

Chesterfield Council on Aging

July 2018 Newsletter



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

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>
2 Consortium 9:30am Advanced Tai Chi 9:30-11am Feldenkrais 7:00pm	3 Chair Yoga 10-11am	4 Chesterfield 4th of July Celebration!	5 Beginner Tai Chi 6:30-7:30pm	6 Easy Does It: Gentle T'ai Chi Exercise 9:30am
9 Advanced Tai Chi 9:30-11am Veterans' Agent 11:30-1:30 Feldenkrais 7:00pm	10 Chair Yoga 10-11am Neighbors Outreach Team 11:15am	11 Blood Pressure Clinic 10am Wild West: Mystery of the Haunted Piano 11am Mah-Jongg 1-4pm	12 Brown Bag 10am Beginner Tai Chi 6:30-7:30pm	13 Easy Does It: Gentle T'ai Chi Exercise 9:30am
16 Advanced Tai Chi 9:30-11am Feldenkrais 7:00pm	17 Chair Yoga 10-11am	18 Mah-Jongg 1-4pm	19 Beginner Tai Chi 6:30-7:30pm	20 Gentle T'ai Chi 9:30am Ice Cream Social 7/22 2pm
23 Advanced Tai Chi 9:30-11am COA Board 10am Foot Clinic 10am Feldenkrais 7:00pm	24 Chair Yoga 10-11am	25 Mah-Jongg 1-4pm	26 Beginner Tai Chi 6:30-7:30pm	27 Easy Does It: Gentle T'ai Chi Exercise 9:30am
30 Advanced Tai Chi 9:30-11am Feldenkrais 7:00pm	31 Chair Yoga 10-11am			
Jan Gibeau, Director. Office hours: Tues. 11-2, Wed. 8-11, Thurs. 10-12. Lorrie Childs, Data & Accounting Manager. Bev Henrichsen, Publicity Assistant.				

July Highlights

Wed. July 4th, 7am-2pm
Chesterfield July 4th Celebration



Pancake Breakfast (Firehouse)	7:00 - 10:00
Food & Vendor Booths	8:00 - 2:00
Historical Exhibits (Edwards Museum)	9:00 - 10:30
Hilltown Art Display (Town Hall)	9:30 - 2:00
Heritage Pops Concert Town Center	9:30 & 11:30
PARADE	10:30 - 11:30
Chicken Barbecue (Church)	11:30 - 1:30
Classic Car Show (Town Offices)	11:30 - 1:30
Magic Show & Face Painting (Park)	11:30 - 1:30
Sidetracked Band Car Show	11:30 - 1:30
Family & Kids Softball (Ball Field)	12:30 - 1:30
Firefighters Contest (Ball Field)	11:30 - 12:30

Historical photo display of Old Chesterfield, featuring works from the Pete Banister collection, opens in the Community Building this day as well.

Sponsored in part by the cultural councils of Chesterfield, Cummington, Goshen, Williamsburg & Westhampton.



Wed. July 11th, 11am
Wild West: The Mystery of the Haunted Piano

Community Center

Grab your spurs and journey with us to the Wild West, where a legendary train-robbing outlaw is back in town, about to strike again! After the Sheriff mysteriously vanishes, two young kids must saddle up to foil the great heist – but not before stopping a runaway wagon, escaping an abandoned mine shaft and discovering how a haunted piano can play an ‘instrumental’ part in putting a rotten cowboy back behind bars.



This WILD WEST Library Adventure is part of the Chesterfield Public Library 2018 Summer reading program. The presenters, ScienceTellers, bring science to life!

Not too long ago, Science and Storytelling were accidentally mixed. Here is what happened! This interactive story allows kids of all ages to explore

the fascinating science behind chemical reactions, combustion, air pressure, inertia and more. Don’t miss this classic action-packed western with ‘notes’ of science!

Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA, coordinated in partnership with the Chesterfield Public Library.

Sunday, July 22nd, 2pm

Ice Cream Social

Community Center

You’re invited to come and cool off in style. Enjoy FREE ice cream and socialize with us!



