

Chesterfield Council on Aging

June 2018 Newsletter



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

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

June Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				1
4 Consortium 9:30am Advanced Tai Chi 9:30-11am Feldenkrais 7:00pm	5 Chair Yoga 10-11am Outreach Comm. 11:15am	6 Mah-Jongg 1-4pm	7 Men's Breakfast 9am Beginner Tai Chi 6:30-7:30pm	8 Sun. 6/10 2pm Common Creatures
11 Advanced Tai Chi 9:30-11am Veterans' Agent 11:30-1:30 Feldenkrais 7:00pm	12 Chair Yoga 10-11am	13 Blood Pressure Clinic 10am Mah-Jongg 1-4pm	14 Brown Bag 10am Beginner Tai Chi 6:30-7:30pm	15 Easy T'ai Chi Form Exercises 9:30am
18 Advanced Tai Chi 9:30-11am COA Board 10am Feldenkrais 7:00pm	19 Chair Yoga 10-11am	20 Mah-Jongg 1-4pm	21 Beginner Tai Chi 6:30-7:30pm	22 Easy T'ai Chi Form Exercises 9:30am
25 Advanced Tai Chi 9:30-11am Veterans' Agent 11:30-1:30 Annual COA Picnic 11:45am	26 Chair Yoga 10-11am	27 Mah-Jongg 1-4pm	28 Beginner Tai Chi 6:30-7:30pm	29 Easy T'ai Chi Form Exercises 9:30am
Jan Gibeau, Director. Office hours: Tues. 11-2, Wed. 8-11, Thurs. 10-12. Lorrie Childs, Data & Accounting Manager. Bev Henrichsen, Publicity Assistant.				

June Highlights

Chesterfield COA Annual Picnic



**Monday, June 25th, 2018
11:45am**

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

Come join your friends
OUTDOORS AND IN THE COMMUNITY ROOM!

Open to all seniors in the neighboring towns.
This is a program for more exchange among the
Hilltown COAs for events and luncheons.

Come and join our Annual Picnic Fun by RSVP'ing
to Jan Gibeau at 413-296-4007 with 48 hours
in advance.

AND

Reserve a ride on the Hilltown Easy Ride Van
by calling 413-296-4232 at least 48 hours
in advance.

Common Creatures by Fran Ryan

**Sunday, June 10th, 2pm
Chesterfield Comm. Ctr.**

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. She will discuss their characteristics, behaviors, life cycles and shed some light on these creatures.



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 alongside them. Free and open to the public.

Funded by the Chesterfield Council on Aging

through a multi-generational grant from Highland Valley Elder Services.

New Exercise Class in Chesterfield

Easy T'ai Chi Exercises

A 7 week class beginning June 15 designed for folks who want to learn some of the basic strengthening, focusing, balancing, and softening techniques used in Tai Chi — without the task of memorizing the sequence of movements in the slow motion dance called the tai chi "form". The class will also include some breathing techniques as well as some moves excerpted from the "form" such as "waving hands in clouds". Classes are taught by Marty Finney and are \$10.00 per session.

Happy Birthday in June!



James Dawson, Barbara Smith, Patricia Murphy, Joyce Desaulniers, Gary Denno, Colleen Graves, Susan Barrett-Jones, Michael McMaster, James Kitchen, Scott Frenier, Gary Graves, Kenneth Jones, James Matus, Nancy Boyle, Michael Harris, Thomas Osborne, Robert Westgate, Karen Gaggin, Peter Mikucki, Ronald Wozniak, Laura Figgie, Robert Lyon, Walter Stasz, Kristin Healy, Robert Lovell, Mary Snape, Robert Gaggin, Nancy Henshaw, Thomas Boyle, Harold Jasmin, Spencer Timm, Douglas Fraser, Cynthia Dunbar-Randall, Robert Recos, Virginia Kirk, Nanette Clark

