

Chesterfield Council on Aging


December 2022 Newsletter



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

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

December Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1 Grab' N' Go Meal 11:30am	2 Smooth Moves 9am Strength for Life 10am Sat. 12/3 10am Telehealth & Zoom
5 Advanced Tai Chi 9:30am Computer Class 2-4pm	6 Chair Yoga 10am Mah-Jongg 1pm	7 Tai Chi 1pm	8 Brown Bag 10am Grab' N' Go Meal 11:30am	9 Smooth Moves 9am Strength for Life 10am
12 Advanced Tai Chi 9:30am Workshop: Android Basics 2-4pm	13 Chair Yoga 10am Mah-Jongg 1pm	14 COA Board Mtg 10am Tai Chi 1pm	15 Grab' N' Go Meal 11:30am	16 Smooth Moves 9am Strength for Life 10am
19 Advanced Tai Chi 9:30am	20 Chair Yoga 10am Mah-Jongg 1pm	21  Holiday Brunch 10am Tai Chi 1pm	22 Grab' N' Go Meal 11:30am	23 Smooth Moves 9am Strength for Life 10am
26 Advanced Tai Chi 9:30am	27 Chair Yoga 10am Mah-Jongg 1pm	28 Tai Chi 1pm	29 Grab' N' Go Meal 11:30am	30 Smooth Moves 9am Strength for Life 10am

Notice:

The Chesterfield Community Center will be open Monday-Thursday 9am-12:30pm

Other appointment times available
Call Jan Gibeau, Director, for more info:
413-296-4007

What's currently happening at the Chesterfield Community Center?

Tai Chi



Tai Chi is a wonderful activity known to increase balance, centeredness within oneself, and an enhanced relationship with the natural world. Supported in part under a grant from HVES, we appreciate donations to enable the COA to compensate our longstanding master instructor, Marty Phinney appropriately. Two Tai Chi classes are available:

- Advanced Tai Chi every Monday from 9:30 -11am
- Basic T'ai Chi classes every Wednesday at 1pm

Chair Yoga

Chair Yoga classes with master yogini Sarah Prince are offered on Tuesday mornings, 10-11 am. Drop-ins welcome from all Hilltown seniors. Supported in part from a grant from HVES, a \$5/ class donation is suggested to round out an appropriate fee for Sarah.

Mah-Jongg

Meets every Tuesday at 1pm.

Smooth Moves

Smooth Moves is a gentle movement class and perfect for folks who have been away from physical activity but want to get moving again! We do some important standing balance work with the support of a chair and the rest of the class is offered seated. This is a combination of strength and flexibility movement. Joan provides balls and resistance bands for use. Participants are encouraged to wear comfortable clothing, footwear and bring along a hand towel and water. Thanks to partial funding from HVES, these classes are now offered through the COA with a per class suggested donation of \$5. If interested, contact Joan at Your Best Health Promotion Services www.bybhealth.com or (413) 537-8337.

Strength for Life

Strength For Life is an essential exercise routine. Joan provides a variety of strength enhancing, balance improving and flexibility movements that enhance your daily living experience. She takes a functional approach to providing you with a total body experience meant to enhance your ability to move about your day! This class is also funded by a grant from Highland Valley Elder Services.

Holiday Brunch

Weds. December 21st
10am

Chesterfield Community Center

Please join us for this free holiday celebration!

www.CreativeCertificates.com



Come inside when the center is open (Monday through Thursday from 9-12:30) and work on a jigsaw puzzle, one piece at a time or more. Let's make it a community effort for fun. Concentrating on putting a puzzle together can help clear your mind.

Seasonal puzzles are available to borrow. Others are available in the library area. Donate your unwanted puzzles in good condition with all the pieces during the month of January. Maximum of 1000 pieces.

Art in 2023 with Lena Garcia

Lena is excited to be offering a variety of art classes and workshops!

- A Taste of Oil Painting Workshop -Winter 2023
- Winter Watercolor Class - Jan 2023 (see below)
- Oil Painting Class - Spring 2023
- Shadow Puppetry Workshop - Spring 2023

Winter Watercolor Class

Thursdays 1-3pm
Jan. 12– March 16 (10 classes)

Come and play with watercolor! Each class will have a demonstration time, and then will dive into a new project. Participants will learn techniques like wet into wet, wet on dry, dry brushing and washes. Geared toward beginners, the goal of the class is to explore this medium and try something new! All new projects. Return students welcomed. People from all communities are welcome to attend.



