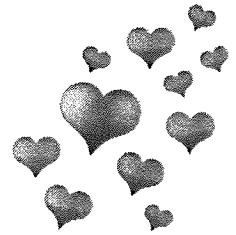


# Chesterfield Council on Aging

## February 2022 Newsletter



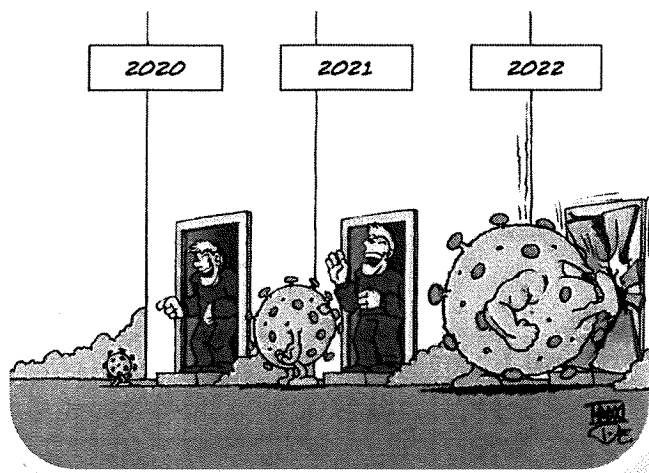
**Chesterfield COA & Community Center**  
400 Main Road, PO Box 7  
Chesterfield, MA 01012

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

### February Calendar of Events

<u><b>Monday</b></u>	<u><b>Tuesday</b></u>	<u><b>Wednesday</b></u>	<u><b>Thursday</b></u>	<u><b>Friday</b></u>
	<b>1</b>  <b>Chair Yoga</b> 10am  <b>Mah-Jongg</b> 1-4pm	<b>2</b>  <b>Coffee &amp; Chat</b> 9am  <b>Beginner T'ai Chi</b> 1pm	<b>3</b>	<b>4</b>  <b>Covid Vaccine Clinic</b> 10am-12pm
<b>7</b>  <b>Tai Chi</b> 9:30-10:30am	<b>8</b>  <b>Chair Yoga</b> 10am  <b>Mah-Jongg</b> 1-4pm	<b>9</b>  <b>Coffee &amp; Chat</b> 9am  <b>Beginner T'ai Chi</b> 1pm	<b>10</b>  <b>Brown Bag</b> 10am	<b>11</b>  <b>Smooth Moves</b> 9:15am
<b>14</b>  <b>Tai Chi</b> 9:30-10:30am	<b>15</b>  <b>Chair Yoga</b> 10am  <b>Mah-Jongg</b> 1-4pm	<b>16</b>  <b>Coffee &amp; Chat</b> 9am  <b>Beginner T'ai Chi</b> 1pm	<b>17</b>	<b>18</b>  <b>Smooth Moves</b> 9:15am
<b>21</b>  <b>Tai Chi</b> 9:30-10:30am	<b>22</b>  <b>Chair Yoga</b> 10am  <b>Mah-Jongg</b> 1-4pm	<b>23</b>  <b>Coffee &amp; Chat</b> 9am  <b>Beginner T'ai Chi</b> 1pm	<b>24</b>	<b>25</b>  <b>Smooth Moves</b> 9:15am
<b>28</b>  <b>Tai Chi</b> 9:30-10:30am  <b>COA Board Mtg</b> 10am				

## New Year starts with Old Problems



The struggle to live with the saga of Covid continues to disrupt many plans at the Community Center.

Starting a new, gentle exercise program called **"Smooth Moves" with Joan Griswold** on Fridays was cancelled for January but is now scheduled to begin in February.

The program will provide you the opportunity to remain seated in a chair while inviting your body to join you in some basic movements. Joan Griswold, a very knowledgeable instructor, has created this program to gently guide you through movement oriented to increasing your range of movement and flexibility without pain and discomfort. No special equipment necessary.

