

# Chesterfield Council on Aging

## March 2023 Newsletter



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

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

### March 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>Tech Talk</b> 1-3pm
<b>6</b> <b>Advanced Tai Chi</b> 9:30am  <b>Foot Clinic</b> 10am  <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>Tai Chi</b> 1:30pm  <b>International Women's Day</b>	<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> <b>Advanced Tai Chi</b> 9:30am  <b>Watercolor</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>St. Patrick's Day</b>
<b>20</b> <b>Advanced Tai Chi</b> 9:30am  <b>Watercolor</b> 1pm <b>Pitch</b> 1-3pm  ..... Sun. 3/19 <b>Rolling Scones</b> <b>Music &amp; Potluck</b> .....	<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>COA Board Mtg</b> 10am  <b>Watercolor</b> 1pm  <b>Pitch</b> 1-3pm	<b>28</b> <b>Chair Yoga</b> 10am  <b>Mah-Jongg</b> 1pm	<b>29</b>  <b>Tai Chi</b> 1:30pm	<b>30</b> <b>Grab' N' Go Meal</b> 11:30am	<b>31</b> <b>Smooth Moves</b> 9am  <b>Strength for Life</b> 10am

## COA Monthly Breakfast

Wednesday, March 8th at 9am  
Chesterfield Community Center



**FREE! RSVP by March 6th.**

413-296-4007, [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)

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## Town Hall Meeting with U.S. Congressman Jim McGovern

**Saturday, March 18th 1-3pm**

Anne T. Dunphy School, Williamsburg

Representative to the US Congress, Jim McGovern, will hold a Town Hall Meeting on Saturday, March 18th, from 1-3pm at the Dunphy School in Williamsburg. This is a chance to meet Representative McGovern, ask questions and bring our concerns to him. McGovern has been very involved with issues related to agriculture and food, health and the environment, forests and carbon sequestration, and solar energy. These topics will be discussed for certain, as well as others.

*Sponsored by Indivisible Williamsburg.*

Questions? Call Jean O'Neil: 413-268-2228

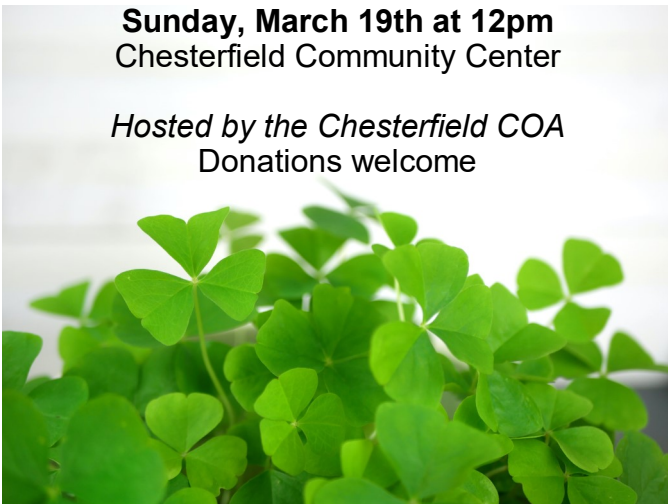
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You're Invited!

## Potluck Luncheon and Irish Music by the Rolling Scones

**Sunday, March 19th at 12pm**  
Chesterfield Community Center

*Hosted by the Chesterfield COA*  
Donations welcome



## What are you in the mood for today? What would feed your soul the most?

The Community Center has it all!



Are you in the mood for...

### Food and Connection? Check out:

- ⇒ Monthly Breakfast 2nd Wednesday
- ⇒ Brown Bag 2nd Thursday
- ⇒ Grab & Go Meals Thurs. Weekly 11:30

### Being Creative? Check out:

- ⇒ Watercolor Class Lena Garcia Mon. 1-3



### Exercise and Relaxation? Check out:

- ⇒ Chair Yoga Sarah Prince Tues. 10-11
- ⇒ Tai Chi Marty Phinney  
Advanced Mondays 9:30  
Standard Tai Chi Wednesdays 1:30
- ⇒ Smooth Moves Joan Griswold Fri. 9am
- ⇒ Strength for Life Joan Griswold Fri. 10:15

