

Chesterfield Council on Aging

September 2018 Newsletter



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

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

September Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3 Labor Day	4 Chair Yoga 10-11am	5 Coffee & Chat 9am Mah-Jongg 1-4pm	6 Men's Bfast 9am Knit & Chat 10am Foot Clinic 10:30am CISA Pickup 2pm Beginner Tai Chi 6:30-7:30pm	7
10 Advanced Tai Chi 9:30-11am Consortium 9:30am Veterans' Agent 11am Feldenkrais 7:00pm	11 Chair Yoga 10-11am Outreach Team 11:15am	12 Coffee & Chat 9am Blood Pressure Clinic 10am Mah-Jongg 1-4pm	13 Brown Bag 10am Beginner Tai Chi 6:30-7:30pm Ice Cream Social 2pm	14 CFCE 10am Music Program: Lui Collins 10:15am
17 Advanced Tai Chi 9:30-11am Feldenkrais 7:00pm	18 Chair Yoga 10-11am	19 Coffee & Chat 9am Mah-Jongg 1-4pm	20 Beginner Tai Chi 6:30-7:30pm	21 CFCE 10am
24 Advanced Tai Chi 9:30-11am COA Board Mtg 10am Veterans' Agent 11am Feldenkrais 7:00pm	25 Big E Trip 8:30am Chair Yoga 10am	26 Coffee & Chat 9am Mah-Jongg 1-4pm	27 Beginner Tai Chi 6:30-7:30pm	28 CFCE 10am
<div> Jan Gibeau, Director. Office hours: Tues. 11-2, Wed. 8-11, Thurs. 10-12. Lorrie Childs, Data & Accounting Manager. Bev Henrichsen, Publicity Assistant. </div>				

Happy Birthday in September!



Sharon Dunfield, Kevin Ladd,
Sharon Whitmore, Julia Freedgood,
Wendy Emerson-Sysko, David Vilbon,
Linda Baranowski, Mary Serverance-Rys,
Denise Leduc, Marianne Ryan, George Dastous,
Francine Frenier, Roger Fuller, June Carter,
Roslyn Malkin, George Hinton, Marianne Drake,
John Lynch, Daniel Kirouac, Mark Castro,
Stephen Vaznis, Daniel Burrows, Paul Sarafin,
William Blanchard, Carol Jolly, William Celatka,
John Cherry, Thomas Hinton, Jean Weller,
Janet Mathison, Mary Regan

September Highlights

Thursday, September 13th at 2pm
Ice Cream Social
Community Center



Enjoy FREE ice cream and socialize with us!

Sponsored by Care One at Northampton.

Join us for an inter-generational music event, where children, parents, grandparents and all other adults come together to make music, singing, tapping feet, dancing, or simply witnessing the delight of the children...

Lui Collins

Fri. September 14th at 10:15am
Chesterfield Community Center

Lui Collins, internationally recognized folksinger-songwriter and director of Upside-Up Music, leads this FREE interactive program. More info on Upside-Up Music at www.UpsideUpMusic.com



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 Childcare, and New Hingham PTO.

Spa Days at Smith Vocational

Smith Vocational and Agricultural High School Cosmetology Department is pleased to collaborate again with the Chesterfield Council on Aging by hosting a "spa day" once a month to seniors in the surrounding area. They are offering the following: Haircuts \$5.00; Manicure \$4.00; Pedicure \$8.00; Facials \$8.00.

Friday, September 21st is the first spa day, in Room 124 of Building A at the school. Available appointment times are **9 and 10 am**. All work is done by students and is supervised by licensed instructors. There is a senior class of 11 cosmetologists, so there are plenty of appointments for haircuts and manicures. However, pedicures and facials appointments are limited to one per hour. Watch for more future dates in the newsletter.

NEW for Fall 2018:
please call the Cosmetology Department directly to make an appointment. Their number is 413-587-1414 ext. 3531.



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: 4:30pm 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.



Peter Wheeler, Emeritus professor in Fine Art at Loughborough University in the UK addresses a gathering of spectators who came to view the hanging of his art exhibit at the Chesterfield Community Center.

