

Goshen Council on Aging

August 2026 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

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

Annual Appreciation Picnic

Tuesday, August 11th at Noon
Tilton Town Field



It is time for our Annual Picnic to honor and celebrate Goshen residents who are 90 and older! There will be special presentations and gifts for each of these nine wonderful residents who live in our beautiful community. Please join us at Tilton Town Field at 12 noon for a lunch of hamburgers, hot dogs, veggie burgers, pasta salad, grilled zucchini and summer squash, and tossed salad. We will have ice cream sundaes with all the toppings for dessert, and watermelon too! This is always a special and meaningful event. The many people who have helped the COA this year will also be recognized. Please call or email Kerry to RSVP by August 4 to let us know you will be joining us!

Aug. 7- Community Connections- 10-11 am in the upstairs dining room of the Goshen Town Hall. This month we welcome Brandon Walton from Highland Valley Elder Services. Brandon is a Nutritionist and will be teaching us about the great health food – YOGURT! Yogurt is a very versatile addition to any cook's tool kit. It can help make dips and toppings and can be used in cold salads or eaten with some nice fruit and a bit of sweets like honey. Yogurt that does not have too much sugar is a great way to help your gut biome and help keep your guts healthy and moving. We will go over the benefits and why it is a good addition to any diet, and we will also try three different recipes that involve yogurt. There will be enough for everyone to sample: blueberry parfait, chicken salad (with either bread or cracker), and some frozen yogurt (hopefully blueberry, orange cream or chocolate flavor). Everyone is welcome!

Aug. 20- 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.



Thank you to the band Sidetracked, the Goshen Cultural Council, and everyone who helped make this year's Ice Cream Social such a fantastic day!

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. This class is also offered simultaneously on Zoom, and if you cannot make Wednesdays, Joan offers classes other days of the weeks too. Please contact Joan at joan@bybhealth.com. Let's keep moving!

Summer Break

- HVES grab and go lunches -this great program will take a break in Goshen for the month of August. We will be back in September with some nutritious and delicious meal choices! Call or email the COA to sign up.
- Games Group and Crafts Group are taking a summer break, but we will be back in the fall with some planned crafts and great new games!

Jerry Bird, our dedicated and generous friend, passed away in July. Jerry and his Spruce Corner Restaurant catered our monthly COA luncheons and many of our other events. Jerry absolutely cared for the older adults in our community, and loved providing us with always more than enough delicious food. Corned beef in March, turkey and all the fixings in November, and prime rib in December were meals that drew crowds! When he was able to, Jerry helped serve the meals and during and after he could be seen having conversations with so many of his Goshen friends. We are so sad that he is no longer with us, but we will think of him and remember him with a smile. The COA sends our condolences to Jerry's family, his friends, and everyone at Spruce Corner Restaurant.



Our condolences go out to the friends and family of **Robert Bushee**.



Have you seen the **big picnic table** over at Goshen Community Park? It was donated by the Goshen COA for all to enjoy. It is a beautiful spot to drink your morning coffee or have a snack from the Goshen General Store. Hope you will take some time to sit and relax!

Do you have ideas for the Goshen COA? What would you like to learn, do, or share? We are always looking for new plans and would like to hear from you. Please let us know via phone call or email.

Fall / Winter Clothing Exchange

Saturday, September 19th, 9am-3pm

Goshen Congregational Church
45 Main St., Goshen

Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/16 from 6-8pm or Friday 9/18 from 9am-3pm, then come back to shop on Sat. the 19th from 9am-3pm! All are invited to participate whether you donate clothes or not.

The Goshen Age Friendly group is starting a new Friendly Phone Call program. The plan is to make calls to Goshen seniors to ask if they would like to take part in this opportunity to get a check in phone call at a specified time, just to say hello and be sure all is well. We are starting with residents over 80 in August, and will branch out after that. Isolation and loneliness are serious public health risks, and the COA would like to help anyone dealing with these issues.

Farmers Market Coupons- The Goshen COA will be distributing Farmers Market Coupons to income eligible Goshen residents. These coupons will be distributed on a first come first serve basis. Seniors can apply for this program by coming to the Goshen Town Offices, back room, on **Tuesday August 4th from 9:00-12:00**. Each coupon book is worth \$25 and can be used to buy farm fresh produce at local farmers markets. If you are interested, you can contact Kerry at the COA office via phone or email.

Happy Birthday in August!



