

Goshen Council on Aging

March 2022 Newsletter



Goshen Council on Aging
40 Main Street
Goshen, MA 01032

Evelyn Culver, Coordinator
413-268-3316
ematkc@aol.com

March Curbside Luncheon



We will be having a March luncheon, serving corn beef and cabbage, but, to our disappointment, it will still be delivered curbside. Jerry from Spruce Corner Restaurant will be cooking us our delicious meal and Red's Bakery is providing a yummy dessert. The COA board will deliver it to your car on **March 8th between 11:30 and 12:00** at the Goshen Town Hall. Please call Evelyn 413-268-3316 before March 3rd with your reservations. Please consider donating \$5 per meal. This luncheon is for Goshen seniors.

A Note from Evelyn:

It is time for me to retire as the coordinator of the Council on Aging. I have genuinely enjoyed my job over the past five years but feel it is time for the next chapter of my life. It is time to sit with the group and enjoy the entertainment.

If you are interested in this part-time job, please contact the select board office for more information and an application: 413-268-8236 x301, selectboard@goshen-ma.us



We would like to thank all who make donations toward Joan Griswold's Muscle Strengthening Classes. We have been able to keep her and you moving through this pandemic. Hopefully, it will not be long before we can start back in person at the town hall. It sure will be fun to be together again soon with sunshine and no ice!

We also thank the Goshen Fire Department for weathering the cold and delivering KN95 masks to our eldest. It was so kind of them.

Testimonials on what this newsletter means to you

We are looking for a few people to write testimonials on the importance of this newsletter to you. Look for more details about this in the regional section. If you would be willing to write a brief testimonial on the newsletter's significance, please contact Evelyn at 268-3316 or ematkc@aol.com

We send our condolences to the family of **DiAnne Mimitz**. She lived in town for many years.



Library News

On Saturday, April 9th, from 10:00 to noon in the Town Hall, the library will host Lindsay Sabadosa, our State Representative since 2019. Please join in welcoming Representative Sabadosa to our town where she will be happy to listen and receive your questions, concerns, and suggestions!

Library Director, Martha Noblick, along with trustees, Melanie Dana, Rosemary Bienz and Kathy Boisvert welcome Steve Daiber and Ruby Hutt to the library board! Your time, talent and commitment to these positions are both exciting and appreciated. Thank you, Ruby and Steve, for taking on these important roles.

There is one more opening on the board and we invite interested community members to contact Martha or any of the trustees who will be more than happy to talk to you about this position.



Pink Hair and Pennsylvania – Part 1

Michael's birthday is on March 22 and last year he turned 70! As is always the case, we are travelling in Florida during that time, so there was no celebration with family and friends. So, I decided that I would throw him a birthday party in summer.

We set a date of August 7, four days before leaving for the American Canoe Association National Championships in Warren, PA. Michael had mentioned to me on several occasions that it would be fun for me to have pink hair for his birthday party. I told him I would think about it and left it at that. On August 6, I showed up at his house with very pink hair! To say the least, he was quite surprised and thrilled with my latest look. The party was a nice opportunity for both sides of the family to socialize. I had created a memory board with lots of photos and news articles of his life and family. The birthday cake was a work of art. My artistic niece and nephew who works in a supermarket bakery, created a magnificent two-tiered cake with a canoe at the top of a waterfall. There were alligators, bears, turtles, and other critters scattered about. It was delicious!

On August 11, we left for Pennsylvania. The ride was uneventful, but got more interesting on the approach to Warren, as we were driving through the Allegheny National Forest. Michael has a habit of letting his gas tank get extremely low and decided he had enough gas to get to Warren. The further we drove, the lower the gas gauge registered and the more concerned we were that we would run out of gas. Michael turned off the air conditioning and coasted as much as he could. Finally, we pulled into the first gas station in town with the mileage indicator showing that we had fuel left for "1" mile. I looked at him and said, "This is never going to happen again."

The next day, Michael and his partner paddled the racecourse on the Allegheny River while I took a self-guided walking tour of the historic district. I decided to tour the courthouse and while I was admiring a painting of a former judge, a female

employee walked by and complimented me on my pink hair! This would happen on multiple occasions. Everyone seemed to like my pink hair. It was such an unexpected and fun experience. That evening, we went for a walk at the park down the street and after a light rain, were lucky enough to witness a rainbow.

