

# Chesterfield Council on Aging

## November 2023 Newsletter



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

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

### November Classes & Events

#### **Mondays:**

Tai-Chi 9:30am  
Grab and Go 11:30am  
Watercolor Class 1pm

#### **Tuesdays:**

Chair Yoga 10am  
Mahjong 1pm

#### **Wednesdays:**

Tai Chi 1:30pm  
Fiber Friends 5-7pm 4th Wednesday

#### **Thursdays:**

Grab and Go 11:30am  
Blood Pressure Clinic 11:30am, 1st Thurs  
Brown Bag 11:30am, 2<sup>nd</sup> Thurs  
Oil Painting Class 1-3pm

#### **Fridays:**

Smooth Moves 9am  
Strength For Life 10am

# You're Invited!

## History of Indigenous Peoples in Chesterfield



**with Strong Oak Lefebvre**

Founder and Executive Director  
B.E.A.R Circle Intertribal Coalition

**Saturday, November 4th at 2pm**  
**Chesterfield Community Center**

The Chesterfield Cultural Council presents an event with Strong Oak Lefebvre that will highlight the history of indigenous peoples in Chesterfield and the surrounding areas. A decisive event in this history was King Philip's War that resulted in the killing and relocation of the people who had lived here for centuries with land grants to white colonists who fought against them. Strong Oak, a local native person, will provide a program that will include information about the history of first peoples in this area and their continuing presence among us. They will also speak about the Seven Grandfather Teachings, including the one about walking in balance in all of our relationships (with all of Creation).



## A Special Breakfast to HONOR OUR VETERANS



**Wednesday November 15th at 9am  
at the Chesterfield General Store & Café**

The Chesterfield Grange & Council on Aging are teaming up to provide a special breakfast for our veterans catered by the Chesterfield General Store and Café.

**Free – All Welcome  
Please RSVP by November 6th:  
413-296-4007**

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### **HELP WANTED!**

#### **Part Time Administrative Assistant Chesterfield Council on Aging**



Position responsibilities include preparing schedules and documents, organizing events and assistance with office functions. Flexible hours available for 5 hrs/week. Seeking someone with experience in areas of communications, coordinating schedules, and assisting with other office tasks.

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#### **Another full class with Lena: Watercolor and Oil Classes**



Last classes November 16th and 20th.  
Returning in the spring!

## It's a Dog's Life

By Peg Whalen

Born in Tennessee, Jakobi Thomas Henrichsen, age 1½, joined our family in July 2022. While you wouldn't expect to find a profile about someone so young in the COA newsletter, his story is compelling. His nickname is Kobi. He is sweet, joyful, loud, and demanding, and has been a handful from the start.

Kobi is a beautiful caramel and white "mixed breed" dog. He was a stray, running free for over a year in rural TN, caught along with a pregnant female. After capture she delivered fluffy white pups that were unmistakably Great Pyrenees. When we picked him up, I realized my assumption from his photo was wrong. I thought we would be getting a medium size dog. Upon delivery we saw he was big. I'm 5'1". Standing beside me on two legs he is a whole head taller. When jumping, his hind feet lift as high as my shoulder. He has grown to a healthy 80 lbs.

As a Great Pyrenees, a working farm dog, bred to be livestock guardians, his instinct is to warn us ... and he does ... about EVERYTHING. Barking at 95 decibels (we used a smartphone app to measure volume), he tells us, "That leaf moved", "Mail truck, Mail Truck, MAIL TRUCK, FedEx," "I love barking" and my favorite "I don't see anything but I'm sure something's out there".

Over time Kobi has settled into family life. He loves car rides, walks at Look Park, and sitting in our recliners. He loves tricking Shelby out of chew bones, raiding recyclable bins, scavenging people food and taking anything on the counters he can reach. Now we live in a "gated" community, with baby gates between all our rooms.

