

# Chesterfield Council on Aging

## July 2023 Newsletter



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

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

### July Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>3</b> <b>Advanced Tai Chi</b> 9:30am <b>Grab' N' Go Meal</b> 11:30am	<b>4</b> 	<b>5</b> <b>Northern Consortium of COAs</b> 10am  <b>Tai Chi</b> 1:30pm	<b>6</b> <b>Grab' N' Go Meal</b> 11:30am	<b>7</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am
<b>10</b> <b>Advanced Tai Chi</b> 9:30am <b>Grab' N' Go Meal</b> 11:30am	<b>11</b> <b>Chair Yoga</b> 10am <b>Mah-Jongg</b> 1pm	<b>12</b>  <b>Tai Chi</b> 1:30pm	<b>13</b> <b>Brown Bag</b> 10am <b>Grab' N' Go Meal</b> 11:30am <b>CISA Pick Up</b> 2pm	<b>14</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am <div style="border: 1px dashed black; padding: 2px; margin-top: 5px;"> <b>Sun. 7/16 2pm</b>            Dear Emma Concert         </div>
<b>17</b> <b>Advanced Tai Chi</b> 9:30am <b>Grab' N' Go Meal</b> 11:30am	<b>18</b> <b>Chair Yoga</b> 10am <b>Mah-Jongg</b> 1pm	<b>19</b>  <b>Tai Chi</b> 1:30pm	<b>20</b> <b>Grab' N' Go Meal</b> 11:30am <b>CISA Pick Up</b> 2pm	<b>21</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am
<b>24</b> <b>Advanced Tai Chi</b> 9:30am <b>COA Board Mtg</b> 10am <b>Grab' N' Go Meal</b> 11:30am	<b>25</b> <b>Chair Yoga</b> 10am <b>Mah-Jongg</b> 1pm	<b>26</b>  <b>Tai Chi</b> 1:30pm <b>Fiber Friends</b> 7-9pm	<b>27</b> <b>Grab' N' Go Meal</b> 11:30am <b>CISA Pick Up</b> 2pm	<b>28</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am
<b>31</b> <b>Advanced Tai Chi</b> 9:30am <b>Grab' N' Go Meal</b> 11:30am				

**\*Calendar note:**

***Peg Whalen's monthly tech onsite clinic on  
1st Friday not available in July and August***

## Celebrate the Fourth of July!



### **Sunday, July 2nd:**

**Block Party 4-7pm**

South Street

*Car Show- Music- Food*

### **Tuesday, July 4th:**

**7-10am Fire Department Pancake Breakfast**

*Music: Rolling Scones*

**10:00 Honorees Presentation**

**10:30 Parade Kicks Off**

**11:30 Congregational Church Barbeque**

*Music On The Town Hall Lawn*

*Exhibits In Town Hall*

The celebration begins with a pre-party Block Party on South Street on July 2nd from 4-7. South Street will be closed down from South Street from Route 143 to Bryant Street to create a pedestrian walkway. There will be a band, two food trucks and a car show. Bring a chair or a blanket and visit with your neighbors.

In keeping with tradition, the Fire Department will be serving up their pancake breakfast from 7-10 accompanied by music with The Rolling Scones. There will be roaming entertainers, live music on the Town Hall lawn and exhibits to see inside the Hall as well as in and around the Museum (pending repairs). The presentation for this year's honorees will be in front of the podium at 10am. The parade kicks off at 10:30. Lots of food options will be available after the parade and the Congregational Church will be selling their traditional lip-smacking chicken BBQ with all the 'fixins'. You can dine with friends in the Community Center or take it home.

**The 2023 Chesterfield Telephone Directory** is nearing completion. This year a limited number of copies are being printed so make sure you re-

serve a copy now before they go on sale at the beginning of July. Look for the table at the 4th of July celebrations in town, or order online by emailing **[chesterfieldtelbook2023@gmail.com](mailto:chesterfieldtelbook2023@gmail.com)**. Proceeds from the \$10.00 cost will benefit the Friends of the Chesterfield Library which supports your library's programming and events.

## **Chesterfield Library Summer Events**

Free and Open to the public

For more information, call or email:

**413-296-4735**

**[chesterfieldpubliclibrary@gmail.com](mailto:chesterfieldpubliclibrary@gmail.com)**

***Wednesday, July 5th, 10:30 at the old town hall***  
Interactive family concert with Roger Tincknell

***Wednesday, July 12th, 10:30 at the old town hall***  
Tanglewood Marionettes perform Hansel and Gretel

***Wednesday, July 19th at the old town hall***  
*(9:30 for 5 and under- 10:30 for ages 5 to adult)*  
Ink block printing with local artist Lena Garcia.

