

Chesterfield Council on Aging

September 2023 Newsletter



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

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

Calendar

Rather than including a conventional monthly calendar, this month's issue includes a new layout, "Month At a Glance" with separate sections listing repeating regular exercises, classes and other scheduled events. The goal is to offer more space for special events such as trips, concerts or classes. Your feedback about the change would be very helpful. Please call 296-4007 or email coa@townofchesterfieldma.com

Ongoing Activities:

Mondays:

Tai-Chi 9:30am
Grab and Go 11:30am
COA Board meeting 4th Monday 10am

Tuesdays

Chair Yoga 10am
MahJong 1pm



Wednesdays

Tai Chi 1:30pm
Fiber Friends 7-9pm last Wednesday monthly

Thursdays

Brown Bag 10am 2nd Thursday of month
Grab and Go 11:30am

Fridays

Smooth Moves 9am
Stretch For Life 10:15am

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 and return students encouraged. People from all communities are welcome to attend.

Oil Painting Class

Thursdays from 1-3pm
9 Classes - Sept. 21 - Nov. 16 (no class 9/28)

Suggested Donation of \$10 per class
Chesterfield Community Center
400 Main Street, Chesterfield, MA 01012
Supplies provided
Limited registration: Register at lenagarcia.com

Oil painting has a slow and relaxed tempo which is flexible and very forgiving. Often people avoid this medium, thinking it is really hard to use and too expensive to make the investment. These hurdles can be removed, and participants can explore this medium with guidance and without a large financial investment. Using provided materials, participants will create two paintings of simple still lifes. Demonstrations of sketching still life, color mixing and painting with the oil paints will be given while participants explore all these skills and work on their paintings. The goal for participants is to try something new, and stretch their brains all while having a good time! People from all communities are welcome to attend.

*Funded by a grant from
Highland Valley Elder Services*



September - November: Art Classes:



Art with Lena Garcia

Watercolor Class

Mondays from 1-3pm
9 Classes - Sept. 18- Nov. 20 (no class 10/9)

Suggested Donation of \$10 per class
Chesterfield Community Center
400 Main Street, Chesterfield, MA 01012
Supply List given upon registration

Register at www.lenagarcia.com or call 296-4007

Good Food:

COA Fall Breakfast

Wednesday, September 13th at 9am

FREE

Chesterfield Community Center



To make planning and shopping easier please
RSVP by Sept 8th:
Call **413-296-4007** or
email coa@townofchesterfieldma.com

Good Music:



CONCERT

*Chris Haynes, piano; Fran Curly, Drums;
Charlie Tokarz, sax; Dave Christopolis, bass*

Friday, September 29th at 7pm

Chesterfield Community Center

Funded by a grant from Highland Valley Elder Services

Good Health:

Blood Pressure Clinic is Back

Thursday, September 7th at 11am

Chesterfield Community Center

Thanks to the Hilltown Community Health Center,
the HOPE nurse, Mary Kane, will be available that
day to take your blood pressure.

It's that Time of the Year Again



Flu Clinic

Thursday, September 21st from 10am-12 PM

Chesterfield Community Center
Registration Onsite
More information: Call 413-296-4007

Good Fun:

Small Local Junkets:

Fun places to take our small caravan of cars
to favorite places

Bridge of Flowers: Don't Miss It!



Tuesday, September 12th at 10am

Meet at Chesterfield Community Center
*Note: The Bridge of flowers is scheduled to be
closed from the end of October until 2025 so this
may be a good time to visit*

Fall Foliage Mystery Drive and Lunch

Wednesday, October 11th at 10am



Co-pilots are Mary Jane Miller and Jan Gibeau.
We need both drivers and passengers
for a carpool

Want to join us? Call 413-296-4007 or email
coa@townofchesterfieldma.com

Chesterfield COA Day Trip to the Big E



Cost Includes: round trip bus transportation, gratu-
ities & entrance fee to the Exposition. Free Enter-
tainment at the Court of Honor Stage- check for
start times, The Little Mermen, NYC's premier Dis-

ney Cover Band at 2pm and Banachek's Mind Games. Chesterfield Seniors (age 60 or over) FREE for first 20 to sign up. All others \$18. Scooter or wheelchair assistance available at the entrance for a fee.

