

Chesterfield Council on Aging

August 2018 Newsletter



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

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

August Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1 Mah-Jongg 1-4pm	2 Basket Weaving Class 12pm Farm share Pick up 2pm Beginner Tai Chi 6:30-7:30pm	3 T'ai Chi Exercises 9:30am
6 Advanced Tai Chi 9:30-11am Feldenkrais 7:00pm	7 Chair Yoga 10-11am	8 Blood Pressure Clinic 10am Mah-Jongg 1-4pm	9 Brown Bag 10am Basket Weaving Class 12pm Farm share Pick up 2pm Beginner Tai Chi 6:30-7:30pm	10 T'ai Chi Exercises 9:30am
13 Advanced Tai Chi 9:30-11am Feldenkrais 7:00pm	14 Chair Yoga 10-11am	15 Mah-Jongg 1-4pm	16 Farm share Pick up 2pm Beginner Tai Chi 6:30-7:30pm	17 T'ai Chi Exercises 9:30am
20 Advanced Tai Chi 9:30-11am Consortium 9:30am Feldenkrais 7:00pm	21 Chair Yoga 10-11am	22 Mah-Jongg 1-4pm	23 Farm share Pick up 2pm Beginner Tai Chi 6:30-7:30pm	24 T'ai Chi Exercises 9:30am
27 Advanced Tai Chi 9:30-11am COA Board 10am Feldenkrais 7:00pm	28 Chair Yoga 10-11am	29 Mah-Jongg 1-4pm	30 Farm share Pick up 2pm Beginner Tai Chi 6:30-7:30pm Florence Music on the Porch 7pm	31 T'ai Chi 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.				

Happy Birthday in August!

Janet Scully, Richard Konopka,
Thomas Daggett, Robert Keyes,
Jan Sullivan, Karen Henell,
Christopher Ryan, Timothy Mcelroy,
Debra Cleveland, Richard Powers,
June Hinton, Joseph Russo,
Michael Labarre, Robert Moore, Lesley Spokas,
Kathryn Marcinczyk, Patricia Sicard,
Elizabeth Fondakowski, Naomi Sturtevant,
Paul Marcinczyk, Virginia Kaeser, Timothy Gorham,
Ruth Timm, Douglas Fisher, Robert Macleod,
Maryann Coleman, Nancy Hewes, George Wade,



da breads, gallons of turkey gravy, loads of dressing, and potato salad by the 150 lb batches, lots of pies too! As I look back... it's been a wonderful life.

Barbara Bak

If you want ancient history, we can start with the door to door Heart Association, the cancer fund, and the March of Dimes which my mother cheerfully signed me up for at about 10 so summer wouldn't be boring.



I also did community service as a 4-H member and leader. I was a leader for about 15 years or so when the kids were growing up I danced many a dance-a-thon to raise money for Cooley Dickinson with a teen club. I even volunteered to fly with a group of them to Georgia for a week.

As a teen I waitressed at Cummington fair for the fair association dinners. Later I was the "nurse in the box" for many years during the fair.

I was a member of the Mothers club for a time, member of the Grange for 25 years, on the 4th of July committee for around 20 years or so when the grange and church were the sponsors. I have worked the BBQ and many other church suppers, including as a waitress in my youth. I even taught Sunday school for a couple of years. We had a summer bible school I was involved in for a time. I have walked to raise money for 4-H and for the crop walk.

I was elected to the school committee in the late 70's and was on both the local and the regional committees. I was a member and chairman of the PTO at Davenport school and on the school council at HRHS. I took a break after my last kiddo graduated from high school but more recently was on New Hingham committee and a rep to Hampshire Regional as well. Currently I have finished my second year on the school council at New Hingham.

During my hiatus I served on the library trustees and became a member of the Friends of the Library. I also served on the arts council and was the chair during my last year. I worked with scout troop 705 as a teacher and tester for badges and even got to go tent camping with the group in Washington, D.C. I had to become a member of the Boy Scouts of America for a year in order to fill in as camp nurse at Camp Chesterfield.

I was a member of a previous senior housing committee until it was disbanded. I was on the COA of course but 20 years ago I was the blood pressure nurse and the flu clinic nurse before the health center took that over.

