

Goshen Council on Aging

October 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, October 13 at 11:30am
Williamsburg Snack Bar, 109 Main St. Haydenville

Please join us at the Williamsburg Snack Bar at 11:30am for our monthly luncheon (*please note change in typical time.*) We will order off their extensive menu with a limit of \$20 per person. Please contact Kerry by Oct. 6 so we can give the restaurant an accurate number of attendees. Suggested donation to the COA of \$5 is greatly appreciated.

Sharing and Caring - A Memory Cafe

Starting Oct. 1 and continuing monthly

This October, the Goshen COA is launching a supportive social group for people with memory loss and their care partners. "Sharing and Caring" will be run by two local speech-language pathologists who will provide education, strategies, and support to participants. The group will meet every first Thursday of the month at Goshen Town Hall from 1:00-2:30 pm to connect over afternoon activities and refreshments. Skilled facilitators will be available to help participants with Dementia and Mild Cognitive Impairment as they engage in the group. Do you wonder if this group is for you? Ask yourself if any of the following sound familiar: changes in my memory have made it hard to do the things I enjoy; my relationships have changed due to memory loss; I find it difficult to speak or write, but I want to tell my story; as a care partner, it is hard to find time for myself; I want to do more to support a loved one with memory loss; I want to meet others who understand memory loss.



Are you interested? Reach out to Kerry Normandin at the Goshen COA at 413-268-8237 x 118 or coa@goshen-ma.us to learn more and register.

Oct. 2- Community Connections- 10-11 am in the Goshen Town Hall upstairs dining room. This month we will learn more about how certain frequencies of sound can affect our health and mood. Jennifer O'Connell has been using sound therapy to help people quiet their minds and heal their bodies. Sound healing has been proven to lower cortisol, heart rate, and blood pressure, and to reduce stress, grief, and anxiety.

Jennifer will also talk with us about her use of Solfeggio Scale tuning forks to address emotional suffering and physical ailments. Come and learn about and experience this ancient healing art. All are welcome!

Oct. 6 – Scams Presentation. Scams seem to be on the rise and every day we hear about new ways people are being tricked and losing money. The Goshen COA would like everyone to be informed so we have invited Anita Wilson, Director of the Consumer Protection Unit at the Northwestern District Attorney's office to do a presentation on current scams, how not to fall for them, and what to do if you are caught in one. We will meet in the Goshen Town Hall from 11:30 -12:30 on October 6. A light lunch will be served after the presentation. Please contact Kerry at 268-8237 x118 or coa@goshen-ma.us to sign up to ensure we have enough food for everyone.

Oct. 7- Games Group will meet in the library from 2-4 pm. We have a variety of games to choose from. Or bring a game you enjoy and teach it to the group. Join us for some friendly competition!



Playing LCR at the September luncheon

Oct. 14- Western Mass Wheelers are coming to Goshen! Joan Griswold has organized an afternoon event of adapted bike rides with a new program called Western Mass Wheelers, a group of highly (cont. on next page)

(cont. from page 1) trained volunteer riders dedicated to sharing the joy of cycling with everyone. They will meet us at the Goshen Town Parking Lot at 2:30pm and show us these adapted bikes and give FREE rides to those who wish to participate. Come feel the wind in your hair and the joyful feeling of riding a bike! If you have questions and want to sign up, please contact Joan at joan@bybhealth.com or 413-537-8337. If it is raining, we will reschedule the event.

Oct. 15- 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.

Oct. 20 and 27- 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 October 20 is a choice of Chicken A La King or Butternut, Kale, and Feta Quiche and for October 27 the choice is Breadcrumb Baked Fish or Tuna Tetrazzini. 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!

Oct. 21- Crafts Group has a plan to create something unique together. Of course, you are always welcome to join us and work on your own individual craft project as it is fun to create with others! For October, we will supply everything you need to create a cute Thanksgiving themed craft for your holiday table. All materials will be provided by the COA. If you would like to join us for this project, please contact Kerry or any COA member to sign up by Oct 13 so we have enough supplies.