Partially funded by a grant from HVES. Suggested donation of \$10/ class. Chesterfield Community Center, 400 Main Rd., Chesterfield, MA 01012. Supply list provided upon registration. Register at www.lenagarcia.com

COA Library and New Computer Nook has access to the Broadband internet connection for using computers, iPads, Chromebooks, etc. We also have computers in the room, a Mac and P.C., that you can use to practice your skills in living in the digital world. Come enjoy the library ambiance with comfortable furniture, pictures, new books and puzzles. (Thanks to ongoing donations from an array of seniors and other residents in town.)

Equipment available from COA storage area: wheelchairs, walkers, rollators, shower seats, bathroom seats with arms, commodes, canes, crutches and other medical supplies. We are pleased that Chesterfield seniors have been steadily utilizing/borrowing what they need, and welcome others to do the same. It can help save the costs of purchasing new equipment, which is expensive and steadily increasing. Contact Jan: coa@townofchesterfieldma.com or call 296-4007.

Monthly Breakfast Wednesdays 9am

The guest chefs and several helpers made another tasty breakfast of sausages, scrambled eggs, hash browns, fresh fruit, English muffins and several coffee cakes.



*Cookers and
Helpers:
Louise Spears,
Eileen
McDonough,
Justin West,
Susan Silva,
Fred Drake
and Laura
Dimmler.*

Fred Drake at work

Looks like the word is getting out.
**Come join us for our special
brunch on December 21st.**
Why not bring a friend?



Laura Wetzler brings music to Chesterfield

An audience of 26 came to hear the wonderful music by Laura, her bass player, Wes Brown, and percussionist, Robin Burdulis, as they once again had toes tapping, bodies swaying and lips moving, even singing when invited to join in. During intermission she visited with folks from Chesterfield and several other hilltowns, including Cummington, Williamsburg, Goshen, etc.



James Martin,
Laura Wetzler,
Barbara Bak and
Marilyn Davidson

Chesterfield Church Christmas Bake Sale

The Chesterfield Congregational Church will be having a pre-order holiday bake sale with **pick-up on December 24th from 11am to 4pm. Orders must be placed by December 18th.** Items available are Apple and Pecan Pies, Fancy Orange Cranberry Cakes, Cranberry Upside-Down Coffee Cakes, Banana Sour Cream Walnut Coffee Cakes, Cookie Platters, Cookie Boxes (regular and gluten free), Breakfast Casseroles, and French Sourdough Bread. All proceeds will benefit the Church and should be picked up at the Church on Saturday the 24th. For pricing and placing your order, please call Lynne Scott at 238-4264 or Suzanne Krebs at 268-9475

Woman Tree Leads to Special Remembrance

Sometimes connections we have with each other lead to small but meaningful moments. John Larue, from Chesterfield, contacted the COA asking if we still had a copy of “the woman tree” graphic that had been in the June 2020 newsletter. When we checked our archives, we found it and sent it on. Here’s John’s response:

“Oh my God, you nailed it. This is wonderful, as I had only ever seen it previously in black and white. Thanks so much for this color image. My former wife, and mother of my two daughters, passed away at age 67 on September 30th from a rare form of cancer. There was always a great climbing tree, usually fruit bearing, that my daughters, Yvette Berneker and Kaitlin LaRue, called Mom, at all three houses (2 in Southampton and 1 in Easthampton) we had owned and lived in as they were growing up. I thought of that back in June of 2020, and always meant to share with them. I guess better late than never. I've attached a poem that my oldest daughter wrote for the memorial/burial of her Mom that took place on October 7, 2022:

**Mom was a tree
we used to climb
To hang by our knees
From her branches**

**Arms wide to the sun and sky
She hugged us each time
We returned from the wild world
To tell her our stories**

**Mom could glide on water
And sow the earth with seed
She coaxed but never forced
The growth of waning need**

**She leaves behind a garden
Full of light and dew
A legacy of becoming
Ever again renewed.**

By Yvette Bernecker



Happy Birthday in December!

Gail Judd, Kirke Henshaw, Allan Lamere, Kathleen Brisbois, Mary Bancroft, Kathy O’Neil, Michael Lucey, Michael Kuzmeski, Deborah Curtis, Laura Dimmler, Arthur Smith, Donna Safford, Sharon Imig, Justin West, Richard Blais, Stephen Liimatainen, Mary Guilmette, Judith B. Lyons, Peter Scully, Nancy Papillon, Sarah Donley, Joseph Gazillo, Heather Wright, Mark Klitzke, Mark Puza, Robert Judd Jr, Marguerite Hewes, Marjorie Jasmin, Stephen Strong, Arleen Snape, Mary Leake, Geraldine Rogers, Bonnie Borst, Patricia Roberts, Judith A. Lyon, Gaylon Donovan, Marilyn Davidson, William Coleman, Norman Hathaway, Luther Curtis.



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!