Fall Prevention Awareness Day September 22, 2018

Fall Prevention Awareness is a campaign to raise awareness of changes that can be made to keep seniors safer.

Fall Statistics:

- Falls can lead to depression, mobility problems, and loss of independence.
- Risk of falling is higher for women than men.
- Two-thirds of those who fall will do so again within 6 months.
- Approximately 9,500 deaths per year are associated with a fall.
- 1 out of every 200 falls for people 65+ results in a hip fracture.
- One fourth of seniors who fracture their hip in a fall will die within 6 months after falling.

Common Risk Factors that Can Lead to Falls:

- Balance — loss of coordination and flexibility due to inactivity.
- Vision — as we age, less light reaches the retina making it harder to see. Get yearly eye check-ups.
- Medication — can cause dizziness, dehydration or negatively interact with each other.
- Environment — simple changes in our homes and being more aware of our surroundings can make a difference.
- Chronic Conditions — increase the risk of falling because they result in lost function, inactivity, depression, pain or multiple medications.



(Source: NCOA.org)

Take Action:

Look for community events on Fall Prevention. For a Fall Prevention Home Check List go to: www.n4a.org/files/PreventingFalls.pdf

How to Prepare for a Doctor Appointment:

1. List and Prioritize your Concerns. Make a list of what you want to discuss. Many times when we ask questions, we get caught up in the first question and it isn't until we leave that we remember we wanted to ask more. This is why a list is important. Be sure to put the most important questions on top. If you run out of time, leave a copy of the list with the nurse and have the nurse ask your doctor to follow up with you via telephone.

2. Take Information with You.

Take your medications, including vitamins and herbal remedies, with you and make a list that includes dosage. You should also take insurance cards, names and numbers of other doctors you see as well as any important medical records.

3. Consider Bringing Someone with You.

It is helpful to have someone else with you at appointments. Sometimes they will hear something you missed and ask questions you didn't think of. They can also help remind you of your health plan after you have left the appointment.

4. Plan to Update the Doctor.

Let your doctor know what has happened since the last appointment.

- Are there side effects to medications?
- Have you fallen?
- Have you gone to the ER?
- Have you had a change in appetite, sleep or energy level?

(Source: www.nia.nih.gov)

Myths and Facts!

Myth #1 - Aging Robs You of Your Happiness.

Many people associate old age with depression and loneliness, however, studies indicate that people are happiest at retirement age when there is time for a second career or hobbies. These interests bring happiness because seniors have time to stay engaged in what they like.

Myth #2 - Aging Limits the Ability to Learn New Skills.

Learning new skills as an older adult may be different than when you were younger, but that doesn't mean you should avoid trying new things. In fact, learning new information can help keep your mind sharp and fulfill an interest you have put off.

Myth #3 - People over 65 have diseases and disorders that limit their freedom to do what they want!

Not so! Many seniors are in better shape than when they were younger. Being educated about the importance of exercise keeps you mobile and healthy and impacts how we take care of ourselves as we age. Whether it be your brain, joints, heart or lungs, the old saying "use it or lose it" is true.

(Source: Florida Council on Aging)

Senior Profile: Gigi Kaeser

About 25 years ago, Gigi Kaeser and a friend, Peggy Gillespie had been working as freelancers on several photo projects together, and several of the articles appeared in the Boston Globe. Given that successful venture, the pair decided to form a non-profit called Family Diversity Project. They created a travelling photo exhibit entitled, "Of Many Colors," picturing multi-racial families, including some same sex couples. The exhibit travelled through every school in Amherst.

