

# Chesterfield Council on Aging

## February 2018 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>Men's Breakfast</b> 9am	<b>2</b>
<b>5</b> <b>Northern Hilltowns COAs Consortium</b> 9:30am <b>Advanced Tai Chi</b> 9:30-11am <b>Feldenkrais</b> 7:00pm	<b>6</b> <b>Chair Yoga</b> 10-11am <b>Outreach Comm.</b> 11am	<b>7</b> <b>Coffee &amp; Chat</b> 9-11am <b>Mah-Jongg</b> 1-4pm	<b>8</b> <b>Brown Bag</b> 10am <b>Knitting Group</b> 10am <b>Beginner Tai Chi</b> 6:30-7:30pm	<b>9</b> <b>Smith Voc. Spa Day</b> 9am, 10am <i>Call 413-296-4007 to make an appt.</i>
<b>12</b> <b>Advanced Tai Chi</b> 9:30-11am <b>Veterans' Agent</b> 11:30-1:30 <b>NEW Ball Workout</b> 1-2pm <b>Feldenkrais</b> 7:00pm	<b>13</b> <b>Chair Yoga</b> 10-11am	<b>14</b> <b>Coffee &amp; Chat</b> 9-11am <b>Blood Pressure Clinic</b> 10am <b>Mah-Jongg</b> 1-4pm	<b>15</b> <b>Beginner Tai Chi</b> 6:30-7:30pm	<b>16</b> <b>New Hingham Breakfast &amp; Lunch</b> 8:20am, 12 & 12:30 <div><b>Sun. 2/18 2pm</b> <b>Common Creatures</b> <b>By Fran Ryan</b></div>
<b>19</b> <b>Advanced Tai Chi</b> 9:30-11am <b>NEW Ball Workout</b> 1-2pm <b>Feldenkrais</b> 7:00pm	<b>20</b> <b>Chair Yoga</b> 10-11am	<b>21</b> <b>Coffee &amp; Chat</b> 9-11am <b>Mah-Jongg</b> 1-4pm	<b>22</b> <b>Beginner Tai Chi</b> 6:30-7:30pm	<b>23</b>
<b>26</b> <b>COA Board</b> 10am <b>Advanced Tai Chi</b> 9:30-11am <b>Veterans' Agent</b> 11:30-1:30 <b>NEW Ball Workout</b> 1-2pm <b>Feldenkrais</b> 7:00pm	<b>27</b> <b>Chair Yoga</b> 10-11am	<b>28</b> <b>Coffee &amp; Chat</b> 9-11am <b>Mah-Jongg</b> 1-4pm	<b>Winter Weather Reminder:</b> In these wintry months, please note that the Chesterfield Community Center will be closed to all functions if the Hampshire Regional School District is closed due to inclement weather. Check Channel 22 or 40 (TV), WHMP (radio) or cancellations.com (web).	
<b>Jan Gibeau</b> , Director. Office hours: Tues. 11-2, Wed. 8-11, Thurs. 10-12. <b>Lorrie Childs</b> , Data & Accounting Manager. <b>Kristen Estelle</b> , Publicity Assistant.				

## February Highlights

**NEW!**

### Keep Your Ball Rolling: Stability ball workout

**Mondays 1-2pm, beginning Feb. 12  
for 10 weeks**

**Community Center**

Join certified personal trainer, Angel Williams, as she leads this workout. According to the American Association of Retired Persons, seniors who perform muscle-building exercises can achieve muscles resembling those of people in their 20s and 30s. Although it is lightweight, a stability ball can provide a strength-training workout that also emphasizes balance. Come to some or all 10 classes!

*Angel has been a person trainer for over 10 years, working with all age groups and abilities. She received her training certification from the University of Southern Maine, and has competed in bodybuilding and powerlifting, holding several records in the Elite Powerlifting Federation. Angel ran her own personal training business in North Conway, NH, and taught classes for seniors.*

**Sun. Feb. 18th 2pm  
Community Center**

### Contemplating Common Creatures

By Fran Ryan

In this Horizon Production presentation, environmental educator, Fran Ryan, will reveal the secret lives of the Eastern chipmunk, the Eastern gray squirrel and the meadow vole. We will discuss their characteristics, behaviors, lifecycles and shed some light on these creatures with whom we share our world.



While many of us know a little something about those "charismatic species," like bears, big cats, wolves and whales - the big stars of the wild kingdom- these little guys just don't get a lot of press. Their stories, however, are just as fascinating.

