

Goshen Council on Aging

May 2026 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

May Luncheon

Tuesday, May 12th at 12pm

John James Memorial Hall, 42 Main St. Goshen

Please join us for a buffet of Chinese Food from Panda Garden in Williamsburg! There will be egg rolls, pork lo mien, vegetable lo mien, house fried rice, vegetable fried rice, chicken and broccoli. The Hilltown CDC Housing Rehab Program is bringing dessert! Representatives from this program will be there during lunch to talk about this program that aids homeowners with repairs. Bring your questions. Please email or call Kerry at 268-9354 **by May 5** to let her know you are joining us. Suggested \$5 donation to the COA is greatly appreciated.

May 1- Community Connections- 10-11 am. This month we welcome Hannah Morano of Sweet Birch Herbals in Ashfield. Hannah is a holistic health coach and clinical herbalist. She will teach us about gentle herbal support for sleep challenges, joint stiffness and inflammation, digestion, circulation and heart health, and memory and mood. Please sign up with Kerry at coa@goshen-ma.us We will meet in the upstairs dining room of the Goshen Town Hall.



Strength In Numbers

a six week program starting on **May 4**
Goshen Town Hall from 1:30-2:30pm



A Fall Prevention Program will be at the Goshen Town Hall from 1:30-2:30pm for six weeks starting on May 4th! Taught by Physical and Occupational Therapists from the Cooley Dickinson VNA, this free program covers topics including determining our own risk of falling, strength and balance activities, managing medications, visual concerns and age-related changes, and home safety recommendations. Practical and useful items will be distributed free of charge to participants. To reap the full benefits of the program, participants are asked to commit to all six sessions if possible. We will meet on six consecutive Mondays with the exception of Memorial Day on May 25. This program is free thanks to grants from the Eversource Energy Foundation and the Roy Foundation. Please contact Kerry Normandin at coa@goshen-ma.us or call 268-8236 x118 to sign up **by April 29-** we welcome older adults from all the Hilltowns.

May 6- Games Group will meet in the library from 2-4pm. We have a variety of games to choose from- playing games is good for all of us, having our minds engaged while having fun is a win-win! All are welcome to attend!



We created beautiful Spring paintings with artist Lena Garcia!

May 19- Norman Rockwell Museum Trip! 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 the every day." We will have a guided tour and then time to 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 coa@goshen-ma.us or 268-9354 **by May 5** to reserve your spot.

May 20- Crafts Group – in the library from 2-4. Bring your craft project you have been working on at home and come join us to work together. Some knit, some sew, some crochet, some color- just bring it along! We are an encouraging group and it is always fun to chat and have a few laughs while creating!

Elder Law Education Program

Thursday, May 21st at 2pm
John James Memorial Hall



Local seniors are welcome to come learn about Elder Law issues at a free event hosted by the Goshen and Cummington COA's on May 21st at 2pm at the Goshen Town Hall. Atty. James Loughman from Donovan O'Connor & Dodgig, LLP will be the volunteer speaker. The event is part of the statewide Elder Law Education Program presented by the Massachusetts Bar Association (MBA). It corresponds with the publication of the revised and expanded "2026 Elder Law Education Guide," the 17th edition of the resource guide, which will be available at the event and online at the MBA's companion website, www.massbar.org/elderlaw. The topics to be discussed this year include Veteran Affairs Financial Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, and Medicare/Medicaid changes. For more information about the presentation, contact Kerry at coa@goshen-ma.us or Chrisoula at croumeliotis@cummington-ma.gov

May 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.

May 26 only this month due to museum trip on the 19- **HVES grab and go lunches**- HVES delivers meals to Goshen COA. Participants pick up their hot lunch at the Goshen Town Hall from 12:30-1:00pm. The lunch for May 26 is your choice of a hot dog or broccoli 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. We would love to increase participation in this program!

Our condolences go to the friends and family of **Edward Joyner**.



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. 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!