Recipe: My Mother's Doughnuts
From: Mary Jane Miller

oil for deep frying
4 c. flour (plus or minus)
1 c. sugar
2 eggs
½ tsp. mace
½ tsp. salt
1/3 c. oil
1 tsp. baking soda
1 c. buttermilk
1 tsp. lemon extract

Beat sugar and eggs until thick. Combine milk and baking soda. Add all ingredients to egg mixture except for flour. Mix. Stir in flour to "soft dough". Don't cover mix. Turn out onto a floured surface. Pat (or roll) and cut. Shake off excess flour before adding to hot oil. Add to oil that is 375 degrees. Flip once and drain, putting fried doughnuts on paper bag lined cookie sheet.

Dee Cinner and Gigi Kaeser, Community Center Art Mavens, review historic photos of Chesterfield in preparation for a new exhibit on July 4th.



Currently on display at the Community Center through June is the artwork of local artist, **Alexandra "Boo" Chereau**.

Educational Partners: Help Needed and Wanted

One of the benchmark of a strong community is well-educated children. Making that happen is not easy but teachers, their leaders and others who make the school work need our support. Once again, our town election results left us with vacancies on the **Chesterfield/Goshen School Committee and the Hampshire Regional School Committee**. We need to fix this. We can help appoint people to these positions by finding people who are passionate about educating our children, building our community and supporting the schools. As taxpayers, we need to pay attention to declining enrollments in the face of rising costs.

We need energy, action and wisdom. That means all ages on deck. Can you volunteer to help? If not, you can ask your kids who are parents or grandparents. Let our new superintendent know: Aaron Osbourne (413-527-7200) and/or our new Principal, Jesse McMillan at New Hingham (296-0000) or Leslie Kellogg, who is a member of the HRHS school committee, or contact the two remaining New Hingham school committee members, Don Willard or Geoff Gougeon. Act now; we can't do our best with empty seats on committees.

~ Jan Gibeau

Why Seniors Should Stay Socially Active

As we age, we tend to feel less and less energetic, often preferring to stay home in front of the television or with a good book instead of heading out to spend time with friends. But what most people don't realize is that it is really quite important to stay socially active. It is just as important as staying physically active to enjoy good health. The following are some reasons why you should maintain at least a moderate level of social activity.

Reduced risk for mental health issues: interacting with your peers on a constant basis helps to prevent a whole host of mental health issues. These can range from depression to poor cognitive function. When you stay socially active, your brain is constantly engaged, leading to the maintenance of a sharper mind and reducing the potential for faltering cognitive function. The interaction also gives you a sense of belonging and helps you to stay connected to the world around you.

Be more physically active: staying socially active almost always correlates to being more physically active as compared to seniors who are socially isolated. This is because you will tend to get out of the house more instead of just staying home alone every day. Your immune system and nutrition levels will also be improved since socially engaged seniors tend to eat more when they are around others.

In fact, when you stay socially active, you will have lower blood pressure and potentially reduced risk for cardiovascular problems, some cancers, osteoporosis, and rheumatoid arthritis.

Stable support system: staying socially active also ensures that you have a stable support system. When you have peers who can understand what you are going through, it makes tough times much easier. Some ways to stay socially active:

- Stay in touch with friends and family. Try to plan regular visits or interactions, even if it is just a conversation over the phone or writing letters and emails.
- If you are physically able, join a gym. This allows you to engage with others socially and at the same time stay physically fit.
- Consider joining us at our COA programs and exercise classes. You will be able to meet lots of new like-minded friends there and build up a stable support system.

Staying socially active and maintaining your relationships are a crucial part of aging healthily. Stay vibrant and active! Aging doesn't mean that your life has to slow down as well.

Condensed from: simplythebesthomecare.com/importance-of-seniors-staying-socially-active/

Senior Profile: Larry Cervelli

Larry Cervelli serves on the Chesterfield Finance Committee. He moved to Chesterfield from Westhampton 15 years ago, after his wife of 34 years passed away and he thought a change of scenery would be helpful. Restoring a vintage farm on Ireland Street has been very therapeutic.