***Wednesday, July 26th at the library***  
*(9:30 for 5 and under- 10:30 for ages 5 to adult)*  
Summer fun and games - weather permitting

***Wednesday, August 2nd at the old town hall***  
*(9:30 for 5 and under- 10:30 for ages 5 to adult)*  
Folktale dancing with local artist  
Ellie Goudie-Averill

*\* These events are supported by the library,  
Chesterfield COA's multigenerational grant funds  
and the Friends of the library.*

More fun from the Library:

### **Public Passes Now Available!**

*The Clark Art Institute in Williamstown  
DCR MA State Parks  
Look Park in Florence*

*Magic Wings Butterfly Conservatory in  
South Deerfield*

*MASS MoCA in North Adams  
USS Constitution Museum in Boston*



## Dear Emma Concert

Sunday, July 16th at 2pm  
Chesterfield Community Center  
400 Main Rd.



Dear Ella is a musical trio from Western MA that includes Ann Percival (Wild Asparagus, The O-Tones) on guitar, uke & snare, Mary Witt (The O-Tones) on bass & Annie Patterson (Girls From Mars, Big Yellow Taxi, & Rise Up Singing creator) on banjo, guitar & snare. Their repertoire includes songs in many different genres including swing, R&B, and acoustic folk music. Refreshments will be served.

## Help Wanted

### Part Time Administrative Assistant Chesterfield Council on Aging

Position responsibilities include preparing schedules and documents, organizing events including coordination of publicity activities and materials and assistance with office functions. Flexible hours available for 5 hrs/week. Preference is for someone with experience in areas of publicity and communications, coordinating schedules, and assisting with other office tasks. The goal is to have someone join the team who likes working with people, is goal-oriented, interested in learning new skills and working in a welcoming environment.



### Senior Farmers' Market Nutrition Program

The Senior Farmers' Market Nutrition Program provides coupons to low-income older adults across Massachusetts that are redeemable at farmers' markets for fresh locally grown produce and honey. The program is designed to promote consumption of fresh fruits and vegetables, to encourage recipients to shop at farmers' markets and to support farmers and markets that serve low-income consumers.

Applicants must meet the following conditions:

1. They must be at least 60 years of age.
2. They must have income at or below 185 percent of the Federal poverty level.
3. Disabled individuals who are less than age 60, and living in housing facilities primarily occupied by older individuals where congregate nutrition services are provided, are eligible for the program and may receive farmers' market coupons.

All eligible applicants are to receive \$50.00 in coupons (1 booklet). No applicant is eligible to receive more than \$50.00. Coupons are to be distributed beginning July 1 or soon after, and ending no later than September 30th. No coupons are to be distributed after September 30. The expiration date for coupon redemption by recipients is specified "October 31" on all coupons. Please visit [www.mass.gov/farmers-market-nutrition-program](http://www.mass.gov/farmers-market-nutrition-program) for more information.



### Sarah's Reading Nook

"Regrets," "Advice," or "Confessions." These are the three journal titles that Clover keeps as she works as a death doula. (Offering grief counseling, spiritual guidance and funeral planning, death doulas, also known as end-of-life doulas, are becoming more and more popular for the services they offer during the dying process.)

Clover has been raised in New York city by her grandfather, a college professor, after the deaths of her parents when she was 6. Now 36, she has kept her world small, her grandfather has died and she has her pets and an 87 year old neighbor as friends. There are death cafes in NYC: a Death Cafe is simply a gathering in which people come together to speak openly about death. Many recognize that our culture is death-denying, and that we can live more fully if we embrace the fact of our mortality. Clover becomes friends with her clients and when they die she adds to her journals and after a break visits the cafes to find a new client who can use her service.

She meets Sebastian who asks her to spend time with his dying grandmother, Claudia, a former photojournalist. Then a new downstairs neighbor,

Sylvie, who excels at friendship and brings change and warmth to Clover's routine life.

There is a mystery man in Claudia's life and Clover realizes she is attracted to Sebastian. I found it a bit of a page turner.

There are many cliché situations in this novel but Mikki Brammer writes so adroitly that she sidesteps them all and brings the fullness of life and death, romance and disillusionment to the reader without sentimentality. Perhaps the fact that Brammer is originally from Australia but has lived abroad in several places before becoming a New Yorker helped with that.

In the "hilltowns" we have an ongoing Living Fully, Aging Gracefully group and have had book discussions of Being Mortal by Atul Gawande. Maybe some of us would appreciate a Death Cafe?