Sponsored by Care One at Northampton.

Happy Birthday in July!



Barry Stone, Louise Kahane-Hurwitz,
 Danny Harpole, Janice Denno,
 Dorothy Matusiewicz, Charles Valencik,
 John Papillon, Francis Leduc, Dianne Mikucki,
 Jennifer Abromowitz, Kim Montague,
 Edward Stempniewicz, Louise Spear,
 Mark Ameigh, Cynthia Merkin, Margaret Allard,
 Jeffrie Young, Suzanne Donath, Maureen Liebl,
 John Bisbee, Russell Clark, Donald Wickland,
 Henry Badner, G Smith, David Fobes,
 William Lyon, Gene Ames, Frederick Hewes,
 Joan Hicks, Rolf Benzan.

Francine & Scott Frenier, and Barbara & Robin Bok of Chesterfield

recently traveled with a group from the Northampton Senior Center on an 11 day bus trip to South Dakota. There were many stops along the way. Here they are pictured at the Corn Palace in Mitchell, SD. “An absolutely fabulous trip” stated Francine. Look for upcoming trips that you could join in the August newsletter.



Environmental Educator Fran Ryan revealed the secret lives of the Eastern Chipmunk, The Eastern gray squirrel and the meadow vole at the Chesterfield Community Center on Sunday, June 10th. Those attending had many questions and stories to tell about their encounters with our furry Common Creatures.



Crutch

In small towns
Boyhood friend's homes
Become verities:
Touchstones of memory,
Comforting without speaking,
Confirming all of us young.

When B-Ball games were
Always "pickup," and
Like Runyon's floating craps,
Their location known mysteriously:
Time and Place:

Youthful words were few,
Action was more important.
Years later the games remain
In fading Sports Page minds:
Who won, who lost, who cried?

Who cared? Unending games
Now being called one by one
On account of darkness.
Like they were—
Like they always were.

*By James Francis Cahillane
(From "The Pilot's Satchel" 2016)*



Hydration is a Key to Good Health



Dehydration has been associated with increased mortality among older adults and can precipitate emergency hospitalization. Dehydration has also been associated with impaired cognition or acute confusion, falling or constipation.

Why are the elderly more susceptible to dehydration? The amount of body water decreases by approximately 15% between the ages of 20 and 80. The elderly often experience diminished thirst which leads to reduced fluid consumption. The kidneys have less ability to concentrate urine and retain water, and aging kidneys are less able to conserve or excrete sodium. Insufficient fluid intake can also be the result of reduced swallowing capacity, decreased mobility, or comprehension and communication disorders. Disease-related factors such as incontinence can increase water loss. Dehydration may also be caused by hot weather, over-heated homes or use of laxatives or diuretics.

What steps can be taken to prevent dehydration?

- Drink plenty of fluids with medications
- Drink water and preferred beverages
- Try for a minimum intake of 3 pints (48 oz) or more

Reference:

www.h4hinitiative.com/everyday-hydration/how-your-needs-change-over-time/hydration-and-elderly



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."

Senior Profile: Denise Cormier

If you are trying to catch up with Denise Cormier, you might want to put your running shoes on. Denise, a Chesterfield resident since 1983, competes in agility trials with her dog Katie, who is a Vizsla breed. According to Denise, the competitive trials demand that the dog runs an obstacle course that is not seen by the handler or the dog until the day of the trial. The handler runs with the dog, coaching and encouraging through the timed event. Cormier says it is the fastest growing dog sport in the country.

Denise was born and raised in Spencer, MA, and came west to go to school and just kept moving a little farther until she and her then husband landed in Chesterfield. She says that they came here for a pancake breakfast at the church and then onto a sugar shack owned by Danny and Jessie Krug.

They were looking for property to build on and the Krugs just happened to have a site they were selling. "We bought it, took the summer off and built our house, with a passive solar system during the 1983 Energy Crisis."