Do you like the exercise classes? Joan Griswold checks it out:

Joan surveyed members of her exercise classes exploring their views on a range of issues but also on where people stood regarding coming to classes on-site, using Zoom or both. Here are a few take aways

To Zoom or not to Zoom?

74% of those responding to the survey are fine with Zoom offerings. At present, in person classes are held on Friday in Chesterfield. The Smooth Moves class is at 9am and is very well attended by a regular group. It is wonderful to have this time, in person, with folks. At 10:15am, Joan offers the Super Strength workout in person and a small group attend this while others use Zoom. 12% report not being a fan of virtual workouts and prefer in person offerings. 27% of these folks indicate they will return to classes when they are offered in person.

What do people like about the programs?

87% share that they feel a good variety is offered in these class offerings while 12% either had no opinion or disagree. 38% report their favorite part of class is the strength workout, 26% express the core work, 23% the stretching and flexibility and nearly 12 % express the cardio. 87% report feeling these classes positively impact their personal strength, mobility and daily function while nearly 12% neither agreed nor disagreed with this personal impact. 90% report preferring the current class time.

Final Note:

More people are welcome! Join up with friends.
Contact Joan for more info: joan@bybhealth.com

**I hate it when people
ask me if I'm ready for
Christmas. No Susan.
I'm not even ready for
today.**

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!

Top Ten for the Twenties

At year's end, we often see review lists, e.g., top 10 movies, most acrimonious lawsuits, and other topics of huge interest. I thought I'd join in and look back at my 8 (eight!) years of Triad notes and find my personal Top Ten suggestions to close out the year and move forward. Here we go!

- * **Check your credit report.** So many reasons, so easy to do. Then freeze the sucker. So many reasons, so easy to do.
- * **Just hang up.** Do not think you can outsmart a telephone scammer who scams for a living!
- * **If you are not sure who is calling** and you answer anyway, do not say "Yes" or make an "uh huh" noise, don't say "Right!" or "Sure!"
- * **If it sounds too good to be true, it likely is.** Bet your folks told you that.
- * **Get serious about the Big Five.** Give yourself a silver star if you can name these, a gold star if you have done them.
- * **Get serious about setting good passwords.**
- * **Keep your Medicare and Social Security cards in a safe place,** not your wallet. You can carry a copy with the last numbers blacked out.
- * **Do the right thing for your brain.** Eat right, exercise, sleep well, control stress, socialize, and keep thinking.
- * **Don't believe everything you read;** consider the source. By the way, there are only 9 items here...

Hee hee hee,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

December's Good News

By Deb Hollingworth

As the days get colder, we will be turning our attention to ways we can reduce our fossil fuel consumption and ways to get help paying for "green" solutions to our soaring utility bills.

For the immediate future, this is to let you know that all our senior centers have the paper application for fuel assistance from Community Action of Pioneer Valley. This is the agency that covers fuel assistance and other "energy efficient" programs for our towns. Calling them on the phone to request fuel assistance could be a challenge, especially for those applying for the first time. If you have received fuel assistance in past years, you will already have been contacted (that started October 1st) but first time applications must wait until November 1st to start the process. As you might guess, right about now, their phone lines are jammed. Last year they took almost 3,000 first time applications and I'm guessing that number might be even more this year. If you are single, and your income is less than \$41,000/ year, you could be eligible. Know that it takes 6-8 weeks to process your application.

Last year Community Action paid out over 14 million in fuel assistance, helping over 14,000 households. Fingers crossed that there will be more Federal money in the pipeline this year. Community Action has other programs you might utilize once you become eligible for fuel assistance. There's an Older Adult Home Modification program to help with hand rails, ramps, grab bars, and a Heat System Repair and Replacement program for aged furnaces that need upgrading or replacement. This program will

also be doing some projects to install heat pump/mini-split systems and solar panels, a weatherization program which helps with insulation, windows, and removal of old knob and tube electrical wiring. All these programs start with a fuel assistance application. So if you haven't applied before, perhaps this year you should? Check it out at your Senior Center.

More help with Fuel Assistance

In addition to the fuel assistance offered by Community Action Corp in Greenfield, the Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels. There is also a fund for equipment repairs should you find yourself in an emergency with failed heating equipment.

Check out: magoodneighbor.org/assistance.html
Income eligibility guidelines for 2022-2023 are as follows based on number in household:

1	\$42,412 - \$56,548
2	\$55,462 - \$73,948
3	\$68,512 - \$91,348
4	\$81,562 - \$108,748
5	\$94,611 - \$126,146
6	\$107,661 - \$143,546
7	\$110,108 - \$146,809
8	\$112,555 - \$150,072

Contact Greenfield Corps: 72 Chapman Street, Greenfield, MA 01301. Phone: (413) 773-3154.

