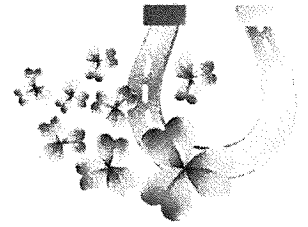


Chesterfield Council on Aging

March 2022 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 Chair Yoga 10am Mah-Jongg 1-4pm	2 Coffee & Chat 9am Beginner T'ai Chi 1pm	3	4 Smooth Moves 9:15am
7 Tai Chi 9:30-10:30am	8 Chair Yoga 10am Mah-Jongg 1-4pm	9 Coffee & Chat 9am Beginner T'ai Chi 1pm	10 Brown Bag 10am	11 Smooth Moves 9:15am <i>Sun. 3/13 2pm</i> Spring Fling w/ James Kitchen & The Appliances
14 Tai Chi 9:30-10:30am	15 Chair Yoga 10am Mah-Jongg 1-4pm	16 Coffee & Chat 9am Beginner T'ai Chi 1pm	17	18 Smooth Moves 9:15am
21 Tai Chi 9:30-10:30am	22 Chair Yoga 10am Mah-Jongg 1-4pm	23 Coffee & Chat 9am Beginner T'ai Chi 1pm	24	25 Smooth Moves 9:15am <i>Sun. 3/27 2pm</i> Artic Wildlife with Fran Ryan
28 Tai Chi 9:30-10:30am COA Board Mtg 10am	29 Chair Yoga 10am Mah-Jongg 1-4pm	30 Coffee & Chat 9am Beginner T'ai Chi 1pm	31	

March Events:

Regular programming will return to being on-site pending the resumption of any restrictions regarding DPH guidelines. Should changes be made, postings will be located at the Chesterfield General Store, the Chesterfield town website and Chesterfield Facebook page. If you have any questions, call Jan Gibeau at 296-4007 or email coa@townofchesterfieldma.com

Tired of Staying at home?

Come hang out!

Coffee And Chat
Wednesdays 9-11
Chesterfield Community Center

Social distancing in effect



Smooth Moves



Get Moving and Stretching
with Joan Griswold

Fridays at 9:15am
Chesterfield Community Center

Interested?
Contact Joan at:
joan@bybhealth.com or call 413-537-8337

You're Invited!

Spring Fling James Kitchen & The Appliances

Sunday, March 13th, 2-4pm
Chesterfield Community Center

Refreshments will be served.

*Partially funded by a grant from
Highland Valley Elder Services*

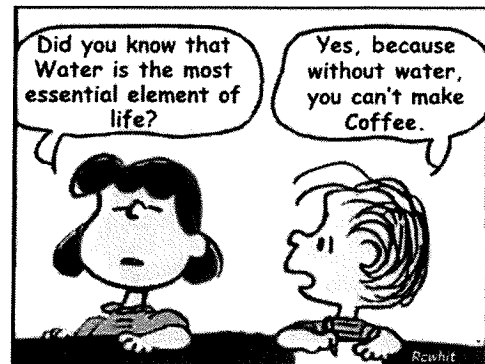


Learning about Wildlife in the Arctic: Fran Ryan

Sunday, March 27th, 2pm
Chesterfield Community Center



Refreshments will be served.



COVID Safety Tools Help: Keeping us safe

A COVID Vaccine clinic hosted by the COA at the Chesterfield Community Center had a good turnout with 35 people of all ages coming for either the 1st, 2nd or booster shot. Others came to just pick up KN95 masks.

In-Home Test Kits and KN95 Masks available at the Community Center

Thursday March 3rd 4-6pm
Tuesday March 8th 4-6pm

Questions? Call the COA: 296-4007

How to Fix It: Computer Classes Begin In April

The Chesterfield COA plans to host computer classes beginning on **April 21 from 10am to 12pm**. Several computers will be available at the Community Center for people to use during classes. The classes will be available for those who want to use a PC and not an Apple. Peg Whalen, a well known and experienced teacher, knows how to use everyday words and avoid techy talk. She also understands the different ways a person learns a new skill and adapts her style accordingly. Enrollment will be limited, so if you are interested, please contact her at pwhalen05@gmail.com or call the COA and leave a message: **413-296-4007**.

