

Chesterfield Council on Aging

March 2024 Newsletter



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

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

March Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				1 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
4 Grab' N' Go Meal 11:30am Winter Watercolor Class 1pm	5 Chair Yoga 10am Tech Drop In 11-2 Mahjong 1pm	6 Intermed. Computer/Laptop class 10:30-12 Easy Tai Chi Exercise 12pm Tai Chi 1:30pm	7 Grab' N' Go Meal 11:30am Blood Pressure Clinic 11:30am Computer Class 1-3 Oil Painting 1pm	8 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
11 Grab' N' Go Meal 11:30am Winter Watercolor Class 1pm	12 Chair Yoga 10am Tech Drop In 11-2 Mahjong 1pm	13 Intermed. Computer/Laptop class 10:30-12 Easy Tai Chi Exercise 12pm Tai Chi 1:30pm	14 Grab' N' Go Meal 11:30am Brown Bag 11:30am Oil Painting Class 1pm Computer Class 1-3	15 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
18 3/17 St. Patrick's Day Lunch! Grab' N' Go Meal 11:30am Winter Watercolor Class 1pm	19 Chair Yoga 10am Tech Drop In 11-2 Mahjong 1pm	20 Intermed. Computer/Laptop class 10:30-12 Easy Tai Chi Exercise 12pm Tai Chi 1:30pm	21 Grab' N' Go Meal 11:30am Oil Painting Class 1pm Computer Class 1-3pm	22 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
25 COA Board Mtg 10am Grab' N' Go Meal 11:30am Winter Watercolor Class 1pm	26 Tech Drop In 11-2 Mahjong 1pm	27 Intermed. Computer/Laptop class 10:30-12 Easy Tai Chi Exercise 12pm Tai Chi 1:30pm Fiber Friends 7pm	28 Grab' N' Go Meal 11:30am Oil Painting Class 1pm Computer Class 1-3	29 Smooth Moves 9am Strength for Life 10am Mahjong 1pm

March Classes & Events

Mondays:

COA Board Meeting: 4th Monday
Grab and Go Meal: 11:30am
Winter Watercolor Class: 1-3pm (until 3/25)

Tuesdays:

Chair Yoga: 10am (NO CLASS March 26th!)
Tech Drop In: 11am-2pm
Mahjong: 1pm

Wednesdays:

Intermediate Windows Comp. Class: 10:30-12
Easy Tai Chi Exercises: 12-1:15pm
Tai Chi: 1:30pm
Fiber Friends: 7pm (last Wednesday)

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.)
Oil Painting Class: 1-3pm (until 3/28)

Fridays:

Smooth Moves: 9am
Strength For Life: 10am
Mahjong: 1pm

St. Patrick's Day Lunch



March 17th, 1pm

Chesterfield Community Center

featuring

Irish Music by Caleb Harris and
The Rolling Scones
and

*Corned Beef Lunch prepared by
The Chesterfield General Store*

TO RESERVE YOUR SEAT:

Call (413) 296-4007

or Email: coa@townofchesterfieldma.com

VOLUNTEER

with the Chesterfield COA!

We are looking for volunteer(s) to
help distribute our **Grab & Go** lunches
on Thursdays between 11am-12:15pm.

INTERESTED?

Call the
Chesterfield COA

(413) 296-4007

or Email us!

coa@townofchesterfieldma.com

New- Oil Painting Class

**Mondays 1pm-3pm
April 1 - May 20th**

*Chesterfield Community Center
400 Main Rd, Chesterfield, MA 01012*

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 very 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

I am delighted to have a “who done it” and a memoir to recommend to you this month. Both were page turners for me, well written and developed carefully to keep a reader engaged to the end. No small feat, especially in the case of the true story of Cassandra Quave’s amazing life.



Her book, *The Plant Hunter: A Scientist's Quest for Nature's Next Medicines*, tells of a life and work dedicated to her goals, fully realized as she copes with congenital deformities that resulted in multiple surgeries and the loss of one leg.

The reader feels the frisson of danger as we go with her to the Amazon basin, the mountains of Kosovo, Florida swamps and Mediterranean islands. We also appreciate her courage as she asserts her right to a full life with marriage and children as well as her pioneering research. Quave makes us laugh as she protects the privacy of the demeaning men who disrespect her because of her youth and blonde good looks by dubbing them: Professor Toad, Researcher Snake and Conference attendee Creeper.

Plants are the basis of medicines we all now take for granted, such as the aspirin indigenous peoples found in willow bark. As someone who spent so much time in hospitals and experienced infection with antibiotic superbugs, Quave became an ethnobotanist to search for the medicinal plants used in different parts of the world by local healers. She wants to figure out how to put them to work complimenting modern medicine, before the knowledge of them is lost.

Securing the grants to develop labs to test her herbarium was an uphill battle. She meets Marco while collecting plants used by Albanians who emigrated to Southern Italy. He becomes her supportive partner. A natural mechanic, he manages to build and repair lab equipment, saving money using found parts, even Legos at one point. They eventually have the family they want heroically balancing earning a living, the births of their three children and field and lab work. A truly amazing story of an inspired and determined scientist.

