

# Chesterfield Council on Aging

## July 2022 Newsletter



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

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

### July Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				<b>1</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am
<b>4</b> <b>Happy Fourth of July!</b>	<b>5</b> <b>Mah-Jongg</b> 1pm	<b>6</b> <b>Fortnightly Club Coffee</b> 9am <b>Beginner T'ai Chi</b> 1pm	<b>7</b> <b>Grab' N' Go Meal</b> 11:30am	<b>8</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am
<b>11</b> <b>Advanced Tai Chi</b> 9:30am <b>Consortium Mtg</b> 10:30am	<b>12</b> <b>Mah-Jongg</b> 1pm	<b>13</b> <b>Fortnightly Club Coffee</b> 9am <b>Beginner T'ai Chi</b> 1pm	<b>14</b> <b>Brown Bag</b> 10am <b>Grab' N' Go Meal</b> 11:30am	<b>15</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am
<b>18</b> <b>Advanced Tai Chi</b> 9:30am	<b>19</b> <b>Chair Yoga</b> 10am <b>Mah-Jongg</b> 1pm	<b>20</b> <b>Beginner T'ai Chi</b> 1pm	<b>21</b> <b>Grab' N' Go Meal</b> 11:30am	<b>22</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am
<b>25</b> <b>Advanced Tai Chi</b> 9:30am	<b>26</b> <b>Chair Yoga</b> 10am <b>Mah-Jongg</b> 1pm	<b>27</b> <b>COA Board Mtg</b> 10am <b>Beginner T'ai Chi</b> 1pm	<b>28</b> <b>Grab' N' Go Meal</b> 11:30am	<b>29</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am

## On the House: Free Monthly Breakfasts

It's been said that the best breakfasts can only be found at the best diners. There's a new place you may not have eaten in but the quality matches any diner. If you haven't come before, here's what you've been missing:

### May

John Follet cooked up a great breakfast of sausage, pancakes, maple syrup, fresh fruit, orange juice and coffee in partnership with Marianne Drake who led the way in creating a welcoming spot to enjoy it all.



John Follet & Marianne Drake

### June

Marianne Hoag and Nancy Powers teamed up to create an amazing menu that included two egg casseroles, one with sausage and cheese, the other ham and broccoli, blueberry French toast, lemon bread, blueberry bread, strawberries, watermelon, juice and coffee.

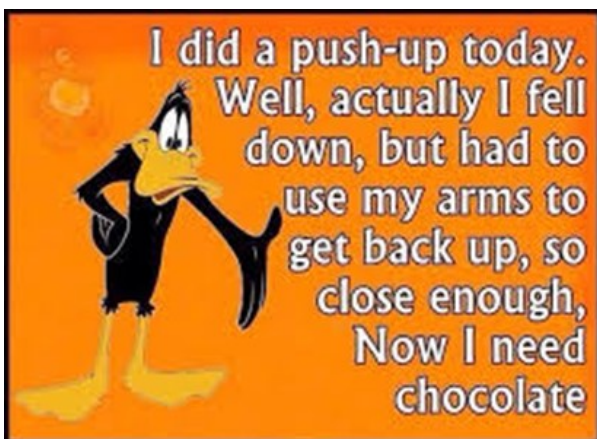


Marianne Hoag & Nancy Powers

### July

Jan Gibeau and John Follet will team up to serve bacon, scrambled eggs, home fries, English muffins, juice and coffee. Therese Brigley baked and donated a special homemade sourdough focaccia.

Interested in coming? **Call the COA now (296-4007) to reserve a seat for July.** Please call by the end of the day, July 5<sup>th</sup> to help the chefs know how much to buy, although there's always room for new guests.



**"How Important it is for us to recognize and celebrate our heroes and she-ros!"**

—MAYA ANGELOU,  
AMERICAN POET AND ACTIVIST

**RS**

## Chesterfield Library: More Than Just Books

### July Fun for All Ages!



- 7/6 @ 10:30am Tom Ricardi- Birds of Prey
- 7/13 @ 10:30am Tanglewood Marionettes
- 7/20 @ 10:30am Talewise – Science and Storytelling
- 7/27 9:30-11:30am Ink Designing with Lena Garcia

All events will be held at the Old Town Hall. Free and open to the public. All events are funded fully or in part by a Multigenerational grant from Highland Valley Elder Services.