Save the Date(s):

- Wednesday, May 6th at 6:30pm
Pre-ATM Voter Information Session
- Saturday, May 16th at 9:30am
Annual Town Meeting
- Saturday, June 6th from 9am-1pm
Annual Town Election



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

Happy Birthday in May!

Ann Hackler, Daniel Pikett, Alice Barrett, Janet Goss, Gaye Reinhold, Susan Zuroff, John Miller, Mark George, Robert Berrena Jr., Cathy Evans, Rosemary Bienz, Glenn Richardson, Michaela Malinowski, Darlene Wolfe, Tami Haskell, Richard Polwrek, Pamela McCarthy, Edward Roberts, Donna Hewes, Sarah Chandler, Faye Yudkin, Edward Dzenis, Peri Hall, Russell Papineau, Mary Richardson, William Gardner



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 _____



May Regional News

ELDER LAW ISSUES



Local seniors are welcome to come learn about Elder Law issues at a **free** event. This presentation is hosted by the Goshen and Cummington COA's on **May 21 at 2:00pm** in the **Goshen Town Hall**.

Atty. James Loughman from Donovan, O'Connor & Dodgig, LLP will be the volunteer speaker.

This event is part of the statewide Elder Law Education Program presented by the Massachusetts Bar Association (MBA). Their education program corresponds with the publication of a revised and expanded "2026 Elder Law Education Guide," the 17th edition of the resource guide. The guide will be available at the event and is online at the MBA's companion website, www.massbar.org/elderlaw



The topics to be discussed this year include:

- Veteran Affairs Financial Benefits,
- how to protect your home and assets,
- power of attorney and health care proxies,
- reverse mortgages,
- Homestead and Life Estates, and
- Medicare/Medicaid changes.

For more information about the presentation, contact Kerry at coa@goshen-ma.us or Chrisoula at croumeliotis@cummington-ma.gov

STRENGTH IN NUMBERS - A FALL PREVENTION PROGRAM

Strength In Numbers- A Fall Prevention Program will be a six-week program starting on **May 4** at the **Goshen Town Hall** at **1:30-2:30pm**.



Taught by Physical and Occupational Therapists from the Cooley Dickinson VNA, this

free program covers topics including:

- determining our own risk of falling,
- strength and balance activities to do at home,
- managing medications,
- visual concerns and age-related changes,
- home safety recommendations.

Practical items will be distributed free of charge to participants.

To reap the full benefits of the program, participants are asked to commit to all six sessions if possible. We will meet on six consecutive Mondays with the exception of Memorial Day on May 25.

This program is **free** thanks to grants from the Eversource Energy Foundation and the Roy Foundation.



To **sign up** please contact Kerry Normandin **by April 29** at coa@goshen-ma.us or call 268-8236 ext 118.

We welcome and encourage older adults from all the Hilltowns to attend.

GOOD NEWS FOR MAY 2026

By Deb Hollingworth

When looking for home care help, it's important to understand that Massachusetts does not regulate these businesses unless they have contracts with MassHealth, other State agencies, or are certified Medicare home care providers. Being regulated means they have to meet standards of care in order to keep their certification.

Of approximately 400 home care companies in Massachusetts, only about 1/3 of them are subject to regulation. Standards of care include CORI checking their employees, supervising them on the job, and providing ongoing training to ensure a level of skill. So, that's a good thing.

But odds are, you are more likely to find a company that is not regulated. Does this matter?

Depends on what kind of help you need, and perhaps how long you expect to need it. Because home care help is expensive and regulated companies can bill Medicare, and MassHealth, and may have contracts with the VA or State Home Care agencies like Highland Valley. Which means there may be help paying for the services you need.

Unregulated companies are most likely to be private pay only. Cost of care varies depending on where you live, what you need and how many hours per day, or a week you need.

One good thing in favor of the private pay providers.... the customer is always right, because if you're not happy, you can take your business elsewhere, so these home care providers are highly motivated to please.

While the regulated, certified providers must meet standards of care, they sometimes have issues when it comes to customer service. So there's a trade off.