"We were encouraged by the positive response the exhibit elicited from students, teachers and parents. We were very excited and naive," says Gigi. She said to Peggy Gillespie, who interviews the couples and writes the narrative for the photos: "Why don't we do one on gay families?" As their first exhibit was going through the schools, they talked to some of the teachers and they thought it was a great idea. That led to their second exhibit called, "Love makes a Family." This was in 1994. They did the exhibit, but it created a lot of conflict and uproar. Some people were tremendously upset. Gigi and Peggy were ultimately sued by five families from one of the schools in Amherst. Those families accused them of sexually harassing their children. Gigi and Peggy eventually won that case which brought national attention to the subject. Suddenly there was a huge demand for "Love Makes a Family." They had to make twelve exhibits right away. It cost thousands of dollars to make and it almost sunk them. Additionally, they had to figure out how to pack and ship the photos. "It never occurred to us to ask people to pay for the exhibits, we had to learn all of that quickly" says Gigi.

Even though they are best known for their LGBTQ photo exhibits, they've done many other projects and displayed some of them at the Chesterfield Community

Center. Gigi and Peggy did an exhibit about families living with mental illness, called "Nothing to Hide"; another called "Road to Freedom", about people with disabilities; and "We Have Faith", about LGBTQ Clergy. Last fall they put up an exhibit titled, "In our Family", which are photo portraits of all kinds of families. They now distribute a photo exhibit which was created by a Smith College student for his senior thesis. Gigi says: "He was not Jack when I met him, he was Kerry. He documented his own transition from female to male. That show, called, "Pioneering Voices," is very popular."

Their new show, called "Building Bridges", is about immigration. It is in two parts. The first part, done by Mark Chester, is about immigrants who are successful, established people from all over the world, who now live in Massachusetts. The other half of it was done by Peggy and Gigi. The film subjects are all asylum seekers and they are almost all sexual minorities. They are people who would have been killed, had they stayed in their own countries. "You wouldn't believe the stories I've heard. Even their parents have tried to kill them", says Gigi. "Love Makes a Family", "Nothing to Hide" and "Of Many Colors" have been published in book form.

Gigi and her husband, Jim, bought a 200 year old house on Ireland Street in 1980 that they used as a vacation retreat until their children were grown. The couple have lived in Chesterfield full-time since 2001. Gigi was a teacher at the Common School in Amherst and Jim taught at Amherst College.

They are the parents of four adult children. Gigi says she lives her perfect day every day: working in her garden, walking her three dogs and pursuing her next photo exhibit. Her favorite book is *Huckleberry Finn*, and her favorite movie is *Rear Window*.

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



Hey, it's September again (or almost)! September has its own challenges and joys. Here are a few ideas for keeping it SAFE:

- School buses are on the road again. Be sure to stop a safe distance behind or in front of them when they're showing red lights.
- Discourage ticks and other biting insects by covering up and using bug spray when doing garden/lawn work.
- Do not burn leaves or brush during your fall clean-up. Burning season will begin on January 15, 2019.
- Do not touch or take in any wild animal looking for a winter home.

Enjoy the month, apples and cider and 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.

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Switch, don't switch, switch, don't...

When we switch on our electric lights, the electricity comes from the utility company for nearly all of us. The utility company gets the electricity to sell us from a variety of sources, and we customers have the right to choose where our electric supply comes from. We can use the utility company's source, or switch to one of the multiple other entities who repeatedly call us on the phone at dinner.

Oh dear, that was negative. Let me try again. We can use one of the multiple other entities who call us on the phone and who may be able to promise us a lower rate. They are called an alternate supplier. They may represent interests in another part of the country, obtain their power from renewable resources, or have some other factor.

When we get one of these calls, it is probably not a scam, but we should be careful in switching. There may be a benefit to using a different supplier but there are several possible hiccups.

Ask appropriate questions of the potential supplier about how your contract and costs will go. National Grid has two very useful pages of information on considering your energy supplier:

**www9.nationalgridus.com/masselectric/home/energychoice/4_how.asp
www9.nationalgridus.com/masselectric/faq/faq_result.asp?Code=choice**

I'd also suggest asking friends and neighbors for their experiences. As I said, this may not be a scam phone call, but it may not be financially beneficial to switch, either.

Switching off,

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

Need **Help** with your **Medicare** **Plan Comparisons** for Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO / PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!**

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from **October 15 through December 7th!**

REMINDER:

Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

You can call your local Senior Center or call **1-800-AGE-INFO** (1-800-243-4636), **then press or say 3**. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Uncle Sam Wants US!