I was away for two weeks. A text message arrives from my spouse, Bev. "Ok, kids, time for another episode of 'I Hate Dogs Chronicles'. I took them for a ride to Tractor Supply, bought them each a large pork bone. I'm thinking 'this will make them happy' while I run into Big Y. I packed everything in a bag in the car's hatchback, out of Kobi's reach. Arriving home, I opened the back door to find an empty Italian bread wrapper, still twist tied, no bread and a 1" piece of bone. In 12 miles he had eaten a loaf of bread, and both bones. I am too dumb to have a smart, conniving dog."

If only that was the end of his outrageous antics. This event is his most memorable because the result is proving un-cleanable. [Note, no dogs were harmed making the following mess.] Bev got groceries as a last stop - given the bread incident. Again a text message: "I stopped at Auto Zone

and hid the purchase below the front seat, ran in the grocery store and returned home. Upon opening the car door to let the dogs out I discovered a QUART of motor oil, with the cap UNSCREWED (not chewed), dumped on the back seat". Both dogs had lightly oiled muzzles. A frantic Google search indicated motor oil is toxic and occasionally fatal for dogs. They did have tummy aches but everyone survived the mishap. We renamed the Jeep the Exxon Valdez."

We recently adopted two 10 week old kittens. They are the object of much fascination to both dogs. We have them separated behind a large baby gate until they grow bigger. The dogs sit and watch them off and on throughout the day. We call it "streaming the Kitten Channel". There is a lot of nose to nose contact at the gate. We have great hopes for them getting along famously. In the meantime, Shelby lets us know when she thinks they are doing something wrong. And Kobi is right there beside her barking - without any idea what's happening.

We have fallen in love with Kobi. And, his antics continue. Kobi undeniably is the BEST Worst decision we have ever made!

*Kobi, Shelby, two kittens, Peg and Bev live in Chesterfield. Peg works with the COA providing technology assistance to town seniors; Bev is a COA board member.*



*Jack Figgie, Marianne Drake and Heidi Pruzynski relaxing on a bench after the Big E trip. Thanks to the COA for sponsoring 20 free tickets to Chesterfield seniors. A great day was had by all.*

## Central Hampshire Veterans Services

Under Massachusetts law, every town/city is required to have a Veterans Service Officer to assist veterans and their families in accessing state and federal benefits. For Chesterfield (and eleven other surrounding communities), our office, Central Hampshire Veterans Services, fulfills this duty. We understand that navigating benefits and resources you've earned through your (or your family member's) service can sometimes be difficult or confusing. This is where we can assist you. Our services include (but are not limited to):

- Taking applications for state veterans' benefits, including the state's Chapter 115 financial benefits for low income veterans/survivors and annuity program
- Assisting veterans with filing VA Benefits applications/claims
- Coordinating Veteran Property Tax Abatements and Work-offs
- Offering referrals to programs and services for veterans and their dependents
- Helping veterans access employment assistance
- Providing outreach services to veterans to educate on benefits and services
- Coordinating veteran observances (including Memorial Day and Veterans Day).

Our main office is located in Northampton at 240 Main St., Room 4 (Memorial Hall building) and is staffed M-F from 8:30 AM—4:00 PM. We can be reached by calling **413-587-1299** or email us at: [vetadmin@northamptonma.gov](mailto:vetadmin@northamptonma.gov)

—Dan Nye





**Happy Birthday in November!**

Sarah J. Prince, Marilyn Donovan,  
 Steven Kellogg, Kelly Sweeney-Brown,  
 Sean Burns, Robert Laroche,  
 Dawn Liimatainen, Lori Phaneuf-Burns,  
 Edward Kolosewicz,  
 Colleen Wickland, Christopher Landry,  
 Frederick Randall, Therese Brigley,  
 CJ Lamers, Michael McNeight,  
 Roland Lebeau, Michael Leff, Matt Baron,  
 William Gessing, John Cennamo,  
 Harold Laflam, Dennis Pittsinger,  
 Sarah Jeanne Hamilton, Gail Lucey,  
 Nancy Westgate, Robin Bak,  
 Paul Lampron, Joyce Harris,  
 Sally Stites-Robertson, Peter Banister,  
 Robert Aller, William Robertson,  
 Joyce Follet, Francis Breau,  
 Eileen Delano

**Reflections of a Boomer**  
*by Uncle Joe*

I've seen fire and I've seen rain.  
 I've been through the desert on a horse with no name.