Reading with Sarah

First, two quotes from Robert Burton's **Anatomy of Melancholy** first published in 1621: "Amongst those exercises, or recreations of the mind within doors, there is none so general, so aptly to be applied to all sorts of men, so fit and proper to expel idleness and melancholy, as that of study... Who is he that is now wholly overcome with idleness, or otherwise involved in a labyrinth of worldly cares, troubles and discontents, that will not be much lightened in his mind by reading of some enticing story, true or feigned... Study is only prescribed to those that are otherwise idle, troubled in mind, or carried headlong with vain thoughts and imaginations, to distract their cogitations... and divert their continual meditations another way. Nothing in this case better than study... As meat is to the body, such is reading to the soul."



This month I have two books by authors who also own bookstores. How neat is that? (for you younger seniors, "neat" preceded "cool" in the ever-evolving slang lexicon. Can you believe that first sweet and then sick became trendy?). First, a novel, *The Sentence*, by Louise Erdrich, set in her real bookstore in contemporary Minneapolis. And if that is not interesting enough for you fiction fans, add in a ghost and a body-snatching crime and the George Floyd riots. Oh, and Louise is also of indigenous heritage as I continue to encourage reading authors who are truly of this land.

The second author/bookstore owner also writes fiction that is very popular but I am featuring her recent book of essays, which I can't recommend highly enough. Ann Patchett has bared her soul and set the stage for us to do the same in *These Precious Days*. Be prepared to laugh and cry and go back and read these jewels over again. Parents and the choice of whether to become one, friendships, getting older, the pandemic, influential authors and a wonderful eclectic mix of topics are here to keep you reading to nourish your soul.

Chesterfield Historical Commission Corner

More stories by Sandra Doucette found

Minister Teaches Clowning

Rev. Worth Noyes, aka Barnabus the Clown, demonstrates make-up techniques to students at the Davenport School in Chesterfield. This was his third clowning workshop this month.



New parishioners from the Chesterfield Congregational Church would have recognized their minister as he strutted into the fifth-grade classroom at the Davenport School on Tuesday dressed in a patched black jacket, worn jeans, holey sneakers, a blue wig and a very large orange nose.

Clowning around is funny business, the Rev. Worth Noyes told the youngsters, but it can have a serious side, helping people to learn about themselves through laughter. Mr. Noyes presented three clowning workshops this month for fourth and fifth-graders at the elementary school. This is the second year that he has given the program at the school under the Visiting Artist Program of the Chesterfield Arts Council.

During his last visit to the school, Mr. Noyes explained some of the tricks he uses to apply his clown make-up. The students had already learned that there are three types of traditional clowns: the Chaplinesque tramp, the "Aguste" or funny clown and the centuries old "white-face" clown. Barnabus is a whiteface character, Mr. Noyes told the youngsters and so is required by tradition to have his entire face covered with "mime" white make-up. Colored grease pencils are used to accentuate the eyes and mouth. All parts of his skin must be completely covered, so he must also wear gloves and a full suit of clothing. "You use your eyes a lot to express feelings when you are clowning," he told the students.

Since whiteface clowns do not talk, they have to express happiness, sadness, surprise or anger by using their facial features and body movements. The students learned to use the basic shape of their face, whether it is round, oval or oblong in designing a clown face. Mr. Noyes also demonstrated how changing your walking style adds personality to a clown. The classroom temporarily became a demolition derby with the youngsters practicing various exaggerated styles of maneuvering their bodies.

Mr. Noyes became interested in clowning and five years ago attended a summer "Clown-Mime-Dance-Worship" workshop in Lancaster, PA in order to improve his techniques and learn different ways that clowning can be used within the context of his ministry. He especially enjoys teaching clowning to children and explained, "It is an opportunity for us to talk about what is funny and what is not funny. It's very important to me that they learn some of the basic rules of clowning: never make someone the butt of a joke, don't try to scare anyone, and keep the Magic." Clowning can be particularly meaningful for pre-adolescent aged children, said Mr. Noyes. "There is a tremendous feeling of freedom when you are disguised in clown face. It's a chance to act out some parts of yourself without feeling self-conscious that someone will laugh at you, because getting them to laugh is the whole idea."

During some of his previous visits, Mr. Noyes

taught the children some of the history of clowning and about some famous clowns. He also worked with them on improvisational skits that can be applied to street clowning such as in a parade. With enthusiasm mounting, several youngsters from both classes have agreed to become part of a clown troupe that will perform at the July 4th parade this year. At the end of the session, they were busily drawing a design for their make-up and working out the details of their costumes.