Who Is Maud Dixon? by Alexandra Andrews keeps you asking not just who, but what, why and where as the action moves from the Manhattan publishing world up the Hudson to a small village and on to Marrakech and a Moroccan seaside resort. No spoilers here, just be prepared to be aghast or laughing as the carefully constructed plot twists and turns. You won't soon forget the vivid characters either.

-Sarah Prince

Back in the Day... ever use one of these?



Photo courtesy of Pete Banister,
Chesterfield Historical Society

Pandemonium Event!



Nan Clark demonstrates how to hand crank a
Victrola to an elementary school student.

On January 24th, the New Hingham elementary school hosted "Pandemonium", a music program presented by James Kitchen and the Appliances. It was a wonderful, entertaining and extraordinary program that had everyone of all ages laughing and clapping throughout the show. The array of instruments alone was breathtaking, as was James' performance with Claudia Waite, soprano; Dave Abbott, tuba player and Cynthia Jiriak, percussionist.

Profile: Laura Dimmler

Laura Dimmler moved to Chesterfield in July of 2021 from Shutesbury. Her daughter lives in Brooklyn and she loves being a hop, skip, and jump from family where she can enjoy the perks of small rural communities. Laura has lived all over the country, but finds the people and landscape in Chesterfield to be nothing short of wonderful. Laura said she's never lived in a community as welcoming, open, and supportive as Chesterfield: "People were coming over before we even moved in, bringing baked goods, fresh eggs, and fresh vegetables— I've never seen the kind of community response that I have had here." she says.

Laura is a vibrant member of the Chesterfield COA board, bringing with her years of experience in rural healthcare. Laura has worked in healthcare all of her life, and has fostered a broad foundation of knowledge in terms of healthcare related issues that rural communities and aging populations face. She understands the challenges underserved populations are up against in rural communities, and this is why we're so thrilled to have her working alongside us.

I asked Laura what she likes best in regards to working with the COA: "The number of programs that are offered to seniors, the variety of classes, the gatherings, the breakfasts, the special celebrations— it's amazing to me for a community as small as Chesterfield to have this much community spirit. People step up and do things for each other. There are so many programs, you can't partake in all of them!"

Laura is a passionate person. She's easy to talk to, and she's kind. She's a go-getter, certainly someone I would call a "do-er". Laura and I bonded over a love of gardening. She and her sister share a huge vegetable garden, and tend to apple and pear orchards. Laura loves being outdoors more than anything else. In her spare time, you can find her gardening, snowshoeing, hiking,

swimming, and cross-country skiing. Laura is an absolute gem and we're so thankful to have her knowledge, resources, and spirit as a part of our community.



Happy Birthday in March!

Kenneth Madigan, Philip Strong, Frederica Chick, Doreen Strong, Nancy Hitzig, Kathleen Lawson, Michael McMaster, Elaine Keach, Jan Crest, Diana Fuller, John Schnepf, Mary Wozniak, Raymond Lequin, Carol Blanchard, James Smith, Anne Marie Zononi, John O'Connell, Susan Lavalley, Elaine Henry, Christine Keefe, Alan Lavalley, Carol Recore, Ralph Cleveland, Mary Lou Bisbee, Jack Henry, Ellen Metzger, Martin Manchester, Milenna Curtis, Barbara Bak, Thomas Gavin, Marie Addabbo, James Marra, Emma Cinner, Daniel Carey, Rita Harris, Thomas Tessier, Wayne Carpenter, Shirley Scott



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.

TECH CONNECT
SUCCESS FOR OLDER ADULTS



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!


May your troubles
BE LESS AND YOUR
blessings be more
AND NOTHING BUT
happiness come
THROUGH YOUR DOOR.
-Irish Blessing


The English Language – gotta love it...

I enjoy those pieces that question why our language includes things such as spellings that are the same but the sound is different, e.g., cough, rough, though, and through. Then there are the words that just make me smile, like “kerfuffle”.

Our language changes all the time, too. We now have phishing and smishing and vishing and catfishing, and more. The AARP has a nice page with some definitions:

www.aarp.org/money/scams-fraud/info-2023/glossary-of-scam-terminology.html

A few highlights – phishing means they send real-looking emails to get us to click and provide information. Smishing means real-looking and sounding text messages on our phone. Vishing is a voice message, again to get us to buy something or to provide information. Catfishing is making a fake online profile, perhaps to start a romance scam or begin an online game and from that a relationship (which likely won't end well).

Never mind the word, the idea is the same. A hacker or scammer pretends to be our bank or Medicare or the insurance company. He or she sounds real or friendly or helpful or scary, depending on how they are working their scam. They are trying to get us to willingly give up critical information so they can steal something from us, like our identity or funds in our bank account. Apparently tax season causes a rise in all these things, including fake emails – phishing! to get tax identifier numbers. If it happens to us, we can report this to **phishing@irs.gov**

Here's to safe fishing,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com

March's Good News

By Deb Hollingworth

Donald Trump, Joe Biden and Bernie Sanders all agree on one thing. The cost of our prescription drugs is too high. Americans pay more for their Rx than any other nation. This is not news: we know this.