## Happy Birthday in July!

Gilman Smith, Gene Ames, Kamille Osborne, John Lentner, Todd Newman, Cathie Parsons, Pamela LeBeau, Robert Burnup, Barry Stone, Nancy Powers, Janice Denno, Leslie Schwartz Leff, Audley Williams, Louise Hurwitz, Jeffrey Udall, Francis Leduc, Dorothy Matusiewicz, Charles Valencik, Deborah Fuller, Gregory Meister, Dianne Mikucki, Jennifer Abromowitz, Kim Montague, Carol Cherry, Cynthia Merkin, Louise Spear, Susan Silva, Mary Jane Carey, Margaret Allard, John Bisbee, Maureen Liebl, Suzanne Donath, Jeffrie Young, Henry Badner, Donald Wickland



## Phishing Scams



### What is Phishing?

Phishing is when someone uses **fake emails or text messages** to trick you into sharing valuable personal information.

- Account numbers
- Social Security or Medicare numbers
- Login IDs & Passwords

Scammers use this information to steal your money, identity, or both.

### WHAT TO DO

- **Check it out.** Verify the information. Look up the phone number or website & contact the company directly.
- Don't click on links or attachments.
- Never send personal or account information by email or text message.
- Government agencies and banks **will not** email or text you asking you to verify your information.

*If you have a consumer problem or question, contact the*

### Northwestern District Attorney's Consumer Protection Unit

**Greenfield**  
(413) 774-3186  
**Northampton**  
(413) 586-9225

**Working in cooperation with the Office of the MA Attorney General**



### ***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 \_\_\_\_\_





## Regional News

### LIES MY MOTHER TOLD ME

By I Might Be Funny

1. "It's illegal to drive with the overhead light on."
2. "If you swallow your gum, it will stay in your stomach for 7 years."
3. "Keep making that face & it'll freeze like that."
4. "I have eyes in the back of my head."
5. "You can't swim for 30 minutes after eating."
6. "Don't sit so close to the TV, you'll go blind."
7. "The dog went to live on a big farm."
8. "I'm just running into the store for *one* thing."
9. "A watermelon will grow in your stomach if you swallow the seeds." © I Might Be Funny
10. "Maybe...I'll think about it."

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

If so, please email Kristen at **[regionalcoanews@gmail.com](mailto: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!

### Your State Representatives

#### State Senator Paul Mark

Email: [paul.mark@masenate.gov](mailto:paul.mark@masenate.gov)

Phone: 413-464-5635

Mail: 773 Tyler Street  
Pittsfield, MA 01201

Nearby local office hours:  
Williamsburg Town Hall  
2nd and 4th Tuesdays from 1-3pm

#### State Representative Lindsay Sabadosa

Email: [Lindsay.Sabadosa@mahouse.gov](mailto:Lindsay.Sabadosa@mahouse.gov)

Phone: 413-270-1166.

Mail: 76 Gothic Street  
Northampton, MA 01060

## Scams and Our Brains

We read a lot about the different scams and the scammers that are out to get us (no, it is not paranoia if they really are, goes the old joke), but what about our role in scams? I got to thinking about the "How" part of our avoiding scams. Perhaps it comes down to how we think about them. Our mental state may direct how we respond to a potential threat.

So, we get an offer, a message, some communication, and wonder if it could be a scam. Are there hard and fast rules to help you to decide? Not always but there are three that should tickle your brain.

- ⇒ If the person asks you for something related to crypto currency, It Is A Scam.
- ⇒ If the person says they are calling from Medicare, Social Security, the IRS, or the FBI, It Is A Scam.
- ⇒ If they are calling from your bank and asking for personal information like your account number, debit card number or pin, account log-in credentials, Social Security Number, or account balance, It Is A Scam.

Other rules are fuzzier, but consider:

- ⇒ Was it an unsolicited phone call?
- ⇒ Was it an unsolicited and maybe poorly worded email?
- ⇒ Was it an unsolicited door visitor?
- ⇒ Does it sound too good to be true?
- ⇒ Do they say there is great benefit but no risk?
- ⇒ Is the speaker or writer pressuring me to hurry, act fast, keep this secret?
- ⇒ Have any friends or family warned me about responding to calls and emails?
- ⇒ Do I think I'm too smart or well-informed to fall for a scam?
- ⇒ What does my instinct say? Or if you prefer, what is my gut reaction?

Probably our best defense against the scams is our brain!