Come and get a peek into the lives of these interesting furry neighbors and see what makes them tick, and how best to live happily along side them.

**Free and open to the public!**

*Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA, which coordinates these programs in partnership with: the Westhampton COA, Chesterfield Public Library, CFCEs of Westhampton and Chesterfield, Dav- enport Childcare, and New Hingham PTO.*

**Sun. Feb 18th**

The Chesterfield Congregational Church's annual meeting and pie contest is the 18th. A pot luck lunch will be enjoyed after church. Following lunch, the business of the church will be conducted: reports reviewed, the budget passed, and so on. Then, there is the pie contest, which is the real reason people stick around. There are no rules. Fruit pie, top crust or not, custard pie, whatever. If you think it is a pie, then it is a pie. Votes cost money. Each contestant brings two pies to be sure there's enough for tasting. If you believe you have tasted the best pie, place your "vote" in the cup in front of the pie. The pie with the most "votes" wins. The church keeps the votes. Please check your phone messages, email, and/or church website in case of inclement weather.

## Spa Days at Smith Vocational

Come enjoy some pampering! Smith Voc seniors from the Cosmetology program are offering the following:

- Shampoo, cut & style \$5.00
- Manicure \$4.00
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- Basic Facial \$8.00

Spa Days will be on the following Fridays: **Feb. 9, Mar. 16, Apr. 13 and May 18**, in Room 124 of Building A at the school. To enable the students to prepare for the specific services, please call 413-296-4007 to make an appointment. Each appointment takes about an hour and are scheduled for 9 am and 10 am. Following the Spa Day, enjoy lunch at the Oliver Smith Restaurant!



## Utility Discounts

Did you know that if you qualify for certain benefit programs, you may be able to get a credit on your utility bills?

If you qualify for SNAP, Mass Health, Fuel Assistance or Veterans' Service Benefits (Chapter 115) to name a few programs, you may be eligible for a discount on your utility bill ranging from 20-30%.

Here is a list of companies and their phone numbers to contact. Have your utility bill with your account number handy when you call.

National Grid – 800-322-3223  
Eversource – 877-659-326 (billing dept)  
Columbia Gas – 800-882-5454

## Having Vision Problems?



### New Video Magnifier unit available at the Community Center

The Chesterfield COA has received a Merlin LCD full color, auto-focus video magnifier system designed specifically for people who are visually impaired. It is located in the library on the lower level of the Center. It is easy to use to magnify words, photos and graphics. It is especially helpful if you have macular degeneration or other conditions that require enlarging words, or even single letters to a full screen display. We have books here at our library that you can use, or ones that you wish to bring from home. You simply place the open book on a platform with a monitor. The gift, from an anonymous donor, is in memory of Eugene Bernier, who was a highly decorated veteran of WWII.

## Can You Hear Me Now?

Thanks to the Selectboard and funds from a CDBG grant awarded to the Hilltown CDC, a series of new sound panels have been installed in the Community Center. They have greatly enhanced the quality and projection of sound, making it much easier for people with hearing impairments. Musicians, speakers and audiences will all notice a big improvement as we ring in the New Year.



## Volunteer Opportunities at New Hingham School!

**Do you have a skill** that you would be willing to teach and share with school children? New Hingham PTO is looking to offer enrichment classes this winter and spring.

**Could you help out** at the school library? The librarian would greatly appreciate some help, even just an hour here or there.

Please call or email April Judd for info:  
413-268-7109, newhinghampto@gmail.com

## "Merry Christmazz Holiday Variety Show" with Jimmy Mazz at Storrowton Tavern



Above: Barbara Bak, Sandy Wickland, Betty Fondakowski



Above: Kirke and Nancy Henshaw, Nancy Boyle

Below: Jan Gibeau, Lorrie Childs and Francine Frenier





### 3rd Annual Ring in the New Year was a wonderful success!

More than 125 folks from over 18 communities joined us on January 14th. The International Potluck served a wide variety of culturally traditional food. The room was packed with folks of all ages: from kids to grandparents! A big thank you to everyone who helped make it happen.



Left:  
Sylvia Lapinski  
and  
Matt Montini



Above: Many of the talented performers, including Heidi Nortonsmith, James Kitchen and Kim Wachtel.

