

# Chesterfield Council on Aging

## February 2023 Newsletter



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

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

### February Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		<b>1</b> <b>Consortium Mtg.</b> 10am  <b>Tai Chi</b> 1:30pm	<b>2</b> <b>Grab' N' Go Meal</b> 11:30am	<b>3</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am  <b>Peg Whalen</b> <b>Tech Talk</b> 1-3pm
<b>6</b> <b>Advanced Tai Chi</b> 9:30am  <b>Art Class</b> 1pm  <b>Pitch</b> 1-3pm	<b>7</b> <b>Chair Yoga</b> 10am  <b>Mah-Jongg</b> 1pm	<b>8</b> <b>Monthly Breakfast</b> 9am  <b>A Taste of Oil</b> <b>Painting</b> 10:30-12:30  <b>Tai Chi</b> 1:30pm	<b>9</b> <b>Brown Bag</b> 10am  <b>Grab' N' Go Meal</b> 11:30am  <b>Family Game Night</b> 6:30-8:30pm	<b>10</b> <b>Smooth Moves</b> 9am  <b>Strength for Life</b> 10am
<b>13</b> ..... Sun. 2/12 <b>Matt York</b> <b>Concert</b> ..... <b>Advanced Tai Chi</b> 9:30am  <b>Art Class</b> 1pm <b>Pitch</b> 1-3pm	<b>14</b> <b>Chair Yoga</b> 10am  <b>Mah-Jongg</b> 1pm	<b>15</b>  <b>Tai Chi</b> 1:30pm	<b>16</b> <b>Grab' N' Go Meal</b> 11:30am	<b>17</b> <b>Smooth Moves</b> 9am  <b>Strength for Life</b> 10am
<b>20</b> <b>Advanced Tai Chi</b> 9:30am  <b>Art Class</b> 1pm  <b>Pitch</b> 1-3pm	<b>21</b> <b>Chair Yoga</b> 10am  <b>Mah-Jongg</b> 1pm	<b>22</b>  <b>Tai Chi</b> 1:30pm	<b>23</b> <b>Grab' N' Go Meal</b> 11:30am	<b>24</b> <b>Smooth Moves</b> 9am  <b>Strength for Life</b> 10am
<b>27</b> <b>Advanced Tai Chi</b> 9:30am  <b>Art Class</b> 1pm  <b>Pitch</b> 1-3pm	<b>28</b> <b>Chair Yoga</b> 10am  <b>Mah-Jongg</b> 1pm			

## Free Monthly Tech Support Coming!

Friday, February 3rd 1-3pm

On the first Friday of each month, technical support with computers and technology will be available at the Community Center. Peg Whalen will provide assistance with questions about technology devices and their use, including smartphones, mobile phones, iPads, tablets, ePhoto frames, smart TVs, printing, laptops, internet and many apps and software programs. She will be located in the new computer Nook we have created. If you don't have a computer, we have several desktops on site and one Apple laptop. If you would like to schedule some time, **call or text Peg at 413-404-4566 or email [nhillcoastech@gmail.com](mailto:nhillcoastech@gmail.com)** in advance to schedule enough time for help with your specific needs.

## A Taste of Oil Painting Workshop

with Lena Garcia

Wednesday, February 8 10:30am-12:30pm

Explore Oil Painting and see if this is a medium for you! I know I can be intimidated by a new art medium; where do I begin? How do I use it? Come experience this fascinating medium in a calm and supportive atmosphere. Oil painting has a slow and relaxed tempo. It is flexible and very forgiving. Using provided materials, participants will make a painting of a simple still life. Demonstrations on sketching your still life, mixing your paints, and painting with the oil paints will be given while participants try out all these skills and work on their monochromatic or black and white painting. Try something new and stretch your brain all while having a good time!



Coming soon: Lena's classes for the spring!

### Oil Painting Class

Mondays, April 3 - June 12th 1pm-3pm  
(no class 5/29)  
10 classes total

### Shadow Puppetry Workshop

Saturday, May 20th 10am-12pm  
Multigenerational event for anyone who can use an exacto knife (10yrs and up).