Florence Music on the Porch

Lonesome Brothers, August 30th, 7pm



Free! Meet us in the church parking lot at 6:15pm in Chesterfield for carpool ride to Florence. Just bring a lawn chair. Call Jan for a ride: 296-4007

It takes volunteers to make a village

In honor of all that they have done, and continue to do for Chesterfield, Mary Jane Miller and Barbara Bak were the marshals of this year's 4th of July parade. These two remarkable women are the essence of what it means to love and give to your town. When asked to look back over the years, this is what we learned.

Mary Jane Miller

Well, I've done a lot of different things! I just retired from being on the Council on Aging for over 60 years. I've been on the Chesterfield School Comm., HRHS School Comm., Planning Board, Library Trustee, COA Board, Friends of the Library and Senior Housing Comm. I'm also currently a volunteer driver for the COA and CISA share pick/up.



Back in the day before the Health Center and regulations became the norm, I went to homes and gave B12 shots, tended wounds, removed sutures, rewrapped ace bandages etc., to save folks trips to Northampton. I was a volunteer driver for 4H projects, Smith School fruit sales, Girl Scout Cookie sales. Way back in the old days I went door to door for Heart, American Cancer Society, Unicef, March of Dimes etc.....4H clubs and Cub Scouts, Mothers Club. As a nurse, I volunteered at the 4H Dairy Camp in Spencer MA., Cummington Fair, Flu Clinics, BP clinics. I've been part of the grange for 68 years, volunteering for BBQs, Veterans Dinners, Fair Exhibits. Church activities have included 22 laurel wreaths for Advent for many years, hundreds of rolls and biscuits and Irish so-

Currently I volunteer for Davenport Childcare here in town. I still support the 4-H and have been known to work a food booth with my grandchildren. I also have been a judge for the 4H fair. For my 4-H work I received a volunteer recognition at the State House from then Lt. Gov. Paul Cellucci.

There may be more but I'm tired just looking at this.

What's in the bag?



Every month, on the 2nd Thursday of the month, you will see Brown Bag listed for 10am. Wonder what that means? The food bank puts up bags of mostly nonperishable food items for distribution to folks who are eligible. They often contain canned vegetables and fruit, rice and cereal, but sometimes we get deliveries of onions, potatoes, or frozen berries.

Jean Weller is the volunteer who picks the food up and brings it to the community center, where Lorrie Childs, Lillian Bisbee, Marilyn Davidson, Amy Gevalis and Tom Boyle "bag" them for pickup or delivery. You may be eligible if the yearly income in your household for just yourself is under \$22,311. For 2 people in the household, the income level is \$30,044. If you are receiving SNAP benefits, MassHealth, fuel assistance or veteran's aid, you are probably eligible for the brown bag program.

Blankets for Kids

Do your talents include crocheting, knitting or quilting? The Northwestern District Attorney's Office is partnering with Project Linus and TRIAD to provide blankets to children who have been affected by the opioid epidemic or other trauma. Project Linus is a national non-profit organization that provides homemade blankets to children in need.



For more information, please contact Rachel Senecal at 413-586-9225 or Rachel.Senecal@Massmail.State.MA.US

Mark your calendar!



Lui Collins on September 14th at 10:30am!

Chesterfield Community Center

Music is an essential part of being human and the combination of music and children is just magical. Lui Collins, internationally recognized folksinger-songwriter and director of Upside-Up music will have you up singing, tapping your feet or dancing with scarves.

This program is free and open to all ages. For more information go to www.UpsideUpMusic.com.

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

Chesterfield Council on Aging - DAY TRIP

Big E – West Springfield, MA

Tuesday, September 25th



Cost includes: round trip bus transportation, entrance fee to the exposition

Circus Spectacular @ 1 P.M. at the Big Top- FREE

The Drifters & Platters Perform @ 3 PM at the Court of Honor Stage--FREE

\$10 per Chesterfield Senior (age 60 or over) Open to all ages and all communities for \$14

Bus Departs: 9am from the community center parking lot, 400 Main Rd, Chesterfield, MA.
Bus Leaves: 4:30 P.M. from the Big E.

Cash or checks payable to COA due by September 12th. Only 35 seats available. No refunds due to bargain price.

For reservations, call Francine Frenier: 296-4291 or Jan Gibeau: 296-4007. Scooter and wheel chair assistance available; the COA can help with the rental fee.

