

Chesterfield Council on Aging

June 2022 Newsletter



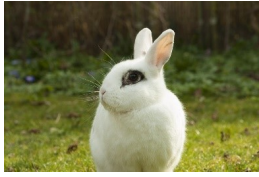
Chesterfield COA & Community Center
 400 Main Road, PO Box 7
 Chesterfield, MA 01012

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

June Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1 Beginner T'ai Chi 1pm	2 COA Monthly Breakfast 9am Grab' N' Go Meal 11:30am Drawing & Watercolor Class 1pm	3 Smooth Moves 9am Strength for Life 10am
6 Advanced Tai Chi 9:30am Computer Class 2pm <i>Sun. 6/5 2pm</i> Laura Wetzler	7 Chair Yoga 10am Mah-Jongg 1pm	8 Beginner T'ai Chi 1pm	9 Brown Bag 10am Grab' N' Go Meal 11:30am Drawing & Watercolor Class 1pm	10 Smooth Moves 9am Strength for Life 10am
13 Advanced Tai Chi 9:30am Computer Class 2pm <i>Sun. 6/12 1pm</i> Worthy-Que BBQ	14 Chair Yoga 10am Mah-Jongg 1pm	15 Beginner T'ai Chi 1pm	16 Grab' N' Go Meal 11:30am Drawing & Watercolor Class 1pm	17 Smooth Moves 9am Strength for Life 10am
20 Advanced Tai Chi 9:30am Computer Class 2pm	21 Chair Yoga 10am Mah-Jongg 1pm	22 Beginner T'ai Chi 1pm	23 Grab' N' Go Meal 11:30am	24 Smooth Moves 9am Strength for Life 10am
27 Advanced Tai Chi 9:30am COA Board Mtg 10:30am Computer Class 2pm	28 Chair Yoga 10am Mah-Jongg 1pm	29 Beginner T'ai Chi 1pm	30 Grab' N' Go Meal 11:30am	

Rivervalley Rabbitry Will Be Hoppin
Featuring Mini Rex rabbits. Presenter: Judi Press



Saturday, June 4th 10am-12pm
Chesterfield Public Library

Outside, weather permitting, inside if not
All ages welcome!

Learn about the care and keeping of rabbits.
Gentle holding and petting will be allowed.

For more info or questions, contact the library:
296-4735 or chesterfieldpubliclibrary@gmail.com

LAURA WETZLER RETURNS



Sunday, June 5th at 2pm
Chesterfield Community Center

Singer, Songwriter, Guitarist Laura Wetzler
Songs of Resistance, Hope & Love

Partly funded by Highland Valley Elder Services

** Due to the recent uptick in cases and the safety of elders attending, this performance requires proof of vaccination and wearing of masks.*

Bingo Night at New Hingham Regional Elementary School



Friday, June 10th, "Doors" open at 5pm
New Hingham Field

Free for all participants!
Pizza, snacks, and drinks provided.
Gift card prizes for BINGO winners!

Email Principal McMillan at jmcmillan@hr-k12.org if you would like to be a BINGO caller!

Funding provided by an Intergenerational Grant from Highland Valley Elder Services.

Worthy-Que Smoke N' BBQ Truck Returns!



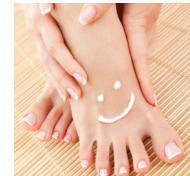
Sunday, June 12th, 1-5pm
Chesterfield Community Center

Worthy-Que Farmhouse Plate (The Works!)
\$15.00

Smoked pulled pork, smoked pulled chicken, mac n' cheese, smoked sweet beans, homemade coleslaw, side of Worthy-Que signature BBQ sauce or Curtis' Carolina sauce.

Reduced price for residents of Chesterfield
age 60 or over: \$5.00!

Foot Clinic with Piper Sagan



Tuesday, June 21st
Chesterfield Community Center

Piper Sagan, an RN and Certified Foot Care Specialist, who provides professional foot care for older adults will be coming to Chesterfield every other month beginning on June 21st. Piper's practice is well known in the hilltowns and elsewhere. For people with diabetes, poor circulation, painful corns or calluses or maybe thickened, overgrown toenails that have become unmanageable, it's often much safer to have a professional do the job. Plus, it's nice to relax, have a good massage and enjoy some TLC. An appointment at the Community Center is \$50 and a home visit is \$80. If you are interested call Piper at 413-522-8432.