Let me say that there are many Certified/ Regulated home care providers that provide excellent customer service and understand the importance of maintaining a reputation for same. You might look for well established companies who have been in business long enough to establish a reputation for excellence.

Where do you go to look for these providers? You might start with the [Medicare.gov](https://www.medicare.gov) web site. This site lists certified Medicare providers and starts by asking your zip code to narrow the search for those companies near you.

The Massachusetts Home Care Aide Council also has a helpful web site. This council is a non-profit association of home care agencies that provides training opportunities as well as guidelines for standards of care.

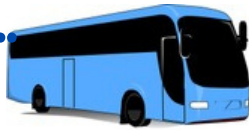
Mass Personal Care Attendant (PCA) Directory helps those who would like to become a PCA worker, those looking for PCA training and those looking to hire a PCA worker.

You also might speak with your doctor's office, hospital or rehab for a recommendation, especially if you think Medicare might pay for services.

To get you started, your senior center may be able to recommend several home care providers. A lot will depend on what kind of help you need, and whether or not there are ways to get help paying for it.

Next month we'll explore who pays for home care help and whether or not you might qualify for MassHealth benefits.

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 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.

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 check payable to Landmark Tours and mail NOW to the address above. Wait list only.

Day Trip July 12, 13, 14 or 15, Tall Ships in Boston
Contact First Choice Tours 1-413-665-9090.
Also, Southampton Senior Center has a trip scheduled for July 13th. \$ 157. Departs at 6:00 AM. Call 413-529-2105 to sign up.

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 a check payable to Francine Frenier and mail to address above by June 6, 2026. 19 more passengers are needed for this trip to go.

Day Trip September, TBD Big E.

Day Trip, December 8th, Merry Christmazz Holiday Variety Show. Jimmy Mazz performs seasonal traditional and contemporary tunes from various artists. Yankee Pot Roast lunch and show at Storrowton's Carriage House, W. Springfield. A drive through Bright Nights follows. Make an \$80 check payable to Francine Frenier and mail to address above by October 6, 2026.



TechHub workshops and tech support sessions
Chesterfield workshops are one hour beginning at 10:30 am and technical support will follow from 11:30-1:30. Sessions will be held at 400 Main St., Chesterfield, downstairs. Classes are free and there is no need to register. Meekins Library also will host TechHub for workshops and tech support sessions.

Workshops in Chesterfield

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

Workshops at Meekins Library (Workshop at 1:30 followed by 1 hour of tech support)

May 11 Google Workspaces

June 1 Cloud Basics

Tech Support home visit appointments available.

Call or message 413-296-5080 to arrange a home visit.

Devices for you: Refurbished PC laptops and iPads. If you are looking for a free refurbished laptop or iPad, please call 413-296-5080 and leave us a message. We will offer free devices while our supply lasts. If you have received a device and are not using it, please call our number to arrange a return so someone else can use it.

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, 5/21

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 5/28

Williamsburg

Meekins Library Drop-In tech support
(call library for latest information)

Nash Hill Place Resident Drop-In tech support
from 10:00 to Noon, 2nd Tuesday, 5/12

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

Organizing Partners:

Cummington
Tree Alliance



Cross Pollination

Community Biodiversity Program Cummington



Announcing **Cross Pollination**, a participatory, community-wide biodiversity restoration and education initiative

- **Climate-Resilient Tree and Shrub Planting**
- **Community Orchard and Historic Garden**
- **Pollinator Corridor**
- **Experiential Learning, Interpretive Signage & Educational Guides**

More details and invitations to take part coming soon!

Contact: cummingtontrees@gmail.com
cummingtonculture.art/cross-pollination-2026

Support:

**GRASS
ROOTS
FUND**



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

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SCAM ALERT!

If someone knocks on your door saying they have “leftover asphalt” and they offer to pave, repair, or seal your driveway today, ***it’s a scam!***

- Resist the pressure to act quickly even if it sounds like a good deal
- Get a written contract even for small repairs
- Never pay for the entire project up front
- Get at least 3 written estimates before hiring someone to do work at your home
- Report suspicious paving crews to police

**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