I've gone to Kansas City, I sang in the sunshine.  
 I've been on the road again, with Georgia on my mind.

Like a rolling stone, I've given peace a chance.  
 I've put a camel to bed and danced the last dance.

Mr. Tambourine man played a song for me,  
 I've whispered words of wisdom, let it be.

I've fallen into a burning ring of fire and walked the line,  
 To all the girls I've loved before, you were always on my mind.

I've been everywhere, I've been so lonesome I could cry,  
 I've driven my Chevy to the levee when the levee was dry.

I've been to Itchy coo Park in a yellow submarine.  
 I've made the scene in a time machine.

I've done the Hokey Pokey and turned myself around.  
 I've welcomed baby back to the poor side of town.

I've followed the tracks of my tears down a long and winding road.  
 I've kept on searching for a heart of gold.

I've sought shelter from the storm, I've sat on the dock of the bay.  
 I've rocked around the clock, on a sunshiny day.

I've knocked on Heaven's door, while blowing in the wind.  
 Joy to the world, those were the days my friend.



**Happy  
 Thanksgiving!**

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

# Seniors Aware of Fire Education



The big cool down of fall has already started and folks are firing up their wood stoves and fireplaces. Most chimney fires are started by a build up of CREOSOTE in the chimney which can ignite in and through the chimney into the house.

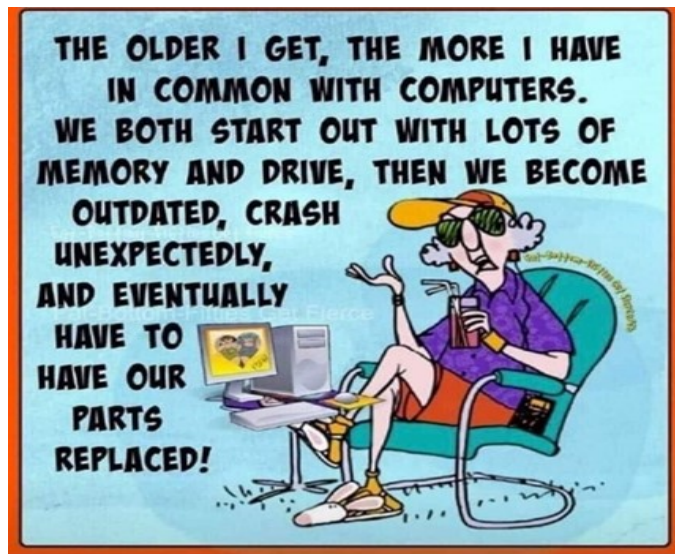
Here are a few tips on how to begin the wood heating season safely:

- Have your chimney inspected and/or cleaned at the beginning of the heating season.
- Burn only dry, well seasoned hardwood to reduce creosote accumulation.
- Do not use flammable liquid to start the fire.
- Make sure the damper is open before starting the fire.
- Always use a fireplace screen to keep flying sparks and embers from falling onto the floor.
- Shovel ashes into a metal bucket with a metal lid, and place it on the ground well outside the building. Ashes and embers can stay hot for days and still ignite combustibles.

Have a SAFE wood heating 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](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

## My Forgetter's getting better but my Remember-er is Broke

Often times I walk into a room, say  
"What am I here for?"  
I wrack my brain, but all in vain  
a zero is my score.  
At times I put something away where it is safe,  
but, Gee!  
The person it is safest from generally is me!

When shopping I may see someone, say "Hi"  
and have a chat,  
Then, when the person walks away I ask myself,  
"Who the heck was that?"

Yes, my forgetter's getting better while my  
remember-er is broke,  
And it's driving me plumb crazy and that isn't  
any joke.

My forgetter's getting better but my  
remember-er is broke, to you that may seem  
funny but to me that is no joke.  
For when I'm "here" I'm wondering if I really  
should be "there," and, when I try to think it  
through, I haven't got a prayer!

## The Book- Part 3. Personal Information

By Jean O' Neil and Deb Hollingworth

Thanksgiving is coming - we should talk stuffing! Well, not the turkey, but your wallet. Part of the process of organizing our paperwork is knowing where to best keep it.

