

Goshen Council on Aging

June 2026 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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June Luncheon

Tuesday, June 9th at 12pm

John James Memorial Hall, 42 Main St. Goshen

Please join our monthly luncheon at the Goshen Town Hall at 12 noon. This month we will have Jerry Bird from Spruce Corner Restaurant cooking up our delicious meal. You will have a choice of Chicken Piccata with pasta or Canelli Bean Piccata. Piccata is a bright and tangy lemon sauce with capers. There will also be vegetables and a salad. Our dessert will be from Ashley's Bakery in Worthington. Please email or call Kerry at 268-9354 **by June 2** to let her know you are joining us and your choice of chicken or vegetarian beans. Suggested donation to the COA of \$5 is greatly appreciated.

June 3- Games Group will meet in the library from 2-4pm. Grab a friend or come by yourself and meet a new friend! We have a variety of games to choose from. Playing games has many benefits including enhanced cognitive function, reduced stress, and increased social connection. All are welcome to attend!

June 5- Community Connections- 10-11 am. This month we will meet outside at the large accessible picnic table in the Goshen Community Park across from the Town Hall (Rain will cancel our meeting). Jennifer O'Connell will lead the discussion and she will also bring a few fun activities to do together. Bring your own coffee or tea and join us for an hour-it's a great way to start your Friday!

June 16 and 23- HVES grab and go lunches- HVES delivers meals to Goshen COA. Participants pick up their lunch at the Goshen Town Hall from 12:30-1:00pm. The lunch for June 16 is your choice of Greek Chickpea Salad or Tuna Salad and the lunch on June 23 is your choice of Teriyaki Chicken or Spinach 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!

Ice Cream Social



Saturday, June 27th from 1-3pm



Tilton Town Field (rain location: town hall)

The Goshen COA's Annual Ice Cream Social will be held on June 27 from 1-3pm at Tilton Town Field! We will have ice cream and all sorts of toppings for you to make a delicious sundae. The local band Sidetracked will be there from 1-3 playing live music! Wear your dancing shoes! Sidetracked is a multigenerational band with members ranging in age from 35-72. They play all different genres- Roots, Rock, Country, and Blues for all occasions and ages. The band is sponsored by a grant from the Goshen Cultural council/MA Cultural council. Bring your own chair. All ages welcome- bring your friends and family! (in the case of inclement weather, this event will be held in the Goshen Town Hall).

June 17- Crafts Group – library 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! We will meet in the Library.



We have a great group for our Strength in Numbers fall prevention series with the Cooley Dickinson VNA therapists!

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

Exercise Classes with Joan- Exercise classes sponsored by the COA 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. Joan also offers classes on Monday, Thursday, and Friday- ask Joan for further information. Let's keep moving!

Foot Care Services with nurse Piper Sagan- Piper has foot clinics in Cummington and Williamsburg that Goshen seniors can attend. Please call those COA's for appointments. The Goshen COA will pay 10 dollars towards the fee for Goshen seniors. Piper has recently told me that after six years of maintaining the same rates, there will be a price adjustment for foot care services effective July 1, 2026. The rate will increase to \$60. This change will allow Piper to continue to provide safe, high-quality, care while keeping up with rising costs.

Critical Information Binder- a couple of years ago, the COA gave out blue binders labeled Critical Information. The binder is meant to keep important health information all together in one space.

This is a reminder to organize or update your binder. If you did not get one and would like one, contact the COA as we have a few left!



Save the Date:

- 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!

Hilltown Market is in season!

Come and see for yourself at
19 Sawyer Rd. Worthington

Open 10am-5pm Tuesday through Saturday

This is a new program offered by the Hilltown CDC. Priority to senior citizens but open to the public. Shop local and fresh!

Questions? Contact Jake: jaker@hilltowncdc.org or 413-296-4536.



Happy Birthday in June!