Tanglewood Marionettes are also supported in part by grants from the Chesterfield & Goshen Cultural Councils, local agencies which are supported by the Mass. Cultural Council, a state agency.



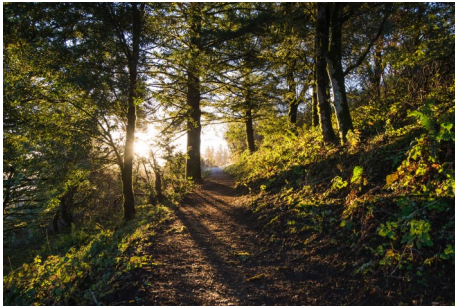
## Safe Walkability and Open Spaces in Chesterfield

You may recall some time back receiving a survey that was distributed by the COA to all residents 60 years or older. The survey was completed as part of Chesterfield becoming a designated member of AARP National Network of Age Friendly Communities. We were interested in learning more about what characteristics of a town are important in making it possible to Age In Place. Over 80% people responding identified having access to outdoor open spaces and having safe places to walk as very or moderately important. Your voices have been heard and shared by other people in the community. Here's the latest...

### Planning for Open Space and Recreation Opens Up

The Town of Chesterfield is in the process of renewing its Open Space and Recreation Plan. The purpose of the plan is basically three-fold: the first is to plan how the Town will help protect and maintain open space lands within the Town both now and in the future; the second is to plan for the recreational needs of the Town; and lastly the plan allows the Town to apply for grants supporting the above goals.

A survey is being prepared that will be sent out shortly. It will help guide the Conservation Commission in writing the plan. A grant was previously awarded by the state to pay a team from the Conway School of Landscape Design to prepare the maps and a final draft of the document, starting in January of 2023. Please take a few minutes and fill out the survey when you receive it (to be mailed and available online) and let the Commission know what's important to you!



### Walkability in Chesterfield Takes More Steps Forward

Thanks to a grant awarded to the Hilltown CDC in partnership with WalkBoston Healthy Hampshire and collaboration with the Chesterfield COA, we were able to participate in the creation of a walking map. To view this walking map go to: [www.healthyhampshire.org/content/7-news/chesterfield-walks-brochure-final-8.21.20.pdf](http://www.healthyhampshire.org/content/7-news/chesterfield-walks-brochure-final-8.21.20.pdf)

This project was the beginning of many meetings of residents interested in exploring the wonderful routes available in town. During this project we learned that we could continue our efforts to im-

prove walkability by participating in a walk audit conducted in September of 2021 by professionals from WalkBoston. Many from the community, members of the COA and staff from the Hilltown CDC and MA DOT attended. You can review this audit by going to this link: [walkboston.org/2021/11/30/chesterfield-town-center-walk-audit/](http://walkboston.org/2021/11/30/chesterfield-town-center-walk-audit/)

The audit generated a comprehensive review of ways to improve the pedestrian experience. It is our hope that everyone in the community is aware of the audit and the walking map, and residents have experienced walking some of the suggested routes. The Chesterfield Select Board has joined the ongoing efforts to improve pedestrian experience in town as they consider implementing a Complete Streets policy. Efforts are underway with New Hingham Regional Elementary School to create a walking path on the grounds that would promote multigenerational connections among students, families and older adults.

### Reading with Sarah

Both of this month's picks are non-fiction and one is a new departure for me. What do you think of the trend to graphic books? We called them comic books when I was a kid ('50's). And they were magazine like, not bound in a hard cover. My mother, the English teacher, did not think much of them. The title of the graphic memoir, *The Secret to Superhuman Strength* by Alison Bechdel, caught my attention. When I went to order it through interlibrary loan and saw that it was a graphic book, I almost didn't put it in. I am glad that I did. Bechdel's life has been full of challenges. This memoir built around all the fitness trends that she embraced during her 60+ years to try to feel safe, manages to entertain and uplift. Along with her life history and fitness culture history she has sprinkled in the fitness activity of some of her literary heroes, Margaret Fuller, Thoreau, Wordsworth.

