

Chesterfield Council on Aging

April 2024 Newsletter



Chesterfield COA & Community Center
400 Main Road, PO Box 7
Chesterfield, MA 01012

Jan Gibeau, Director
coa@townofchesterfieldma.com
413-296-4007

April Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 Advanced Tai Chi 9:30am Embodied Wisdom Yoga 11-12pm Grab'N'Go 11:30am Oil Painting 1-3pm	2 Chair Yoga 10am Tech Drop In 11-2 Mahjong 1pm	3 Intermed. Computer/Laptop class 10:30-12 Tai Chi 1:30pm	4 Blood Pressure Clinic 11am Grab' N' Go Meal 11:30am Computer Class 1-2:30	5 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
8 Advanced Tai Chi 9:30am Embodied Wisdom Yoga 11-12pm Grab'N'Go 11:30am Oil Painting 1-3pm	9 Tech Drop In 11-2 Mahjong 1pm	10 Intermed. Computer/Laptop class 10:30-12 Facebook Workshop 1pm Tai Chi 1:30pm	11 Spring Breakfast 9am Grab' N' Go Meal 11:30am Brown Bag 11:30am Computer Class 1-2:30	12 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
15 Advanced Tai Chi 9:30am Embodied Wisdom Yoga 11-12pm Grab'N'Go 11:30am	16 Tech Drop In 11-2 Mahjong 1pm Westfield River Presentation 7pm	17 Intermed. Computer/Laptop class 10:30-12 Tai Chi 1:30pm	18 FREE Covid Vaccine Clinic 9-11am Grab' N' Go Meal 11:30am Computer Class 1-2:30	19 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
22 Advanced Tai Chi 9:30am Embodied Wisdom Yoga 11-12pm Grab'N'Go 11:30am Oil Painting 1-3pm	23 Tech Drop In 11-2 Mahjong 1pm	24 Intermed. Computer/Laptop class 10:30-12 Tai Chi 1:30pm Fiber Friends 7pm	25 Grab' N' Go Meal 11:30am Computer Class 1-2:30pm	26 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
29 Advanced Tai Chi 9:30am Embodied Wisdom Yoga 11-12pm Grab'N'Go 11:30am Oil Painting 1-3pm	30 Chair Yoga 10am Tech Drop In 11-2 Mahjong 1pm			

April Classes & Events

Mondays:

COA Board Meeting: 4/29

(rescheduled from 4th Mon.)

Grab and Go Meal: 11:30am

NEW: Embodied Wisdom: Yoga with Stacey:
11-12pm

Oil Painting Class: 1pm-3pm (April 1 - June 3rd),
no class April 15th

Tuesdays:

Chair Yoga: 10am (No class April 9, 16 and 23)

Tech Drop In: 11am-2pm

Mahjong: 1pm

Special Event: Westfield River Wild and Scenic
Committee Special Presentation,
April 16th, 7-9pm

Wednesdays:

Intermediate Windows Comp. Class: 10:30-12

Tai Chi: 1:30pm

Fiber Friends: 7pm (4th Wednesday)

Special Event: Facebook Workshop:
April 10th, 1:00pm

Thursdays:

Grab and Go: 11:30am

Beginner Computer/ Laptop Class: 1-3pm

Blood Pressure Clinic: 11:30am, (1st Thurs.)

Brown Bag: 11:30am, (2nd Thurs.)

Special Event: Welcome Spring Breakfast!
April 11th, 9am

Special Event: Free Covid Vaccine Clinic,
April 18th, 9am-11am

Fridays:

Smooth Moves: 9am

Strength For Life: 10am

Mahjong: 1pm

Saturday:

Special Event: TechConnect Fair @ New
Hingham Elementary School,
April 6th, 10am-3pm

Sunday:

Special Event: Matt York Performs Songs &
Stories of Willie Nelson @ the Chesterfield
Community Center.
April 14th, 2pm



COVID-19 Free Vaccine Clinic



**Thursday, April 18th
from 9am to 11am**

at the
**CHESTERFIELD
COMMUNITY CENTER**
400 Main Road

Sponsored by
**Hilltown Community
Development Corporation
&**

The Hilltown Community Health Center



WELCOME SPRING BREAKFAST

The Chesterfield COA invites
Chesterfield Residents 60+ to
attend a free breakfast on