Thank You!



Just a quick note here to thank those of you who have been sending in donations for future funding of the newsletter. We appreciate your support! And this being the season of giving, we hope that we might hear from even more of you as we continue our effort to keep your Newsletter coming to you. Please consider a gift as we approach the end of our tax year. **And THANKS for your support!**



The Regional COA Newsletter benefits from your support!

I would like to contribute to the COA Newsletter. My contribution of \$_____ is attached.

(Please make out your check to "Northern Hilltown Consortium/ Town of Chesterfield" and mail to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)

Name _____ Telephone _____

Address _____

Email _____

Thank you for helping support this vital resource for our seniors!

On the Road Again...



Coming up in 2023

Contact Francine Frenier to reserve your seat **before** mailing any payments to determine availability: 413-296-4291 or fracine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

Multi Day April 23-29, 2023. Myrtle Beach Show Trip. Five shows—Legends in Concert, Carolina Opry Show, The Man of a Thousand Voices, Anthems of Rock and an evening show at the Alabama Theater. There will be a stop at the Airborne and Special Operations Museum in Fayetteville, NC. Includes bus transportation, driver gratuities, all hotels and most meals for \$829. Get a \$25 discount if paid in full by **January 30, 2023**. Contact Francine to reserve your seat.

Day Trip May 18. Beatles Show- Ticket to Ride - A 4- piece band that plays high quality, exacting renditions of songs written by the Beatles spanning their entire decade together. Self-Drive to the Log Cabin. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNSC for \$TBD by **February 1st**, so we can get good seats. Mail to the address above.

Day Trip May 22. Staying Alive- A Tribute to The Bee Gees. Five-course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNSC for \$120 due by **February 1st**, so we can get good seats. Mail to the address above.

Day Trip May 31. Oh What A Night! And Resorts World Casino- An exciting musical revue show from Las Vegas features hits from Franki Valli & The Four Seasons. Luncheon buffet and \$25 bonus slot play at the Casino in the Catskills, NY included. Make payment to FNSC for \$135 due by **February 21st**. Mail to the address above.

Multi Day September 29 through 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, \$25 discount if paid in full by **June 22, 2023**. Contact Francine to reserve your seat.

Multi Day October 2-October 6, 2023. Branson, Missouri- 5 days. Fly from Hartford. Seven shows: Irish Dublin Tenors, The Duttons, CJ Newsom, Pierce Arrow Show, Doug Gabriel and others. Visit the Titanic Museum and enjoy a guided scenic Ozark tour. Cost \$2,599 per person double occupancy. Includes air fare, hotels, 4 breakfasts, 4 dinners, deluxe motor coach while on tour, sightseeing, admission to shows and tour escort. \$500 Deposit by **March 15, 2023**. Contact Francine to reserve your seat.

Workshops for Working the Digital World



Peg Whalen continues to offer free workshops on how to use iPhones, Androids, computers, tablets, internet etc. through December. If you would like to sign up, **contact Peg at 413-296-0314 or pegwhalenworkshops@gmail.com**

Fall 2022 Computer Class Schedule

How to use Telehealth and Zoom

Saturday, December 3, 10-11:30am

Android basics workshop

Monday, December 12, 2-4pm

Computer class participants may bring their own Windows 10/11 laptop to learn on or use one of the four COA computers. All sessions held at the Chesterfield Community Center, 400 Main Rd, Chesterfield, MA 01012.

Technology Tip Announcement

The Northern Hilltowns Consortium of COAs has funding to meet the technology support needs of hilltown older adults. Each town's COA is hosting two hours of technical assistance with technology questions, starting in December. Peg Whalen will be available in your town during one of the weeks in each month. Contact your COA for date, time and location scheduled for December. Beginning in January, watch your monthly newsletter for dates and how to schedule a time slot to get help with your technology questions. Call your COA and get the help you need.



Chesterfield COA

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Jan Gibeau, Director
Lorrie Childs, Data/Financial
Accounting Manager
Kristen Estelle,
Newsletter Designer

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MEDICARE/MEDICAL EQUIPMENT SCAM

WHAT TO LOOK FOR

- You get a call offering to send you a free medical alert system, a free back brace, or other medical equipment.
- The caller tells you they will bill Medicare & send you the equipment for free.
- They just need your Medicare or Social Security number in order to process your order.

Beware of Medicare Phone Scams!

If someone calls you & asks for your Medicare number or other personal information, hang up & call 1-800-MEDICARE.



WHAT TO DO

- Hang up! Don't give out personal information such as your Medicare or Social Security number over the phone.
- Beware of "free" offers.
- Ask your doctor if you think you need a brace or any medical device.

Consumer problem or question? Call 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.