Oct. 26 – There will be a **Vaccine Clinic** from 1-3 pm at the Williamsburg Town Hall organized by Lily Stafford, RN, BSN who is the public health nurse for the Foothills Health District. Goshen adults are welcome to attend. The vaccines offered will be adult COVID and Flu and high dose Flu for adults who require more protection. Vaccines are free but please bring your insurance card. Walk ins are welcome but, if you are able, please call and sign up so they can be sure to have enough vaccines. You can contact Kerry at the COA or Lily Stafford at 413-522-7112.

Oct. 31- Trunk or Treat on Halloween night! The Goshen COA plans to have a decorated car (theme to be decided!) and hand out treats and warm cider again this year. We had so much fun at this great community event. If you would like to join us, please do, we promise you will enjoy it!



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 October!

Trevor Murphy, Beverly Thomas, Elizabeth Chevalier, Laurie Frye, Deborah Lucia, Barbara Curran, Robert LeBeau, Robert Mimitz Jr., Anita Thompson, Jacqueline Cochran, Robert Labrie, Audrey Bissell, Nancy Doyle, John Otis, Judith Dolven, Laura Barrus, Laurie Cranston, Jeffrey Gagnon, Jamie Smith, Joanne Arnold, Michael Duquette, Georgia McCarthy, Jane McGrath, Eileen Torchio Heidemann, Timothy Pease, Daniel Desnoyers, Suzanne Krebs, Richard Briere, Dennis Luczynski, Barbara Regan, Alan Kirouac, Jane Larson, Barbara Batrano, John Citro, Karen Difranza, Agnes Ciminera, Donna Dyer, David Mollison, John Schwaiger, John Bienz, Rene Senecal

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



October is Fire Safety Month, making it a good time to take a few minutes to review your family's home escape plan. Fires can spread quickly, and having a plan ahead of time can make a big difference.

- Know two ways out of every room.
- Keep hallways, doorways, and stairs clear.
- Practice your escape plan with everyone in your household.
- Keep glasses, keys, medications, and a phone where they can be easily reached.
- Choose a meeting place a safe distance from your home.
- When a smoke alarm sounds, get out and stay out. Call 911 from a safe location.

A few minutes of planning today can help protect you and your loved ones when every second counts.

Stay SAFE this Fire Safety Month!

Capt. Steve Estelle,
SAFE Educator
Goshen Fire Department

In case of a FIRE ---- CALL 911

If you have questions about fire-related issues, see below.

FIRE DEPARTMENT Chief Contact Number

- Chesterfield **David Hewes** 413-296-4049
- Cumington **Adam Dragon** 413-634-0333
- Goshen **Cameron Lacey** 413-268-7161
- Plainfield **Dennis Thatcher** 413-634-5566
- Westhampton **Dave Antosz** 413-529-7181
- Williamsburg **Jason Connell** 413-268-7233
- Worthington **Michael Dondiego** 413-238-4445



TECH HELP FOR OCTOBER

TechConnect will be offering **Q&A style classes this fall on the second Tuesday of each month** at the Chesterfield COA Community Center. Bring your questions and contributions to our roundtable discussion. Hosted by Lizzy Canady from 1-2pm on the following dates:

10/13/2026: Putting your digital house in order
11/10/2026: Medical Portals, taught by Peg Whalen
12/8/2026: Artificial Intelligence: Trends & Topics

No registration necessary.

Tech Support home visit is available by appt. 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 received a device from us and are not using it, please call us 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 Every Tuesday from 11:00 to 2:00

Goshen Library, Drop-In tech support from
12:00 to 2:00, 3rd Thursday, 10/15

Westhampton Library Drop-In tech support, from
2:00 to 4:00, 4th Thursday 10/22

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, 10/13

Worthington tech support - contact

Eileen Daneri eadaneri@gmail.com





Take a **RIDE!**



**Western
Mass
Wheelers**

Everyone deserves
the joy of biking.

with the **WESTERN MASS WHEELERS!**

Come experience the joy of cycling!

FREE
to take a ride!

**NO BIKING
EXPERIENCE**
is necessary!

The Western Mass Wheelers are highly trained volunteer riders dedicated to sharing the joy of cycling with everyone.