Grab and Go Hot Meals are a hit

Now Offered Every Thursday at 11:30am
Chesterfield Community Center

Make your reservations
and select your choices now!



Contact Chesterfield COA: 413-296-4007
or coa@townofchesterfieldma.com

Provided by Highland Valley Elder Services

*Suggested donation \$3.00

It's a problem: Don't close your eyes

It's hard to think about older adults being mistreated, neglected or being put at risk financially, but it happens and shouldn't be ignored. Elder abuse can include physical injuries, negative behavioral changes, or unexplained transactions. By learning about all the warning signs of elder abuse, families can be better prepared to keep their loved ones safe. What are some of the signs of elder abuse?



Signs and symptoms of elder abuse can include:

- Injuries such as bruises, cuts, or broken bones
- Malnourishment or weight loss
- Poor hygiene
- Symptoms of anxiety, depression, or confusion
- Unexplained transactions or loss of money
- Withdrawal from family members or friends

How big a problem is it? Bigger than most think. Up to five million older Americans are abused every year, and the annual loss by victims of financial abuse is estimated to be at least \$36.5 billion. Approximately one in 10 Americans aged 60+ have experienced some form of elder abuse. Some estimates range as high as five million elders who are abused each year. One study estimated that only one in 24 cases of abuse are reported to authorities. If you have concerns about someone you think may be at risk and want to find out how you can help call the MA Elder Abuse hotline (1-800-922-2275). Help is also available through Protective Services at Highland Valley Elder Services (413-586-0000). It's important to know that the purpose of protective services is to offer help. An elder does not have to accept the options offered, unless their behavior poses a threat to themselves or others. To discuss potential concerns you may have about your situation, or circumstances of a friend, family member or neighbor who is 60 or older, you might start with a call to your senior center to see if protective services should become involved. It's important to know that this does not result in actions that the older adult does not approve of and the goal is to help not punish.

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 Patchet 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 and influential authors and a wonderful eclectic mix of topics are here to keep you reading to nourish your soul.



Happy Birthday in June!



Nanette Clark, Cynthia Dunbar-Randall, Douglas Fraser, Harold Jasmin, Thomas Boyle, Nancy Henshaw, Mary Snape, Robert Lovell, Kristin Healy, Walter Stasz, Robert Lyon, Laura Figgie, Ronald Wozniak, Peter Mikucki, Robert Westgate, Thomas Osborne, Michael Harris, Nancy Boyle, James Matus, Sally Crowther, Gary Graves, Scott Frenier, James Kitchen, Michael McMaster, Colleen Graves, Gary Denno, Patricia Murphy, Barbara Smith, James Dawson, Ronald Tadiello, Marla Brodsky, John Kislo, Jo Smith, Steven Linscott

Three Daffodils

By Margaret Allard

Deb's garden gifted
these three poised, who
stand in water and a pinch of sugar
and the flower painted glass vase.

Meg's checkered blue cloth
embraces the three,
assured that their aplomb
complements the solitary repast.



Chesterfield Historical Commission Corner

A brief history of Bisbee's Farm

By Dan Bisbee

Much of the information presented here comes from "A History of the Bisbee Family in Chesterfield" written by Charles A. Bisbee Jr. and presented to the Chesterfield Historical Society in 1982.

Horatio Bisbee was operating a sawmill in Chesterfield when he married Louisa Rice on October 14, 1858. He was advised to get some farmland because the timber would run out in a few years. He began buying tracts of land near his house at the intersection of East Street and Stage Road. The land between Stage Road and South Street still contains a myriad of seemingly random stone walls denoting former boundaries. After obtaining a suitable amount of land, he began building a barn and purchasing some cows.

That barn he built is still there on East Street between the Bisbee Mill Museum and Stage Road. The easternmost portion, what we referred to as the lower barn was built first. The timbers for it came from the East Meeting House & Baptist church that was built in 1818 on East Street to the east of Bisbee Rd - that site has historic marker on the side of East Street.

