With:

- Disputes between residents and businesses
- Preparing consumers before major purchases
- Protecting individuals from fraud, identity theft, and scams
- Educating the public on consumer protection

**For a consumer question or
complaint please call:**

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

Working in cooperation with the Office of
the Massachusetts Attorney General



SCAM 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

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

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