Meet the Bus: 8:45 A.M.
COA parking lot, 400 Main Rd, Chesterfield, MA

Bus Leaves: approx. 3:45 P.M. from the Big E
(note earlier departure time)

To reserve your seat, call Francine Frenier:
413-296-4291

Cash or checks payable to FNCS due by
September 6th. Mail to:
Francine Frenier, 11 Stage Rd.
Williamsburg, MA 01096

No Refunds Due To Bargain Price.

The Forest Park Traveling Zoo

Come meet some of the animals of the Forest Park Zoo! A free event open to the public!

Tues. September 5
Thurs. September 14

10am-10:45am

Chesterfield Town Hall
403 Main Rd.
Chesterfield, MA 01012



Brought to you by a grant from
Highland Valley Elder Services.

News Flash!

Isn't it grand to live in Chesterfield and be a senior? The Council on Aging just approved a stipend for seniors who sign up for any of the trips advertised in the newsletter. For calendar year 2024 the stipend will be \$20 per person per trip. This funding is made possible through the generous donations that are received from those attending classes and events held at the Community Center. Thanks to everyone as this helps our seniors to socialize more, reduce isolation, see and do different things. Keep checking the trip section of the newsletter as trips are added.

*To see more information
about upcoming trips check
the regional section.



Reading with Sarah

You Are Here, by Karin Lin-Greenberg has nearly all the qualifications that keep me coming back to read novels: beautifully realized characters that you recognize for their humanity, an engaging tension that serves in place of a regular plot, life transitions-adoption, birth, death, complicated marriages, school years and their terrors, work successes and failures, hopes, fears and dreams.

All are told with tenderness and clarity through the eyes of diverse residents of upstate NY ranging in age from 9 to 90. The storyline consists of people whose paths cross at the local mall going about their mundane lives with the imminent threat of the mall's closing. We older adults have witnessed the trajectory of economic and social changes that drive the demise of malls.

More of the story is told through the thoughts and flashbacks of the characters than in dialogue. You really come to know them and care about them. You experience their point of view and understand and forgive their biases and less healthy choices because Lin-Greenberg has you feeling from within their skin. The play on words of the title works on more than one level.

If you have read my past reviews, you know I like to travel the country and globe as well as back through time while reading fiction. This one is set sort of in our backyard and our era but I found its emotional impact universal. Be ready for laughter and tears.

~Sarah Prince

Fall Prevention Awareness Day September 22nd

Fall Prevention Awareness is a campaign to raise awareness of changes that can be made to keep seniors safer.

Fall Statistics:

- Falls can lead to depression, mobility problems, and loss of independence.
- Risk of falling is higher for women than men.
- Two-thirds of those who fall will do so again within 6 months.
- Approximately 9,500 deaths per year are associated with a fall.
- 1 out of every 200 falls for people 65+ results in a hip fracture.
- One fourth of seniors who fracture their hip in a fall will die within 6 months after falling.

Take Action: 6 Steps to Prevent a Fall

- Find a good balance and exercise program to build balance, strength and flexibility. Contact your local senior center. Find a program you like and take a friend.
- Talk to your health care provider. Ask for an assessment of your risk of falling. Share your history of recent falls.
- Regularly review your medications with your doctor or pharmacist. Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
- Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
- Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, install grab bars in key areas.

Happy Birthday in September!