It's voting time! The primary is right after the Labor Day weekend, really inconvenient. BUT we can either remember to vote on September 4th, OR get an absentee ballot and vote before! Our Town Clerks will be quite happy to help. Just note their office hours and plan ahead for closed offices. The last day to request an absentee ballot is Friday, August 31st at 5pm. You can also make this request online at:



www.sec.state.ma.us/ele/elepdf/2018-Short-Form-Absentee-Ballot-Application.pdf.

If you need to check that you are registered, talk to your Town Clerk or go online to www.sec.state.ma.us, then click on the Elections and Voting tab on the left. There is a lot of information there, including an easy link to the absentee ballot application

The next date to remember is **October 17th**, the date to make SURE you are registered to vote to be able to participate in the **November 6th elections**. You can register online if you have a valid MA ID or driver license. Go to: registertovotema.com

Voting is one of our most important citizen participation actions. So, does your / one vote really matter? Yes, it can, though it is not probable. Read this for a good overview of the question - www.thoughtco.com/can-one-vote-make-a-difference-3367480

Thanks to Brenda Lessard for checking me.
Thanks to you for reading,

~ Jean O'Neil

SAVE THE DATE

Northern Hilltowns Consortium of Councils on Aging

Hilltown Elders: Protecting Your Health and Safety

Monday, October 15, 2018
9:30 -2:00
Chesterfield Community Center

Many questions come up every day about what you need to know about medical services, emergency rooms, hospital discharge, Medicare protections and the new Medicare card. Recently these questions came up in recent local surveys and community public forums in three hilltowns: Chesterfield, Cummington and Plainfield. People have said that they also want easier access to information about how to get the help they need when they need it. Knowing how it all works makes a big difference.

Meet professionals from Medicare Patrol, Legal Professional, Highland Valley Elder Services, primary care physicians, Mass Council on Aging and the Executive Office of Elder Affairs.

Come for the day or only part of the day!
Lunch will be served.

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

PRSRT STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

Chesterfield COA

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Francine Frenier, Vice Chair
Bev Pomeroy, Secretary
Jim Brisbois
Lorrie Childs
Milenna Curtis
Marilyn Davidson
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,
Francine Frenier*

*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 September

Tues. Sept 25th, 9am **Big E Day Trip**

Bus departs 9:00am from COA parking lot, 400 Main Rd, Chesterfield, MA. Bus leaves: 4:30 P.M. from the Big E.

Cost includes: round trip bus transportation, entrance fee to the exposition. Circus Spectacular @ 1pm at the Big Top- FREE. The Drifters & Platters perform @ 3pm at the Court of Honor Stage--FREE. \$10 per Chesterfield Senior (age 60 or over). Open to all ages and all communities for \$14. Cash or checks payable to Chesterfield COA due by September 12th. Only 35 seats available. NO REFUNDS due to bargain price. **For reservations: call Francine Frenier 296-4291 or call the COA @ 296-4007.** Scooter and wheelchair assistance available; the COA can help with the rental fee. Limited Availability- First Come First Serve to Chesterfield Seniors only.



Thurs. Sept. 27th, 12:15pm **Steve Damon from A Natural Music School** *Senior Center Café, 141 Main St. Williamsburg*

Come and enjoy songs and stories by an entertaining local musician! Please call two days ahead to reserve lunch, if you're interested: 268-8407.

Save the date! Saturday, October 20th 9am-3pm **Goshen Congregational Church** **Fall Clothing Exchange** *45 Main St. Goshen*

The spring clothing exchange was such a huge success that they are doing it again! Please drop off your washed, gently-used men's, women's and children's coats and other fall/winter clothing and accessories on Weds. Oct. 17th from 5-8pm or Fri. Oct. 19th from 9am-3pm, then come back on Saturday to shop! Please, no undergarments or lingerie. If the drop off times don't work for you, please call the church at 268-7427 to arrange a different time.

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.