

Chesterfield Council on Aging

May 2018 Newsletter



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

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

May Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	1 Chair Yoga 10-11am	2 Coffee & Chat 9-11am Foot Clinic 10am-12pm Mah-Jongg 1-4pm	3 Men's Breakfast 9am Sit, Chat and Knit 10am Beginner Tai Chi 6:30-7:30pm	4 <div style="border: 1px dashed black; padding: 5px;">Sun. 5/6 2pm Leadership and Climate Change</div>
7 Consortium 9:30am Advanced Tai Chi 9:30-11am Ball Workout 1-2pm Feldenkrais 7:00pm	8 Chair Yoga 10-11am Outreach Comm. 11am	9 Coffee & Chat 9-11am Blood Pressure Clinic 10am Mah-Jongg 1-4pm	10 Brown Bag 10am Beginner Tai Chi 6:30-7:30pm	11
14 Advanced Tai Chi 9:30-11am Ball Workout 1-2pm Feldenkrais 7:00pm	15 Chair Yoga 10-11am	16 Coffee & Chat 9-11am Mah-Jongg 1-4pm	17 Beginner Tai Chi 6:30-7:30pm	18 <div style="border: 1px dashed black; padding: 5px;">Sun. 5/20 1-3pm COA Volunteer Appreciation & Open House</div>
21 Advanced Tai Chi 9:30-11am COA Board 10am Ball Workout 1-2pm Feldenkrais 7:00pm	22 Chair Yoga 10-11am	23 Coffee & Chat 9-11am Mah-Jongg 1-4pm	24 Beginner Tai Chi 6:30-7:30pm	25
28 Memorial Day	29 Chair Yoga 10-11am	30 Coffee & Chat 9-11am Mah-Jongg 1-4pm	31 Beginner Tai Chi 6:30-7:30pm	
<p style="text-align: center;">Jan Gibeau, Director. Office hours: Tues. 11-2, Wed. 8-11, Thurs. 10-12. Lorrie Childs, Data & Accounting Manager. Bev Henrichsen, Publicity Assistant.</p>				

May Highlights

Older Americans Month Open House & Volunteer Appreciation

**Sunday, May 20th, 2018
1-3 pm**

**Chesterfield Comm. Ctr.
400 Main Road**



Join us as we celebrate the lives of older adults "Aging in Action", volunteering to vitalize the Chesterfield Community and creating a path to programs that keep us healthy. We also want to acknowledge the important services of people of all ages who support us in numerous ways. Volunteers make it all happen at the Community Center. Our board members who meet monthly are volunteers. Some volunteer to staff weekly and monthly programs by setting up, cooking, hosting, and clean-up, others serve as liaisons to the Chesterfield & Goshen school committee and finance committee, or volunteer to organize our lending library of donated books.

Come check us out: we have opportunities for everyone. Volunteering offers the chance to give something back to the community or make a difference to the people around us. Volunteering offers an opportunity to develop new skills.

Our Open House features displays of the work and activities of all of the groups who meet at the Community Center. Come and meet the artists, teachers and leaders.

Lunch will be served.



**The Tanglewood Marionettes perform
The Dragon King** at New Hingham Regional Elementary School on **Tues. May 8th at 1:30pm**. It's 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, Davenport Child-care, and New Hingham PTO.

The Chesterfield Memorial Day Parade takes place at **11am on Monday, May 28th**. (It follows the parade in Goshen at 10am.) The parade

begins at the Town Hall and proceeds to the Center Cemetery where there is a commemoration by American Legion Cumington Post 304. The parade then goes back to the Town Hall and ends with another ceremony at the Veterans' Memorial.

Spa Days at Smith Vocational

Spa Days have ended for this year. All available appointments have been filled for May. Francine Frenier, the program organizer, said that students have provided services to about 30 people since the program was first offered in January. Frenier says they will start offering the program again as soon as the new high school seniors are ready in the fall.

Sit, Knit and Chat at a knitting & crocheting group with Judi Press the **first Thursday at 10am**. Come join!