So on to Part 3. We all have a batch of personal documents, some need to be with us at all times, others are needed now and again, others maybe once every several years, if that. Where should these items be kept?

**Wallet.** An appropriately skinny wallet has your driver's license, vaccination records, library card, grocery or gas cards, one or two credit cards, and roadside assistance card. If you have under-age children, you should carry some of their records as well.

**Home.** Safe but available, you might keep your Medicare card, and vehicle title and registration in your home. We also recommend keeping a copy of your will, durable power of attorney, health care proxy, living will, and letter of instruction at home.

**Safety deposit box.** A very secure and protected way to store information is a metal box in your bank's vault. Here can go things that you don't need immediate access to, likely a birth certificate, marriage or divorce papers, social security card, military discharge papers, real estate deed, and passport.

Our local banks have safety deposit boxes that may cost \$40 or more a year, more for a larger box. They give you two keys and keep one; your key plus their key is needed to access the box. If you lose your key, they will have to drill the box open and charge you.

If you don't have a safety deposit box, there are alternatives. You can buy a safe to keep at home in a secure place. Safes come in different qualities and prices based on their size, level of protection from burglary, and resistance to fire.

Another alternative, simplicity itself, is to make a copy of the documents and ask a friend or family member (perhaps the person who has your Power of Attorney?) to store them so they are in a second location. If that location is in a different state, even better, to reduce chances of an emergency hitting you both. This approach at least gives you a start on replacements if needed.

Back to stuffing. Why do we ask you to un-stuff your wallet? Identify theft! If you carry your social security card and your Medicare or health insurance cards and your wallet is stolen or lost, the

information on those cards can help an unscrupulous person highjack your identity. We can hear some of you protesting now – I can't remember those numbers! OK. You can make a copy of the card, cut it to shape, block out the last four characters, and memorize them. Or maybe not bother. Deb says the Medicare card is easily replaced with a phone call, and we note that you shouldn't need the full Medicare number until you go to a new medical provider.

One more thing – if anyone would like a large three-ring notebook, I have two and will be happy to give them a new home. Give me a call. Jean, 268-2228.

Until next time – part four will be on home matters, such as history of home improvements and overall house management. You'll really want to learn about a family heirloom clock...

We DO NOT throw away  
perfectly good food in this  
house.

We put the left overs in  
Tupperware, put the  
Tupperware in the fridge, let it  
go bad, THEN throw it out.

## Haircuts and More at Smith Vocational High School

*Tuesdays & Thursdays*

Manicures, colors, facials, and other hair care options are being offered at Smith Vocational High School on Tuesdays and Thursdays.

The cost is \$5.00 for a haircut. Please call for other prices. The Smith Vocational Cosmetology students provide the services with their teacher alongside.



Simply call 413-587-1414 ext. 3531 for an appointment. The Salon is located in Room 124 of Building A at Smith Vocational High School, 80 Locust St., Northampton. **All are welcome!**

## On the Road Again... 2024 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.

~~COMING IN 2024~~

*Multi Day Trip May 29– June 6, 2024.*

**Nova Scotia, Prince Edward Island & New Brunswick. *Passport required.***  
**Check your expiration date.**

Cost \$1,644 per person dbl. occupancy, \$25 discount if paid in full by **February 20th**. Make payment to Diamond Tours and mail next year to the address above. Wait List Only.

**This 9 day trip includes:** 8 nights lodging including 5 nights in Canada, two night stay in Maine. 15 meals including: 8 breakfasts, 6 dinners, 1 lunch. Guided Tour of Acadia National Park, Halifax, Peggy's Cove & Prince Edward Island

~If you have called in the past and are on the list for this trip, please call or email Francine again to confirm you are still interested.~

~~*Since Lake George and Lake Sunapee were so popular and sold out in 2023, I will run these two trips in 2024.*~~

~~*A trip to Sight and Sound Theater in Pennsylvania Dutch country to see Daniel is in the works.*~~

*Looking for day trip ideas for 2024. Please email Francine at address above.*

The answer is “YES” if.....