Their adaptive bicycles make it possible for people of many ages and abilities to experience the freedom and fun of a bike ride!



**WEDNESDAY,
OCTOBER 14**



2:30 PM



**GOSHEN TOWN CENTER
PARKING LOT**



RAIN DATE: The event will be rescheduled in the event of inclement weather.



Questions?



Joan Griswold



joan@bybhealth.com



413-537-8337



Thanks to the Western Mass Wheelers for making the joy of biking possible for all!

GOOD NEWS FOR OCTOBER 2026

By Deb Hollingworth

Open Enrollment is here again: October 15th - December 7th, where we have an opportunity to switch our health insurance. For those of us with Medicare Advantage plans (HMOs or PPOs) and those of us who have a Medicare D plan for our Rx coverage, this is the time each year when we can review our coverage, check out any changes and see if what we have is what we want to keep for next year. If we don't do anything, our coverage will automatically renew January 1st for next year. Here are the things we can do during Open Enrollment:

1. Enroll in a Medicare D plan, or switch your D plan.
2. Enroll in a Medicare Advantage plan, or switch Advantage plans.
3. Enroll for the first time in a Medicare Advantage plan.
4. Or drop your Medicare Advantage plan and switch back to original Medicare with a Medicare D plan.

If you need help figuring all this out, you can contact your **SHINE counselor, Caroline Solan** at Highland Valley **413-586-2000** and make an appointment to see her in person, or email her with your questions and she can help that way. **csolan@lifepathma.org**.

Caroline works Wednesdays, but will have Tuesday appointments as well during Open Enrollment.

Last year SHINE appointments across the State were booked up quickly. If this happens again (as expected) you can also get help through Medicare by calling 1-800-633-4327, 24 hours a day, 7 days a week! I have heard good reports from folks using the Medicare help line. And all you night owls can catch them when phone lines are perhaps less busy.

When calling the Medicare help line, they will encourage you to make a Medicare.gov account, a tool that lets you see the activity on your Medicare coverage. The Medicare.gov website has good step by step directions on how to do that.

Blue Cross Blue Shield MA and Mass General Brigham Coverage Issues

Last month, there were news articles and letters about the BlueCross Blue Shield HMO/PPO Advantage plan changes regarding Mass General Brigham and Woman's primary care provider (PCP) coverage.

As of October 1st, Primary Care Providers are unable to bill the BlueCross Advantage plan, and consumers with BlueCross PPO's can expect to pay higher fees for their PCP visits.

Fortunately the October 1st deadline for coverage has been extended to December 31st. This extension allows for continuity of care, giving consumers time to make changes to their coverage.

If you have a BlueCross HMO Advantage plan, or a BlueCross PPO plan, you should call the customer service number on the back of your insurance card. And during Medicare Open Enrollment (October 15th - December 7th) you should consider switching to coverage that your PCP can bill.

Here are your options:

1. You can disenroll from your Advantage plan by enrolling in a Medicare D plan. (Enrolling in a D plan will automatically cancel your Advantage Plan)
2. You can enroll in another/different Medicare Advantage plan.
3. You can go back to "original Medicare" and enroll in a Medicare D plan so you have Rx coverage
(Any of these changes would take effect January 1st)

If you go back to original Medicare with a D plan, remember you can enroll in a Medex-type supplement any time during the year if you need more coverage than original Medicare provides.

Still have questions? Blue Cross customer service can help, or your SHINE counselor, or the Medicare help line at 1-800-633-4327.

FALL VACCINE CLINIC



Cummington Community House

33 Main St, Cummington, MA 01026

**Wednesday
October 21, 2026
10:00am – 1:00pm**



OR REGISTER ONLINE:
northamptonma.gov/2219/vax



Hampshire Public Health
Shared Services Collaborative
Prevent. Promote. Protect.



FLU VACCINE
Regular (6mos +)
High Dose (65+)



COVID Vaccine
Pfizer (65+)
18+ & considered high risk.

*If you are 18+ and unsure about getting a COVID vaccine, talk with your primary care provider. If they recommend vaccination, we can provide it at our clinic after you complete a vaccine eligibility screening questionnaire.