Class will be offered on Friday mornings at 9:15am at the Community Center. Please contact Joan at 413-537-8337 to let her know if you are interested.

Fran Ryan's program **Learning about Wildlife in the Arctic**, scheduled to be live at the Community Center, has been postponed until March with date to be determined.

### Starting Anew in February

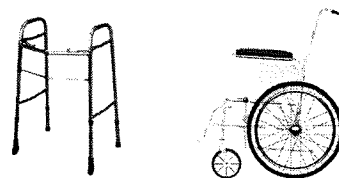
**Coffee and Chat Comes Back:**  
Wednesdays at 9am

Masks and social distancing will be in effect.



Regular programming will be in effect pending the resumption of any restrictions for use of town buildings. Please check with Jan Gibeau if there are questions. Should changes be made, postings will be located at the Chesterfield General Store, on the Chesterfield town website and Facebook page as well as the town sign.

## Medical Equipment Needed



We've loaned out quite a number of wheelchair and walkers this last year and could use some help in replenishing our supplies. Anyone got a wheelchair, rollator or walker to contribute?

## Staying Safer

Another Covid Vaccine Clinic will be at the Community Center on February 4th at 10am. If you have been unable to find a KN95, you can pick up a few at the Community Center by leaving a message at 296-4007 or calling Jan Gibeau 296-4467.

Why Cloth Masks May Not be Enough as Omicron Spreads:

### Time it takes to transmit an infectious dose of Covid (in minutes, or hours if noted)

Person not infected is wearing:

		No mask	Cloth mask	Surgical Mask	N95/KN95
I	No mask	15	20	30	2.5 hrs
N					
F	Cloth mask	20	27	40	3.3 hrs
E					
C					
T	Surgical mask	30	40	1 hr	5 hrs
E					
D					
	N95/KN95	2.5 hrs	3.3 hr	5 hrs	25 hrs

## Viewing the Countryside from an Ox-drawn Sleigh

One sign of healthy aging is the ability to reminisce about old times. Thanks to the Chesterfield Historical Commission, we get a chance to do that every month. It's also great to vicariously meet Sandra Doucett.

Winter never looked more magnificent than during the slightly jolting country sleigh ride at Delcamp Farm the first Saturday of the new year. It was one of those glorious, crisp winter days with a startling blue sky meeting the glaring white of a freshly fallen snow.

The ox team was waiting, a combined total of 71,000 pounds with the names of Pete, Dan, Ed and Jack. My friends and I burrowed in the hay bales and pulled the warmest worn blankets we could find over our knees and around our shoulders.

Our hostess, Nanette Clark, joined us, snuggling in with her Saint Bernard to keep her warm. "Are we all ready to go?" ox teamster Merwin Clark yelled back from his guide position to the left of the lead ox pair. And with a happy clicking sound he gave his oxen the signal to start.

The 100-year-old sled groaned under the sudden movement of its runners which crunched through two feet of snow behind the determined power of the ox team.

The 60-year-old Clark has been farming and hauling with oxen since he was a boy on his family's South Street farm in Williamsburg. "I know this is the modern day and some people think it's foolish. But it's something in my soul, I prefer working with animals rather than a tractor. The animals help us sustain ourselves," Clark stated simply.

As a demonstration of his words Clark hitches his oxen together with yokes he carved himself from tough, split-resistant elm. The oxen are hitched together with a chain made by Clark's great-grandfather.

The Red Durhams, Pete and Dan, at eight years old and a ton apiece, are "knowledgeable, smart oxen." He says the four-year-olds Ed and Jack "are still in kindergarten," learning to work together following the teamster's directions.

The ox team pulls us behind the barn and we begin our tour of sweeping white fields, criss-crossed by stone walls covered with a snowy blanket and framed by trees glistening with icy crystals.

The ride is full of nostalgia, the best of a rural New England winter, though none of our party has ever been on a sleigh ride before or is old enough to remember the sight of an animal-drawn wagon or sled.