Senior Profile: Charlie Hayes

Charlie Hayes has worked at the Hilltown CDC in Chesterfield for the past 23 years. He started when the Hilltown Elder Network, (HEN) was a pilot program and was hired to develop a caregiver recruiting system. The program now serves nine hilltowns. Charlie administers and monitors the HEN program, which provides services to those hilltown residents, age 62 or older, who need help in their homes and where no other help is available or affordable (see HEN article on page 6). He works part-time in the CDC's Social Services program. He says, "I do more fund managing and making sure the program has funding to continue." "I oversee about 100 households that need to be carefully watched to see how the caregiver is doing and how the elder is doing and what other agencies are involved in the care network." He says, "I would like to work in the field more but management helps the program funding to continue."

Prior to coming to the Hilltown CDC, Charlie worked for a regional planning commission in Vermont, entirely doing field work with clients. "We worked largely on existential and emergency issues." Before that he volunteered with a help line out of Brattleboro, Vermont.

Charlie has a large farmhouse in Colrain that he has turned into rental apartments. He used to do automotive work, but he says, "Now just keeping the farm equipment going takes enough time."

Charlie has a daughter who lives in Amherst and a son who lives in the Shenandoah Valley of Virginia.

He has always loved to work outside and he loves birds, but is recently fascinated with the animals that come awake at night while most people sleep. Charlie's ideal day would be, "to get up early and have a relaxing morning, nap later in the day, so he can stay

up late at night." Since he's an animal person he's begun prowling around outside to listen to the night sounds of animals, hoping to bump into some of the wildlife." He's thinking of investing in a night vision camera to actually see what comes out at night.

Charlie tells the story of his son who, when a teenager, decided to build a clubhouse in the barn and lived in the barn for a while. A fox took up residence under the clubhouse window and yapped all night. His son yelled at the fox to be quiet so he could get some sleep. That did not stop the fox who followed him wherever he went. It came up to the house and waited for him to shower and then followed him back to the barn. Charlie says, "that fox is still on the farm, although she is quite old now, but I see her every night."

Charlie's favorite author is Carlos Castaneda, and his favorite place he's travelled to is Turkey.



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

The Massachusetts Senior Legal Helpline (800) 342-5297

Are you 60+ and in need of legal help?

The Helpline is a project of the Volunteer Lawyers Project of Boston. We provide free legal information and referral services to Massachusetts residents who are 60 years old or older. **The Helpline is open Monday through Friday 9AM-12PM.**

Can I get a free attorney?

Most callers will not be eligible for a free attorney. Helpline advocates can help you find out if you are eligible and complete an application for services with a Massachusetts civil legal services program. Legal services law types include: Social Security/SSI, Veterans Benefits, MassHealth, Medicare, Consumer, Public Benefits, Unemployment, Foreclosures, Utilities, Guardianship, Wills/Advance Directives, Bankruptcy, Housing, Family law, and Nursing Home.

Can I get referrals to reduced fee and private bar attorneys?

If you are not eligible for a free attorney and have some ability to pay an attorney, we can refer you to reduced fee attorney referral programs where

attorneys will charge you on a sliding scale based on your income.

We can also refer you to private bar attorney referral programs. Private attorneys will charge for their services. Some cases, such as medical malpractice, workmen's compensation, personal injury, and Social Security benefits denials do not require you to pay money upfront in order to get an attorney. The attorney fees are taken from your award only if you win your case.

Can I get free legal information or referrals?

Yes. Your Helpline advocate will research your legal issue and provide you with information or referrals on most legal topics. We can also text, e-mail, or mail you links or written materials.



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.

And In Review...

There will not be a test, but I thought it might be a good idea to go back over some stuff about scams. A recent issue of Consumer Reports listed the top 4 kinds of scams that are STILL tripping us up and costing us money.

- **IRS Imposters.** You owe us, pay up or we'll put you in jail.
- **Home Repairs and Security Checks.** Hello home owner, I'm a contractor and noted that you need a new roof. Give me the money, I'll get the supplies, and fix it. OR we are your new security or computer company, and we need to reboot your system.
- **Grandparent Scam.** You grandson is in jail in Mexico, I'm a lawyer, if you send me money I'll get him out. Poor little Timmy – he is so scared there.
- **Lotteries and Sweepstakes.** Congratulations, you won! Just send us money to cover taxes and the expense of sending you your prize.