NEED HELP REGISTERING?
Call: 413-587- 4903
nurses@northamptonma.gov

- Please bring your insurance card, vaccines are free to you
- Limited Walk-ins, pre-registering is recommended



HOMEBOUND VACCINE PROGRAM



Amherst, Chester, Chesterfield, Cummington, Easthampton, Granby, Hadley, Hatfield, Huntington, Middlefield, Northampton, Plainfield, Southampton, Worthington

SCAN THE QR CODE



OR REGISTER ONLINE
northamptonma.gov/2219/vax



Hampshire Public Health
Shared Services Collaborative
Prevent. Promote. Protect.



NEED HELP REGISTERING?
Call: 413-587- 4903



COVID VACCINE
Pfizer



FLU VACCINE
Regular and High Dose
(available during flu season)

- Homebound visit available for Covid, Flu vaccine for ADULTS only
- Homebound includes persons with limited mobility and/or difficulty getting out of the home and their caretakers.
- Please have your insurance card available



Sharing and Caring: A Memory Cafe

*A group led by two speech-language pathologists
for adults with memory loss and their care partners.*



Every 1st Thursday, 1pm-2:30pm, Oct 2026-Jun 2027
John James Memorial Town Hall, 42 Main St. in Goshen, MA
 Contact Kerry at COA@goshen-ma.us or (413) 268-8236, ext. 118

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

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. Room still available.

Discounted price for Worthington seniors over 60 and \$140 for other seniors.

Call Phyllis at 413-238-5962 or email coa@worthington-ma.us for details & to reserve a seat.

Trips in 2027

Multi Day Trip April 25- May 1 Savannah, Jekyll Island & Beaufort, SC. Seven days, six nights.

Visit Savannah, "The Belle of Georgia," Magnificent Beaufort, SC "The queen of the Carolina Sea Islands," and the Port Royal Sound Maritime Museum

and more. Includes hotels, breakfasts and 4 dinners. Price \$987 per person, double occupancy. A \$25 discount is given if paid in full by January 25, 2027. Sign up NOW and pay later. Make the check payable to Diamond Tours and mail to the address above *after the first of the year.*

Multi-day trip Chicago, 7 days, 6 nights,

The partial itinerary includes a tour of Chicago, a skyline cruise on Lake Michigan, a visit to historic Navy Pier and museums. Includes hotels, breakfasts and 4 dinners. Price \$946 per person, double occupancy. A \$25 discount is given if paid in full by July 17, 2027. Sign up NOW and pay later. Make the check payable to Diamond Tours and mail to the address above.

~~~~~

Please email Francine NOW so she can see if there is enough interest to make these trips a go:

**\*\* 3-day/2 night trip to Baltimore to see the Red Sox play a game against the Baltimore Orioles along with some sightseeing and visit to the National Aquarium. Waiting for the 2027 MLB schedule to come out in December to determine dates.**

**\*\* Day trip for shopping and lunch.**

### **TechConnect TECH TIP from Peg Whalen**

Blue light is just one of the ways tech devices can interfere with sleep. The blue light from a phone, laptop, or other device confuses the brain into thinking it's time to wake up instead of fall asleep. Electronic screen light comes in all colors, but the blues are the worst. Blue light fools the brain into thinking it's daytime. When that happens, the body stops releasing a sleep hormone called melatonin. Melatonin is nature's way of helping us wind down and prepare for bed. The body starts releasing it a couple of hours before bedtime. Darkness helps trigger the release of melatonin; blue light delays it. It is best to shut off alerts when you go to sleep and keep screens that emit light out of your bedroom, dimmed or off.

**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!

Look out for possible scams on social media!

- Shopping scams offering high-priced items for cheap. Sometimes orders never arrive or are not what was ordered.
- Investment scams using ads and testimonials offering fool-proof investments.
- Romance scams where they build a love connection then invent problems and ask for money.

**To avoid scams on social media:**

- Limit who can see your posts and contacts on social media.
- Never let someone you met on social media direct investment decisions.
- Before you buy, check out the company. Search online for its name plus "scam" or "complaint."

**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