Denise's favorite childhood memory is one where she and her sister took a picnic lunch to their farm field with the cows and chased butterflies. "Those kind of experiences connected me to the environmentalist that I am at heart."

Her dad was a painting contractor and her mom a

secretary. She grew up with one sister and two brothers.

Denise was trained as an environmental scientist and did research in the Douglas Fir forests in Oregon. Her college summers were spent leading backpacking and cycling trips in Norway and Denmark. When she came back here she worked for ten years at Mass Audubon Arcadia Nature Center where she started the public programs for children and adults.

Then she returned to school to obtain her doctoral degree in organizational development. She started her own consulting business, from which she is now semi-retired. One of her projects took her to Nicaragua where she worked on helping to figure out how to make the city more accessible to people with disabilities. Her most recent project was with the World Food Programme, which delivers food to people in war-torn areas.

She is also the founding president of the Hilltown Land Trust and is helping create a habitat for the Wood Turtle, a threatened turtle species. She is also a member of the Nature Conservancy, working to protect the land around Long Pond in Chesterfield.



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

Senior SAFE

Finally, grilling season is here. Here are a few tips on how to grill and not get burned or worse.

In general:

- Always grill outdoors.
- Do not grill on a porch/deck with a roof over you.
- Grills should be at least 10 feet from the side of a building.

For gas grill safety:

- Open grill lid when you light it. It will keep built up propane from exploding.
- If you smell gas while cooking, get away from the grill. Call 911.
- Always turn off the burner and propane cylinder when done cooking.
- Never leave a burning grill unattended.

For charcoal grill safety:

- Use only charcoal lighter fluid and not gasoline.
- Never add lighter fluid to hot coals or small fire.
- Allow coals to burn out completely; after they are cold, wait 48 hours before disposal.
- Never use a charcoal grill indoors.

Have a S.A.F.E summer grilling!

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



The Easy Ride Van will be in the 4th of July parade in Chesterfield!

We want you to be, too! No need to worry about how to get there: we would pick you up and bring you home! If anyone is interested in being on the van in the parade and has the acceptance letter from FRTA to ride, **we would love to have you.** Seating is limited, so please RSVP soon!

We will also be in the 250th celebration parade for Worthington on June 30th! As with the Chesterfield parade, we invite anyone to ride with us on the van in this parade. If you have the acceptance letter from FRTA to ride the van, you are good to go. We would pick you up and bring you home.

Rate Change News

Here are the new rate changes.

How much does it cost?

- One way trips that originate and end within the same town are \$1.25.
- One way trips to adjacent towns that are within our service area are \$1.75.
- One way trips beyond an adjacent town that are within our service area are \$2.25.
- PCA/escorts are \$0.75 all one-way trips.
- Trips to Senior Centers are half fare.

Fares listed are for one way. Call or email with any questions: 413-296-4232 or ride@hilltowncdc.org.

Is your home falling down and you can't afford to fix it?

If you live in the towns of Chesterfield, Cummington, Goshen, Plainfield, Peru, or Worthington, help may be available!

The Hilltown CDC is accepting applications from income eligible homeowners that need help repairing their homes. These are NO PAYMENT / NO INTEREST loans that are forgiven over 15 years. Loan amounts can go up to \$40,000 and can include any of the following work:

Siding, Windows, and Doors
Roofs and Chimneys
Plumbing and Electrical
And more!

Septic Systems and Sewer Tie-in's
Handicap Accessible Work
Wells, Pumps, and Hot Water Tanks

Why not give us a call today to find out if you're eligible? Get those repairs made now while funding is still available! Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email at paulab@hilltowncdc.org to request an application.



www.hilltowncdc.org - 2014/2015

Reaching Out to Older Adults in Westhampton

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

Westhampton Council on Aging outreach is unique among the seven northern hilltowns. Town COA board members already have been functioning as an Outreach Team. The town of Westhampton has had a well-balanced COA board. The composition of the board has similar representatives to the key players found on developing outreach teams elsewhere. In the other towns, reported previously (Plainfield, Cummington, Goshen, and Chesterfield), the COAs have worked to form outreach teams.