*(Cont. next page)*

### Happy Birthday in July!



Barry Stone, Louise Kahane-Hurwitz, Janice Denno, Dorothy Matuszewicz, Charles Valencik, Francis Leduc, Dianne Mikucki, Jennifer Abromowitz, Kim Montague, Louise Spear, Cynthia Merkin, Margaret Allard, Jeffrie Young, Suzanne Donath, Maureen Liebl, John Bisbee, Donald Wickland, Henry Badner, Gilman Smith, William Lyon, Leslie Swartz Leff, Mary Jane Carey, Susan Silva, Jeffrey Udall, Gregory Meister, Carol Cherry, Deborah Fuller, Nancy Powers, William Audley, Robert Burnup, Cathie Parsons, Todd Newman, Pamela Lebeau

What really hooked me is the colorful (other graphic books I have seen are black and white) and playful illustrations complete with humorous depictions of pets, etc. in the background. We see needed gear and other helpful details in side panels. There is so much to see in this book. Here our eyes meet the more in the expression, "more than meets the eye" and it is a very rich experience. I did not run out and grab more graphic books but I will take a look inside of them now and see if other authors have managed to make such pleasing illustrations to convey their content.

Susan Orlean's *On Animals* is a collection of her writings about encounters with animals wild and domestic. If you have had the pleasure of reading *The Orchid Thief* or *The Library Book* or any other works of hers you know what an engaging writer she is. In her introduction she explains how "animalish" she has been from a young age. These 15 stories are about interactions between humans and the animal kingdom will satisfy lovers of animals and adventure. "Lions and tigers and bears, oh my."



## Hilltown Mobile Market

*Fresh foods from the people you know and the places you love*

# WE'VE GONE ONLINE TO SERVE YOU BETTER!

*Now with 20 farmers and 18 pick up locations throughout the Hilltowns.*

## July 16 - November 18, 2022

For more information visit [www.hilltownmobilemarket.info](http://www.hilltownmobilemarket.info) or call (413)296-4536 x109



***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!***



# Worcester WooSox

August 20, 2022



Come watch the Red Sox' WooSox host the Nationals' Rochester Red Wings at Polar Park in Worcester. This typical Triple-A minor league game starts at 4pm.

- Take in the nostalgia and view Red Sox championship memorabilia.
- Enjoy a private ballpark fare buffet: (no waiting in lines) Hamburgers, Hotdogs, Mac & cheese, Potato salad, Kettle chips, Cookies, Water, Tea, & Lemonade.

Transportation, driver gratuity, buffet and entrance to the park all included for \$129. Discount \$10 if paid by July 9, 2022.

Sponsored by Friends of Northampton Senior Center (FNCS). Meet the Bus at Sheldon Field, Old Ferry Rd, Northampton. Departure time TBD. Contact Francine Frenier at 413-296-4291 or email Francine.frenier@gmail.com for tickets or more info.

# Regional News



**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!

## And what does my Health Care POA do?

So let's say I am in that coma from last month's note, and therefore unable to speak or say what I want to have happen to me on my sickbed. Do I want more treatment? Should I be let go to wend my way to the hereafter? Happily, I arranged for a trusted friend to be my advocate, to make medical decisions on my behalf. That person is my Health Care Proxy or Health Care Agent.

What does this person do to benefit me? They can:

- ⇒ authorize a particular treatment to start, e.g., hook me up to a ventilator
- ⇒ authorize a particular treatment to stop, e.g., remove me from a ventilator
- ⇒ request that a treatment be modified, e.g., increase the frequency of an injection
- ⇒ consent to have me undergo surgery
- ⇒ arrange for a second opinion on my care
- ⇒ request comfort measures
- ⇒ advocate for quality of life at any stage. Examples below!

My mother could still speak but not effectively argue her case that she was ready to go into hospice. I did that for her and her last weeks were much improved.

My father went into the hospital 6 months before his death, for a two-day stay. He made me promise that he would not have to go to the hospital ever again! Done.

Somewhere in that last 6 months he got a new doctor at the rest home. Dad was almost 98 years old. The rest home called to tell me that this new doctor thought Dad should not have any salt in his diet – bad for him, you know? Eating was something he still enjoyed, and you know what saltless food tastes like. With my POA powers, I got that order removed by lunch time.