### Entertainment? Check out:

- ⇒ Lending Library  
Always open when Comm. Ctr. is open
- ⇒ Puzzles Library: Ongoing
- ⇒ Playing Pitch Mondays 1pm
- ⇒ Family Game Night 2nd Thursdays 6pm

### Technology Use/ Help? Check out:

- ⇒ Fun with Technology Computer Nook:  
Computers and printer available
- ⇒ Tech Clinic Peg Whalen 1st Friday 1pm

### Travel? Check out:

- ⇒ "On the Road Again" 2023 Trips on pg 5!

## Chesterfield Foot Clinic With Piper Sagan

Monday, March 6th at 10am  
(1st Monday monthly)



If you'd like an appointment, email  
[pjsagan1@gmail.com](mailto:pjsagan1@gmail.com) or call  
413-522-8432

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### Open Space and Recreational Planning Forum

Even with sub zero temperatures, over forty residents attended a successful first workshop for updating the Town's Open Space and Recreation Plan. Activities and group discussions focused on understanding the existing conditions of Chesterfield's open spaces and places for recreation as well as an exercise that prompted residents to think about what they want Chesterfield to look like in 2030. Important conversations were started in the workshop, and we hope to carry them over for **the final workshop, which is planned for March 4th, 11am-1pm, at the Community Center.**

*Below, a table of residents participate in a mapping exercise on recreation areas they frequent.*



### Reading with Sarah

Many readers have one or more favorite authors. Barbara Kingsolver is one of mine and I was not disappointed by her latest effort, a novel, *Demon Copperhead*. Catchy title, right? She was inspired by Charles Dickens's work that exposed the child neglect and abuse of his time, so a nod to David Copperfield in the title and main character.

Set in recent times in western Virginia where the opioid epidemic developed, the narrator, Damon, is among those caught up in it after sustaining a serious knee injury in a HS football game.

Like Dickens, Kingsolver incorporates social criticism and leaves nothing out; poverty, domestic abuse, the horrors of the foster care system, urban prejudice toward "hillbillies", corporate rape and pollution of the environment.

Unlike Dickens, she doesn't have the "immorality" strictures of his time and underage everything, forced labor, sex, smoking and other substance abuses are part of the story. Damon/Demon's father died before he was born and his mother OD'd before he reached age 10. His copper colored hair, his father's legacy.

Pretty grim and yet I read on and on, enchanted by the way the author captures the voice of each character and the sense of place. Here's Damon on the foster care system: "I hate it pretty much every minute of the day. It's like a cross between prison and dodgeball. And there's not enough food... I knew I shouldn't shock Emmy, given she was already upset. But she'd asked. Nobody ever did. I told her I was sure there were good fosters out there, that are God's angels, like everybody says. But I had yet to meet them because they didn't take kids like me." There are many dicey moments, made palatable by Demon's humorous slang and survivor's resilience.

If you are put off by the tough subject or the length (548 pages) of this novel, maybe you could try one of her shorter ones, *Pigs in Heaven*, *Animal Dreams* or *The Bean Trees*, all beautifully written and populated with characters and landscapes of Kingsolver's beloved Appalachia.

~Sarah Prince

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### Is There a Doctress in the House?

Seems like there used to be one a long time ago around Indian Hollow. She was called Dr. Rhoda Rhoades and was a well know healer in the area. A recent posting by Pete Bannister from the Chesterfield Historical Society included an article written by Chad Donovan- Hall and published in the Country Journal in 2021. It's worth the read. One of the things that peaked my curiosity was the description of Rhoda's life. Here are some excerpts from that article:

"Indian Hollow is an area that starts a mile and a half north of the present day Knightville Dam and continues into Chesterfield. The land and homes here were taken by the government in the late 1930s due to the construction of Knightville Dam. Indian Hollow had its own schoolhouse, a gristmill, several farms, a

whetstone quarry, cemetery and lumber mill. Long before any white settlers came to this area it was inhabited by an Iroquoian-speaking North American Indian tribe known as the Oneida.