Marie Kelly-Calderone, Miriam Kurland, Carolyn Lehan, Michael Baldwin, Linda Howe, Roger Dow Jr., Dawn Williams, Marianne Neveu, Arlene Harry, Ronald Murphy, Gail Cockoros, Kim Dresser, John Harry, Gary Holman, Sharon Lafond, Evan Smith, Xiaoli Chen, Carol Hodge, Beth Brennan, Matthew Harry, Robert Thomas, Jennifer Wuest, Adrienne Racz, Sara Silvia, Humberto Rodriguez, Mark Douyard, David Braman, Carol Stevenson, Jacqueline Hayden, Robert Horton, Andrea Bell

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

Summer heat can be dangerous, especially for older adults. Heat related illnesses can develop quickly and become life threatening if not recognized and treated early.



Heat exhaustion occurs when the body loses too much water and salt through sweating. Signs may include heavy sweating, weakness, dizziness, headache, nausea, muscle cramps, and cool, clammy skin. If someone is experiencing heat exhaustion, move them to a cool place, offer water or a sports drink, loosen clothing, and apply cool wet cloths to help lower body temperature.

Heat stroke is a medical emergency. Signs include confusion, slurred speech, hot dry skin, seizures, or loss of consciousness. Call 911 immediately and begin cooling the person while waiting for help.

During hot weather:

- Drink plenty of water.
- Avoid strenuous activity during the hottest part of the day.
- Wear lightweight clothing.
- Stay in air-conditioned spaces when possible.
- Check on neighbors, friends, and family members.

Stay cool, stay hydrated, and stay S.A.F.E. this summer!

Capt. Steve Estelle,
SAFE Educator
Goshen Fire Department



TECH CONNECT SUCCESS FOR OLDER ADULTS **TECH HELP FOR AUGUST**

Tech Support home visit is available by appointment.

To arrange a home visit, call or text:
413-296-5080

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, 8/20

Westhampton Library Drop-In tech support,
from 2:00 to 4:00, 4th Thursday 8/27

Williamsburg

Meekins Library Drop-In tech support (call
library for latest information) 413-268-7472

Nash Hill Place Resident Drop-In tech support
from 10:00 to Noon, 2nd Tuesday, 8/11

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

Good News for August 2026

By Deb Hollingworth

I'm going to take a stab at trying to clear up some confusion about the Medicare Savings Program (MSP) that many of you have applied for and gotten.

It's been 2 years now since Massachusetts dropped the asset limit and now determines eligibility based on income alone. This was a huge change for this Federal program. Only 12 states have dropped the asset requirement.

MSP...Medicare Savings Program is a Federal program which:

1. pays your Medicare B premium,
2. automatically enrolls you in the Extra Help program which subsidizes the premiums and co-pays for your Rx and
3. automatically makes you eligible for Health Safety Net which gives you free care at any Federally funded clinic or hospital.

MSP is administered by MassHealth, which is where the confusion may start. If approved, you get a letter from MassHealth. MSP is not a MassHealth program but you are given a MassHealth ID number and once a year, they send you a re-certification application (looks just like the 2 page MSP application you filled out originally). In order to keep your MSP, you need to complete and return that paperwork to MassHealth.

The Extra Help program that you were automatically approved for when you got MSP, is administered by social security. Fortunately, they don't require recertification every year. Extra Help automatically enrolls you in a Medicare D plan and pays the premium. And when you go to the pharmacy to pick up your Rx, the pleasant surprise is that co-pays are very

low for generics and no more than \$12.50 for any Brand name Rx. The beauty of Extra Help is that enrollment in a Medicare D plan happens automatically without your having to do anything. And as long as you keep your MSP, you will keep your Extra Help.

So where's the confusion?

1. I get calls from folks who say: "I never applied for this Medicare D plan. So how did I get one?"

It happened automatically and if you don't like what you were assigned, you can switch. (A SHINE counselor can help with that.)

2. I get folks asking: "Why do I have a MassHealth ID number if I didn't enroll in MassHealth?" And medical providers seeing your MassHealth ID number in the system may say: "Oh, I see you have MassHealth?"

To which you should answer, "No I don't have MassHealth, I have the Medicare Savings Program which is a Federal program, that subsidizes my Medicare". Even your doctor's office may not understand the difference.

3. Some folks that are approved for Medicare Savings Program have a low enough income to qualify for QMB, and those MSP folks will be mailed a MassHealth ID card. Don't throw it out!

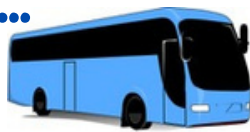
QMB folks have the added benefit which pays any/all co-pays from medical providers. So, if you receive a MassHealth card in the mail, show it to your doctor, and make sure they have it in your medical record.