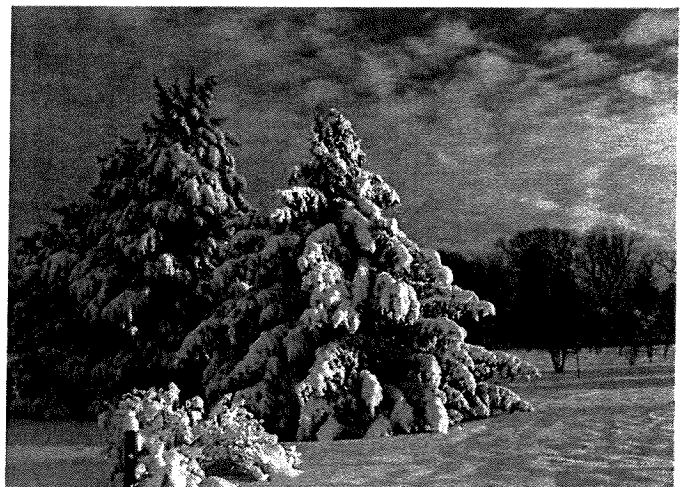
But we are now experiencing it with all our senses, the sight and sounds of the auburn oxen plodding, straining through 2-foot-deep snow, the brisk winter air brightening our cheeks, the lulling motion of the sleigh bed. As we return on the snow-packed Wilcutt Road under the canopy of trees sparkling in a fairyland he tells us quietly, "this is what makes it all worthwhile for me."



*Sandra Doucett on the left,  
Nanette Clark on the right  
Back left Merwin Clark*

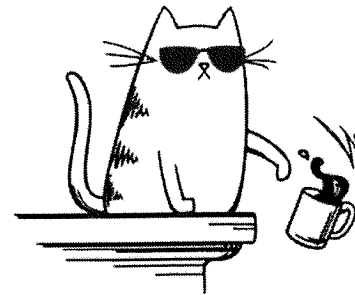
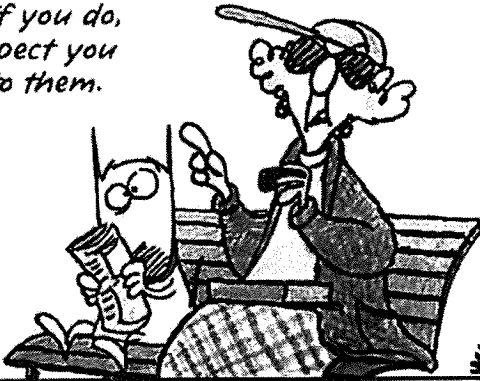
*From a Daily Hampshire Gazette article  
by Sandra Doucett 1/12/1982*

*\*Reprinted with permission from  
The Daily Hampshire Gazette*



Here's a tip as you get older:  
Never wear a hearing aid,  
because if you do,  
people expect you  
to listen to them.

14



I DO WHAT  
I WANT

WE ARE NOT ALL IN  
THE SAME BOAT  
BUT WE ARE ALL IN THE SAME STORM



SUPPORT EACHOTHER  
#DONTJUDGE #BEKIND

Happy Birthday in February!

B H P P Y  
R T H D Y

Nancy Recos, Arthur Press, Louise Berniche,  
Bernard Greene, Sherrill Redmon,  
Marian Baranowski, Elizabeth Smith,  
Sandra Renaker, Sharyne Benedisuk,  
Richard O'Connor, Dorothy Beaulieu,  
Johanna Adams, James Dilts, Cynthia Berube,  
Ernest Lyon, Linda Urban-Lyon, Conrad Rosinski,  
Sylvia Lapinski, John Chandler, Peter Turomsha,  
Jeffrey Frechette, Eleanor Smith, Mary Jones,  
David Pruzynski, Robert Scott, John Steins,  
Paula Valenick, Margaret McWherter,  
Judith LeBlanc, Karen LaRoche, James Lawson,  
Nathan Clark, Frank Bisbee, Cassandra Burgess,  
Thomas Lemire, Jennifer Hakkarainen,  
Craig Pittsinger

***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 \_\_\_\_\_

***Thank you for helping support Chesterfield seniors!***

### Seniors Aware of Fire Education

In observance of National Burn Awareness Week that happens in February, this month's topic is on preventing and treating burns. This is a hot topic for our age group because skin thins with age and a burn will be much deeper on an elder than on a younger person.

