

Goshen Council on Aging

July 2026 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

Thank you, COA Volunteers!



Let's celebrate the fabulous volunteers who make up the Goshen COA! Their ongoing dedication to our community is truly remarkable. They are at the heart of what makes Goshen such a special place to live, working tirelessly behind the scenes to keep our older residents connected, healthy, and supported.

Together, these wonderful women have lived an astonishing 371 years in Goshen! Over the decades, they held the jobs of teacher, bus driver, waitress, executive assistant, customer service, billing and accounting, paralegal, social worker, assistant town treasurer, warden, and occupational therapist. Their favorite colors are blue, green, purple, pink, orange and beige (what a unique favorite color!) They joined the COA board to meet people, support our town, help older adults, and to have a fun volunteer job. When asked what they valued most about their work, they spoke of the friendships they have made, the workshops the COA has offered, and the many ways they have helped bring the older adults in our community together.

As a fun hypothetical, some of our volunteers would get a tattoo of shamrocks, interwoven hearts, angels, or a peace sign, but a few of them would never think of getting a tattoo at all!

Thank you Henrietta Munroe, Nancy Wood, Patti Woodward, Pat Wheeler, Suzanne Krebs, Roxanne Cunningham, Kathy Boisvert, and Evelyn Culver for your wisdom, your countless volunteer hours, and your big hearts.

July 16-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.

July 21 & 28- 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 July 21 is your choice of a hot dog or vegetable quiche, and for July 28 it is your choice of Garden Pesto Pasta or Ratatouille. 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!

Save the date:

Annual Appreciation Picnic

August 11th at Tilton Field

Please join us in honoring Goshen residents 90 years of age and older- it is always a special day!



Summer Break

- No luncheon in July.
See you at the August 11th picnic!
- We are taking a short break from Games and Crafts Groups for the summer- we will be back in September!

Exercise Classes with Joan- Exercise classes continue with Joan Griswold on Wednesdays at 10:15 in the Goshen Town Hall. She also teaches on other weekdays. Contact Joan for more information at joan@bybhealth.com. Consistent exercise is so important!

Foot Care Services are offered by nurse Piper Sagan in Cummington, Chesterfield & Williamsburg. Goshen seniors are welcome to attend. Please call those COA's for appointments. Piper recently raised her rates to \$60, therefore the Goshen COA will raise their contribution to 15 dollars per session for Goshen seniors to help with the cost of this very important service.



We had a terrific time at the Norman Rockwell Museum in May!



On **Monday, June 29th at 6:30 p.m.** in the John James Memorial Hall auditorium at 42 Main St., the Goshen Free Library will host **state Representative Lindsay Sabadosa and state Senator Paul Mark** to discuss recent and upcoming legislation at the State House. Question and answer period to follow. Refreshments provided. All are welcome to attend!

Hilltown Market is in season!

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 July!

Linda Clapp, Brenda Cliche, Lisa Newman, Ronald Loven Jr., Heather Allan, Roger Culver, Michael Feld, Julie Hooks, Helen Mollison, Caren Miller, Donald Martino, Rose-Marie Carr, Stephen Morley, Hans Andreas, Gary Cunningham, Patrice Woodward, Wendy Connell, Susan Gesmer, Yvonne Gittelson, Jane O'Riordan, Barbara Querceto, Sonia Arrubla-Castro, William Kelly, Ellen Feld, Rita Petko-Sands, William Bissell, Jeffrey Bliss, Marcia Chen, Mary Lou Joyner, Evelyn Kellogg-Culver, Margaret Smith, Laurie St Amand, Ned Wilson, Dorothy Albrecht, Leatrice Archbald, Chester Brown III, Dana Stiepock, William Fivel, Henrietta Munroe, Santha Parke, Brent Roberts Jr., Martha Dragon, Kelly Sharpe, Ronald Freund, Cynthia Roberts, Peter Contuzzi, Denise Linscott, Barbara Bishop, Richard Larson, Anna Dow, Gary Lane



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 _____

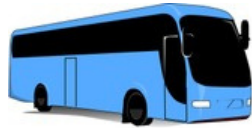
Address _____

Email _____



Regional News

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 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 3 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 Storowton'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.

Trips in 2027

Watch for upcoming details on a 3 day /2 night trip to Baltimore to see the Red Sox play the Baltimore Orioles along with some sightseeing. Waiting for 2027 MLB schedule to come out in December.