Some of the first Europeans to settle here were Christian Angell, Hezekiah Weeks and William Miller. The very first white settler to this area, Zebulon Fuller, who came here from Rhode Island, was surprised when he arrived and found that the Indians were not hostile. Zebulon befriended them and ended up marrying a Native American girl with whom he had three children. Zebulon and his family farmed their land and also practiced Indian customs, traditions and ways. Even though the children were of mixed race, they were regarded as Native Americans not only by their white neighbors, but by themselves. Births, deaths or marriage were not reported or deeds to the land formally pursued.

Zebulon and his wife's second born child was a daughter named Rhoda, who would go on to become a very well known and respected Indian doctress. A former town historian was quoted as saying "Old Rhoda could cure anyone outside of the grave, and almost those who had lain in it a little while". Rhoda had a great deal of knowledge with medicinal plants, she could be seen out in the fields loading her wagon with herbs, roots and flowers then returning home where she also had extensive gardens and manufactured her medicine. One particular medicine that she made was called the "extract" which her son Simon would help process in a large iron arch kettle behind her house. They would gather roots and herbs and boil them until the mixture turned into a tar like material, then it was divided into portions and dissolved into a quart of liquor. The recommend dose was a tablespoon each morning. Rhoda charged \$2 for the medicine and nothing for her diagnosis and advice.

A great number of her patients were from Springfield and she was known to make house calls on her horse as far away as Hartford, CT. She was always very kind to children and would give them maple candy from her saddle bags while passing by. After

serving the hilltowns and far beyond for many years, Rhoda died in 1841 at the age of 96. Wildflowers that she used as medicine still grow at the cellar hole where her house once stood which serve as a reminder and tribute to the well respected doctress that healed so many.

Rhoda was recognized in an important document listing of the achievements of women through colonial times to 2018."

It's fascinating to dig into the history of Indian Hollow and other lesser known parts of Chesterfield. It seems worth doing more. Plans are in the works to have a special program in the spring, probably in May, featuring more about Indian Hollow, mines, mills and mysteries. If you would like to help with the planning or have suggestions of what you'd like to know about, please call the COA at **413-296-4007** or send an email to **coa@townofchesterfieldma.com**

~Jan Gibeau

### Happy Birthday in March!

Kenneth Madigan, Nancy Herzig, Philip Strong, Frederica Chick, Doreen Strong, Kathleen Lawson, Michele McMaster, Elaine Keach, Jan Crest, Diana Fuller, Patricia Newman, Laura Raucher, John W. Schnepf III, Mary Wozniak, Raymond LeQuinn, Carol Blanchard, Ronald Imig, James Smith, Anne Marie Zononi, Susan LaVallee, John O'Connell, Elaine Henry, Christine Keefe, Alan LaVallee, Carol Recore, Mary Lou Bisbee, Dyanne Palmer, Ralph Cleveland Jr., Jack Henry, Ellen Halpern Metzger, Martin Manchester, Thomas Gavin, Milenna Curtis, Barbara Bak, James Marra, Mario Addabbo, Emma Cinner, Daniel Carey, Rita Harris, Thomas Tessier, Wayne Carpenter, Shirley Scott, Hubert Larrivee



***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!***



**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

May your troubles be less,  
And your blessing be more.  
And nothing but happiness,  
Come through your door.

Irish Blessing



## Caregivers Part 1, Credit Cards



Some of you reading this are or will become caregivers. So in addition to keeping yourself safe from scams, you may have the responsibility for someone else's financial safety. I'm offering some suggestions for meeting that responsibility.

First, an ad! Well, sort of. I'm just putting in a plug for setting up a robust durable Power Of Attorney. Having that paperwork done makes financial caregiving much easier! Contact me if you need a reminder on this.

Let's start with credit cards. You, using the POA, or the elder if they are on their own, can take these actions.