During his working career, Larry was a medical rehabilitation occupational therapist and for several years ran a federal research project focused on developing systematic care for people with traumatic brain injury. He was instrumental in opening numerous brain injury rehabilitation programs around the country. During the last 25 years he co-founded a company in Northern California that trained case managers for catastrophically injured workers.

Since retiring, he has been a volunteer facilitator of a support group for survivors of traumatic brain injury and their families that meets in Hadley. He has also organized and manages a group focused on educating the civilian healthcare community to recognize the special needs of veterans and their families.

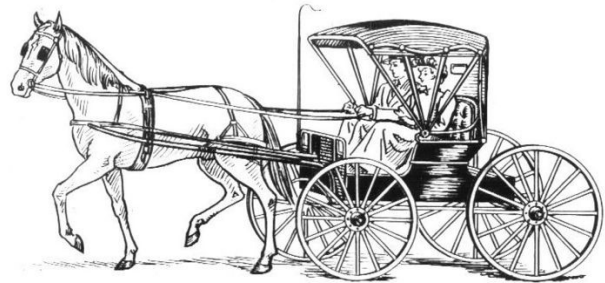
Larry has a daughter and three grandchildren who live in Charlotte, North Carolina, whom he visits several times a year, and three sisters in California he visits regularly.

Larry lives with his partner of 10 years, Carol Bergeron. He has two driving horses, a Morgan and a

Saddlebred. Larry drove horse and carriage for many years with his friend Percy, including many Chesterfield 4th of July parades.

His favorite movie is *Avatar* and he likes historical books and especially *Being Mortal*, by Atul Gawande. He also loves gardening and jazz music. Larry is well travelled and says he's planning on taking the family on a trip to Portugal. His son-in-law is of Portuguese descent.

He's active on the political scene, having worked on the Bernie Sanders Presidential campaign for a year and a half, and is working on the campaign for single-payer health care financing. He says he's distressed about the lack of public participation in the political system and wishes more people would get involved.



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



Smoking is the third leading cause of fire injuries for older adults. If you or someone you know smokes, here are a few safety tips:

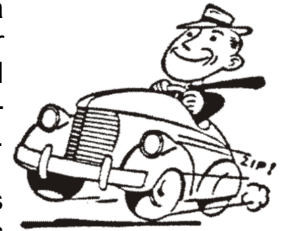
- Smoke outside.
- Never smoke in bed, while drowsy or under the influence of medication or alcohol.
- Use deep, sturdy ashtrays.
- Make sure your butts and ashes are cold before throwing them out; drowning them is a sure way of knowing they are cold.
- Never ever smoke where medical oxygen is used, even if it is turned off.
- Stop smoking; then you won't have to worry about the above tips.

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.

FAQs about the new RMV Document Requirements

If you have to get or renew a driver's license, ID card, or learner's permit, you should note that document requirements have changed.



The RMV often receives questions from customers about the new document requirements for getting or renewing a driver's license. Here are some of the more frequently asked questions with answers to help you:

Q. What if my name is different from the name that appears on my documents?

A. If your current name doesn't match the one that appears on your lawful presence document(s), you must prove your legal name change with an acceptable document in order to qualify for a REAL ID credential. A marriage certificate, divorce decree, or court document all qualify. However, if the names don't match, you can still get a Standard ID or driver's license.

(Article continued on page 7.)

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.

Math and Money

There are three kinds of people. Those who can count and those who cannot. Ba da Dum!

So I read recently about how poorly some states are doing on training their students in financial literacy in school: www.champlain.edu/centers-of-excellence/center-for-financial-literacy/report-national-high-school-financial-literacy. I recognize two things: one, that teachers already have an overabundance of things to cover, so we can't expect schools to do all this, and, two, that not all parents are able to pass on this information. However, basic economics and financial knowledge are so important in a person's life. Everyone needs this information some way somehow.