Exercise Classes in Chesterfield

T'ai Chi classes: Advanced T'ai Chi with master T'ai Chi instructor Marty Phinney continues Mondays, 9:30-11am. Beginner T'ai Chi classes are also ongoing from 6:30-7:30pm. Drop-ins and new beginners welcome. T'ai Chi is a wonderful activity known to increase balance, centeredness within oneself, and an enhanced relationship with the natural world.

Chair Yoga with Michelle Morales-Wolk continues Tuesdays, 10-11am. Drop-ins welcome for all Hilltown seniors.

Feldenkrais to create flexibility, strength and balance, with trained instructor Michele Morales-Wolk: Monday evenings, open to all ages, each class stands on its own.

Chesterfield classes of T'ai Chi (beginning and advanced), Chair Yoga, and Feldenkrais are funded in part from a grant from Highland Valley Elder Services to the Chesterfield COA to support weekly fitness activities for seniors in our town and the surrounding hilltowns. Grant funds cover only a portion of instructors' fees for these year-round classes; your donations are crucial to make up the balance of instructors' compensation.

For more exercise opportunities, see page 7.

Chesterfield Congregational Church Events

**Sun. May 13th 8:30-10am
Mother's Day Breakfast**

On March 25th, 49 residents viewed a documentary called *Chasing Coral* at the Chesterfield Community Center. The film took more than three years to shoot and is the result of 500+ hours of underwater footage. The message is a wake-up call for all of us. Beneath the waves, coral reefs are dying. Coral reefs are vanishing at an unprecedented rate. A team of divers, photographers and scientists set out to discover why this is happening. Their conclusion: climate change. They say, "We are in an emotional race against time." *The documentary was sponsored in part by grants from the Worthington and Cummington Cultural Councils, local agencies that are supported by the Massachusetts Cultural Council, a state agency.*



Jim Martin and his wife, Janet, dance to the music of Sidetracked, who performed on March 18th at the community center.

The local band Sidetracked offered a chance for guests to shake off the winter blues by playing roots rock, country and blues for all ages.



Fourteen Chesterfield residents made the annual trip to the North Hadley Sugar Shack in March. Here, Barbara & Robin Bak and Nancy Boyle eagerly await stacks of pancakes with freshly made maple syrup.

Happy Birthday in May!



Daniel Hewins, Tod Robertson, Kimberley Gray, Kim Grybko, James Fogg, Charles Worpek, Gary Theroux, Mariann Furnari, Kevin McQuaid, Ione Cherry, John Childs, Eileen Wright, Pauline Judd, Laila Salins, Alexander Lapinski, Denise Cormier, John Larue, Patricia Colson-Montgomery, Frederick Drake, Sandra Wickland, Alexandra Cherau, Kenneth Adams, Donna Lynde, Richard Donath, Susan Brisson, Miriam Kaye, Charlene Baiardi, John Figgie, Joseph Lingg, Richard Ladd, Robert Judd, Robert Hewes, Roland Curtis,

May is Older Americans Month:

Engage at Every Age

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities. They're working and volunteering, mentoring and learning, leading and engaging.

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every May offers opportunity to hear from, support, and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotion well-being.

**HEAR ABOUT THE NEW
RESTAURANT CALLED
KARMA?**

**THERE'S NO MENU: YOU
GET WHAT YOU DESERVE.**

Senior Profile: Sylvia Lapinski

Sylvia Lapinski moved to Chesterfield in 2001 with her late husband, Bob Crafts, who was ill with cancer. She was also taking care of her mother who lived in Easthampton and who also had cancer. Between caretaking and driving back and forth, Sylvia says, she barely raised her head to do anything, or meet people. "After my mother passed, I realized that I'd really like to go to church. I walked into the Chesterfield Congregational Church one day and saw Nancy Boyle and the Pastor, Doug Small, whom I knew slightly. They were so welcoming, I just kept going." Sylvia serves as a church deacon in Chesterfield and leads a bible study that meets twice a month in Worthington. As a member of the church, Sylvia met A.J. Lapinski. "I had some repairs that had to be made at my house, and someone recommended him. I went up to him, introduced myself and the rest is history. We'll be married 6 years in June."