Westhampton COA outreach work is in addition to the customary activities and responsibilities generally expected of COA board members. The COA includes:

- One board member who also serves as the Westhampton Hilltown Elder Network (HEN) Coordinator;
- Another board member is part of the town's TRIAD;
- Two COA members who are involved with the Westhampton Congregational Church;
- and Board Chair currently coordinating the volunteer driver program for older adults that request help getting around.

The board is committed to working with other town departments. Looking outside the COA to bolster outreach led the board to contact fire, police, and emergency management departments, library, among others. Their goal is integrating the circle of town resources and personnel attuned to older adults' needs. COA outreach also is well supported by additional supports for town residents.

Westhampton has a widely-distributed monthly community newsletter. "The Bell Tower" goes to all residents in Westhampton, without requiring a subscription. The Westhampton Congregational Church does outreach to congregation and community members when they become aware of a need. The town library provides support for home-bound readers with delivery and pick up of library materials.

Westhampton COA has the only Friends of Westhampton Council on Aging among the seven northern hilltowns. Westhampton COA Friends is instrumental in supplementing COA programming support and financial resources for activities, programs, and events.

Westhampton's variety of supports for older adults demonstrates the town's unique ways of helping. With Westhampton's population changes,

the needs for outreach continue to grow. Please talk with your COA director or board members about opportunities for you to participate in outreach. Outreach is happening everywhere!

Become an Elder Advocate!

A three-day ombudsman certification training will be held at Highland Valley Elder Services **October 3-5, 2018.**



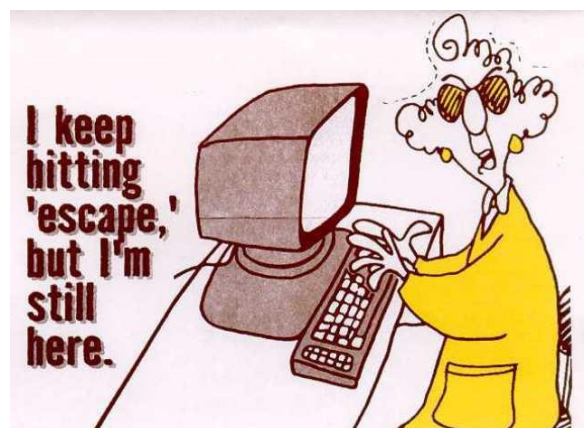
Ombudsmen help ensure the quality of life for nursing and rest home residents. Volunteers are thoroughly trained to assist residents with benefits, rights and entitlements guaranteed under federal, state, and local laws. Ombudsmen assist and empower residents with the tools for self-advocacy and they may make all the difference!

The Ombudsman Program is a federally mandated advocacy program for nursing home and rest home residents throughout the United States. Highland Valley administers the program in Hampshire and Hampden County. **We are in need of four new ombudsmen to cover facilities in Hampshire County.**

Please note: New volunteer recruits are required to interview with the program director and to complete a CORI background check prior to this training. **For more information, please call Don Freeman at (413) 588-5755.**

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.



RESOURCE DIRECTORY



Domestic Violence Advocate, Hilltown Safety at Home (HS@H) 413 559-8039
 If you need help in an emergency, call 911 or the Safe Passage hotline 888 345-5282
Elder Abuse Hotline 800 922-2275
First Call for Help Information and Referral Resources 800 339-7779
Fuel Assistance Application and Recertification 800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC) 413 296-4536
Veterans' Service Officer Tom Geryk 413 587-1299
 (Westhampton) Joe Henning 413 207-3541
 (Plainfield) Upper Pioneer Valley Veterans' Services District in Greenfield 413 772-1571
Regional Outreach Coordinator, Peg Whalen 413 404-4566
DO NOT CALL Registry 888 382-1222