Once in operation, Horatio sold cream to the Cummington Creamery. Cream was separated from the

whole milk at the farm and the skim milk was discarded as hog feed. The cream was cooled by blocks of ice cut from Bisbee's Pond. Drivers from the Creamery would pick it up at Horatio's house. Horatio eventually turned over the farm to his sons, Charles A Bisbee and Homer R. Bisbee. When the Cummington Creamery could no longer take the cream, Bisbee's sold their milk to Charles A. Nash of Springfield. This was the forerunner of H.P. Hood which in turn became Agri-Mark.

The center and upper portions of the barn were added in the late 19th century and early 20th century. In the 1950s, HP Hood would no longer accept milk cooled with ice. The cinderblock milk room was added in 1955 to house an electric milk cooler. In 1959, a large dairy barn was added to the back with stanchions to hold 40 head of milking cows. Around this time, ownership of the farm passed on to Charles' children: Charles Jr, Russell, William, Henry and Mary Lou.

Counting milkers, calves and heifers, there were as many as ninety head of cattle in the barn. Bisbee's always milked Holsteins, the Wickland family milked Ayrshires and Millers milked Jerseys. I believe those were the last three commercial farms in Chesterfield.

Naturally, all those cows needed to eat and hay was harvested from the local area up East Street. Hay was also cut from Laroche's field on Munson Rd as well as fields owned by Danny Krug in Westhampton and Bob Recos across from the Boy Scout Camp. In the 1980s, around 10,000 square bales were required to feed the cattle through the winter.

Changes came in the 1980s with farmland being converted to house lots and the demand for milk declining. In 1959 there were around 2 million dairy farms nationally. By 1978 that number had declined to around 334,000. Bisbee's sold off its cattle in 1986. Dave Nichols bought the barn and continued for several years. He built a milk processing kitchen where he could pasteurize and homogenize his own milk which he sold on site as well as selling it through Our Family Farms before eventually relocating his farm to New York. Today the building is owned by Henshaw Farms.

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

It is that time of year again. Our lawns are growing. So, here are my annual tips on gasoline and lawn mowers:

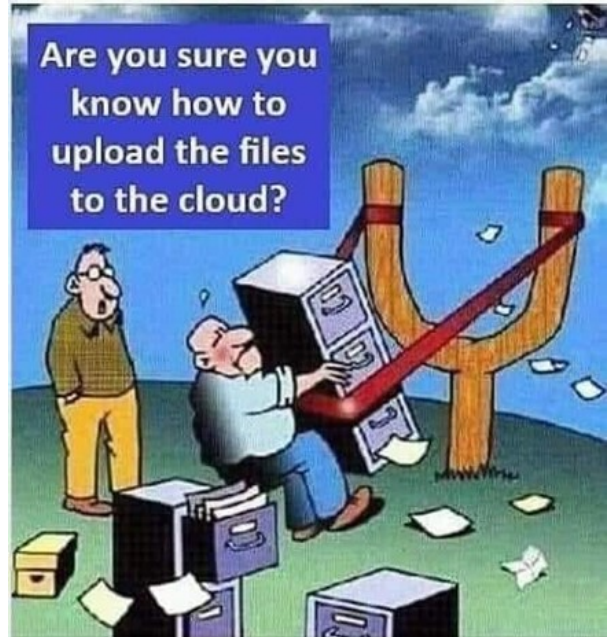


- ⇒ Remember, gasoline vapors are highly flammable. They stay on your clothing and can ignite if you light a match for any reason.
- ⇒ Store gasoline only in approved containers. Store them outside or in a building not attached to your house. Never keep gasoline inside your house.
- ⇒ Keep gasoline away from all heat sources such as grills, campfires, fire pits and smoking materials.
- ⇒ Never fuel a lawn mower while it is hot. Let it cool off first.
- ⇒ Do not use gasoline to start a cooking fire, camp fire or pit fire.
- ⇒ Keep hands and feet away from a mower while it is running. If you have to clean grass out from under the mower, detach the spark plug wire and wait for the mower to cool down before up ending it to get the grass out.

Have a SAFE mowing season!

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

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



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!

What DOES my POA do?