- ⇒ Reduce the credit limit on a card, thereby reducing the amount of potential damage by reducing the amount that can be charged.
- ⇒ Add the name of a trusted individual to the card so that person can also track charges. The trusted part comes in that they won't use the card!
- ⇒ Sign up for alerts by phone or email when a charge is made over a given dollar amount, an amount that you set. This may not prevent the charge but the damage can be stopped more quickly.
- ⇒ Some cards have a card lock that will stop a suspected transaction. The card's documentation will show if this is possible.
- ⇒ Go online and check the card's activities; do this at least monthly or after a use.
- ⇒ Follow the same guidelines as for avoiding scams in general. If you don't trust an offer, don't give your card. Don't give the card number to someone who calls you. Set a different and strong password for each account. Get two-factor authentication.

I know. Life is more complicated than it used to be.

Take care,

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

## March's Good News

By Deb Hollingworth

### Help Wanted: Part One

Have you ever considered working as a home maker or PCA/personal care attendant? Or have you ever tried to find a home care worker? Let me introduce you to PHCAST.

PHCAST stands for Personal and Home Care Aide State Training, and it is a free State resource that offers training for anyone who would like to become a home care worker. And PHCAST maintains a state wide directory to connect workers with those needing home care help. A two fold approach: to give you training and help you find work.



You must have an email address and internet access to use it. You can complete the 10 module online training at your own speed.....in your own home! You can repeat a module as often as you want. At the end of each module, you complete an assessment to advance to the next module. The entire training should take about 37 hours and you get a Certificate of Completion at the end.

It gets better. If you are looking for work as a home care worker, you can register on the State wide directory. Having the Certificate of Completion from PHCAST can be an important credential when looking to be hired.

For more information, go to [www.mass.gov/PHCAST](http://www.mass.gov/PHCAST) or just Google PHCAST and check out some of their videos to see if you might be interested.



*It's Maple Season.*

*Support your local Sugar House!*

### March Tech Talk

by Peg Whalen

I talk with many folks that say they don't update their smartphones. They are concerned about an update resulting in their phone being hacked, information stolen, charges to their account or think the phone works fine and doesn't need updating. Here's why they are important. Updates contain privacy and security enhancements that better protect your phone, including improvements to phone features or additional features that make it more useful. **If your phone notifies you of an available update, be sure to allow it to happen.** Automatic updates can be enabled in Settings. iPhone updates can be accessed in Settings/General/Software/Update. Automatic iPhone updates will happen at 2:00am, but you must leave your phone on and plugged in overnight. Android updates can be made automatic as well in Settings / Software Update. Keep it plugged in! Updating only happens periodically so when you get a message saying an update is available, go ahead and update!

### ***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 April 16. Tina – The Tina Turner Musical-* An amazing musical at the Bushnell Theater in Hartford. Featuring iconic songs "What's Love Got To Do With It", "River Deep – Mountain High," "Proud Mary." Show at 1pm in Orchestra seats. Then a dinner stop on your own at Blue Black Square in W. Hartford. Make payment to First Choice for **\$199** which is due NOW. Mail to the address above. **TWO seats left.**

*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.

*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. **WAIT LIST ONLY.**

*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 Breast of chicken, Baked Salmon, or Yankee Pot Roast. 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.

*Day Trip November. 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 payment to First Choice for **\$259** by **July 21st.** Mail to the address above. **TWO SEATS AVAILABLE.**

## Haircuts and Manicures at Smith Vocational High School



**Tuesdays & Thursdays,  
March through May**

Cost is \$5.00 for a cut or a manicure for men and women. 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!**

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**Save the Date: Saturday, April 29th, 9-3pm**

## Spring / Summer Clothing Exchange



Goshen Congregational Church  
45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Wednesday 4/26 from 9am-3pm or Friday 4/28 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 29th from 9am-3pm! All are invited to participate whether you donate clothes or not.

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

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

# SCAM ALERT!



**People you meet online aren't  
always who they say they are.**

### SIGNS OF A SCAM

- They profess love quickly.
- They ask for money to pay for an emergency or offer investment opportunities.
- They ask you to buy gift cards, transfer money, or invest in cryptocurrency.
- They claim to live or do business far away so that you can't meet in person.

### WHAT TO DO

Never send money or gifts to anyone you haven't met in person—even if they send you money first.

Only scammers tell you to buy gift cards, wire money, or by cryptocurrency.

Once you send it, you won't get your money back.

**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  
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