1. You have none of the above
2. You have Medicare and are interested in a Medicare supplement
3. Your medical conditions have changed and you expect to need more medical care
4. Your Rx costs are significant
5. You expect to travel, or spend significant time out of State
6. Your doctor is “not in network”
7. You have gotten denials for services
8. You just don't like your current health insurance coverage
9. You're just curious

## RESOURCES

- The SHINE program (also called SHIP program in other States)
- The Pharmacy Outreach Program
- Prescription Advantage (for Massachusetts residents only)
- The MassHealth Buy-in program
- X-tra Help through Social Security
- Health Safety Net

For information on any of the above resources, give your senior center a call to get an appointment with your SHINE counselor.



## What is Open Enrollment?

Open Enrollment happens each year from October 15th through December 7th. It's the time when we can shop for health insurance.

### Do You Need to Shop?

The answer is “NO” if....

1. You have health insurance through your pension retirement benefit
2. You use the VA for medical care
3. You have MassHealth
4. You are still working and have employer's insurance coverage or your spouse is still working and you are covered under your spouse's insurance

## November Tech Talk; It's a Small World

by Peg Whalen

Remember Disney's “It's a Small World After All”. I always loved that song. Well, the world is now singing a new tune, “It's a Digital World After All”. I took some liberties and rewrote the lyrics.

It's a world of tech  
A world of skills  
It's a world to explore  
And a world with thrills  
There's so much to be shared  
That it's time we're aware  
It's digital world after all.

I'd love it if all of us were singing this song. Many of you already do. I encourage more of you to join

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

PRSR STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

Chesterfield COA

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Bev Henrichsen, Vice Chair  
Francine Frenier, Secretary &  
Treasurer  
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*HVES Rep: Jan Gibeau*

*Art Com: Gigi Kaeser, Chair;*

*Dee Cinner*



Jan Gibeau, Director

Lorrie Childs, Data/Financial  
Accounting Manager

Kristen Estelle,  
Newsletter Designer

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*(continued from previous page)* them. We can all benefit from living in this new world. You've lived through party line phone service, rotary dialing, and wireless phones. Now we have handheld computers that make calls, take pictures, send text messages, do email, and offer video calling.

The internet saves us money, time, gas, energy. Telehealth appointments with our health providers, safe online banking to spare us trips to the bank, ordering prescription refills easily, and shopping that saves us driving to stores. We can watch tv for much less than costly cable and satellite services. Working on puzzles is free and easy. The internet opens a world to us where we can read about topics we are interested in, learn just about anything, even work from home.

Using digital technologies lets us reach people we may be unable to see regularly. We can watch young family members living elsewhere grow up. Social media, like Facebook, gives many people a way to lessen loneliness or isolation. Video calls make it possible to share holidays with those we love. We can relieve boredom and enjoy the stimulating competitive exchanges we love by playing games online, like Mah Jong. Visiting people we otherwise would lose contact with is easier when friends move away or when we retire and don't see coworkers we enjoyed working with.

There really is so much to be shared, explored, learned. I encourage you to build your skills in ways you find helpful. Our new Digital Literacy funding provides you with many ways to explore this digital world. You can participate in ways you find interesting and accessible. And we can help, with learning, equipment, broadband, and support. Because, It's a Digital World After All!

**Ongoing Tech Support & Computer Classes with Peg Whalen**

We're offering Drop-In Center Tech Support at the Chesterfield Community Center on the 1st and 3rd Wednesdays of each month. In November, Drop-In is on 11/1 and 11/15 from 10am-3pm. You can stop in or schedule: [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com) or **413-296-5080**. Please call or email for assistance outside Drop-In hours. Free equipment and broadband installation will be available soon, along with training.

Computer classes you can attend at any point are on the 2nd and 4th Thursday of each month. Register before coming: [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com) or **413-296-5080**. Classes are scheduled for 11/9, 12/14, 12/28, 1/11, 1/25, from 1:00 to 3:00. Laptops are provided. You are encouraged to bring your own to learn on. We start with turning a computer on OR you can learn just what you are interested in. Give it a try!