Registration for all at [www.lenagarcia.com](http://www.lenagarcia.com) or  
call: 425-977-5120

All events at the Chesterfield Community Center.  
Sponsored by the Chesterfield COA and partially  
funded by Highland Valley Elder Services.

## More Fun Downstairs at the Community Center: New Nook available

We have now rearranged rooms downstairs and what was once a conference room is now a Nook that has computers and a printer to use when needed. Individual and small group tech coaching sessions will also be scheduled with Peg Whalen (see article to the left).

A puzzle is always in the Library and anyone who would like to work on it is welcome! It's also has a rack that can be moved to the Nook if a small group would like to work on one of the many puzzles we have.



If you have cats you might like to see how it could cut down on their own "game" of spreading pieces everywhere in your home when you're not looking.

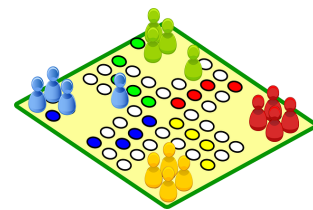
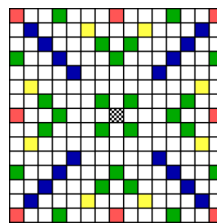
## Second Thursday Family Game Night

February 9th & March 9th

Chesterfield Community Center

Come play cards, dominos and other games or bring your favorite new one! Puzzles are also available. For questions or more information, call 296-9201.

*\*Because we are meeting during flu season masks are optional but encouraged.*

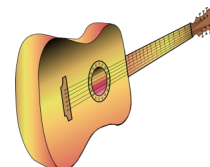


## Matt York Concert

Sunday, February 12th from 2-4pm

Chesterfield Community Center

Like Johnny Cash? Matt York will be singing his songs, telling good stories and bringing back good memories! Please join us. *Funded by the Chesterfield Cultural Council.*



## GAME ON!

### Playing Pitch In the Nook Mondays 1-3pm



Weekly Game  
Chesterfield Comm. Ctr.

Interested? Just Come!  
Questions? Call 296-4007

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### Notes from Nan Clark

I love true stories—to read or to write. Happy ones, sad ones, shocking ones, amazing ones. Often I share stories of my family or animals. Here's one about me that you will not let me forget!

Shortly before the holidays I found in my bathroom sink a tiny bug—no, not a bug, a fly. Yes they do seem to come out of the woodwork sometimes in winter. But this one was just a baby. For some reason I decided not to swat him/her but watch it grow. It was smaller than my pinkie fingernail. I knew it was not a fruit fly because there was no fruit in my bathroom. It was just a baby house fly. My Tortie cat, Spice Girl, did try to catch it on occasion but it was faster than her paw.

For a few days I watched my new pet baby fly for signs of growth. Nothing changed. I began to wonder what she/he was living on and it was strange that he/she never left the bathroom, the sink, the tub, the walls, the window. Then one morning there were two of them! Still tiny and exactly the same. Are they siblings? Or are they mates and multiplying? OOPS! Whichever, I decided it was time to do some research.

Good old google. I searched for teeny, tiny flies and guess what I found: there are such things in our houses. They are called drain flies! They live and breed in our house drains. There are many different kinds and mine is called *Psychoda Cinerea*. It's really cute. They do not bite or sting but can be a nuisance. There are several ways to get rid of them and I chose the easiest and cheapest: salt, baking soda, vinegar and boiling water. I scrubbed the drains first with a long brush. Even did the kitchen drains. So feel free to check this out on google.

My "pet" flies are gone but I am still laughing at myself. So you can laugh with/at me, too. Happy New Year!

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### Closing the Digital Divide: Reminder

In early January a COA questionnaire about aging and technology was mailed to everyone in town age 60 and over. Even if you do not use technology

there are relevant questions for you. If you have not returned it, please complete it and send it back **by Feb.15th** or as close to that date as possible. The information is important to the COA in arranging for future technology support and education. The questions also may be answered online at <https://tinyurl.com/3pkwfxk7> Thank you to those who already have participated and returned your questionnaire. Please encourage your friends and neighbors to participate as well.