*From a Daily Hampshire Gazette article by
Sandra Doucette 4/25/1985
Reprinted with permission from the
Daily Hampshire Gazette*

Profile: Jim Martin

The Chesterfield COA has a new Board member and an old friend. Jim Martin is no stranger to people in Chesterfield. The current Community Center was first known, and, still is known by many as the Grange.

Jim has been an active leader in the Grange for 56 years and a Master for a number of years. Thanks to the generosity of the Grange, the town was able to purchase the building, and create a Senior Center. During the last few years it became the Chesterfield Community Center.

The grange retains rights to still use the Center for meetings and other functions. The partnership of the town and the Grange has been beneficial for both. Many stories have been told about how the dances and gatherings at the Grange led to dating, romances, then marriages and starting new families in town. Not always, but often enough to send smiles across the room.

Jim was born in Northampton in 1937, grew up in Cummington, and has lived there for over 80 years. He's been an active member in the community and has worn many hats, including his service as the town moderator and a member of the Cummington Council on Aging for a number

of years. He's worn several different hats in his work as a fireman, EMT and a teacher. In collaboration with Gary Wickland, the Police Chief in Chesterfield at the time, he became an instructor in the Hampshire County Training Council. But Jim has also spent a great deal of time in Chesterfield and can often be seen at the Community Center or across the driveway as a member of the 1st Congregational Church. He has been a member of the Senior Center Building Oversight Committee from the beginning of its development. Both Jim and Janet were steady helpers in both Chesterfield and Cummington.

Jim is really part of both the history and current life of the Community Center. Now he wears two hats, a leader in the Grange and now a member of the COA board. It's special when someone who has known us for years, knows all our nooks and crannies, tells great stories about the life of the Grange, still steps up to help us even more. We are lucky to have him on our team at the COA.

Happy Birthday in March!



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

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!

Senior SAFE

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

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

Have a SAFE burning season!

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

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



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

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

Wills, two questions

QUESTION. Do I really have to do a will?

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

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

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

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

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

Community Legal Aid in Hampshire County, **(413) 584-4034**

Hampshire County Bar Association Lawyer Referral Service, **(413) 586-8729**

MA Legal Resource Finder, **masslrf.org/en/home**

National Association of Elder Care Attorneys, **www.naela.org/**

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

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

March's Good News

By Deb Hollingworth

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

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

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

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

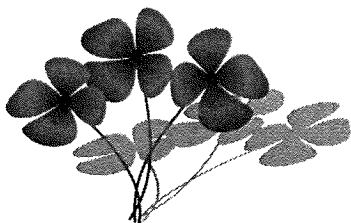
Question: Can you file an income tax return if you don't have taxable income? Sure, but why would you?

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

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

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

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



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

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

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

The "Dont's"

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

The "Do's"

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

Language Needs

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

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

On the Road Again...



2022 Trip Lineup

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

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

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

Taking interest lists on the following:

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

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

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

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

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

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

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

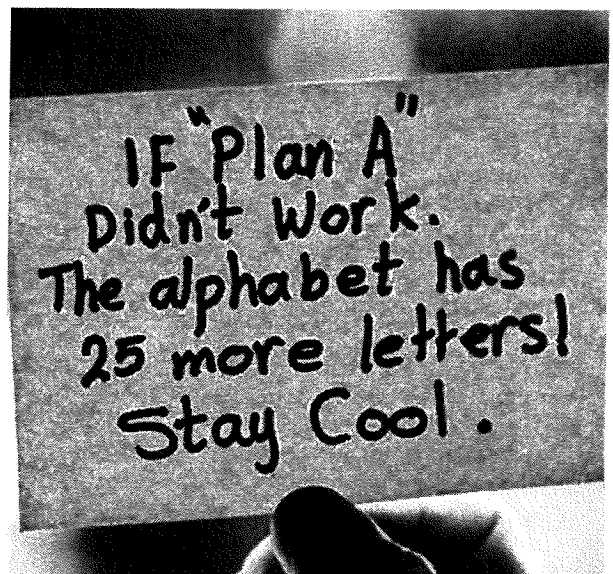
Day Trip Sept. The Big E

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

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

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

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



More pics on www.imfun

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

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PERMIT 183
Greenfield MA

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Kristen Estelle



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SUE LABRIE, 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.

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

Cuts starting at \$6.00

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

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



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

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

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

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



**COMMUNITY ACTION
PIONEER VALLEY**
Access • Opportunity • Community