Edmond Greenwood, Donald Boisvert, Terrylee Crowther, Keith Wright, Andrew Perkins, John Monaghan, Martha Sites, James Durant, Thomas Patton, Patricia Murphy, Susan Wallace, Steve Calderone, Tara O'Brien, James Sands, Constance Schwaiger, Mary Georges, Diane Mollison, Nancy Parlakulas, Jean Adamites, Robert Albrecht, Jonathan Mayer, Richard Williams, Henri Zajac, Deborah Zebrowski, Valerie Durant, Steven Ostrowski, Doreen Mollison, Marc Fromm, David Lutz



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

HILLTOWN MARKET



Hilltown Market is open and ready for orders! See what's new this year and support local farmers while getting quality, delicious, local food!

The Hilltown Market's brick and mortar location is open Tuesday to Saturday 10AM to 5PM at 19 Sawyer Road, Worthington.

We do home delivery and drop-off at local businesses around the Hilltowns starting June 1st. We currently do door to door **delivery for a \$5 fee** to help us cover gas and labor. Picking up from pickup locations is totally free. You can find information regarding pickup on the Hilltown Market Shop webpage in early June.

For more information please contact Jake Russell, Director of Community Food Resilience at Hilltown CDC. 413-296-4536 ext 116 or by email JakeR@Hilltowncdc.org. Our Community Connector, Jen O'Connell, also is available to help with online ordering. She can be reached by email at communityconnectjo@gmail.com or by phone, 413-296-4536 ext 110.

Enjoy this Hilltown food resource. Access to fresh healthy food should be for everyone. The Hilltown CDC is working hard to make sure that no one is left behind. Regardless of your economic status we want to ensure that our community is eating food produced by their neighbors. If you need help, want to help, or know someone who fits either of those categories let us know!

TECH TALK

Should I be charging my tech devices to 100%?

No! Your smartphone and your other devices do not need a 100% charge to run efficiently. Keep your battery charge between 30% and 80%. Once the level hits 30% charge it a bit. This level is best for keeping a battery healthy. If you remember, unplug it at 80%. Don't charge all night.

For devices, like a laptop or tablet, constantly being plugged in is not good for battery health. Keeping a device plugged in will stress the battery, not preserve it. Batteries, like people, need exercise. Use the device on battery power then recharge.

Folks often wonder if they have damaged their tech device if the battery runs down to zero percent. No, completely depleting the battery does not break it or the device. Although it should be avoided, it's not a catastrophe.

You can check the health of an iPhone battery by opening the **Settings** app. Tap the menu item **Battery**. On the next screen look for and tap **Battery Health and Charging**. The screen will show a percentage representing battery health. If it is under 80% the paragraph below may say the battery is "significantly degraded". Sounds bad!

It's not! It only means you have to charge it more often. The percentage is a comparison with how long the charge lasted when it was new. For example, my iPhone battery says 79%. I use it a lot each day and find I only need to charge it in the evening. I'm happy with that. It's personal preference. Be wary. The recommendations come from the same company trying to up-sell you.

What if your battery dies out completely or needs a charge every few hours? Replace it, rather than spring for a brand new device. Batteries can be replaced. And if you do decide to buy another device, buy refurbished!

The Goshen COA invites you and your family to a FREE

Ice Cream Social!

Saturday, June 27th from 1-3pm

Tilton Town Field

Wing Hill Rd. Goshen

(Rain location: Goshen Town Hall)

Featuring live music by...

Sidetracked



Music & ice cream... can it get any better?

The COA board will be scooping out bowls of ice cream and we will have plenty of toppings.

Come have a sundae and listen to some fun music at our beautiful Tilton Town Field!

There are a few picnic tables but feel free to bring your own chair.

**ALL AGES from ALL TOWNS WELCOME
to this FREE event!**

*Event made possible by a grant from the
Goshen Cultural Council / MA Cultural Council*



GOOD NEWS FOR JUNE

By Deb Hollingworth

Research shows over 80% of home care help for seniors and the disabled in this country is provided by family. It's estimated over 50 million family caregivers are helping with: errands, housework, transportation to medical appointments, laundry, medication oversight, money management and personal care like help with a shower, getting dressed or daily grooming. That's up 40% in the last decade as our population ages. AARP surveys suggest caregivers are providing an average of 24 hours of help per week. Without going into how much this might cost if families weren't helping, surveys show 78% of caregivers incur out of pocket costs, averaging around \$7,000 each year. A disproportionate amount of this falls on lower income households. AARP says 10% of adults consider themselves caregivers when asked. That's 1 in 10 American adults. In the last 2 months Good News articles, we've talked about where to go to get home care help, and who might help with the cost? This month, let's look at ways family caregivers can get paid.