You know how I nag on the Big Five... Let's say I am in a coma and unable to take care of anything in my life. Or both arms got broken so I can't use my hands, or I have a tick-borne disease with total brain fog. Or here's an option: I won a four-month world cruise and will be going! What happens to my business / routine part of life? Happily, I arranged for a trusted friend to have my Durable Power of Attorney (POA) and I make sure that is activated before I go.

What does the POA do to benefit me? Let me count the ways. They can:

- ⇒ pick up my mail and read my email.
- ⇒ pay the bills that come in the mail.
- ⇒ monitor my bank account to make sure that automatically-paid bills are in fact paid and paid correctly.
- ⇒ monitor my bank account for anything that looks wrong.
- ⇒ file my taxes.
- ⇒ receive the notice that a CD is coming due and either cash it in or invest it again, depending on what they know my wishes are.
- ⇒ renew my house and car insurance policy.
- ⇒ watch my medical bills to make sure that charges are valid.
- ⇒ keep an eye on my benefits programs such as Medicare.
- ⇒ go online at annualcreditreport.com once a quarter and check my credit reports for anything that looks wrong.

In short, they keep my life going until I get back to it! There are several types of POAs, so a person should read further before assigning one. This note is about the financial POA, stay tuned for the health POA.

All is well!
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

June's Good News

By Deb Hollingworth

Are you thinking about housing options? House too big, or are you feeling isolated in your apartment? Are you thinking about your homeowners property taxes, or the price of heating oil, or whether you want to be at the beck and call of your wood stove? Maybe it's time to think about moving to a less demanding, more socially interesting living situation. If you are concerned about health issues, ready to downsize and never want to move again, an assisted living residence might be a good choice. An assisted living residence is an apartment with support services which usually include: meals, housekeeping, laundry service, personal care and social activities. We have a number of them (over two dozen) in our area. Cost is a determining factor, but food, social activities, and the sense of community are key issues that usually influence the decision to move.

Let's talk about cost.

Assisted living apartments are expensive until you begin to add up what your current monthly overhead is. What if you didn't have to pay homeowners insurance, or utilities, or taxes, or the grocery bill? Would the monthly assisted living rent seem that expensive by comparison?



Many folks sell their home in order to finance several years rent in an assisted living. But what if you don't have a home to sell? Or your home has a mortgage that has to be paid and the remains of your sale might be meager? Some assisted living apartments are subsidized by MassHealth. There's also a VA benefit if you are a veteran or were married to a veteran, and most Long Term Care insurance policies also will pay a portion of your rent in an assisted living.

To determine which assisted living residences offer subsidized apartments, or to see if you might qualify for any of these subsidies, you might call your Senior Center for a start, or call Highland Valley Elder Services and ask to speak to their Options counselor. (413-586-2000).

Let's talk about other factors that influence your decision where and when to move, such as food and social activities.

I had a volunteer work in my department for 20 years. He started when he turned 70 and "retired"

at 90. His wife died before then and the house they had lived in seemed empty. While it was well kept and in a good neighborhood, it began to need more attention. And he had to find someone to plow the driveway in winter, mow the lawn in summer, replace the water heater, put in the air conditioner. Life wasn't getting less complicated, so he sold his home and moved to an assisted living. Shortly after that, he invited me to lunch. The menu had two choices for entrees with a good selection of vegetables. Meals were sensibly sized. The dessert menu, however, had 24 choices. I approved because when you reach a certain age, the tough decisions should be about what to have for dessert.

Moving is a Big decision. And often is predicated by deteriorating health, loss of spouse or concern about becoming isolated and not having much mental stimulation. Assisted living residences might be the answer.

The COA newsletters roll for one more year!

Everyone is pleased and relieved to know that the Executive Office of Elder Affairs has approved our request to extend the Service Incentive Grant to cover the cost of keeping up the production of the newsletter that goes to over 2400 households in seven Hilltowns for one more year, allowing us to keep the written word alive. We are grateful and appreciative of support from not only EOEa but from so many people who made this possible -- each of you who wrote letters about the importance of receiving hard copies every month; the COA Coordinators from each town who advocate and work hard to reduce the isolation that comes when access to important information is not accessible; all of the COA board members who made their voices heard; support from the Hilltown CDC and other nonprofit organizations in exploring options; and especially our state representatives, Lindsey Sabadosa and Natalie Blais, whose strong support led to the decision to keep the written word alive and our rural towns "Hilltown Strong".