Below: James Kitchen, Mike & Ellen Metzger, Russ Peotter



### Happy Birthday in February!



Elizabeth Pruzynski, Nancy Recos, Arthur Press, Louise Berniche, Bernard Greene, Sherrill Redmon, Marian Baranowski, Elizabeth Smith, Sandra Renaker, Louise Hewes, Sharyne Benedisuk, Richard O'Connor, Robert Merkin, Dorothy Beaulieu, Johanna Adams, James Dilts, Cynthia Berube, Ernest Lyon, Linda Urban-Lyon, Conrad Rosinski, Laraine Childs, Sylvia Shea Lapinski, John Chandler III, Peter Turomsha, Jeffrey Frechette, Eleanor Smith, Mary Jones, David Pruzynski, Robert Scott, John Steins, Paula Valencik, Margaret McWherter.

**Thank You for Your Donations!** Thank you for supporting our Council on Aging programs when you attend fitness, Mah Jongg, Men's Breakfast, Coffee & Chat, basket and gourd classes, and COA monthly events! We greatly appreciate your donations, which make it possible for us to continue offering a wide array of activities and to create new events and programs that respond to your needs and interests. We also offer our continuing gratitude to Chesterfield residents who have given so generously to the Senior Housing Fund. Please use the form below to make a donation to the Chesterfield COA or Chesterfield Senior Housing Fund! ~ Jan Gibeau

***The Chesterfield Council on Aging and the Chesterfield Senior Housing Initiative benefit from your support for our programs and to create in-town housing for Chesterfield seniors!***

I would like to contribute to the Chesterfield COA \_\_\_\_\_ Chesterfield Senior Housing Fund \_\_\_\_\_

*(Please make out your check to "Town of Chesterfield" and designate "Senior Housing Fund" or "COA programs" on the check; mail to Janice Gibeau, Director, Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)*

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

***Thank you for helping support Chesterfield seniors!***



## Regional News

### Outreach in the Hilltowns: Progress to date

By Peg Whalen  
Regional Outreach Coordinator for the  
Northern Hilltowns Consortium of COAs

The Northern Hilltowns Consortium of COAs Service Incentive Grant supports COAs as they expand senior outreach in the hilltowns. We will be reporting outreach progress and the state of outreach in each town. This month we report on Plainfield.

The Plainfield Council on Aging and the town-based Plainfield Cares organization are serving roughly 250 town seniors. The Plainfield Council on Aging has added three board members including two from Plainfield Cares. Plainfield Cares is a volunteer organization created in 2016 and continues into a third year of support for residents. Plainfield COA nutrition outreach continues with Plainfield's COA luncheon twice a month – the only northern hilltown offering meals and social contacts twice a month.

Plainfield Cares offers short-term/transitional assistance for people returning to town after illness, injury or surgery. Care includes coordinating meals, helping with basic tasks, arranging company, doing pet care, and meeting other time-limited needs. Volunteers also are available to take residents to medical appointments, treatment, and meet other needs for rides. Additionally, the organization supports library use like rides to the library, book return or reading pickup. Outreach includes volunteers calling every senior to talk or meet and arrange delivery of information seniors need for safely ageing-in-place in Plainfield. Several residents have enjoyed conversations with callers and gotten detailed Plainfield-specific information and resource packets. There are enough information packets for seniors of any age.

Packets also are available for viewing at the library.

The COA urges residents to request an information packet, attend lunch, or talk with a volunteer by phone or at a convenient home visit. Even if you don't need assistance yourself, you can become an informed neighbor or friend able to share information or offer suggestions to people you quietly watch out for or already are helping.

### FY18 Housing Rehab Program

Hilltown CDC will be submitting a grant application for FY18 to continue the Housing Rehab Program for the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, and Worthington. If you have used the Housing Rehab Program in the past or would like to use it in the future, we'd like to hear from you.

**We welcome your ideas, suggestions, or input about the design of the program and how we could improve the overall effectiveness of our services.** Please call or email your comments no later than February 9, 2018. We look forward to your input. If you're interested in applying for the Housing Rehab Program, please be sure to request an application when calling or emailing.

Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email [paulab@hilltowncdc.org](mailto:paulab@hilltowncdc.org) for more information or an application to the program.

*Funding is provided by the US Dept. of HUD/DHCD and MA CDBG Programs.*

### ***Surely I don't really need to check...***

Here is one more credit report note, then I promise I'll change topics. For a while.

I've had a couple people ask if they really need to check their credit report if they don't use a credit card or they aren't going to make a big purchase. Short answer – yup.