Thoughtfully,

Jean O'Neil

TRIAD Committee member

[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## July's Good News

By Deb Hollingworth

There are 2.4 million Massachusetts residents who are enrolled in MassHealth's programs. Usually we have to re-certify every year, that is, fill out what looks like an application every year to let MassHealth know about any changes in our circumstances. Did we get married, did our spouse die, did our financial situation change? Is our address the same? In March 2020, when Covid put us in a "public health emergency", re-certification stopped because our MassHealth coverage was frozen in place.

Now that the Covid public health emergency has ended, MassHealth has to start the re-certification process again. For all 2.4 million of us. The good news is that more folks have been hired to help us do this. Highland Valley and LifePath (in Greenfield) have received money to hire a Benefits counselor to help with the re-certification application. So here are some numbers to call if you have questions about the Big Blue envelope.

You can call MassHealth's customer service line at **800-841-2900** or Highland Valley at **413-586-2000** and ask for their Benefits counselor, or LifePath at **413-773-5555** to ask for their Resource Consultant. Closer to home you can contact your Senior Center to speak with your SHINE counselor.

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### Saving the Written Word: Councils on Aging Newsletters at Risk

Funding from the Executive Office of Elder Affairs for the monthly newsletter ended on June 30th. The Northern Hilltowns Consortium of Councils on Aging has been working diligently to find a way to save it. It's the major way we reach out to 2,326 households with people 60 years or older. It's important. Better communication was one of the priorities people cited in our Age Friendly survey as a priority in making our towns more livable.

What does the newsletter do to make communication stronger? We've focused more and more on getting the word out about:

- Town and regional events that help people feel less isolated and more connected to their communities and each other.
- Access to food, exercise classes, health insurance plans and benefits
- Use of broadband and internet resources, learning how to use iPhones, computers and other equipment needed to enter the digital world

- Learning about scams and how to reduce vulnerability.
- Groups in each town that meet regularly meet to work on arts and craft projects, puzzles, playing cards, etc.
- Educational programs about major issues affecting us as we age, such as memory problems, loneliness, financial problems, access to medical services, long term care and end of life issues.

Losing the newsletter puts all of this in limbo. The Consortium has applied for a number of grants but the process itself is very competitive. We will not know the results until after the final state budget is signed by Governor Healy. Representative Lindsay Sabadosa and Senator Paul Mark have been working hard to support our efforts by filing bills in both the House and Senate. At the time of this writing the request did not make it out of the House budget committee, but the Senate voted to fund \$25,000. We appreciate their work on our behalf. Unfortunately, we need close to \$42,000 each year to keep the newsletter alive.

We have applied for a major grant from EOE to increase digital equity in rural communities. The hope is to expand electronic access for people who want to switch over to digital copies but also make it available on the Consortium website:

**[northernhilltownscoas.org](http://northernhilltownscoas.org)**, the town websites, Facebook, and a range of related internet access points. We recently learned that applications that have been submitted resulted in a total of \$3 million dollars, twice the \$1.5 million of the funds available.

The Consortium is still committed to keeping the newsletter going as long as we can. In our June monthly meeting the group voted to use funds from our membership dues to cover the August edition.

Let's hope that we are fortunate enough to get the help we need, but June and possibly July are cliffhangers for now.

Respectfully,  
Jan Gibeau  
Chair, Northern Hilltown Consortium of  
Councils on Aging



## On the Road Again...

### 2023 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 August 10. **Garden in the Woods-*** This trip includes a walking guided tour of the Garden in the Woods in Framingham followed by a luncheon at the Longfellow's Wayside Inn. Entrée choices are Breast of chicken, Baked Salmon, or Yankee Pot Roast. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$122 due **NOW**. Mail to the address above. **WAIT LIST ONLY.**

*Day Trip August 24. **Saratoga Racetrack,*** Saratoga Springs, NY. This trip includes lunch at the Inn at Saratoga. Entrée choices are Chicken Normandy or Pasta a la Saratoga. After lunch, spend time at the racetrack in our reserved grandstand seats. Over 60 concession stands on the grounds. Make payment to Landmark Tours for \$130 due **NOW**. Mail to the address above. **NOTE DATE CORRECTION.**

*Multi Day Trip September 10-12. **Nantucket Island.*** Three days to two nights. Includes ferry to and from the island, guided tour of the island and all access pass to historical sites. Make payment to First Choice for \$748 p/p double occupancy due **NOW**. Mail to the address above. Limited seats.