TECH CONNECT
SUCCESS FOR OLDER ADULTS



TECH HELP FOR JULY

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

We have free refurbished laptops while supplies last. Please call 413-296-5080 and leave us a message if you are interested. 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)

Sites open to residents of all towns (except Nash Hill location)

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, 7/16

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 7/23

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, 7/14

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



GOOD NEWS FOR JULY 2026

By Deb Hollingworth

This month we talk about nursing home care: something you don't want to know about until you need to. Statistics say for those of us 65 or older, 70 percent will need nursing home care in our lifetime. But only 20 percent will need long term placement. (The rest are short term rehab stays after a medical event.)

What if you are part of that 20 percent? How does a nursing home placement happen? Usually this starts with a hospitalization, perhaps after a 911 event, maybe after a planned surgery when you are discharged from the hospital to a nursing home for rehab. If you were admitted to the hospital and stayed the 3 midnights, Medicare pays for this short term rehab stay which is usually a few weeks at best.

At some point the nursing home determines you have maxed out your Medicare rehab benefit and you need to be discharged. Home? What if you are "not ready", and you or your family caregiver(s) feel it is "unsafe" for you to go home?

You can stay in the nursing home, but switch from being a rehab patient, to being a long term resident, which means Medicare stops paying your monthly bill and you either pay the bill yourself or apply and get approved for MassHealth which pays most long term residents ongoing monthly bills.

What if you are home, and your situation has deteriorated to the point where you need to be a residential placement, a long term, not rehab nursing home resident? How do you make the transition from home to nursing home without the 911 event or hospitalization?

This is called a Community Admission.

You can contact the nursing home of your choice and make arrangements. They will need a medical summary from your doctor, and a payment source: either you plan to pay the bill yourself, or you complete and submit a MassHealth application. If you already have MassHealth, this process is simpler in that you only need to file the long term supplement section which gives MassHealth current verification of your income and assets. If your countable assets are less than \$2,000 (and you haven't transferred or 'gifted' any significant assets in the past 5 years), then you would be eligible for MassHealth to pay your ongoing nursing home bill. If your assets are more, you submit verifications and MassHealth will determine your "spend down" amount before becoming eligible.

Unlike a hospital discharge to a nursing home, a community admission takes longer, because we are waiting for an available bed in the nursing home of our choice. (With hospital discharges to nursing home you take the first available bed, not necessarily the nursing home of your choice.)

With a community admission, the nursing home you choose may put you on a waiting list when your paperwork is complete and call you when a bed becomes available. You can accept the bed, or delay and ask to be kept on their waiting list for the next bed. This is sometimes common when caregivers feel they can postpone placement a little longer. Starting the process, and getting on a waiting list is recommended if you wish to avoid the 911/hospitalization admission process.

Another option is a short term nursing home stay, called a Respite placement. Respite is for caregivers providing 24/7 care: the person needing care is placed in a nursing home, giving the caregiver a "respite" break. These are usually at least 2 weeks, and depend on bed availability. Not all nursing homes offer Respite stays. Check with the Highland Valley Ombudsman director, Michele Wolf, 413-588-5744. Michele provides oversight for the nursing homes in our area. She can give you a listing of all facilities and speak with you about which provide dementia care, or dialysis, or specialized rehab programs. She may also know nursing homes who have a VA contract. This brings us to how to pay for short term Respite stays which are not covered by Medicare.

The VA contracts with a few facilities and may pay for short term placement for veterans; check with your veteran's agent. And MassHealth may also pay for short term placement if you have MassHealth. Odds are, you won't need this information, but if you do, you might have a conversation with the Ombudsman program director at Highland Valley.

Seniors Aware of Fire Education



Summer is here, and many of us rely on air conditioners and dehumidifiers to stay comfortable. A few simple precautions can help prevent fires and electrical hazards.

- Clean filters regularly.
- Securely install window air conditioners.
- Plug units directly into wall outlets.
- Check cords for damage before use.
- Keep combustibles away from appliances and cords.
- Empty dehumidifier water buckets regularly.
- Unplug and inspect any appliance that smells like it's burning, makes unusual noises, or becomes excessively hot.

A few minutes of maintenance can keep your home safe all summer long. Stay cool and S.A.F.E. this summer!

Capt. Steve Estelle, SAFE Educator
Goshen Fire Department

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

Goshen COA Board:

Kerry Normandin, Coordinator
Suzanne Krebs
Henrietta Munroe
Pat Wheeler
Nancy Wood
Patti Woodward

Newsletter Editor and Designer:

Kristen Estelle
regionalcoanews@gmail.com

SCAM ALERT!

It's a **SCAM** if someone calls you claiming:

- You are getting a new, plastic Medicare card.
- Medicare is switching to a card with a chip in it.
- It's a new year so you need a new card.
- They need you to verify your Medicare number.

Report Medicare Fraud to:
Medicare 1-800-633-4227

or

Senior Medicare Patrol 1-800-892-0890

**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