Senior   
**SAFE**

A decreased sense of touch from diabetic neuropathy can lead to worse burns. Here are a few things of which to be mindful in preventing and treating burns:

- ⇒ Use oven mitts to protect against hot liquids and touching hot pots or ovens.
- ⇒ Set the hot water heater temperature to 125 degrees F. Burns occur in seconds at higher temperatures. (State law requires it to be set between 110 and 130 degrees.)
- ⇒ Heating pads and electric blankets are a significant cause of burns for seniors.
- ⇒ Consider a heating pad where you have to hold the control to keep it on.
- ⇒ We teach children to *Stop, Drop, Cover and Roll* if their clothing catches fire. If getting up off the floor is a problem for you, smother the flames with a towel, blanket or coat.
- ⇒ Cool a burn. Run cool water over a minor burn -- not cold water, not ice, just cool water, which will cool the boiling liquid under your skin.
- ⇒ Call 911 immediately for serious burns.


Have a S.A.F.E. February!

--Worth Noyes, SAFE Educator  
Williamsburg & Cumington 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!



FORGIVENESS  
MEANS GIVING UP  
ALL HOPE FOR A  
BETTER PAST

### Just playin' my harp...

I do love music and played drums and piano at one time, but I'm not going to break out in song here. This harping is on the need for all of us to take care of the Big Five. I spent 6 months in early 2019 on these if you need to refresh.

So what 's the big deal? Two things: 1. *uncertainty*, and 2. *mental condition*. We know there is uncertainty in life, including not usually knowing how and when our life will end. We don't know what tomorrow will bring, how our health will hold up, how family relationships will go. Being prepared with our will, health care proxy, durable power of attorney, advance directive, and HIPAA release adds some stability and certainty to life, maybe a small feeling of relief.

Mental condition. I do charge right in there, don't I? Well, *someone* has to say these things. If you or someone you care about is going down the dementia path, PLEASE get these documents in order. If you wait too long, the person may not be able to make a good set of decisions. If you wait too long, an attorney may be unsure that the person is still sufficiently capable to be able to understand and sign the documents. The alternative then may include a court-ordered conservatorship or guardianship. Quite the bother...

It would be music to my ears if I hear from you that you've done even 3 of the 5!

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

## February's Good News

By Deb Hollingworth

Here it is, the beginning of a New Year and perhaps a good time to think ahead? I call this "next chapter" planning: when we pause from our daily routine and take time to think about the future and dealing with the "what if" situations in life. What if you have a life changing event, like a medical issue? Or what if you're stressed by diminishing financial resources, not just grocery bills, but health care costs, household overhead...everything seems to cost more and you wonder if your resources will last as long as you do?

While everyone may have these questions, planning ahead can be more challenging if you are caring for someone with dementia, or if you are taking care of yourself and think you may be developing some memory issues.

### Where do we start?

Having a conversation with someone familiar with available resources might be a good way to sort through the seemingly limitless amount of information on the internet, in the news and in print. The Good News is that we live in an Information Age.....the challenge is that we live in an Information Age and it can be overwhelming and confusing. So who can you talk to?

If your Senior Center has an Outreach worker, that's a good first call. And for our seven hill towns, Highland Valley has funded a grant for a program called The Connector which helps you find the resources you need and helps you deal with the process of getting connected with those resources. If you call your senior center, they can put you in touch with The Connector.