MassHealth has two programs where you can hire your own caregiver, and that caregiver can be a family member, or friend... anyone you are not married to. To qualify: you must be 18 or older, have a primary care physician, need significant daily assistance, and be eligible for MassHealth. Your home, or the caregiver's home if you move in with your caregiver, must meet health and safety guidelines. This program works well for young disabled adults as well as seniors.

The Adult Family Care (AFC) program RN makes an initial assessment to determine needs and provides ongoing RN support making home visits on a routine schedule. This program also provides social work support to help with issues including paperwork, and help for the caregiver locating additional resources if/when needed.

The AFC program pays a 24/7 caregiver to provide or manage care that includes getting you to medical appointments, providing meals, grocery shopping,

laundry, personal care and socialization. This works whether you live with your caregiver, or your caregiver moves in with you.

Example: Mary Smith lives with her daughter and goes to a day program during the week while her daughter works. She also receives PT, and other services which her daughter coordinates. The AFC program pays Mary's daughter a monthly tax free stipend for the care and services she manages for her Mom. For more information on AFC program providers, you might start with a call to Highland Valley Elder Services **413-586-2000** and ask for an Options counselor.

The PCA program (Personal Care Attendant) is another MassHealth program that pays family caregivers for the hours of hands on help you need. To be eligible, you can be any age, have a primary care physician, need hands-on care, and be eligible for MassHealth. The PCA program RN makes the initial assessment and determines a Care plan that is reviewed annually unless medical conditions change, in which case the RN can make changes to your Care plan. You must need help with hands on personal care, as the program name suggests. Your Care plan might allow for 9 hours of help a week, or more, depending on your need. (The most generous Care plan I've seen was for 90 hours of help weekly for a quadriplegic). Your PCA worker(s) can be friends, neighbors, family or someone you hire from the State PCA registry. You must be able to hire/fire/supervise your worker, or have a surrogate that provides that oversight. One of the oldest PCA program providers in our area is STAVROS for Independent Living located in Amherst. For more information you can contact them at **413-256-0473** or Highland Valley and ask for their Information and Referral department or their Options counselor.

Both these programs require you to be eligible for MassHealth which has financial eligibility guidelines. To learn more about MassHealth regulations, you can check with your COA to see if a SHINE counselor would be the way to start.

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 July 12, 13, 14 or 15th Tall Ships in Boston. Contact First Choice Tours 413-665-9090 for additional info.

Also, Southampton Senior Center has a trip scheduled for July 13th. Cost is \$157. Departs at 6am. Call 413-529-2105 to sign up.

Day Trip August 3rd Encore Casino. \$50 Cost Includes: bus transportation round trip, driver's gratuity & \$20 in free slot play. Meals on your own. Make check payable to Francine Frenier and mail to address above by July 1, 2026. **Just 8 more** passengers are needed for this trip to go.

Day Trip September Date 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 & tech support sessions

Chesterfield workshops are one hour beginning at 10:30am and technical support will follow from 11:30 to 1:30. Sessions will be held at 400 Main Rd., Chesterfield, downstairs. Classes are free and there is no need to register.

Workshops in Chesterfield

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.

Devices for you: Refurbished PC laptops 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 from us 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, 6/18

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 6/25

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, 6/9

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

**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 offering to repair your roof, fix your chimney, or do other home improvement projects, ***it could be a scam!***

- Resist the pressure to act quickly even if it sounds like a good deal
- Get at least 3 written estimates before hiring someone to do work at your home
- Check their license with the state at 888-283-3757
- Never pay for the entire project up front
- Get a written contract even for small repairs

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