The next day was race day. Michael and Peter took 1st place in their age category, making them national champions. That evening we walked into town to hear some live music, which as it turned out, was canceled due to the threat of rain. So, we chatted with the locals at the park, who complimented me on my pink hair. We strolled along the business district, stopped for a piece of melt-in-your-mouth French chocolate pie and walked to the overlook and enjoyed watching the sun set over the Allegheny River.

On August 14, Michael paddled Flame Rapids in his C-1 (one man canoe) in preparation for his solo race the next day. That afternoon, we went paddling on the Conewango River, a pleasant discovery.

To be continued....

Happy Birthday in March!



Mary Berube, Bernard Kubrak Jr., Paul Britt, Ann Schmitt, Robert Bushee, Edward Connell, Theresa Bothwell, Denise Luczynski, Alison Bowen, Stanley Dewey, James Murdock, William Benoit, Sheryl Gardner, Robert Raymond, Michael Kurland, Lawrence Hodge, Sheila Myers, Maria Rooney, Thomas Vincent, James Vogel, John Dolven, Joe Roberts, Robert Emerson, David Silvia, William Sbrega, Beverly St. Amand, Elaine Ulman, Edward Arnold, Catherine Sands, Carol Monaghan, Jim Krebs, Mary Ann Korash, Lynne Paterson

The Goshen COA 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 write your check to Goshen Council on Aging and write "program support fund" in the memo line. Checks can be sent to Goshen COA, 40 Main St. Goshen, MA 01032)

Name _____

Address _____

Seniors Aware of Fire Education



This month's fire safety tips have to do with our state's open burning season, which began January 15 and ends May 1. I am sharing this information here in March, so you might do your outdoor burning this month rather than wait until April. April is usually the worst month for brush fires, because last year's dead grass, leaves and wood are dangerous tinder and the April winds are strong and unpredictable. To burn brush safely.

- Your brush pile must be at least 75 feet from dwellings.
- Burning is permitted between 10am and 4pm.
- Get or call in for a burning permit from your Fire Department or town office.
- Use paper and kindling to start the fire and add larger pieces of wood.
- Do not use gasoline or kerosene to start a fire because of the risk of injury.
- Have fire control tools at hand, shovels, rakes, water supply.
- An adult must attend the fire until it is totally out.
- Watch the wind, if it picks up enough to move a flag, extinguish the fire.
- If the fire gets out of control, immediately call the fire department (911).

Have a SAFE burning season!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.



Would you like to receive your newsletter, in color, by email instead of snail mail?

If so, please email Kristen at **regionalcoanews@gmail.com** to be put on the email list. Include your address so I will know which mailing list to take you off of. Thanks!

Wills, two questions

QUESTION. Do I really have to do a will?

Answer 1. No, you do not have to do a will if you are okay with the state distributing your assets for you, and if you don't care that you potentially leave a gigantic headache for others.

Answer 2. Yes, if you do care how your assets are divided up, if you want a relative or friend taken care of, if you would like a favorite charity to benefit from your hard work, if you want to be kind to those who must finish up your life's matters.

QUESTION. Won't this cost me an arm and a leg?

Answer 1. If you have a simple estate, you may be fine doing a will using pre-prepared forms. They can be done carefully and correctly (i.e., make sure you follow the directions) and in our state be accepted by the court. "Simple" means few investments or real estate, and uncomplicated family lines. Check out **Nolo.com** (the Quicken WillMaker) and **Legalzoom.com**, two of the longer-standing sources.

Answer 2. There are some sources available to us to get low-cost attorney help. Contact the places below and inquire about income thresholds.

- Community Legal Aid in Hampshire County, **(413) 584-4034**
- Hampshire County Bar Association Lawyer Referral Service, **(413) 586-8729**
- MA Legal Resource Finder, **masslrf.org/en/home**
- National Association of Elder Care Attorneys, **www.naela.org/**

PS Remember we have until April 20 to recheck our credit reports for totally free!

Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

March's Good News

By Deb Hollingworth

The Massachusetts Circuit Breaker tax credit has been around for a couple decades now, but I still think it's one of the best kept secrets.

It was designed to give low income homeowners a break on their property taxes.....up to \$1,170 this year. (And you can file for this benefit even if you are renting!)

My frustration is that you have to file a Massachusetts income tax return in order to apply for this benefit. The folks this benefit was meant to help often don't have taxable income, meaning their incomes are too low, so they don't have to file an income tax.

For the first decade or so this benefit was available, very few people applied, even though thousands were eligible! It's because they didn't file an income tax...they didn't need to, so they never applied for the benefit.

Question: Can you file an income tax return if you don't have taxable income? Sure, but why would you?

Here's the reason to file: if your income is less than \$62,000 (single) or less than \$93,000 (married) and your property taxes and half of your water/sewer bill add up to more than 10% of your income, then you are eligible.

At last, some relief from rising property taxes: as long as your home is assessed at less than \$848,000. When you file a Massachusetts income tax return, you include a schedule CB which captures information on your property taxes and water/sewer costs.

You might Google "Mass.gov circuit breaker" for a complete description of the program. They have an excellent video that goes through the process step by step. Imagine getting up to a \$1,071 rebate on your taxes...and if you haven't filed before, but think you might have been eligible in previous years...you can get Massachusetts income tax return forms online for 2020, 2019, 2018 and file for those years too!

If you do this before April 15th this year, you could be eligible for 4 years worth of rebates!



For those who are caregivers and those who care about how we treat each other...

Some very good tips for caregivers can be found in a free booklet by Jennifer Ghent-Fuller called The Dementia Experience (www.smashwords.com/books/view/210580) It's worth the read.

As I read it, I began to wonder if some of the tips could just as well apply to how we generally treat each other everyday. Some tips are thoughtful reminders for all of us. Some could be good for avoiding arguments in the home, especially with teenagers, for instance. Certainly these are good tips if you are trying to take care of someone who needs your help. Given limitations on space, I've included only a partial list, but as you look them over why not pick out the ones that you think would make anyone's day easier?

The "Dont's"

- Do not demand that they reason or problem-solve
- Do not demand that they remember
- Do not demand that they get their facts straight
- Do not correct their ideas or scold them
- Do not think that they really do remember, but are pretending not to
- Do not use a "bossy" dictatorial attitude in care

The "Do's"

- Enter into their frame of reality, or their 'world'
- Be aware of their mood or state of mind
- Use few words and simple phrases
- OR use no words, just friendly gestures and simple motions
- Constantly reassure them that everything is 'OK'
- Maximize use of remaining abilities
- Provide a safe physical environment

Language Needs

- Use clear and simple sentences
- Speak slowly and calmly
- Wait patiently for a response
- Speak softly, soothingly and gently
- Reassure with your tone and manner
- Do one thing at a time
- Be aware of your body language and use it to communicate relaxation and reassurance
- Use a soft, soothing touch
- Be aware of the individual's unique triggers
- If they become distressed, stop immediately and allow them time to calm down – don't try to restart the activity right away

Having taught this material for years, I still marvel at how much it hones our abilities to be sensitive human beings. ~Jan Gibeau

On the Road Again...



2022 Trip Lineup

Listed are the bus trip destinations with various travel groups. Most trips are limited to 36 passengers. Chesterfield COA and *Friends of Northampton Senior Center* are helping with the cost of some trips. Contact Francine Frenier if interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com.

Day Trip. Encore Boston Harbor Casino. Postponed till May/June 2022.

Day Trip May 5. Country Shopping in Southern Vermont Trip. Includes visit to Grafton Village Cheese, lunch at The Marina, and stops at the Vermont Country Store & Allen Brother's Farm Market. Cost \$103, \$10 discount if paid by 3/24/22. Vaccination proof requirement by the restaurant. Flyer available.

Taking interest lists on the following:

Day Trip May 18: Dancing Dream Abba Tribute Band at Aqua Turf in Plantsville, CT. Includes chicken & salmon lunch. Cost \$113, \$10 discount if paid by 3/31/22. Flyer available.