I lied – here is a test. If I get a phone call from a number or name I don't know, I should:

- a. Just hang up
- b. Not answer in the first place
- c. Try to outwit the caller by keeping him/her on the line and giving false information or trying to find out where they are.

Answer: You chose A and B! YES! Congrats!

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

Hilltown Elder Network:

When a H.E.N. is not a chicken... but is the kind of help you could use!

Who? Income eligible seniors aged 62 years or older who reside in Chesterfield, Cummington, Goshen, Plainfield, Williamsburg, Westhampton, Huntington and Peru. A participant's eligibility is determined during the intake process. An over-income applicant may use HEN to locate a screened, experienced, local caregiver who will provide services for private payment.

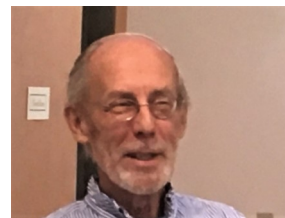
What? Home cleaning, laundry, food shopping and meal preparation, snow removal, handling of firewood and escorted transportation for medical appointments or shopping are typical forms of assistance offered. There is no charge. Services provided by HEN caregivers can only be those home chores and daily living tasks that applicants report they are unable to do themselves, due to health conditions and/or mobility limitations. HEN Caregivers are trained local residents who are paid for their services. Each caregiver is reference-screened and CORI-checked. HEN services do not include personal care.

When? As an individually customized service, HEN provides continued weekly assistance (typically 1-4 hours per week), short term assistance (i.e. helping an elder who recently suffered

a broken hip and is recovering at home), or one time assistance for an unusual need, such as the clearing of snow following a heavy storm.

How? For further information, call the coordinator for your town (listed below) who can provide you with more details about eligibility and available services in your town.

Chesterfield	Helen Pelletier	238-4418
Cummington	Sandra Powers	634-5558
Goshen	Fran Goebel	268-7411
Plainfield	Sandra Powers	634-5558
Westhampton	Lilly Baxter	527-1532
Williamsburg	Fran Goebel	268-7411
Worthington	Helen Pelletier	238-4418
Huntington	Amy Ellinger	207-2256
Peru	Amy Phinney	655-0123



Charlie Hayes, the administrator of the HEN program, recently received a Certificate of Recognition from Highland Valley Elder Services on the 13th Annual World Elder Abuse Awareness Day for all of his work and support in preventing elder abuse.

IS YOUR SEPTIC OVERFLOWING? IS YOUR ROOF LEAKING? ARE YOUR WINDOWS AND DOORS OLD AND DRAFTY?

If you can't afford to make these repairs, call me about getting a no-payment, no-interest housing rehab loan!

If you live in the towns of Chesterfield, Cummington, Goshen, Plainfield, Peru, or Worthington, we have funding available!

Eligible improvements may include:

- Roofs, Windows, Doors, and Foundation Repairs
- Septic Systems, Sewer Tie in's
- Heating Systems, Oil Tank Installations/Removals
- Handicap accessibility work
- Plumbing and Electrical Updates
- New Wells Drilled, Water Filtration, Pump Replacement

Program benefits include:

- No Monthly Payments and No Interest
- Loans may be entirely forgiven
- Detailed Work Specifications
- Project oversight by 20+ year construction expert
- Pre-approved contractors

Eligible homeowners should:

- Live in a single-family, owner-occupied housing unit
- Be current with property taxes and mortgage payments
- Fall within the income guidelines

Household Income Guidelines/ Limits:

Household Size	Maximum Gross Annual Income
1	\$45,200
2	\$51,650
3	\$58,100
4	\$64,550
5	\$69,750
6	\$74,900
7	\$80,050
8	\$85,250

Call Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 for an application or for more information.

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.**

August 7 – Tuesday: Tour of Fenway Park and Lunch at Cheers. Enjoy some free time in Boston. Cost is \$123.

August 15 – Wednesday: Guided tour of Kennebunkport with time to shop. Lunch at Mike's Clam Shack. Cost is \$109.

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.

Sept. 7-11: Washington D.C., 5 days, via bus, \$540 with double occupancy. Full day at the Smithsonian. \$100 Deposit. Trip insurance available.