Gordon Beebe, Jennifer Peotter, Diane Cennamo,
Lori Hathaway, Diane Douville, Susan Jarrett,
Henry Snape Jr., Cynthia Squier-Klein,
Dawn Bisbee, Emily Holmberg, Sharon Dunfield,
Michael McKneight, Roland Lebeau,
Sharon Whitmore, Julia Freedgood,
Wendy Emerson-Sysko, David Vilbon,
Mary Anne Severance-Rys, Winthrop Stone Jr.,
Linda Baranowski, Roger Fuller, George Dastous,
Francine Frenier, Marianne Ryan,
Denise Meyers Leduc, Anne Schnepf,
Marianne Drake, George Hinton, Roslyn Malkin,
June Carter, Thomas Donnelly, Daniel Kirouac,
John Lynch, Mark Castro, Daniel Burrows,
Stephen Vaznis, Paul Sarafin, William Blanchard,
John Cherry III, Thomas Hinton, Janet Mathison,
Jean Weller



- Talk to your family members. Enlist their support in taking simple steps to stay safe. Falls are not just a senior issue.

NCOA, National Council on Aging
To learn more, visit ncoa.org/FallsPrevention



The Chesterfield Council on Aging benefits from your support for our programs for Chesterfield seniors!

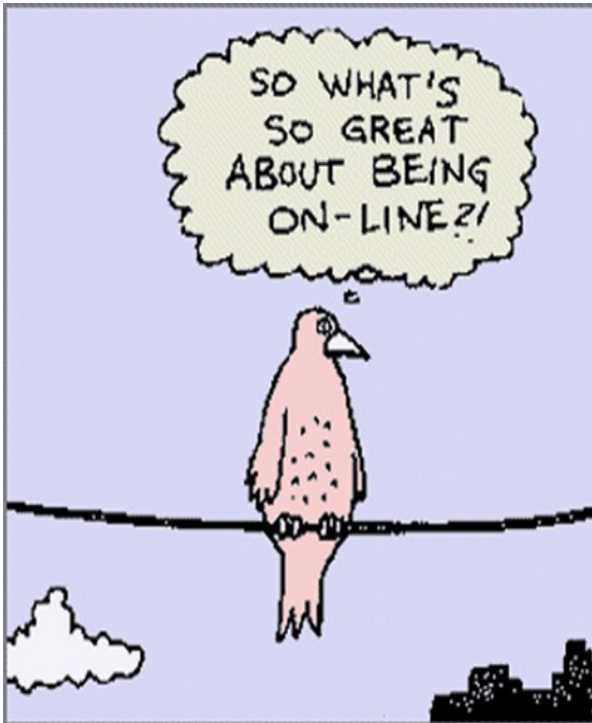
I would like to contribute to the Chesterfield COA. My contribution of \$_____ is attached.

(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 _____



Good News for Northern Hilltown Seniors!

The seven Northern Hilltowns COAs were awarded nearly \$300,000 over 18 months to increase rural digital literacy and internet access for each of seven towns (Goshen, Williamsburg, Chesterfield, Westhampton, Plainfield, Cummington and Worthington) between September 2023 and January 2025. The funding was secured using the information from the survey we collected early in 2023. The project has four goals: give Whip City or Comcast internet service to those households without; give people laptop/tablet devices to connect to our digital world; train folks to use their new or current devices; offer technical support either in face-to-face appointments, by phone, at drop-in center, through classes, workshops, Zoom, and videos on the Northern Hilltowns Consortium of Councils on Aging website, www.northernhilltownscoas.org

We also are **seeking volunteers** for many tasks and a few paid staff to help meet digital needs in our towns. Watch for regular updates, volunteer opportunities, hiring announcements, and schedules for tech support and training. We will be kicking off the grant with a Digital Fair this fall. See www.northernhilltownscoas.org for exact dates and locations or look for flyers and lawn signs. We are excited to offer new digital resources and services and hope you will participate actively.

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!

Ongoing Computer/Laptop Classes starting in October

Classes held on second and fourth Thursdays from 1-3pm in the Chesterfield Community Center.

Learn more about using a computer or laptop! You don't need to own or bring a computer/laptop. Geared toward everyone, from those interested but know nothing, to beginners, to people comfortable with basics but wanting to learn more specific skills, and intermediate users. The goal of the class is to explore computers, internet, or learn something new! Participants can learn everything from turning on a computer, basic terms, how to make, find, reorganize files, get on the internet, and programs you want to get proficient using. People from all communities are welcome to attend. **Registration requested but not required by calling 296-5080 or emailing pegwhalenworkshops@gmail.com** or just stop in. Come on October 12 to the first class! See what it's about, 1-3pm at the Chesterfield Community Center. Classes scheduled for 10/12, 10/26, 11/9, 12/7, 1/4, 1/18.