On the Road Again...



2022 Trip Lineup

These are the bus trips being planned for 2022 with various travel groups. Most trips are limited to 36 passengers. *Friends of Northampton Senior Center* is 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 June 15. Encore Boston Harbor Casino. Cost is \$37 which includes \$20 free slot play. Meals on your own. Meet the bus at Sheldon Field, Old Ferry Rd, Northampton at 7 a.m. *time subject to change. Make payment to Francine Frenier and mail to: Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096. Due NOW.

Day Trip June 23. Zooma Trattoria with pasta demonstration and Little Italy Tour in Providence RI. Includes lunch: Chicken Piccata and lots of Italian sides. \$94 due NOW. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096 Flyer available.

Day Trip July 28. Winnepesaukee Railroad luncheon and train ride. Turkey dinner aboard the train catered by Hart's Turkey Farm. \$102 due by June 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096 Flyer available. WAIT LIST ONLY.

Day Trip August 20. Red Sox Triple A affiliate, **Woo Sox** vs Rochester Red Wings in Worcester, MA. Tentative Date Saturday 8/20/22. Private buffet for our group included. Cost to be determined.

Day Trip August 25. Lobster Luncheon at George's of Galilee and Shopping in Newport. Includes 1.25 lb. lobster at Georges of Galilee Waterfront Seafood Restaurant. \$101 due by July 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available.

Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour. 3 days. Lobster meal included. Nice relaxing sightseeing trip. Cost \$359. Payment due NOW. 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: Chicken Parmesan & Broiled Scrod. Cost \$114, \$10 discount if paid by June 30th. Flyer Available.

Day Trip September 10. Thomaston, Connecticut. **Naugy Scenic Train Ride.** Stop at Fascia's Chocolate Factory. \$120.00. \$10 discount if paid by July 30. Lunch entrée choices: Chicken Marsala, Salmon or Pork Tenderloin at Black Rock Tavern. New Date Saturday, 9/10/22.

Day Trip Sept. The Big E. Free Entertainment at Court of Honor Stage. Date & Cost TBD.

Day Trip September 22. Norman Rockwell Museum & Studio tour with Lunch at Red Lion Inn. Lunch choice: Chicken Pot Pie or Jack's Meatloaf or Fish & chips. \$100 due by August 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available.

Day Trip Late Sept. Wareham, MA. Cranberry Bog Tour. Date & Cost TBD.

Day Trip Oct 4. Octoberfest! The Schnitnel Brothers perform. Self Drive to the Log Cabin. Luncheon and Cost to be determined.

Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame—10 days. \$1,205, \$25 discount if paid by July 2nd. Flyer available. Only a few seats remain.

2023

Multi Day April 24-30. Myrtle Beach Show Trip. 7 days. Cost \$TBD, \$25 discount if paid early.

Multi Day October. Mt. Rushmore & Devils Tower. 11 days. Cost \$TBD, \$25 discount if paid early.

YOU'RE INVITED LAURA WETZLER RETURNS



**Sunday, June 5th at 2pm
Chesterfield Community Center**

**Singer, Songwriter, Guitarist Laura Wetzler
Songs of Resistance, Hope & Love**

**Partly funded by
Highland Valley Elder Services**

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

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Dee Cinner
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Mary Ann Coleman,
Francine Frenier, Gail Lucey



Newsletter Designer:
Kristen Estelle

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

HOME IMPROVEMENT



If you're going to hire a Home Improvement Contractor...

- Make sure they're registered or licensed with the state
888-283-3757 www.mass.gov/consumer;
- Make sure the payment schedule is broken into 3 payments: 1/3rd at the start of the project, 1/3rd in the middle and 1/3rd when the work is complete;
- Make sure the contractor takes out the building permit in their name;
- Make sure you check the contractor's references;
- Make sure you have a written contract;
- Make sure you have a copy of the contractor's insurance;
- Make sure you check to be sure there are no complaints against the contractor.

*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