Long answers – A credit report may contain items other than credit cards such as some debit or gas cards, mortgages, car loans, medical accounts, telephone plans, public records, and who is accessing your report. Keeping up with your credit reports can help you avoid identity theft, assure a family member hasn't messed you up, fix errors, and learn how to improve your credit score. With a better score, you may be able to get or negotiate lower rates (insurance, loans, rentals) or get a higher credit limit to help fund a small business.

Here's a shocker: if a thief gets ahold of your identity and charges his family's phone plan to it, or her medical bills, it won't be him or her who has to straighten out the mess. The mess can be straightened out, but the process is not something you will enjoy doing.

Another shocker – long ago, when I was learning how to be an adult, there was no need to know about credit reports and scores! Life is different now. As always, if what I write can help you help someone else, feel free to use these notes.

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

## Become a VITA Volunteer!

### Volunteer Income Tax Assistance (VITA) program

The Hilltown CDC is partnering with the Berkshire County United Way to bring VITA to the Hilltowns of Western Massachusetts, and is seeking volunteers to help low-to-moderate income individuals in preparing tax returns.

VITA offers FREE basic tax return preparation by IRS-certified individuals, with electronic filing to qualified households that make \$54,000 or less. By volunteering for just a few hours a week from early February to mid April, you could help to provide THOUSANDS OF DOLLARS in benefits for working, income-eligible individuals and families in Western Massachusetts. The VITA Program offers **free tax help** to income eligible individuals to build assets and gain access to financial resources that will enrich their lives.

**No experience necessary** – All volunteers will receive training and materials appropriate for their position. Specific training dates will take place beginning in January of 2018. **No risk**- Volunteers are

covered under the Volunteer Protection Act and are not accountable for tax returns filed to the IRS.

### Volunteer Positions available:

#### • Greeters

As a Greeter, you will create a welcoming atmosphere at VITA sites while also helping to check in families and individuals accessing VITA services. While tax training is not required for greeters, a positive attitude is critical to being effective in this important role.

#### • Tax Preparers

Are you good with numbers, computers, and forms? Tax preparers work with filers to prepare their federal and state income tax returns. Volunteers receive free, in-depth training and must pass an IRS certification test.

Helping with the VITA program can be rewarding while serving a vital role in our community. To find out more, please leave a message for Program Coordinator Assistant, Lisa Westervelt, at the Hilltown CDC at 413-296-4536, extension 100, or email at [LisaW@hilltownCDC.org](mailto:LisaW@hilltownCDC.org)

## Need help with your housing repairs?

Hilltown CDC received funding for the FY17 Housing Rehab Program, and we're currently applying for the FY18 Housing Rehab Grant. We're accepting applications from homeowners who live in **Chesterfield, Cummington, Goshen, Plainfield, Peru, and Worthington** who need help with their housing repairs. Here's a sample of some the work that can be performed under the Housing Rehab Program:

### HOUSEHOLD INCOME GUIDELINES/ LIMITS:

<u>Household Size</u>	<u>Gross Annual Income</u>
1	\$44,800
2	\$51,200
3	\$57,600
4	\$64,000
5	\$69,150
6	\$74,250
7	\$79,400
8	\$86,750

### Possible Repairs:

Siding	Roofs and Chimneys
Windows, Doors, and Siding	Floor Joists, Flooring
Insulation, Walls, Ceilings	Foundation Work
Septic Systems and Sewer Tie-in's	
Handicap Accessibility Work	
Plumbing and Electrical	
Wells, Pumps, and Hot Water Tanks	
Lead Paint Removal	
Asbestos Removal	

These are **NO interest/NO payment loans** which may be entirely forgiven, and all repair work is completed by a licensed contractor of your choice. Please don't delay, funding is available and you may be surprised to find out you qualify! Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email [paulab@hilltowncdc.org](mailto:paulab@hilltowncdc.org) for more information and an application.

*Funding is provided by the US Dept. of HUD/DHCD and MA CDBG Programs.*



## On the Go!

The Northampton Senior Center has arranged the following outings, and you are welcome to join!



\*Please make your reservations early as these trips fill up fast!\* **Call Francine Frenier at the Northampton Senior Center: 413-587-1228.**

**April 20- Friday: Polish Center of Discovery & Learning**, a unique museum filled with 10 rooms of Polish history, emigration and culture. Located in Chicopee. Enjoy a German-fare lunch on your own at the Munich House prior to the museum stop. Sign up early, seats are limited. Cost is \$36.