Options Counselors are another resource, helping in a similar way. You can call Highland Valley 413-586-2000 and ask to speak to their Options counselor, but if you want to check out the website for Greater Springfield Senior Services (the agency, like Highland Valley that covers the Springfield area) , it is GSSSI.org. You can download their Elder Guide which is over 60 pages of resources for seniors, including: housing options, day programs, assisted living residences and nursing homes with dementia supports, caregiver programs, information on legal issues, reverse mortgages, food resources and much more. Options counselors can help you understand these resources and help determine if you are eligible.

The Alzheimers Association has their 24 hour help line, 800-272-3900, and also a Care Consultant (617-393-2100) who can help you understand the disease process, answer your specific questions and concerns and create strategies

to cope effectively as your situation changes. Caregiver support groups, now even more available virtually, are a great way to talk with other caregivers, dealing with the same issues you worry about. You can look online for support groups, or ask the Alzheimers Care Consultant for recommendations.

So the first step for future planning is to find someone to talk to who knows the resources available; someone who can offer suggestions and guidance. Remember you are not alone and there is help, just a phone call away.

## On the Road Again...



### 2022 Trip Lineup

These are some of the bus trip destinations in different stages of planning with various travel groups. Most trips are limited to 36 passengers. More information to come in future newsletters. Vaccinations are required. Contact Francine Frenier by calling 413-296-4291 or emailing francine.frenier@gmail.com.

*Day Trip. Encore Boston Harbor Casino.* Postponed till Summer 2022.

*Multi Day April 24-30. Myrtle Beach Show Trip.* 7 days. Cost TBD, \$25 discount if paid early. Flyer available. This will be rescheduled for 2023.

*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.

*Multi Day May 23-27. Lancaster, PA. Sight & Sound Theater presents David.* 5 days. \$549, \$25 discount if paid by February 16, 2022. Flyer available.

### Taking interest lists on the following:

*Day Trip May 18: Dancing Dream Abba Tribute Band* at Aqua Turf in Plantsville, CT. Includes lunch. Cost to be determined. Approx. cost \$120, \$10 discount if paid by 3/31/22. Flyer available.

*Day Trip June 9. Corvettes Doo Wop Revue. Lobster Tail or Prime Rib for lunch. Self Drive to the Log Cabin.* Cost to be determined.

*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.

# RESOURCE DIRECTORY



**Domestic Violence Advocate**, Hilltown Safety at Home (HS@H)  
If you need help in an emergency, call 911 or the Safe Passage hotline

**National Suicide Prevention Lifeline** 800 273-8255

**Elder Abuse Hotline** 800 922-2275

**First Call for Help** Information and Referral Resources 800 339-7779

**Fuel Assistance** Application and Recertification 800 370-0940

**Hilltown Elder Network – H E N** (sponsored by Hilltown CDC) 413 296-4536 x120

**Veterans' Service Officer** Robert Vignault 413 587-1299  
(Westhampton) Joe Henning 413 207-3541  
(Plainfield) Brian Brooks 413 772-1571

**DO NOT CALL Registry** 888 382-1222

## Food Services

**Food Bank of Western Massachusetts Brown Bag Program** 800 247-9632 or 413 268-8407

**Food Stamps - Supplemental Nutrition Assistance Program (SNAP)** 413 552-5400 or 413 296-4007  
Call Chesterfield COA for assistance 413 296-4007

**Hilltown Food Pantry** - Goshen Town Hall - Diane Drohan, Director 413 268-7578 Wed 1-3; 3<sup>rd</sup> Wed 1-6

**Meal Site** Williamsburg Senior Center 413 268-8407

**Meals on Wheels** Highland Valley Elder Services (HVES) 413 586-2000 or 800 322-0551

**Northampton Survival Center**, 265 Prospect St. Northampton 413 586-6564

**Salvation Army Emergency Food, Fuel or Medication Vouchers** 413 586-5336/6564

## Health Services

**Highland Valley Elder Services** Intake referral for homecare, etc. 413 586-2000

**Hilltown Community Health Center-** Medical & Dental 413 238-5511, ext. 131  
HOPE Nurse, Mary Kane 413 238-5511, ext. 322  
Ellie Mathias, HealthWise Community Health Worker 413 238-5511, ext. 322