**THURSDAY, APRIL 11TH
AT 9AM**

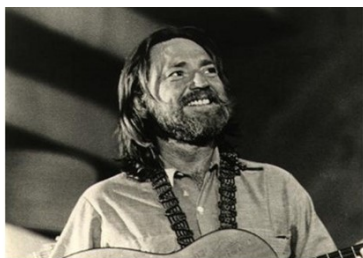
Chesterfield Community Center
400 Main Rd, Chesterfield, MA 01012

To REGISTER please:

email: coa@townofchesterfieldma.com

or call: (413) 296-4007





Willie Nelson Songs & Stories w/ Matt York

**Chesterfield COA
Sunday,
April 14th at 2pm**

Longtime New England singer/songwriter Matt York will perform songs and tell stories about the great Willie Nelson. York will focus on Willie's long and illustrious music career that has spanned over seven decades.

Come and Celebrate
the 30th Anniversary of the

Westfield River's Wild & Scenic Federal Designation!



**Tuesday, April 16th
7 PM**

Chesterfield Community Center
400 Main Road. Chesterfield, MA

Did you know that 78 miles of the Westfield River, in our own backyard, have the National Wild and Scenic designation? Want to learn more?

Join us for a slideshow presented by the Westfield River Wild & Scenic Committee. We'll share stories of the past, present, and future. Join our shared commitment to the Westfield River & preserving our beautiful natural habitat & wildlife.

NEW:

Embodied Wisdom *With* ***Sunflower Yoga And Mindfulness*** *An 8-week exploration of yoga for the body and mind*

**Mondays, April 1st– May 20th
11am-12pm**

*Chesterfield Community Center
400 Main Road*



- Perfect for Beginners
- Welcoming and Inclusive
- Enhances Flexibility and Strength
- Improves Posture and Balance
- Calms the mind

Please send questions to:
staceymackowiak@gmail.com

*Funded by a grant from Highland Valley
Elder Services*

NEW:

Oil Painting Class

**Mondays 1pm-3pm
April 1 - June 3rd**

no class April 15th, no class May 27th

**Chesterfield Community Center
400 Main Rd, Chesterfield, MA**

Suggested donation of \$10 per class

All materials and supplies provided!
Register at **www.lenagarcia.com**

Oil painting has a slow and relaxed tempo which is flexible and forgiving. Often people avoid this medium thinking it is really hard to use and too expensive to make the investment. These hurdles can be removed, and participants can explore this medium with guidance and without a large financial investment. Using provided materials, new participants will create two paintings of simple still lifes and returning participants will work on more challenging still lifes and from photographs. Demonstrations of sketching still life, color mixing and painting with the oil paints will be given while participants explore all these skills. The goal for participants is to try something new, and stretch their brains all while having a good time! People from all communities are welcome to attend.

Reading with Sarah

Once again I am sharing two titles, a fiction and a non-fiction, both recently published, sequels if you will.

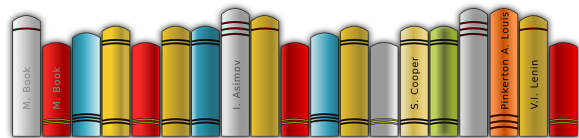
I was so happy to see that Ross Gay has given us his second volume of essays on delight: The Book of (more) Delights. If you haven't read the first one you might go back and start there. Ross or "Rossy" as his little family vignettes have his Nana calling him, is a poet and essayist and academic who lives in the middle of America in Indiana. His short essays ramble through his garden where he expresses that delight of lifting potatoes out of deep soil: his neighborhood where he frequently bikes and walks the dog encountering delights along the way: and on trips around the country where delight might be trickier to find in our complex world.

His asides and footnotes and digressions may not be to everyone's taste. I love the earthy details; bird shit, hickies, etc. and personal history that creeps in. In this volume Ross allows space for the ills present along with the delights. The problems of inequality, racism and the cultural divide come in as he keeps it real. There are 81 entries written in the year he turns 48. You can dip in anywhere. Maybe start with # 24: Squirrel in a Pumpkin.

Roland Merullo has finished the day and his Buddha series with *Dessert With Buddha*. The four are wonderful road trip stories where you experience the narrators growing appreciation of the Volya Rinpoche character, who is his brother-in-law thanks to his sister Cecilia, "a kind and caring soul... slightly daffy".