*Day Trip September 14. **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. Make payment to Landmark Tours for \$111 due **NOW**. Mail to the address above. **WAIT LIST ONLY.**

*Multi Day Trip September 29-October 9, 2023. **Mt. Rushmore, Crazy Horse - S. Dakota & Devils Tower - Wyoming.*** 11 days. Stops at Corn Palace, Wall Drug, National Museum of Great Lakes, Iowa Museum of Natural History, Des Moines Art Center, and Eck Visitors Center at Univ. of Notre Dame. Cost \$1,178. Due **NOW**. Contact Francine to reserve your seat.

*Day Trip November 4. **Elvis- A Musical Revolution- North Shore Theater.*** An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make \$259 payment to First Choice **NOW**. Mail to the address above. A few seats remain.

*Multi Day Trip May 2024. **Nova Scotia, Prince***

**Edward Island & New Brunswick. *Passport required.*** Cost TBD per person dbl. occupancy. This 9 day trip includes 8 nights lodging including 5 nights in Canada, one night stay in Maine coming and going. 14 meals including: 8 breakfasts and 6 dinners. Guided Tour of Acadia National Park, Guided Tour of Halifax, Peggy's Cove & Lunenburg.

## Aging and Technology Survey Results

We are grateful to everyone who contributed their experiences with technology by participating in the Aging and Technology survey and offer thanks to even more people expressing interest in the results. We mailed over 3,516 questionnaires to everyone 60 and older in Chesterfield, Cummington, Goshen, Plainfield, Westhampton, Williamsburg, Haydenville, and Worthington. The response was overwhelming, with over 1,225 returns, a response of 35%.

### Here's what we learned:

Our results show 85% of older adults in the Hilltowns use technology daily, 10% use it never, rarely or once in a while, and 5% use it monthly or weekly. The top three reasons for none or infrequent technology use are knowing little to nothing (44%); having no interest (35%); and over one-quarter have concerns about stolen identity, theft, or home break-ins. Of the small number of people never or infrequently using technology, 15% said they cannot afford internet service and computers.

Of those responding to the survey 91% said that they have a computer, laptop, or tablet and are able to access the internet. Almost one in ten (8%) have no technology of any type. About 3/4 report having printers. The types of phones people use varied; 59% still have a landline, 90% have cellular phones, and 90% of these are smartphones. Three quarters have Broadband internet service from either Comcast, Dish, Direct TV, Satellite or Whip City fiber network.

People said that they make use of technology in a variety of ways. Most people use email (93%). Other ways include: searches on the internet, order prescriptions online, make telehealth appointments, use medical/health care portals. Over half of people (52%) use social media of some type to access retirement accounts or online Social Security accounts. Slightly over a third have an online Medicare account.

### Who helps with technology?

The major source of help comes from adults: adult or child/teen family members (74.2%) or friends (24.2%). *Continued on next page.*

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

PRSR STD  
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Accounting Manager  
Kristen Estelle,  
Newsletter Designer

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

*(continued from page 7)*

**What are the concerns about “going online”?**

Safety was a concern and one-third of people indicated that they have been or may have been a victim of computer or internet scams. Among these scam victims, 6% lost money, 11% report viruses, 3% lost information, and/or 2% had damage to equipment. Very few reported financial loss or damage to authorities, with less than 5% alerting police, DA, or government entities, banks or credit card companies.

The questionnaire includes a section about older adults' interests in learning more and how they want to get technical support and training.

Almost half of those responding expressed definite or possible interest in learning more. The most requested ways of learning include having someone to call when they have a problem or question and scheduling one-on-one help (40.8%). Workshops (34.5%) and drop-in locations (29.9%) were also identified as ways to learn more. Over 1 in 4 said that being told about helpful websites, watching online videos, and ongoing technology classes were good ways to help them learn more. That's good to know because all these services currently are available across our seven northern hilltowns or online.

Of the nearly half interested in learning more, the devices they most want to learn to use/use better are smartphones and computers/laptops. Over 70% of people identified technology uses they most wanted to learn, including taking, managing, saving, or sending photos, streaming to TV, scanning documents, and attaching documents.

This survey has been very helpful in charting the course to making life on the internet easier, but we could use more help to get there. If you are among the advanced/expert users and are willing to share a small amount of your time to help other older adults please let us know at [nhillcoastech@gmail.com](mailto:nhillcoastech@gmail.com)

**What's ahead?**

The Consortium has applied for a major grant from the Executive Office of Elder Affairs that could be a strong way to move us forward. In addition to the needed services identified in the grant, it may also provide a way to help more people get Broadband, have access to hotspots and use laptops at identified computer sites in the Hilltowns.

Your voices have been heard and we await decisions when Governor Healy signs the new budget.