All is still well!  
Jean O'Neil  
TRIAD Committee member  
jeanoneilmass@gmail.com; 413-268-2228

## July's Good News

By Deb Hollingworth

Happy Birthday, Burgy! Be sure to see all the events in their newsletter this month, and check out the town website for a calendar of coming events for the 250th birthday celebration! And be on the lookout for lots of activity in the surrounding Hilltowns (like our 4th of July celebrations) as we take advantage of events that can be held outside.

Meanwhile the Covid surge that isn't making headlines continues. Last month, at my house, after a family visit, I started getting emails saying the people we had hugged had tested positive and were sick with Covid. I'm hearing this happening more and more frequently. I had a few test kits, but expected to run out if we wanted to test every day, so I called my Senior Center and sure enough, they had test kits I could pick up. So just a reminder that test kits are available from your Senior Center. And here's a piece of Good News: after kissing both these family members who tested positive....after spending an afternoon with them at a family picnic....and after getting their emails....we began quarantining just in case, but my husband and I never got it, never tested positive, never had any symptoms, which gives me great faith in the booster shot which we both had gotten three weeks before.

Boosters work.  
Can't say enough about that.

So if you haven't gotten a booster recently, and you qualify, but you don't know where to go, or don't have a ride, call your Senior Center. They can help, so that all of us can get our boosters, wear masks, socially distance, but still enjoy a family visit or get together with our neighbors, like at a 250th birthday party.

Have a good summer, and stay safe!



## 2022 Household Hazardous Waste Collection Events

HRMC announces regional HHW Events including the annual HRMC HHW Collection on **Saturday, October 22, 2022 from 9 a.m. until noon**. Once a year, the HRMC holds a Household Hazardous Waste (HHW) Collection Event for residents of the HRMC member communities. **The 2022 event will take place on October 22 in Westhampton**. Pre-registration is required for this event and will take place from October 1-October 16. Residents are asked to email the HRMC with their name, address (Street and Town), and phone number. HRMC confirmation of your reservation (done via email) is required to participate. If you are unable to attend the HRMC HHW event, we have reciprocal arrangements with other regional Towns that are offering HHW events.

In 2022, the HRMC has agreements with the following communities to allow HRMC member Town residents to participate in their events. In all cases, pre-registration is required. Registration for each of the events typically begins 3-4 weeks prior to the event. If you are an HRMC resident, please contact the HRMC Administrator at **413-685-5498** or email **hrmc@hrmc-ma.org** to inquire about attending one of the following regional events.

### 2022 Regional Reciprocal HHW Collection Events

- 7/16/22 9 am-noon Northampton
- 7/23/22 9 am-noon Belchertown
- 9/10/22 9 am-noon Agawam
- 9/24/22 9 am-noon Amherst
- 9/24/22 9 am-noon Greenfield (FCSWMD Towns)
- 9/24/22 9 am-noon Orange (FCSWMD Towns)
- 10/01/22 9 am-noon Chicopee
- 10/08/22 9 am-noon West Springfield
- 10/22/22 9 am-noon Westhampton (HRMC Towns)

The Hilltown Resource Management Cooperative is composed of these member towns: Ashfield, Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington.

**HRMC, PO Box 630, Williamsburg, MA 01096**  
**Phone: 413-685-5498 Email: hrmc@hrmc-ma.org**  
**Website: www.hrmc-ma.org**

## On the Road Again...

### 2022 Trip Lineup & Upcoming in 2023



These are the bus trips being planned for 2022 and 2023 with various travel groups. Most trips are limited to 36 passengers. *Friends of Northampton Senior Center* helps with the cost of some trips. Contact Francine Frenier if you are interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com.

#### Updates

**Niagara Falls trip** -CANCELLED. Diamond Tours has cancelled all Canadian trips in 2022. Covid restrictions on bus travel are too great. We'll try again in 2023.

**Day Trip Sept/Oct** -CANCELLED. Wareham, Ma. Cranberry Bog Tour. Could not coordinate vendors within requested time-frame.