Questions?

Call your senior center, or your SHINE counselor at Highland Valley, Caroline Solan: 586-2000.

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 September 28, Monday. The Big E. An annual favorite, free entertainment at The Court of Honor Stage. Frankie Avalon performs his hits. Cost \$18 for Northampton Seniors, all other seniors \$20. **Make your check payable to Francine Frenier and mail to the address above.** Due Now. NO REFUNDS due to bargain price. The bus leaves from Sheldon Field.

NEW Day Trip Monday, October 12th Worthington COA Fall Foliage Bus Trip. Hudson River Narrated Cruise aboard the Rip Van Winkle II, choice of gourmet boxed lunch on board, and Market stop.

Discounted price for Worthington Seniors over 60 and \$140 for other seniors. Call Phyllis for details at 413-238-5962 or email coa@worthington-ma.us to reserve a seat by September 1st.

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. Wait list only.

Trips in 2027

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



HELP WANTED

For the past several years, the Northern Hilltowns Consortium of COAs has been able to offer a resource called the Community Connector. This service is funded through a grant from Highland Valley Elder Services. The program is designed to help residents in the seven northern hilltowns connect with the services they need. The Connector helps you determine eligibility for benefits like SNAP, fuel assistance, subsidized housing, home care services, the Circuit Breaker tax credit. The program was created to help each of us understand how systems work, what benefits are available, and how to apply for them. This position is Part Time, with flexible hours. Average of about 25 hours per month. Basic computer skills, knowledge of benefit programs and experience working with seniors on "later life" issues is helpful.

For more information, you can contact Jess Humphries at the Chesterfield COA, 400 Main Road, P.O. Box 7, Chesterfield, MA 01012 or email coa@townofchesterfieldma.com

Courage in Cummington

The World War II Refugees



- Saturdays, 2-5 from July 11 to August 29

- With extended hours for Hilltown History Trail— August 1, 10-5

The Old Parsonage, 38 Main Street, Cummington

The Kingman Tavern Museum, across the street, is open for free tours on these dates!

The Cummington Historical Commission has a special exhibit, "Courage in Cummington, the WWII Refugees," on display at the Kingman Tavern Museum. In 1940, Cummington minister Reverend Carl Sangree organized a temporary haven in a home in Cummington for recently emigrated European refugees. Between 1940 and 1944, a total of 39 refugees, many of whom were artists and intellectuals, used their time at the hostel to refine and retool their skills to find permanent jobs and homes in the United States. This exhibit centers the refugees' stories of exile and new experiences in America. This exhibit will run through the end of August. The museum is open on Saturdays from 2-5 and is located at 38 Main St., Cummington.

SCAM ALERT: BEWARE OF TEXT SCAMS

The texts often warn you about a problem you didn't know existed and then try to get you to act quickly to resolve it. Some of the common ruses seen are contained in the scam alert on the last page. The Northwest DA Office Consumer Protection Unit encourages folks to report these types of messages by calling 413-586-9225. NWDA also encourages you to mark suspicious messages as SPAM and block the sender. Need help blocking? Contact TechConnect to learn how: 413-296-5080

SAVE



THE DATE

COA Event for LGBTQ+Residents&Allies

12:00pm, Wednesday 9/23/26
Chesterfield CommunityCenter
400 Main Rd

Email henrichsen.bev907@gmail.com for more info.

SEPT 23, 2026

Open to all hilltown LGBTQ+ residents (and Allies)
We are coming together to share a meal, see folks we know
and meet those we don't. Come talk about life in the
Hilltowns and Happy Valley. This opportunity gives us space
to share experiences, concerns and talk about life in or
before retirement.

RSVP requested by registering at the link below
or call 413-296-4007

https://docs.google.com/forms/d/e/1FAIpQLSe831Uj4TXfe6OonvBnU75pRISSGsyudf9tp5oV3ChNh9Fg_w/viewform

**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!

If you get a text message you weren't expecting, **it could be a scam!** What it looks like:

- A message saying there's a problem with payment information.
- An alert about suspicious charges to a bank account or a credit card.
- A package delivery notification.
- An invoice for unpaid tolls or traffic tickets.
- A notice for failure to report to jury duty.
- A bill for an expensive product or service you didn't order.
- A random message from a number you don't recognize or someone you don't know.

What to do: Don't reply. Slow down and verify the information independently. Block and report suspicious messages.

**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