Food Services

Food Bank of Western Massachusetts Brown Bag Program 800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP) 413 552-5400
 Call Chesterfield COA for assistance 413 296-4007
Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director 413 268-7578 Wed 1-3; 3rd Wed 1-6
Meal Site Williamsburg Senior Center 413 268-8407
Meals on Wheels Highland Valley Elder Services (HVES) 413 586-2000 or 800 322-0551
Northampton Survival Center, 265 Prospect St. Northampton 413 586-6564
Salvation Army Emergency Food, Fuel or Medication Vouchers 413 586-5336/6564

Health Services

Highland Valley Elder Services Intake referral for homecare, etc. 413 586-2000
Hilltown Community Health Center - Medical & Dental 413 238-5511, ext. 131
HOPE Nurse, Robin Laferriere, RN 413 238-5511, ext. 313
Janet Dimock, HealthWise Community Health Worker 413 238-5511, ext. 149
Podiatrist **Dr. Michael Coby**, call Williamsburg Senior Center 413 268-8407
 to schedule (Alternating months at the Senior Center)
Foot Care **Oni, RN**, foot care in Goshen, Call Liz Loven for appt. 413 268-7122
Oni, RN, foot care in Williamsburg or in-home visits 413 268-8407
Oni, RN, foot care in Plainfield or in-home visits 413 522-7219
Diane Roeder, foot care in Whamp & Chesterfield 413 374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage
Wayne Glaser Call your COA for appointment
Richard Bauman (Westhampton) 413 527-5240
Lorraine York-Edberg 413 773-5555, ext. 2275
Mass Health and New Health Coverage
John Bergeron, HCHC-Huntington 413 667-2203
Buliah Mae Thomas at Hilltown Comm. Health Center 413 667-2203

Transportation Services

Cummington Neighbor to Neighbor Drivers 413 634-2262
Westhampton transportation appts or groc. shopping, Louise Jasionkowski 413 527-5134
Williamsburg Medical Rides Williamsburg Senior Center (to schedule) 413 268-8407
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center) 866 277-7741
Hilltown Easy Ride Van Fran Goebel 413 296-4232

Local Councils on Aging

Chesterfield COA, Janice Gibeau 413 296-4007
Cummington COA, Anne Parsons 413 634-2262
Goshen COA, Evelyn Culver 413 268-3316
Plainfield COA, Deborah Thibault 413 634-0275
Westhampton COA, Julia Lennen 413 537-9880
Williamsburg Senior Center, Sherry Loomis 413 268-8407
Worthington COA, Sandra Epperly 413 238-5584

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

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Greenfield MA

Chesterfield COA

Lillian Bisbee, Chair
Mary Jane Miller, Vice Chair
Lorrie Childs, Treasurer
Barbara Bak, Secretary
Jim Brisbois
Milenna Curtis
Marilyn Davidson
Francine Frenier
Bev Pomeroy
Judy Press
❖❖❖

Financial Advisor: Nancy Hewes

Librarian: Dee Cinner

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*

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 July

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Chesterfield July 4th Celebration

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*Sponsored in part by the cultural councils of Chesterfield,
Cummington, Goshen, Williamsburg &
Westhampton.*



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Wild West: The Mystery of the Haunted Piano

by the ScienceTellers
*Chesterfield Comm. Center, 400 Main Rd.
Chesterfield, MA*

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long ago, Science and Storytelling were accidentally mixed. Here is what happened! This interactive story allows kids of all ages to explore the fascinating science behind chemical reactions, combustion, air pressure, inertia and more. Don't miss this classic action-packed western with 'notes' of science!

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Tues. July 17th, 12pm

Cummington COA Annual Picnic

*Pettingill Memorial Field, 14 Main St.
Cummington, MA*

Cummington will be having its annual COA picnic on Tuesday, July 17th, at the Pettingill Memorial Field, by the playground, at 12:00 noon. This year we're inviting folks from other COAs to join us. If you plan to come, please give Anne a call at the Cummington COA by the 11th so we can plan accordingly: 413-634-2262. If you need a ride, reserve it with the Hilltown Easy Ride Van at 296-4232.