Sylvia is a vocalist for the band Sidetracked that recently entertained at the Chesterfield Community Center. She says that she sang in the church choir in Haydenville during high school, but put that behind her as life moved her in other directions. After her first husband died, she went to a couple of Hilltown Choral Society concerts and decided she wanted to sing with them. She found a vocal coach in September and by December that coach had her singing in a show at Sam's Café in Northampton. "The singing part of my life is very recent, within the last couple of years. Being in

the band and singing publicly was nothing I ever thought about doing. But my husband, A.J. is a drummer, and started a new band, and I joined."

Sylvia retired in 2012 from Smith College's Dining Services after 25 years of working there. She has a brother, David Shea, who lives in Huntington. Her dad worked at ProBrush in Florence his entire work life. Her mother was a homemaker. Her favorite childhood memory is a happy one among difficult circumstances. Her mother had been committed to a Tuberculosis Sanitarium for a year when Sylvia was in the 4th grade. "My father and grandmother had prepared us for a slim Christmas that year, but they smuggled one of my dolls to my mother and she hand-sewed a whole new wardrobe for my doll. It was wonderful!"

She would travel to Ireland if she could and look up her Irish relatives. Her hobbies include cooking for her family. She's branching out into organic and gluten-free cooking. Sylvia is a member of the Chesterfield Outreach Committee and loves to read non-fiction. She is currently reading Bill O'Reilly's *Killing Lincoln*, but she says the Bible remains her favorite. Currently she has 12 different versions.



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

Seniors Aware of Fire Education



Fires caused by cooking accidents are the number one cause of fires by older people. So, this month we'll consider some familiar ways of avoiding and dealing with fires in our kitchens.

- STAND BY YOUR PAN! Never leave cooking unattended.
- Wear short or tight fitting sleeves when cooking. Loose sleeves easily catch fire.
- Put a lid on a grease fire to smother it, then turn off the heat.
- Never throw water on a grease fire. Water will spread fire around.
- Never move a burning pan. You can easily ignite your clothes or spill fire onto someone or something else. Put a lid on it.

Be S.A.F.E.,

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.



The Hilltown Easy Ride will be starting a program to promote exchange among Hilltown COAs for events and luncheons. We will still be able to do medical rides and shopping as well.

You must be 60+ and live in the towns of Goshen, Chesterfield, Cummington, Worthington or Plainfield to be eligible for the van. All riders must fill out a Demand Respond Application with FRTA. We would gladly help you with that process, or you may go on the FRTA website and download an application. It takes about a week to process, and once you get the acceptance letter you can start booking rides.

We are happy to answer questions:
413-296-4536 or ride@hilltowncdc.org

The dispatcher's new hours are Mon.-Thurs. 8am to 10:30am and Fridays 8am to 11am, but messages will also be checked from home, so please leave a message and it will be returned.

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.

A Good Deed Never Goes...

Sometimes it's hard for a young person or someone who had a run of back luck with their finances to get on their feet. You, being a good person, may be wanting to help them out. Well, love, DO be careful.

It is possible for you to authorize a child or someone else to use your credit card, called "piggybacking". The child, as an authorized user, benefits from your good credit, assuming their activity is reported to the credit bureaus by the card company, and begins to gain or improve their credit. BUT the authorized user is not responsible for paying on the card; you are. If things go wrong... about a third of all cases of piggybacking do not end well, according to a recent Washington Post Color of Money column.

Another example of a good deed that can get punished is co-signing. I once co-signed a car loan for a young friend just out of school. That effectively meant that I had taken the loan on the car. If something went wrong, I could own a wrecked car or get sued for the entire loan amount. All ended well – she kept the insurance up and paid off the loan on time. Alarming, a co-sign situation that is growing more common is for grandparents to co-sign a student loan. The bad statistics and consequences on that are just that: bad.

If you are considering doing a co-sign, please read this first:
www.consumer.ftc.gov/articles/0215-co-signing-loan. Then call me. I'm serious!

Selfishly speaking,
Jean O'Neil, TRIAD Committee Member
413-268-2228, jeanoneilmass@gmail.com

Age Friendly in Goshen

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

The Goshen COA has been hard at work on growing its outreach in 2018. In Goshen:

- there are 338 residents age 60 and over
- older adults now account for 35% of town residents
- between 2016 and 2018, the number of residents age 80 and over increased from 39 to 52

Outreach efforts require more community support. Given these statistics, the COA is considering new outreach methods and finding ways to attract more year-round and seasonal volunteers.