Sept. 25 – Tuesday: Big E. Circus Spectacular at the Big Top, The Drifters and Platters perform on stage. Cost is \$14, and includes round trip bus, and entrance fee to the exposition.

October 21 – Sunday: Halloween in Salem. Enjoy the Salem Street festivities and a Tour of House of Seven Gables. Lunch is on your own in downtown Salem. Cost is \$82. There is a \$10 discount if paid in full by September 7th.

December 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 30th.

Coming soon:
MGM Casino, Your suggestion?

Cheaper Electric? not so fast ...

Have you gotten a call from an alternate electric company promising lower monthly bills if you switch from Eversource to their service? Massachusetts Attorney General Maura Healey, citing aggressive sales tactics, false promises of cheaper electric bills and the targeting of low-income, elderly, and minority residents, issued a report calling for an end to the competitive electricity supply market for individ-

ual residential customers in Massachusetts.

The report found that Massachusetts consumers paid \$176.8 million more than if they had stayed with their utility company during the two-year period from July 2015 to June 2017.

According to the Attorney General, "In Massachusetts, residential customers, like commercial and industrial customers, can 'shop around' for electricity rates. Customers can choose to get their electric supply from their utility – National Grid or Unitil or Eversource – or from a 'competitive supplier.' ...The AG's report found that the average low-income customer enrolled with a competitive supplier paid \$231 more than if the customer was receiving their electricity from their utility company. The report found some low-income households lost more than \$541 by switching to a competitive supplier."

In the last three years, the AG's Office has received more than 700 complaints about competitive suppliers engaging in aggressive and deceptive tactics. Complaints include suppliers pretending to be a utility company to induce customers to turn over sensitive information; suppliers harassing customers with repeated calls or home visits; and door-to-door salespeople forcing their way into elderly customers' homes and refusing to leave without a signed contract.

If you think you or an older adult you know might be vulnerable to aggressive sales pitches, you can add your name to a "do not switch" list. That way, even if scammers convince you or a loved one to switch, the transaction will not actually take place. To add your name to National Grid's "Do Not Switch List" call: 800-322-3223. For Eversource, call: 1-877-659-6326

Seniors Aware of Fire Education

Senior 
SAFE

It's August; I hope you are enjoying it. It's also Fair season in the hilltowns and beyond. Here are a few safety tips that will help make your fair experience great:

- Keep hydrated -- drink lots of water.
- Wear comfortable, slip resistant shoes.
- Watch out for uneven walking areas.
- Sit for a spell when you begin to feel tired or overheated.
- Dress for comfort and bring something warm to wear in the evening.

Have a good time and SAFE Fair Season!

--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.

Chesterfield Council on Aging
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Chesterfield, MA 01012

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❖❖❖

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

Out and About in August

Wed. August 22nd, 12:15pm

Patrick Callinan & Friends

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

Lively entertainment by local musicians! Please call two days ahead to reserve lunch for \$3 if interested: 268-8407.

Thurs. August 30th, 7pm

Lonesome Brothers

*Florence Music on the Porch series,
Park St. Florence, MA*

Bring a lawn chair and enjoy the music!

The Worthington Council on Aging office is in the process of moving to their new location, **2 Packard Park (Corner's Grocery Building)**. The mailing address is the same (PO Box 7, Worthington, MA 01098-0007) but the phone number for the office has not yet been determined. Please continue to use coordinator, Sandy Epperly's, home phone if you have any questions: 413-238-5584

Hilltown Food Pantry

The Hilltown Food Pantry, run under the auspices of the Northampton Survival Center, is located on the bottom floor of the town office building in Goshen. The pantry is open to people in the towns of Chesterfield, Cummington, Goshen, Huntingdon, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington. Hours are Wednesdays from 1pm-3pm, and, on the third Wednesday, there are extended hours: 1pm-6pm.

Diane Meehan is the director of the food pantry. If you have any questions, the pantry's phone number is 413-268-7578, and will be answered on Wednesdays, otherwise the call goes to the Northampton Survival Center.

Donations of non-perishable items, personal care items and paper products are always welcome and appreciated. In-season produce is also helpful. Someone is available at the food pantry after 10am on Wednesdays for donation drop-offs.