Day Trip June 9. Corvettes Doo Wop Revue. Whole New England steamed Lobster and all you can eat chicken & ribs with all the fixings. Self-Drive to the Log Cabin. Cost \$68. Half price for Chesterfield seniors age 60 and over. Due by May 9. Flyer available.

Day Trip Aug 10. The Jersey Tenors, a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes lunch. Cost \$114, \$10 discount if paid by 6/30/22. Flyer Available.

Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour. 3 days. Cost \$359, \$25 discount if paid by 5/8/2022. Flyer available.

Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame—10 days. \$1,205, \$25 discount if paid by 7/2/22. Flyer available.

Day Trip July. Thomaston, Connecticut. Naugy Scenic Train Ride.

Day Trip July/August. Worcester, MA Red Sox Triple A affiliate team, Woo Sox game.

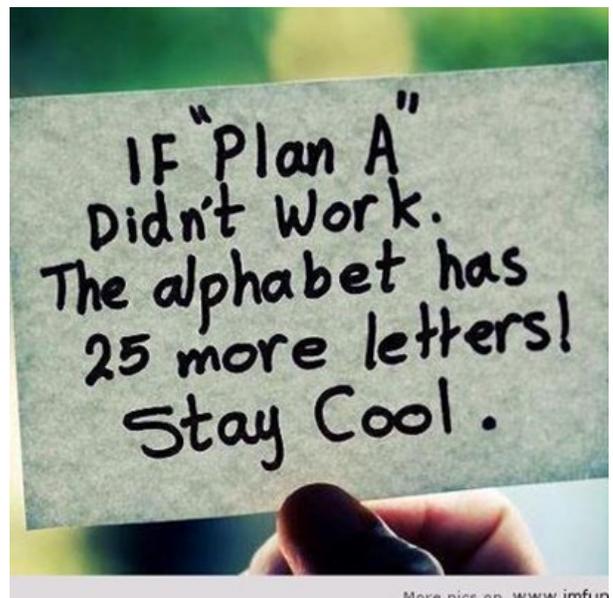
Day Trip Sept. The Big E

Day Trip Late Sept/Early Oct. Wareham, MA. Cranberry Bog Tour.

Is the COA Newsletter Important to You? Let us know!

The newsletter is funded by the Service Incentive Grant (SIG) from Massachusetts and managed by the Northern Hilltowns Consortium of COAs. SIG has funded the newsletter for over six years and the Consortium has managed its logistics for all seven Northern Hilltowns—designing, printing and mailing it to your home complete with a regional section linking each of our towns.

As each fiscal year comes to an end, we need to continue to communicate the value of the newsletter to our funders. And you are the most uniquely positioned to express that. Has the newsletter been important to you over the years -- particularly during the isolation and stress of the pandemic? Would you be willing to write a brief testimonial on its significance? If so, please contact your town's COA Director/Coordinator.



More pics on www.imfun

**Goshen Council on Aging
Town of Goshen
40 Main Street
Goshen, MA 01032**

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**Goshen COA
Board:**

Evelyn Culver,
Coordinator

Kathy Boisvert

Henrietta Munroe

Sandy Papush

Lorraine Brisson

Nancy Wood

Newsletter Editor
and Designer:
Kristen Estelle
regionalcoanews@gmail.com

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

**Haircuts are being offered at
Smith Vocational School
Cosmetology Department!**

Cuts starting at \$6.00

To make an appointment
call (413) 587-1414 ext. 3531

Dates are Fridays:
March 18th, April 15th and
May 20th.



Community Action is pleased to announce our **Older Adult Home Modification Program (OAHMP)**, a new initiative designed for eligible lower-income homeowners, age 62 and older, living in Franklin and Hampshire Counties and looking to maintain independence and lead safe and productive lives in their homes.

Through this program, lower-income older adults can improve general home safety through no-cost modifications that reduce the risk of falling, increase accessibility, and improve the home's functional abilities.

If you currently receive Fuel Assistance and could benefit from the installation of grab bars, railings, temporary ramps, tub/shower transfer benches, raised toilet seats with hand rails, and stair steps, please contact us!

For income eligibility and more info visit: www.communityaction.us/homerepair
Contact Community Action: 413-774-2310 option 4, homerepairs@communityaction.us



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