Tech support hours for Sept., Oct., Nov.

Drop-in center open Wednesdays, 10am-3pm, first and third weeks of each month, at Chesterfield Community Center. Just stop by or pre-schedule a time slot online at:

northernhilltownscoas.org/p/86/Sign-up-for-technology-help

Starting 9/6, 9/20, 10/5, 10/4



The Book! Part 1. First Priority, Emergency

By Jean O' Neil and Deb Hollingworth

The Problem. So, are we all drowning in paperwork? Do we have piles of Probably Important Papers around? Are there some actually important papers that we can't put our hands on? If, heaven forbid, someone had to come in and deal with our paperwork life, would they want to just run away? We are guessing at least some of these questions have some truth in their answers.

The Solution. We plan on suggesting some ways to tame the paper beast. If you use the ideas that we are going to share for the next several months, you should be able to get your paper life in order. We have broken the whole enchilada into bite-sized, doable pieces.

The Benefits. Why would you want to tackle this? What if getting your paperwork organized could save you money, or be critical to your well-being in an emergency, or help your family take care of things if you can't?

We will be writing for three scenarios. One, there is a sudden death or incapacity. Two, there is a prolonged illness. (In both cases, others will have to step in to keep things going). Three, there is a desire to just get organized and not fret. We've all heard of the benefits of decluttering...

FIRST PRIORITY. Let's start with information that is needed in an emergency. Say you have a 911 event and the EMTs are here to take you or a loved one to the hospital. If you have a red packet of File of Life on your refrigerator and have kept the paper inside current, you have helped yourself a great deal. Our Senior Centers can get you a File of Life magnet.



Even without that magnet, you can write out the relevant information and carry it in your wallet and give a copy to a trusted friend or family member.

That includes:

- Your name, birthdate, address, and phone numbers
- Health insurance provider
- A list of medicines, allergies, any recent medical events
- Chronic medical conditions such as heart disease or diabetes
- The name and number of your primary care doctor
- Contacts to tell about your situation, who to call first, who to call as backup
- Contact information for your Durable Power of Attorney and Health Care Proxy (see June and July 2022 newsletters)
- Location of your critical information binder or folders (see next newsletter!)

Other priority information may include:

- Location of your house and car keys
- Codes for a security system or lock box, for the garage door
- Passwords for computer systems
- Pet care (name of caretaker, food and medicine instructions, name of vet)

You will have to decide where to keep this information as some of it is sensitive. It should be made available to those who need it but kept secure against access by others.

The next chapter, if you want to get a head start, will be on Assets and Liabilities, which can include an inventory of assets, and listing of financial obligations like mortgages, credit cards, loans, and monthly household overhead/bills.

**When we're young,
we sneak out of our
house to go to
parties.**

**When we're old, we
sneak out of parties
to go home.**



On the Road Again... 2023 Trips



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

*Day Trip September 22. **The Big E**, an annual favorite, with free entertainment at Honor Court Stage. **Cost is FREE to the first 20 Chesterfield Seniors and all others \$18**. Make your check payable to FNCS and mail to the address above. NO REFUNDS due to bargain price.*

*Day Trip October 9. **Lake George Cruise** - Take a 2.5 hour luncheon cruise through the vistas of Lake George. A Captain's Luncheon Buffet will be served on board. Special pricing for Worthington Seniors \$75, for all other seniors the cost is \$125. Make your check out to Landmark Tours and mail to Worthington COA, PO Box 7, Worthington, MA 01098 by September 5th. Two pick up locations-- Worthington and Northampton. A similar trip sold out recently, so reserve early. For further information contact Phyllis Dassatti at 413-238-5962.*