The Good News is that efforts to reduce our cost are underway, starting with the Biden administration's Inflation Reduction Act which became effective August 16th, 2022. As of January 2023, co-pays for most insulins are now reduced to \$35/month or less. Vaccines are now zero co-pay including the shingles vaccine. Next year OOP starts. That's a cap on Out Of Pocket spending on Rx. So once you have spent \$2,000 in co-pays on your prescriptions, you will not have Rx co-pays for the remainder of the year.

The Federal government is also targeting high cost Rx. We have to wait until January 2026 to see savings on Eliquis, Xarelto, Jardiance, Farxiga, Entresto, Imbruvica and Stelara which are on the list of the first 10 Rx to be reduced. And in 2027, we'll see another list of 10 Rx to be reduced. This is because Medicare will be able to negotiate with the drug manufacturers and pharmaceutical companies will have to pay a "rebate" if they raise their prices more than the rate of inflation. This may seem like a slow process, but it's progress.

In Massachusetts, we've had out of pocket spending limits for Rx co-pays with our Prescription Advantage program since the 1990s, but this has only been available to lower income residents. The Federal OOP program does not have income/asset eligibility rules. Everyone is eligible. For more information on Rx costs, or if you have questions about generics, or other cost savings measures, you can contact the Pharmacy Outreach Program at **866-633-1617** or call your senior center to ask for an appointment with your SHINE counselor.



Technology Help and Training for March



Volunteers Still Needed: to learn more about what's needed to help others with technology contact the Volunteer Coordinator at **413-296-5548**, email coatechvolcoor@gmail.com, or visit the website www.northernhilltownscoas.org.

Tech Support

- Support available by email: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within 24 hours.

Drop in Center Hours:

(no appointment needed)

- Weekly on Tuesdays from 11:00 to 2:00 at 400 Main Rd. Chesterfield Community Center
- Meekins Library Drop-In tech support on Tuesday 3/12 from 10 to Noon, Williamsburg
Repeats 2nd Tues of each month
- Nash Hill Place Resident Drop-In tech support, Thurs 3/12 from 10:00 to Noon
Repeats 2nd Tues of each month

Tech Training:

- Beginner's Computer / Laptop Class
Thursdays 1:00 – 3:00, for 6 weeks starting 3/7 through 4/11, or 4/18 through 5/23
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, for 6 weeks starting 2/21 through 3/27 or 4/3 thru 5/8

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

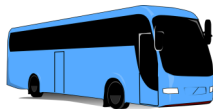
Must register for classes or workshops no later than one week before the scheduled training date. Email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Event Save The Date:

On **Saturday, April 6th** we will be holding a **Tech Connect event** with vendors, mini-workshops, information, activities and door prizes at New Hingham Elementary School, Smith Rd, in Chesterfield.

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.

*Day Trip Tuesday, May 14. **Neil Diamond -The Tribute from Las Vegas*** - Rob Garrett, known as the King of Diamonds, performs at the Aqua Turf Club, CT. Family style meal of Chicken ala Kathryn & Broiled Scrod included. The \$131 (price correction) Payment to FNSC is due by March 12. Please mail them to the address above. **A few seats are available.**

*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 few seats are 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. **This trip sold out last year, so reserve early.**

*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. Please mail to the address above. **This trip sold out last year, so reserve early.**

*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.

Summit to Fight Fraud: Preventing Fraud and Scams for Older Adults and Others *Tuesday, March 19th at 10am*

Sponsored by Investor Protection Trust, and presented with the Massachusetts Securities Division, the Pension Action Center will host a free in-person **AND live-stream event** on fraud prevention on Tuesday, March 19th. The event is free of charge, but registration is required.

Hosted in the UMass Ballroom space from 9am-3pm, with programming starting at 10am after a breakfast welcome reception, we will gather a group of experts in this field: guest speakers and panelists including several Q&A sessions. We aim to have presenters from community law enforcement, AARP MA, the Banker's Association, state officials, in addition to other stakeholders and experts in this space.



Link to Register: <http://tinyurl.com/2rkbejux> OR email your COA Coordinator/Director for the link.

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

PRSRT STD
US POSTAGE
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Newsletter Designer

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

NEW Drawing Class in Goshen!

Thursdays, April 4 - May 23 from 1-3pm
Goshen Town Hall - Upstairs
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.



Save the Date: Saturday, April 13th at 3pm

4D1G Gospel Quartet

Goshen Congregational Church
45 Main St., Goshen

Come enjoy this HymnSing and gospel music with us! Dennis Ainsworth on piano. More details to follow.

Save the Date: Saturday, April 27th, 9-3pm

Spring / Summer Clothing Exchange

Goshen Congregational Church
45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! More details to follow.