**Podiatrist** Dr. Michael Coby, call Williamsburg Senior Center 413 268-8407  
to schedule (Alternating months at the Senior Center)

**Foot Care** Piper Sagan, RN  
foot care in Cummington, call Ann Eisenhower 413 634-2243  
foot care in Goshen, call Piper for appt. 413 522-8432  
foot care in Williamsburg or in-home visits 413 268-8407  
Deb Dean, foot care in Westhampton 413 667-5363

**SHINE, Medicare & Drug Coverage Part D & Prescription Advantage**  
Lorraine York-Edberg 413 773-5555, ext. 2275  
Deborah Hollingworth (Chesterfield) 413 296-4007 or 413 268-8317

**Mass Health and New Health Coverage**  
Buliah Mae Thomas at Hilltown Comm. Health Center 413 667-2203

## Transportation Services

**Cummington** Neighbor to Neighbor Drivers 413 634-2262

**Westhampton transportation** Appts or groc. shopping, Louise Jasionkowski 413 527-5134

**Williamsburg Medical & Carpool Rides** (call to schedule) 413 268-8407

**PVTA Dial-A-Ride** (tickets sold at Williamsburg Senior Center) 866 277-7741

**Hilltown Easy Ride Van & Driver Pool** Ed Pelletier 413 296-4232

## Local Councils on Aging

**Chesterfield COA**, Janice Gibeau 413 296-4007

**Cummington COA**, Chrisoula Roumeliotis 413 634-2262

**Goshen COA**, Evelyn Culver 413 268-3316

**Plainfield COA**, Susan Metcalfe Honneus 413 743-5345

**Westhampton COA**, Amy Landau 413 203-9808

**Williamsburg Senior Center**, Melissa Wilson 413 268-8410

**Worthington COA**, Phyllis Dassatti 413 977-6799



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

PRSRT STD  
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Greenfield MA

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Francine Frenier, Vice Chair  
Bev Pomeroy, Secretary  
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Marianne Hoag  
Gail Lucey  
Tim McElroy



*Financial Advisor: Nancy Hewes*  
*Librarian: Dee Cinner*  
*HVES Rep: Jan Gibeau*  
*Art Com: Gigi Kaeser, Chair;*  
*Dee Cinner*  
*Travel Group: Carole Bergeron,*  
*Mary Ann Coleman,*  
*Francine Frenier, Gail Lucey*



Newsletter Designer:  
Kristen Estelle



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~~ELABRECK TOWN ADMIN~~

**TOWN OF CHESTERFIELD**

**PO BOX 299**

**CHESTERFIELD MA 01012-0299**

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

## Winter Farmer's Markets

*Fresh, local food is available all year!*



All of these markets take HIP! HIP is free extra SNAP money for fruits and vegetables. Ask the market manager to learn more!

- **Northampton Winter Market**, 67 Conz St. Northampton. Every other Saturday 10am-2pm, through April 2nd.
- **Winter Market at Hampshire Mall**, 367 Russell St., Hadley. Saturdays 10am-2pm, through April 2nd.
- **Easthampton Winter Market**, 122 Pleasant St. Easthampton. Sundays 10am-2pm every other week through March 27th.

## The Savvy Caregiver Program

*The Savvy Caregiver Program is a FREE six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias.*



### Join Us:

**Tuesdays (will be held virtually)**  
**2/22/2022 – 3/29/2022**  
**1:00-3:00pm**

### For More Information:

Contact: Erin LaBreck  
(413)588-5749  
Email: [elabreck@highlandvalley.org](mailto:elabreck@highlandvalley.org)

[www.healthyliving4me.org](http://www.healthyliving4me.org)