**April 26- Thursday: Sister Act**, a musical comedy, will be performed at Westchester Theater in Elmsford, NY. A full luncheon is included. Cost is \$125. There is a \$10 discount if paid in full by March 15.

**May 8- Tuesday: Maggiano's Cooking Demo & Lunch, and JFK Library Centennial Celebration.** Learn tricks of the trade and enjoy a 3 course family-style luncheon. Then visit the JFK Library for its 100th celebration exhibit. Cost is \$114. There is a \$10 discount if paid in full by March 27.

**May 25-June 4 : Mt. Rushmore and the Black Hills of South Dakota**, 11 days, via bus, \$950 with double occupancy. Roommates available. Fourteen attractions and sites galore. Pay in installments or pay in full by Feb. 1 and receive a \$25 discount. \$100 Deposit. Trip insurance available.

**June 21-Thursday: The Gilded Age of the Berkshires.** Tour Ventfort Hall and The Mount. Buffet lunch on terrace at The Mount. Cost is \$112. There is a \$10 discount if paid in full by May 7.

**June 26-28: Three Day Tour to Lancaster, PA.** Two shows, *Jesus* at Sight & Sound Theater and *The Wizard of Oz* at Dutch Apple Dinner Theater and more. \$434 with double occupancy. Pay in installments or pay in full by April 5th and receive a \$25 discount. \$50 Deposit. Trip insurance available.

**July 10 - Tuesday: Tour of Mark Twain Home and Wickham Gardens.** Lunch at Promenade Shops on your own. Cost is \$74. There is a \$10 discount if paid in full by June 1.

**July 24 - Tuesday: Best of Boston.** Duck Boat Tour, lunch on your own at Quincy Market and

New England Aquarium. Cost is \$109. There is a \$10 discount if paid in full by June 12.

**August 7 -Tuesday: Tour of Fenway Park and Lunch at Cheers.** Enjoy some free time in Boston. Cost is \$123. There is a \$10 discount if paid in full by July 1.

**Sept. 7-11: Washington D.C.,** 5 days, via bus, \$540 with double occupancy. Full day at the Smithsonian. Pay in installments or pay in full by June 1 and receive a \$25 discount. \$100 Deposit. Trip insurance available.

**Dec. 10- Monday: White Christmas Big Band show** and luncheon at Aqua Turf, Plantsville, CT. Rob Zappulla and his 13-piece Big Band will perform holiday favorites. Cost is \$102. There is a \$10 discount if paid in full by October 30.

**Dec. 17- Monday:** The nostalgic holiday favorite, **A Christmas Carol is performed at The Bushnell.** A pre-show luncheon at Aqua Turf, Plantsville, CT. is included. The all-inclusive price is \$106. There is a \$10 discount if paid in full by October 30.

Coming to the Bushnell Hartford, Ct.  
HAMILTON--date to be determined.  
(probably late 2018 early 2019)

## Spa Days at Smith Vocational

Come enjoy some pampering! Smith Voc seniors from the Cosmetology program are offering the following:

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**Would you like to receive your newsletter by email instead of snail mail?**

If so, please email Kristen at **regionalcoanews@gmail.com** to be put on the email list.



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

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*Financial Advisor: Nancy Hewes*

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*HVES Rep: Barbara Bak*

*Art Com: Gigi Kaeser, Chair;  
Dee Cinner*

*Travel Group: Mary Ann Coleman,  
Nancy Boyle*

*Outreach Com: Jan Gibeau,  
Lorrie Childs, Marilyn Davidson*

**Newsletter Editor & Designer:**  
Kristen Estelle

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

## Out and About in February

**Thurs. Feb 15th at 2pm**  
**Snow date Thurs. Feb 22nd at 2pm**  
**Need a Ramp?**

*Easthampton Council on Aging*  
*19 Union St. Easthampton*



Do you need a ramp to get in and out of your home? Do you know someone who does? For many, the expense and effort of hiring a contractor are daunting. Stavros's Home Sweet Home program is designed to help seniors and people with limited mobility have ramps installed. Home Sweet Home program staff assess needs, provide help with financing, and oversee installation. Come to the Easthampton Council on Aging to hear a presentation by Home Sweet Home program director Lois Brown, who will talk about the best way to contact her program, financing options, and more, with time for questions afterwards. **RSVP: 413-527-6151.**

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**by Fran Ryan**  
*Chesterfield Comm. Center, 400 Main Rd.*  
*Chesterfield, MA*

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