For many years, in addition to personal outreach done by the COA Coordinator and five board members, Goshen has had a sixth dedicated "outreach" worker, Dora Emerson. Dora might visit, call, help with rides, and otherwise reach out to the town's oldest residents and homebound older adults. These six COA members provide support to a limited number of town residents. They do so by:

- donating time to deliver meals
- checking regularly with several older adults
- giving rides
- lending a listening ear to older people they know

Looking outside the COA to bolster outreach led them to contact the fire, police, and emergency management departments. The goal is to create an expanding circle of town resources and personnel specially attuned to older adults' needs. The board is committed to working with the other town departments to identify older adults that are on oxygen, live alone or have homes in isolated locations. Advance knowledge provides more effective assistance in times of need – like accidents in the home, ice storms and tornados.

Goshen has a limited number of involved residents. Few as they are, they have created effective, non-intrusive ways to watch out for various older adults. For example, one resident agreed to using a system for alerting their neighbor of their well-being. If the garage door – which is closed every night – is not open in the morning, that person checks with the other to confirm their safety; another plan includes having an older adult make a call each morning to indicate that they are okay and active for the day; a daily call also works well in reverse. A family member, friend or neighbor can call an older adult every

morning at an agreed-on time.

These are simple ways of caring that effectively support town residents. Imagine proposing one of these methods to a neighbor you know or have concerns about. These are non-intrusive solutions that are simple and respectful and are hallmarks of an age-friendly community.

Free Daily Shuttle to Mass General

Cooley Dickinson Health Care and Massachusetts General Hospital have teamed up to provide a free daily shuttle from Northampton to Boston.



The round-trip shuttle leaves from 8 Atwood Drive in Northampton at 6:30am. The shuttle will drop off passengers at the Massachusetts General Hospital entrance on 55 Fruit Street in Boston, and leave at 3pm to return to Northampton.

The shuttle will have the ability to hold 12 people, will be equipped with Wi-Fi, and will run daily Monday through Friday. While the shuttle is free, reservations are required, and must be made 24 hours in advance. Children under 18 years of age are required to have an adult with them. Reservations can be made by calling 888-554-4234.

New Driver's License & ID Requirements

As of March 26, 2018, to get or renew any driver's license, ID card, or learner's permit, customers need documentation showing U.S. citizenship or lawful presence as required by federal and state law. Customers will also need to choose between getting a REAL ID license or ID card, or a Standard license or ID card. Visit Mass.gov/ID for more info and a complete list of acceptable identification documents. Customers are now also able to start applications online. Our new online Info Center includes specific information about the documentation requirements for non-U.S. citizens, drivers over the age of 75, learner's permit holders, and those new to Massachusetts.



ENGAGE AT EVERY AGE: MAY 2018

Stronger than Yesterday

What interests you? There's never been a better time to learn a new form of exercise or pick up one you haven't done in years.



Chair Yoga

Yoga is for everyone, and this form is gentle and relaxing. It improves your flexibility and may offer relief from arthritis and insomnia.

Tues. 10am, Chesterfield Comm. Ctr
Led by Michelle Morales-Wolk
Requested donation: \$5/ class.

Weds. 9am, Westhampton Woods, Unit F
Led by Michelle Morales-Wolk thru 5/23. Free or small donation.

Thurs. 10:45am, Williamsburg Senior Ctr.
Led by Alexandra Mello. \$10/class.*

Yoga for You

*Taught by Michelle Wolk, this class is geared for active adults. Any adult can join. Class is \$12 or 6 classes for \$60.**

Tues. 6-7pm, Williamsburg Senior Ctr.

Dance Class (Modern/ Creative)

Contemporary dance for adults, taught by Susan Waltner. Donations gratefully accepted.

Weds. 10am, Williamsburg Senior Ctr.

Feldenkrais

Create flexibility, strength and balance, with trained instructor Michele Morales-Wolk. Open to all ages.

Mon. 7pm, Chesterfield Comm. Ctr.
Requested donation: \$5/class

Thurs. 6pm, Williamsburg Senior Ctr.
*\$10/class**

Healthy Bones and Balance

Designed to increase participants' strength, mobili-

ty, flexibility and balance, H B & B classes are a free, fun way to exercise and socialize. Medical clearance is required.