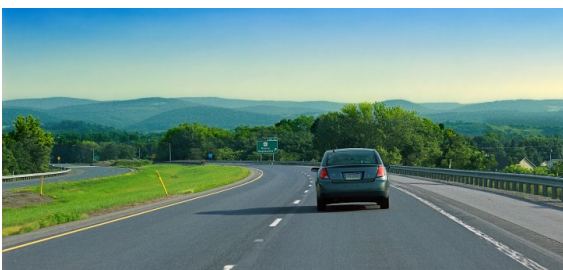
*Day Trip November 4. **Elvis- A Musical Revolution- North Shore Theater**. An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make \$259 payment to First Choice **NOW**. Mail to the address above. A few seats remain.*

~~COMING IN 2024~~

*Multi Day Trip May 2024. **Nova Scotia, Prince Edward Island & New Brunswick. Passport required.** Cost TBD per person dbl. occupancy. **This 9 day trip includes:** 8 nights lodging including 5 nights in Canada, one night stay in Maine coming and going. 14 meals including: 8 breakfasts and 6 dinners. Guided Tour of Acadia National Park, Guided Tour of Halifax, Peggy's Cove & Lunenburg.*

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

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



Northern Hilltowns Consortium of COAs presents:

Another Conversation About Memory Thursday, September 28th

Chesterfield Community Center, 400 Main Rd.
Chesterfield, MA 01012



Program:

- 10:00 **Check in & Coffee**
- 10:30 **Welcome and Program Overview**
Jan Gibeau, R.N. PhD. Director,
Chesterfield Council on Aging
- 11:00 **Understanding Memory Impairments**
Dr Rebecca Starr, MD, AGSF, Medical
Director, Geriatrics, Cooley Dickinson
Healthcare
Sharon Asher, RN, BSN, MBA,
Program Director Pioneer Valley
Memory Care Initiative
- How does memory work?
What is normal for memory in older
adults?
Types and range of memory changes
Evaluation and treatment of memory
impairments
Getting help: resources available
Pioneer Valley Memory Care Initiative*
- 12:00 **Tools and Tips for improving your memory**
- 12:30 **Lunch**
- 1:30 **Impact of memory impairments on
personal and family Life**
Deb Hollingworth, LCSW, Regional
Connections Facilitator
- Adjusting to the impact of learning about
your diagnosis
What it's like to be a caregiver or being the
one who needs help
Common challenges for both care
recipients and caregivers
How to talk with someone with memory
impairments*
- 2:30 **Closing remarks: What's Next?**

Lunch and refreshments will be provided

RSVP BY SEPTEMBER 21st:

coa@townofchesterfieldma.com or
413-296-4007



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

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

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Dee Cinner



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

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Fall / Winter Clothing Exchange

Saturday, September 30th, 9-3pm

Goshen Congregational Church
45 Main St., Goshen



Keep your family warm without spending a cent!
Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/27 from 6-8pm or Friday 9/29 from 9am-3pm, then come back to shop on Sat. the 30th from 9am-3pm! All are invited to participate whether you donate clothes or not.

WHY ENGLISH IS HARD TO LEARN

We'll begin with *box*; the plural is *boxes*,
But the plural of *ox* is *oxen*, not *oxes*.
One fowl is a *goose*, and two are called *geese*,
Yet the plural of *moose* is never called *meese*.

You may find a lone *mouse* or a house full of *mice*;
But the plural of *house* is *houses*, not *hice*.
The plural of *man* is always *men*,
But the plural of *pan* is never *pen*.

If I speak of a *foot*, and you show me two *feet*,
And I give you a *book*, would a pair be a *beek*?
If one is a *tooth* and a whole set are *teeth*,
Why shouldn't two *booths* be called *beeth*?

If the singular's *this* and the plural is *these*,
Should the plural of *kiss* be ever called *keese*?

We speak of a *brother* and also of *brethren*,
But though we say *mother*, we never say *methren*.
Then the masculine pronouns are *he*, *his*, and *him*;
But imagine the feminine . . . *she*, *shis*, and *shim*!

- ANONYMOUS
via LoveThisPic.com