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### Chesterfield Historical Commission Corner

#### Recognize this man?



#### Looking back to honor and remember a Western MA Voice for Rural Hilltowns

#### From 1983: Rural Leadership

Ask any Hilltown official what his job is like and most likely you will be told: "the budgets are getting smaller, but the problems are getting bigger." While many opportunities exist in urban areas for leaders to gain skills, rural areas generally have experienced a decline in participation in community affairs because the pressures and expectations have increased among the communities' part-time volunteers. And as the governing of towns becomes increasingly complex, the leadership skills in rural areas become more important.

**Stephen Kulik**, who this year joined the Worthington Board of Selectmen, and Julie Vukovich of Chesterfield, the president of the Hilltown Community Development Corp., share a commitment to preserving the rural quality of life in the Hilltowns by trying to improve their own leadership skills. For a year now, the two have participated in the New England Rural Leadership program. The program is sponsored under the auspices of the extension services in the six New England states and is financed with a \$752,000 grant from the W.K. Kellogg Foundation of Battle Creek, MI. Ms. Vukovich and Mr. Kulik are among 13 Massachusetts participants and among 90 New Englanders taking part in the first of the two-year programs. During the two years, the participants attend 10 weekend workshops held throughout the six states. The first year concentrated on local and

regional issues and during the next year the focus will be on placing issues in a national context. Ms. Vukovich, 35, of Main Road, has been the president of the development group for two years. She is also the chair of the Chesterfield Conservation Commission and was the chair of the Westfield River Bylaw Protection Committee, which successfully obtained the town's support for the conservation protection of the Pork Barrel section of the river.

"I feel more secure in what I'm doing since I began participating in the program," Ms. Vukovich stated. "After meeting other people, I realized the same frustrations keep coming up. The program has inspired me to keep plugging along." For Ms. Vukovich, the regional approach is critical. "We can't be isolationists. We have to be able to deal with people in state government while we keep our own character," she said. So many people don't realize that they have a greater potential for affecting their own local government in a rural community than anywhere in the United States."

Kulik, 32, of Thayer Hill Road, was elected a selectman May 7. He had served on his town's planning board, and was the town's energy coordinator and civil defense director. He has also been a trustee of the Worthington Library and a member of the board of the development corporation. Kulik recently became the regional director of the state Offices of Energy Resources. He and his wife Suzanne have a 10-month-old son, Samuel.

"I've picked up skills that I've already used in my first few weeks as selectmen. The training has helped me understand the process of problem-solving" Kulik said. He sees the opportunity for citizen participation in local government as an obligation. "If you derive something from your community, you have an obligation to give something back," he said.

*From the Daily Hampshire Gazette. Article and B&W photo by Sandra Doucette, 9/20/83. Reprinted with permission from the Daily Hampshire Gazette.*

**Man For All Seasons:  
From Selectman in Worthington, 1983 to  
State Representative until 2018**



Steve Kulik received the Lifetime Achievement Award at the 2021 Chesterfield Fourth of July Parade. *Left to right: Russ Peotter, Leslie Kellogg, Trish Colson-Montgomery, Roger Fuller, Steve, Carol Jolly.* **Steve was a major and beloved force in bringing the voices of Western MA to "the hill" in Boston. He shall be forever missed.**

**Happy Birthday in February!**

Frank Bisbee, Cassandra Burgess, Thomas Lemire, Jennifer Hakkarainen, Craig Pittsinger, Karen Laroche, James Lawson, Nathan Clark, Judith Leblanc, John Steins, Robert Scott, Paula Valencik, David Pruzynski, Eleanor Smith, Margaret McWherter, John Chandler, Jeffrey Frechette, Peter Turomsha, Sylvia Shea Lapinski, Conrad Rosinski, Ernest Lyon, Cynthia Berube, Linda Urban-Lyon, James Dilts, Johanna Adams, Richard O'Connor, Sherill Redmon, Marian Baranowski, Elizabeth Smith, Sandra Renaker, Nancy Recos, Arthur Press, Louise Berniche, Bernard Greene.