Mon. & Thurs. 9:30am
Cummington Comm. House

Mon & Fri. 10:30am
Worthington, Maples I Comm. Room

Tues. 10:30am Williamsburg Senior Ctr.

Thurs. 4pm, Williamsburg Senior Ctr.

Hiking

Chuck Horn organizes hikes around the Westhampton/ Easthampton area. To get on his email list, drop him a line: charleshorn@gmail.com

Muscle Strengthening Classes

Strength training keeps your bones strong and helps maintain muscle mass.

Weds. 10am, Goshen Town Hall

T'ai Chi

T'ai Chi is a wonderful activity known to increase balance, centeredness within oneself, and an enhanced relationship with the natural world.

Mon. 9:30am, Chesterfield Comm. Ctr.
(Advanced; \$5/class)

Thurs. 6:30pm Chesterfield Comm. Ctr.
(Beginner; \$5/class)

Thurs. 9:30am Williamsburg Senior Ctr.
*\$10/class**

To find out more about these classes, and to register, please contact the appropriate COA coordinator:

Chesterfield:

Janice Gibeau, 296-4007,
coa@townofchesterfieldma.com

Cummington:

Anne Parsons, 634-2262, coa@cummington-ma.gov

Goshen: Evelyn Culver, 268-3316, ematkc@aol.com

Westhampton:

Julia Lennen, 537-9880,
westhamptoncoa@comcast.net

Williamsburg:

Sherry Loomis, 268-8407, sloomis@burgy.org
* Financial aid may be available for Wburg residents.

Worthington:

Sandy Epperly, 238-5584, coa@worthington-ma.us

Chesterfield Council on Aging
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Chesterfield, MA 01012

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Publicity Assistant:
Bev Henrichsen

Newsletter Designer:
Kristen Estelle

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

Out and About in May

Sat. May 5th @ 7pm & Sun. May 6th @4:30pm
Spirit of the Hills Community Chorus

*Northampton Senior Center, 67 Conz St.
Northampton, MA*

Singers aged 8-80, based in Williamsburg, will perform music from the world's community singing traditions of South Africa, Bosnia, England, Basque Spain, Corsica, American gospel, American Jewish traditions, and more. Donation Requested: \$15/adults, \$5/children. **To benefit the Food Bank of Western Massachusetts.** Directed by Penny Schultz. Christopher Haynes Accompanying on piano and accordion.



Sun. May 6th, 2pm
Leadership & Climate Change:

A Special Hilltown Panel Discussion

*Chesterfield Comm. Center, 400 Main Rd.
Chesterfield, MA*

The Hilltown Eco-Action group in cooperation with Chesterfield Community Center will present a panel presentation followed by Q&A. The event will include special presentations on climate change from three different perspectives and feature: environmental lawyer Kevin Healy, biologist Ed Stockman, and Climate Action NOW co-founder, Susan Theberge.

The topics will include **Lawyers Fight Climate Change,**

Kevin Healy; **Building Solidarity to Respond to Climate Change**, Susan Theberge; and **Our Industrial Food System and Climate Change: A Well-Kept Secret**, Ed Stockman.

The Hilltown Eco-Action Group was formed in January 2017 as part of Defend the American Republic, a group of concerned residents of Worthington and surrounding communities. This group was established to protect the earth in any way we can from the ever-accelerating climate change crisis.

Free to the public. Donations are appreciated.

Tues. May 8th, 1:30pm

Tanglewood Marionettes: "The Dragon King"

*New Hingham Regional Elementary School
30 Smith Rd., Chesterfield, MA*

A terrible drought has overtaken the land, and all the world has turned brown and lifeless. The Dragon King is ruler over all things water, and the people are beginning to wonder why he has not brought the life-giving rains in such a very long time. An underwater fantasy based on Chinese folklore, *The Dragon King* tells the tale of an intrepid Grandmother who journeys to the bottom of the sea in search of the elusive Dragon King, and the answers to why he has forsaken the land above. Free and open to all ages!

Funded by the Chesterfield Council on Aging through a multi-generational grant from Highland Valley Elder Services.