Perhaps there is a younger member of the family who could use some money math tutoring? I found a good-looking web page with suggestions for working on math and money with children in Pre-K through eighth grade: www.ixl.com/math/money-and-consumer-math. Here is another resource you could use: www.creditrepair.com/articles/savings-center/math-and-money.

A riddle for you: What happened with the cat who swallowed a coin?
Answer: There was money in the kitty.

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

Outreach in our Livable, Age-friendly Northern Hilltowns

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

The Northern Hilltowns Consortium of Councils on Aging has worked on outreach to older adults for the past three years. The effect has been measurable. All seven northern towns regularly include outreach in the board meetings. Three of the seven towns have outreach teams in place and are recruiting more participants. The other towns are working to create viable outreach teams for their towns.

Our newest opportunity to enhance outreach came to the Consortium early in May. A grant was available to assess communities for livability and age-friendliness. The Consortium applied late April, were funded five days later, with a start-up date of May 10th. The purpose of the funding is for surveying all older adults in Plainfield, Cummington, and Chesterfield. If you reside in these towns, you may have already received a questionnaire. The funding also supports the Consortium in conducting three town forums in June. Please watch for more information about the dates of the forums. Calling the COA is also a way to find out when they are being held. At the point we submitted this newsletter content, the forums were not scheduled yet.

The purpose of the community survey and forums is to obtain input from older adults, those who are not yet retired and those who are. The questionnaire concerns opinions of older adults about the importance of various age-friendly aspects of town life. Nationally there is increasing interest and support for helping communities become more age-friendly and livable for people of all ages. Several other communities across the state received the same funding. The Consortium applied as a multi-town region in rural Western Massachusetts.

Nine hundred and thirty-five (935) questionnaires were mailed in mid-May. Forms have been returning steadily. The final report for the project is due mid-summer. The Consortium will release the results in the coming months.

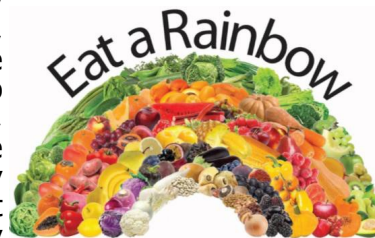
This project has been an unexpected boon for Consortium outreach efforts. Results will benefit not only the Consortium and area councils on aging, but also the towns involved in the survey. With information from the questionnaires and forums, the Consortium more effectively can support town outreach to older adults.

If you have not already returned a questionnaire, please consider filling it out and returning as much of it as possible. If you and a spouse each

received one in the mail, we are interested in hearing from both of you. Our desired return date was May 31st, but if we get yours in June we will still use your input. Thank you to all of those who contributed their thoughts and opinions. We will keep you informed about the results.

Keeping a Healthy Weight as you Age

Why is keeping a healthy weight important? As you age, you may notice changes in your body's makeup. You may lose muscle mass, which may increase frailty. You may also burn fewer calories, especially if you are not very physically active. To prevent weight gain, you may need to eat fewer calories than you did when you were younger. This means you have fewer calories to help you get the nutrients your body needs for energy. So, you need to eat foods that are high in nutrients. Eating nutrient dense foods means "eating the rainbow": a variety of colorful fruits and vegetables, fat free/low-fat dairy, whole grains, seafood, lean meats, poultry, beans and nuts.



What is a healthy weight for you? The body mass index (BMI) is a measure of weight in relation to height. While a BMI score of 18.5 to 24.9 usually indicates a healthy weight for adults, the BMI is limited in how well it gauges body fat in older people or those who have lost muscle. Measuring around your waist may tell you if you carry extra fat. A waist circumference of more than 35 inches for women or 40 inches for men indicates increased risk for a number of health problems.