***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!***

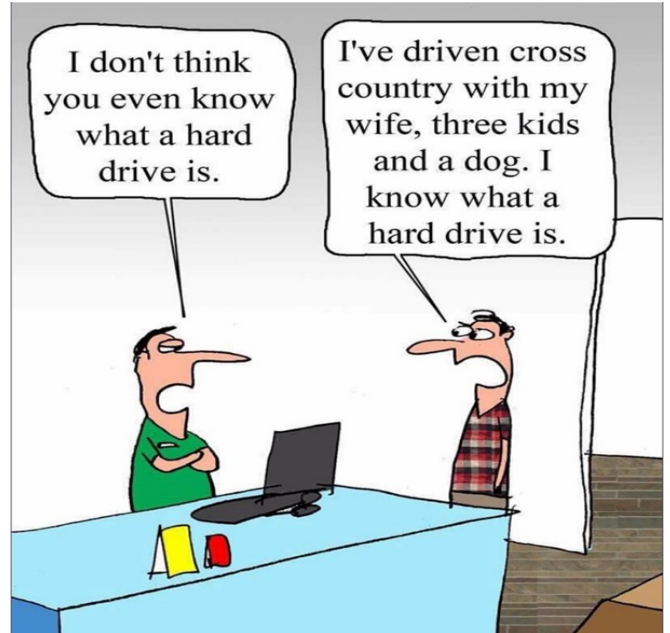
# Out and About this Winter



[www.clarkart.edu](http://www.clarkart.edu)  
**413-458-2303**

**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!



## Tiny footprints

As soon as a child is born and their photo is posted online, they have a digital footprint. While we enjoy seeing a new baby's smiling face or a toddler smelling a flower, their digital footprint can be hacked. That is just the very sad story of how our technology today can be misused. A scammer can set up a fake identity, therefore messing up the child's future finances before they are even earning any money. A baby's digital image can be altered and used in pornography.

A recent article in the Washington Post was sobering. They projected over 7 million cases of identity fraud by 2030, costing victims more than \$900 million. It is believed that over half the porn images online in one country were photoshopped from social media. This is from a book by Leah Plunkett Sharenthood: *Why We Should Think Before We Talk About Our Kids Online*.

So what should parents and other family members do?

1. Be CAREFUL when posting online even if you think you are safe. Do not post full names, birthdays, ages, or specific locations.
2. Set up privacy settings on your social media. See this page- [www.nytimes.com/wirecutter/guides/online-security-social-media-privacy/](http://www.nytimes.com/wirecutter/guides/online-security-social-media-privacy/) Even setting privacy controls is no guarantee the child is safe. The controls can be complicated and change, and even if a crook can't download an image, they can take a new photo of what was posted and photoshop it.
3. Take another look at passwords. Many times people use birthplace, school name, favorite pet, etc. in a password. These are things commonly written about in a post; 3 or 4 pieces of information may be all that is needed by the hacker to steal an identity.

In all seriousness,  
 Jean O'Neil  
 TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## February's Good News

By Deb Hollingworth

It's that time of year again when we are gathering what we need to file our tax returns, and I received a request for information on the Circuit Breaker which I wrote about last March. This year's potential Circuit Breaker rebate may be even bigger than previous years, so this is the time to look into it and see if you might qualify.

### Circuit Breaker Fact Sheet

"You may get a cash refund on your State income taxes."

The Massachusetts Circuit Breaker Income Tax Credit for Homeowners age 65 and older is a program for those seniors whose property taxes and half of the water/sewer bills equal more than 10% of their annual gross income. You can get this refundable tax credit even if you do not owe State income taxes. You can file a tax return even if you do not have taxable income.

Last year the maximum refund was \$1,162, but Governor Baker has recommended in his 2023 budget that this be increased to a maximum of \$2400.