Dessert with Buddha takes the eccentric, sort-of-Buddhist monk, Volya Rinpoche, and his skeptical, middle-of-the-road brother-in-law, Otto Ringling, on another enlightening road trip filled with meals, humor, social commentary, and good

times. On this journey, the couple that traveled from New York to North Dakota in Breakfast with Buddha, Seattle to North Dakota in Lunch with Buddha, and North Dakota to Las Vegas in Dinner with Buddha heads down the Eastern Seaboard from Boston to points south. Volya is such a beautifully developed character, one wishes he were real so it might be possible to go to one of his lectures-although he really doesn't lecture at them. The scenes at Liberty University where the big questions are asked, not to be answered but held up, maybe to lead us to live a more fully present life and death.



Happy Birthday in April!

Deanne Ursia, Kathleen Rhine, Eileen Theroux,
Glenn Smith, Patricia Newman,
James Liimatainen, Craig Cristofori,
Michael Laroche, Theresa Scott, Larry Holmberg,
Thomas Janik, Thomas Layman, Ann Pickrell,
Peter Furnari, Edwin Matuszewicz, George Still,
Anne Wiktor, Jean Marra, Robert Giusti,
Carol Rhine, Joseph Desmarais,
Barbara Laroche, James Montgomery,
Darlene McVeigh, James Brisbois, Douglas Reed,
Merrill Wheeler, Kenneth Sicard, Nancy Rich,
Winston Bancroft, Larry Cervelli,
Kester Warlow-Harry, Cheryl Nugent,
Janice Gibeau, Richard Liimatainen,
Nancy Huckins, Richard Purrington



***The Chesterfield Council on Aging benefits from your support
for our programs for Chesterfield seniors!***

I would like to contribute to the Chesterfield COA. My contribution of \$_____ is attached.

*(Please make out your check to "Town of Chesterfield" and write "COA programs" in the memo line;
mail to Janice Gibeau, Director, Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)*

Name _____ Telephone _____

Address _____

Email _____



SAVE THE DATE!

TechConnect Fair

APRIL 6, 2024, 10 AM-3 PM

New Hingham Elementary School
Chesterfield



Join us for a festive event offering technology support and exploration, giveaways, and more.
For adults 60 and older.



A program of the Northern Hilltown's
Consortium of COAs

www.northernhilltownscoas.org

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!



After the Scam...

So you have been scammed. You may have lost money, a sense of security, or just pride. What do you do? Consider these options:

1. Crawl in a corner and cry "poor me, poor me" for awhile.
2. Complain to friends and family at length, accept sympathy.
3. Get ready to move on, learning how it happened and determining to never let it happen again. You might enlist one of those friend and family folks here.
4. Submit a report or complaint to the proper authorities.

I think number 1 would be very tempting, number 2 might be somewhat satisfying. But numbers 3 and 4 are the best choices!

This is a good read for the problem: <https://consumer.ftc.gov/articles/what-do-if-you-were-scammed>. Your first action after realizing there has been a scam is to try and limit your loss. Call the local police department to see if they can help, especially if you lost money or property or had your identity compromised. The sooner the scam is reported, the better the chance that police can recover some money. Contact your bank and credit card firms and tell them there was a fraudulent charge, freeze your credit reports, and change passwords.

Next, if you did lose money, call the National Elder Fraud Hotline at 1-833-372-8311. A case manager will help you through the reporting process and through any remaining steps to take, depending on the type of scam.

If the scam is computer-based, it is also a good idea to report this to the FBI's Internet Crime Complaint Center at www.IC3.gov for their tracking of cyber crimes. You can also contact the Federal Trade Commission – go to ftc.gov for a reporting form. You describe what happened, read their suggestions for next steps, and know that they will share reports with investigative agencies to help others.

After you have limited your loss, be brave and tell others to try and warn them. Post on social media, call those who you think might be vulnerable. Please know you are not the only person who has been scammed – many others have and will be, sadly.

Be brave!

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com

413-268-2228

Technology Help and Training for April



Volunteers Still Needed: to learn more about what we need volunteers for in providing help to others with technology, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or visit www.northernhilltownscoas.org.