You may want to check with your health care provider or dentist if:

- you find chewing difficult, don't want to eat, or have trouble with your dentures.
- you feel that life events such as the death of a loved one or moving from your home are keeping you from eating well.
- you think your medicines may be making your food taste bad or affecting your appetite.
- you think you should take a daily vitamin like iron or vitamin C.

Source:
www.niddk.nih.gov/health-information/weight-management/health-tips-older-adults#healthy_eating
By: Rita Longe, RDN, LDN



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.**

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.

June 26-28: Three Day Tour to Lancaster, PA. Two shows, *Jesus* at Sight & Sound Theater (reserved orchestra seats) and *The Wizard of Oz* at Dutch Apple Dinner Theater, and more. \$434 with double occupancy. Pay in installments or pay in full. \$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. New England Aquarium, lunch on your own at Quincy Market. Duck Boat Tour. Cost is \$109. There is a \$10 discount if paid in full by June 12. Only a few seats left.

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.

August 15 – Wednesday: Guided tour of Kennebunkport with time to shop. Lunch at Mike's Clam Shack. Cost is \$109 with a discount of \$10 if paid in full by July 6th.

August 19 – Sunday Matinee: Tanglewood Music Center. Leonard Bernstein Memorial Concert, featuring Yo-Yo Ma. Shed seats, lunch on your own. All-inclusive cost is \$84. Limited Seats.

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.

Other trips in the planning stages:
MGM Casino, Big E,
Halloween in Salem,
White Christmas Big Band

RMV FAQs, continued from page 5

Q. Can a laminated Social Security card be accepted? What about other laminated documents?

A. No. Laminated Social Security cards are not acceptable for a REAL ID credential. If you have a valid SSN and other required documents, you can get a Standard driver's license or ID. Customers with a laminated Social Security card that want a REAL ID can order a replacement Social Security card through the Social Security Administration website. The RMV does not accept laminated documents to meet any of the new lawful presence or other identification requirements.

Q. What versions of a U.S. birth certificate can the RMV accept? **A.** We are able to accept a certified copy of a U.S. birth certificate regardless of shape and size ("short-form," "long-form," and "card" versions) as long as it is stamped with a raised seal of the issuing agency of the document. The issuing agency can be the city, town, or the Vital Records Office for the state where you were born. We do not accept hospital-issued birth certificates.



The photo above is of Bob and June Persing, Plainfield residents, who joined 17 others from the Northampton Senior Center friends group on a trip to the Polish Center of Discovery & Learning in April. They enjoyed the informative and humorous stories told by docent Ron Lech, who exudes such a passion for this special museum. The ten room museum was filled with artifacts, history, costumes, artwork, and other memorabilia. A return visit is surely necessary to appreciate all the museum has to offer. Prior to the museum visit, the group enjoyed lunch at the Munich House.

The Northampton Senior Center friends group welcomes folks of all ages to join us on our future trips (see trips listed to the left). For more information, please contact Francine Frenier on Monday afternoons by calling 413-587-1228.

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

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*Travel Group: Mary Ann Coleman,
Nancy Boyle*

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

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 June

Wed. June 5th, 12:15pm

Duane Carlson: Sing - Along to the Oldies!

*Williamsburg Senior Center, 141 Main. St.
Williamsburg, MA*

Come and sing the oldies and popular songs with a great singer! Free. Refreshments served. Call the center two days ahead if you'd like to reserve lunch at the congregate meal beforehand at 11:45am: 413-268-8407.

Sun. June 10th, 2pm

"Common Creatures" by Fran Ryan

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

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vices.

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Chesterfield, MA*

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Free Fun Fridays offer visitors no-cost admission to many of the most treasured cultural venues in Massachusetts. Here are the places that will have free admission on **June 29th**:

Lyric Stage Company of Boston, MIT Museum, Berkshire Theatre Group, Nantucket Whaling Museum, The Mount: Edith Wharton's Home, Concord Museum, Worcester Art Museum, Clark Art Institute, Children's Museum in Easton and the Edward Gorey House.