**If you have not filed/applied for the Circuit Breaker before, this is the year to do it!**

You are eligible if:

- ⇒ you are 65 or older
- ⇒ own your home
- ⇒ are current with your property taxes
- ⇒ and if your property taxes are more than 10% of your income
- ⇒ your income needs to be less than \$62,000 single, or \$93,000 married filing a joint income tax return
- ⇒ and if your home is assessed at less than \$884,000

## You apply by:

- ⇒ filing a Massachusetts Income Tax return
- ⇒ and including a schedule CB
- ⇒ you must supply copy of your property tax bill
- ⇒ also your water/sewer bill if you have one
- ⇒ and provide income verification

## February Tech Talk by Peg Whalen

The holidays can bring technology, often wanted and sometimes unexpected gifts of technology devices. Family and friends can be excited to share their love of technology by gifting us ePhoto Frames, new and previously owned iPads, smartphones, laptops, kindles, and other devices we may be reluctant to use. If you are someone that received a device you have little interest in or limited understanding about using, there is help.

From February through June 2023, and perhaps beyond, each COA in the northern hilltowns has scheduled a recurring week and day each month for in-town technical support. I will be offering individual time for interested people to come, free of charge, and begin getting the assistance, guidance, and reassurance to get started or learn more in a way that is understandable and effective. If learning one-one-one is your preferred way to increase your understanding about technology, sign up for a time slot in your own or a neighboring town. Walk-ins may or may not be accommodated so call or email ahead to ensure you get the time you need. **Contact Peg Whalen: 413-404-4566 or [nhillcoatech@gmail.com](mailto:nhillcoatech@gmail.com).**



### ***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... 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 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. Arrive 11:15am. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNCS for **\$78** which is due NOW so we can get good seats. Mail to the address above. **PLEASE NOTE CORRECT PRICING.** It was previously listed as \$120.

*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 FNCS for \$120 due NOW, so we can get good seats. Mail to the address above.

*Day Trip July 20. Lake George Cruise-* Take a 2 1/2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. A stop at the Lake George Outlets. Make payment to Landmark Tours for \$TBD due **April 21st**. Mail to the address above.

*Day Trip August 10 Garden in the Woods-* This trip includes a walking guided tour of the Garden in the Woods in Framingham followed by a luncheon at the Longfellow's Wayside Inn. Entrée choices are Roast Prime Rib of Beef or Baked Atlantic Salmon. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$122 due **June 10th**. Mail to the address above.

*Day Trip September. BIG E.* A YEARLY favorite. Make payment to FNCS for \$TBD by **August 1st**. Mail to the address above.

*Multi Day September 29-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 motorcoach while on tour, sightseeing, admission to shows and tour escort. \$500 deposit by **March 15, 2023**. Contact Francine to reserve your seat.

*Day Trip November. Elvis The Musical- North Shore Theater.* An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Make payment to First Choice for \$TBD by **July 21st**. Mail to the address above.



LENA  
GARCIA

Playing with Art! Give it a try!

### A Taste of Oil Painting Workshop

**Wednesday, February 8th 10:30am-12:30pm**

Explore Oil Painting and see if this is a medium for you! I know I can be intimidated by a new art medium; where do I begin? How do I use it? Come experience this fascinating medium in a calm and supportive atmosphere. Oil painting has a slow and relaxed tempo. It is flexible and very forgiving. Using provided materials, participants will make a painting of a simple still life. Demonstrations on sketching your still life, mixing your paints, and painting with the oil paints will be given while participants try out all these skills and work on their monochromatic or black and white painting. Try something new, stretch your brain all while having a good time!



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(no class 5/29)

More details coming soon!

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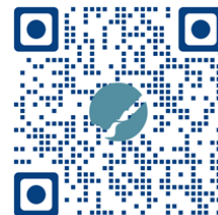
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Multigenerational event for anyone who can use an exacto knife (10yrs and up)

More details coming soon!

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or call: **425-977-5120**

*All events at the Chesterfield Community Center.  
Sponsored by the Chesterfield COA and partially funded by Highland Valley Elder Services.*



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

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

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

# SCAM ALERT!



## Watch out for Computer Virus Scams!

*You might get a call, email, or a message  
that appears on your screen.  
It says there's a problem with your computer  
& they can help you fix it.*

- Just hang up or delete the message.
- Don't click on links in an email.
- Don't call the telephone number on the screen.
- Never give someone control of your computer.
- Don't share passwords or log-ins.
- Keep your computer, tablet, & mobile phone security programs up to date.

*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**