Tech Support

- Support available by email: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within a day.

Drop in Center Hours:

(no appointment needed)

- Weekly on Tuesdays from 11:00 to 2:00 at 400 Main Rd. Chesterfield Community Center
- Monthly at Meekins Library Drop-In tech support on Tuesday 4/9 from 10 to Noon, Williamsburg
Repeats 2nd Tues. of each month
- Monthly Nash Hill Place Resident Drop-In tech support, Tuesday 4/9 from 6pm-8pm
Repeats 2nd Tues. evening of each month

Tech Training:

- Beginner's Computer / Laptop Class
Thursdays 1:00 – 2:30, restarting 4/25 for six weeks through 5/30
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, restarting 4/24 for 6 weeks through 5/29

All classes held at the Chesterfield Community Center, 400 Main Rd, lower level.

Must pre-register for classes no later than one week before the scheduled training date.

Email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Event:

On **Saturday, April 6th** we will be holding a **FREE TechConnect Fair** with vendors, mini-workshops, information, walk-up tech questions answered, activities, giveaways and door prizes at New Hingham Elementary School, Smith Rd, in Chesterfield. Bring a friend!



April's Good News:

MassHealth Has Released the Medicare Savings Program Application!

By Deb Hollingworth

This Federal benefit program, administered by MassHealth, can reduce your health insurance costs by: paying your Medicare B premium which is \$174/ month this year. It also automatically gives you Extra-Help which is a program that subsidizes your Rx costs, and you get Health Safety Net coverage for hospital costs. If your income is low enough, the Medicare Savings program will, in addition, also pay co-pays for medical services like doctors visits, tests, and emergency services.

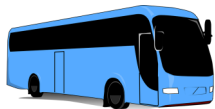
This is a great program and the financial eligibility guidelines have changed. Income can be as much as \$2,824/month if you are single and as much as \$3,833 if married. As of January 1st this year, Massachusetts became the 11th State to eliminate the assets limit for this benefit. Eligibility is determined by income alone.

The application is one page, with your signature required on the back side. Applications are now available. I don't know if you've been doing the math, but the savings on your Medicare B premium, which is now being deducted from your social security check, will be restored to your retirement benefit for a yearly savings of over \$2,088 this year. You can get an application, and description of the Medicare Savings Program and how it works, from your Senior Center. If you have questions, or need help determining if you are eligible, or help getting the application completed and submitted, you can ask for a SHINE consult.

This change has been a long time coming and you can thank Mass Senior Action which is our advocacy voice for Massachusetts Seniors.

On the Road Again...

2024 Trips



Contact Francine Frenier to reserve your seat **before** mailing any payments to determine availability: 413-296-4291, francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

Nine Day Trip May 29- June 6, 2024. Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Check your expiration date. Cost \$1,644, per person dbl. occupancy - is due **NOW**. Make payment to Diamond Tours and mail to the address above. **A short wait list is available.**

Day Trip Thursday June 13. Timeless Music Pop to Broadway – Luncheon and Show at Storowton Tavern Carriage House in W. Springfield. Self-drive or carpool. Cost is \$77 made out to Chesterfield COA and mailed to address above. Chesterfield seniors: please call for pricing.

Day Trip Thursday, July 11th. Lake Sunapee Luncheon Cruise- Vermont Country Store. A two hour luncheon cruise on Lake Sunapee in New Hampshire. This trip includes Luncheon buffet and a stop at the Vermont Country Store. The \$118 Payment to Landmark Tours is due by May 10. Please mail to the address above. **A short wait list is available.**

Day Trip Wednesday, August 7th. Resorts World Casino-- Catskills, NY trip. Can you get enough of **Elvis**? Enjoy a lovely ride to the Catskills. Included: King in Concert show, Buffet Lunch and \$25 free slot play, driver gratuity. The \$145 Payment to FNSC is due by May 5. Please mail to the address above. Please include your date of birth for the player card. **THIS TRIP IS A GO. Waitlist available.**

Four Day Trip September 30- October 3. Lancaster, PA. Sight & Sound production of the biblical show Daniel. Cost \$646, per person dbl. occupancy - \$25 discount if paid in full by June 20th. Includes: Sight & Sound Theater show, tour of Philadelphia, time in Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail to the address above. Call now to reserve your spot.**

Day Trip October 14th. Lake George Cruise- Take a 2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. Keyboard entertainer performs. Stops at scenic Prospect Mountain and the Lake George Outlets with 30 stores to explore. The \$131 payment to Landmark Tours is due by August 19th. **A short wait list is available.**

NEW Day Trip October 15. Culinary Institute of America-- Enjoy a "CIA" experience, lecture and tasting with lunch at Catarine de Medici. The \$TBD Payment to Francine Frenier is due by August TBD. Please mail a check to the address above. This trip will depart from Hadley.