#### Coming up in July and beyond

**Day Trip July 28. Winnepesaukee Railroad** luncheon and train ride. Turkey dinner aboard the train catered by Hart's Turkey Farm. \$102 due NOW. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096 Flyer available via email. WAIT LIST ONLY.

**Day Trip Aug 10. The Jersey Tenors**, a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes family style luncheon: Chicken Parmesan & Broiled Scrod. Cost \$114. Due NOW. Flyer Available.

**Aug 12 at Noon. Lady Bea River Boat Excursion.** A Lady Bea narrated river boat excursion on the Connecticut River is happening! Lunch will be provided on board (included in ticket price). A bar is also available on board (at your own expense). We will board at Brunelle's Marina, 1 Alford Street, South Hadley, MA. Hilltown Easy Ride will transport up to 12 passengers and 1 wheelchair rider. Cost is \$5/per person round trip from Plainfield Town Hall (10:30am departure time). Boat ticket prices will depend on the number of reservations as well as taking into consideration a sliding scale price for those who may need one. Maximum cost will be \$30/person. Boat capacity is 49.

For reservations (or questions) contact Polly at 413.212.1581 or pryan@town.plainfield.ma.us. Plainfield residents get first dibs.

**Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour.** 3 days/ 2 nights. A nice, short, relaxing getaway. Cost \$359. Payment due NOW. Flyer available.

**Day Trip August 20.** Triple A affiliates, Red Sox **Woo Sox** vs Rochester Red Wings at Polar Park

in Worcester, MA. Private ballpark-fare buffet for our group included. \$129. Discount of \$10 if paid by July 9, 2022. Flyer available.

**Day Trip August 25. Lobster Luncheon at George's of Galilee and Shopping in Newport.** Includes 1.25 lb. lobster at Georges of Galilee Waterfront Seafood Restaurant. \$101 due by July 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available via email.

**Day Trip September 10.** Thomaston, Connecticut. **Naugy Scenic Train Ride.** Stop at Fascia's Chocolate Factory. \$120.00. \$10 discount if paid by July 30. Lunch entrée choices: Chicken Marsala, Salmon or Pork Tenderloin at Black Rock Tavern. WAIT LIST.

**Day Trip September 22. Norman Rockwell Museum & Studio tour with Lunch at Red Lion Inn.** Lunch choice: Chicken Pot Pie or Jack's Meatloaf or Fish & Chips. \$100 due by August 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available via email.

**Day Trip Sept. The Big E.** Free Entertainment at Court of Honor Stage. Date & Cost TBD.

**Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame**—10 days. Graceland, Grand Ole Opry, Madame Tussauds Wax Museum, Two shows. \$1,205 due NOW. Flyer available. Only a few seats remain.

#### 2023

**Multi Day Late April. Myrtle Beach Show Trip.** Legends in concert, Carolina Opry, "One the Show." 7 days. Cost \$TBD, \$25 discount if paid early.

**Multi Day October. Mt. Rushmore— South Dakota & Devils Tower— Wyoming.** 11 days. Cost \$TBD, \$25 discount if paid early.



**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

Lillian Bisbee, Chair  
Francine Frenier, Vice Chair  
Bev Pomeroy, Secretary  
Jim Brisbois  
Marianne Drake  
Bev Henrichson  
Marianne Hoag  
Gail Lucey  
Jim Martin  
Tim McElroy



*Financial Advisor: Nancy Hewes*  
*Librarian: Dee Cinner*  
*HVES Rep: Jan Gibeau*  
*Art Com: Gigi Kaeser, Chair;*  
*Dee Cinner*  
*Travel Group:*  
*Mary Ann Coleman,*  
*Francine Frenier, Gail Lucey*



Newsletter Designer:  
Kristen Estelle

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

# DOOR-to-DOOR SALES



Hire me  
NOW!

**If you're considering hiring someone  
who knocks on your door and offers  
home improvement services...**

- Don't rush or feel pressured into making an immediate decision;
- Get a written estimate and tell them you will get back to them;
- Ask for and check their references before agreeing to have the work done;
- Get bids from established, local companies and compare prices;
- Check with your town hall to see if they need a license or permit to solicit door-to-door;
- Check with your local consumer protection program or police department.

*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**