Day Trip Friday December 13. Festival of Trees and Red Rose Lunch. Enjoy the uniquely decorated Christmas Trees at the Mass Mutual Center in Springfield. Enter a chance to win a tree and associated gifts. Some are worth hundreds of dollars. Then walk over to the Red Rose Italian Restaurant for lunch: pizza, salad and bread. The \$TBD Payment is due by October 25. Please mail to the address above.

Seniors Aware of Fire Education

This month the Senior SAFE focus is on fall prevention. Falls are the leading cause of death from unintentional injury among older adults. Here are a number of things you can do to keep from falling down:

1. **Exercise Regularly.** It will help you build strength and improve your balance and coordination. Ask your doctor about the best things to do. Take advantage of your Council On Aging exercise group.
2. **Take Your Time.** Get out of chairs slowly. Sit for a moment before getting out of bed. Stand up and get your balance before you walk.
3. **Keep Stairs And Walking Areas Clear.** Remove any clutter from walking areas.
4. **Improve Lighting In And Outside Your Home.** Use night lights or a flashlight to light the path from your bedroom to the bathroom. Turn on the lights before using the stairs.
5. **Use Non-Slip Mats** In the bathtub and shower. Have grab bars installed next to the bathtub, shower and toilet. Wipe up spilled liquids immediately.
6. **Avoid Uneven Surfaces.** Use only throw rugs that have built-in non-skid backing. Use non-skid pads under rugs. Smooth out wrinkles and folds in carpets. Be aware of uneven sidewalks and pavement out doors.
7. **Stairways Should Be Well Lit.** Lighting from both the top and bottom of the stairway is important. Have easy-to-grip handrails along the full length on both sides of the stairs.
8. **Wear Sturdy, Well Fitting Shoes.** Low-heeled shoes with non-slip soles are best. They make a fashion statement and are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.

Be SAFE and fall free!

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

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

Chesterfield Council on Aging
400 Main Road, P.O. Box 7
Chesterfield, MA 01012

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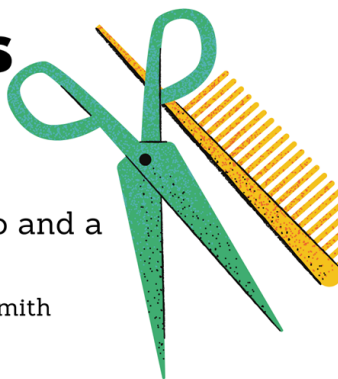
This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

\$5 haircuts

SMITH VOCATIONAL
COSMETOLOGY

Ready for a fresh 'do and a
new you?

Get your haircut at Smith
Vocational!



WHEN: Tuesdays & Thursdays,
call to schedule

WHERE: The Salon is located in Room 124 of
Building A at Smith Vocational High
School, 80 Locust St., Northampton.

WHAT ELSE: Manicures, colors, facials, and other
hair care options, call for other prices

HOW TO BOOK: Simply call 413-587-1414 ext. 3531 for
an appointment. All are welcome!

Drawing Class in Goshen!

Thursdays, April 4 - May 23 from 1-3pm
Goshen Town Hall - Upstairs
42 Main St. Goshen
Suggested Donation of \$10 per class

This eight week, two hour drawing class is geared for beginners who would like to learn to draw, or would like to grow their skills in drawing. We tackle questions like "How do you break down what you see in order to draw it?" "How can you see the shape, line, value?" and "How can I suggest movement within my drawing?" Senior, adult and teen participants will work on these skills in an encouraging and relaxed atmosphere. Each class will begin with a warm up, and then a drawing project. The goal is to stretch our brain, try something new and to have fun together. Supply list provided upon registration. Register at www.lenagarcia.com

