

Chesterfield Council on Aging

November 2018 Newsletter



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

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

November Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1 Men's Bfast 9am Easy Does It Exercises for T'ai Chi 5:15pm Beginner T'ai Chi 6:30-7:30pm	2 Church Harvest Dinner 11/3 5pm or 6:30pm
5 Veterans Day Advanced Tai Chi 9:30-11am Grange Veterans Day Dinner 5pm Feldenkrais 7:00pm	6 Foot Clinic 10:30am- 12:30pm Chair Yoga 10-11am	7 Coffee & Chat 9-11am Mah-Jongg 1-4pm	8 Northern Hilltowns COAs Consortium 9:30am Brown Bag 10am Easy Does It Exercises for T'ai Chi 5:15pm Beginner T'ai Chi 6:30-7:30pm	9 CFCE
12 Advanced Tai Chi 9:30-11am Veterans Agent 11:30-1:30 Feldenkrais 7:00pm	13 Chair Yoga 10-11am	14 Coffee & Chat 9am Blood Pressure Clinic 10am Mah-Jongg 1-4pm	15 Easy Does It Exercises for T'ai Chi 5:15pm Beginner T'ai Chi 6:30-7:30pm	16 Smith Voc Spa Day 9am and 10am <i>Call 413-296-4007 to make an appt.</i>
19 Advanced Tai Chi 9:30-11am Feldenkrais 7:00pm	20 Chair Yoga 10-11am	21	22 Thanksgiving	23 CFCE
26 Advanced Tai Chi 9:30-11am COA Board Mtg 10am Veterans Agent 11:30-1:30 Feldenkrais 7:00pm	27 Chair Yoga 10-11am	28 Coffee & Chat 9am Mah-Jongg 1-4pm	29 Easy Does It Exercises for T'ai Chi 5:15pm Beginner T'ai Chi 6:30-7:30pm	30 CFCE
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 November!



Roland Lebeau, Michael McNeight,
Sallyann Fortini, Matt Barron, John Cennamo,
William Gessing, Dennis Pittsinger,
Nancy Westgate, Marvin Jones, Joyce Harris,
Paul Lampron, Robin Bak, Sally Sites-Robertson,
Robert Aller, Margaret Ladd, Peter Banister,
William Robertson, Sarah Prince, Joyce Follet,
Marilyn Donovan, Frances Breau, Ruby Donovan,
Eileen Delano, Janet Russell.

The First Congregational Church is having its

Annual Harvest Dinner on November 3rd



Enjoy a turkey dinner with all the trimmings, including homemade apple and pumpkin pies. There will be two sittings: one at 5pm and the second at 6:30pm. Tickets are \$14 for adults and \$7 for children 12 and under.

**For reservations, contact Nancy Hewes:
296-4230.**

Mark your calendars for:

Jimmy Mazz's Ho Ho Hoedown

Carriage House at Storrowton

December 4, 2018

Lunch & Show. \$10/Chesterfield Seniors;
\$35 guests and non-resident seniors.

**RSVP no later than November 6 to:
Maryann Coleman, 190 East St,
Williamsburg, MA**



SAVE THE DATE!

**Holiday Breakfast for MEN AND WOMEN
December 6, 2018 10 am**

Care One, the group who provided the Ice Cream Social in September, will be serving breakfast to Chesterfield Seniors. This will replace December's men's breakfast. It's time for the cooks in the kitchen to join the men this time. We urge everyone to come and celebrate the strength of men and women coming together to bring the peace we all seek.

Drawing Class Coming Soon

Want to try something new? Boo Cherau will be offering a 6 session weekly drawing class on Thursdays in January 2019 from 10am-12pm at the Community Center. We hope to start on January 10th but we need to get a sense of how many people would be interested. It would be best if there are 8-12 people, but if we don't get a minimum of 5 we may not be able to proceed.

Can't draw, you say? Come find out that everyone can learn to draw. If you are interested or would like to know more, please either contact the COA: 296-4467 or coa@townofchesterfieldma.com.
RSVP BY December 10, 2018.

Off to the Big E

A group of 'rainy day warriors' ventured out on a trip to the Big E sponsored by the Chesterfield COA. Folks from Chesterfield, Westhampton, Williamsburg, West Chesterfield, Goshen, and Worthington persevered the stormy weather and had an enjoyable time. The ZuZu African Acrobats, The Platters, The Drifters, in addition to the Circus Spectacular, were part of the free entertainment. "We didn't exactly have the place to ourselves, but we did enjoy the day without the usual Big E crowds," Francine Frenier noted. She says to keep your eyes posted for future trips in the Regional News section of your COA newsletter.



The Platters perform on the Court of Honor stage at the Big E during a trip sponsored by the Chesterfield COA.

Spa Days at Smith Voc.

Lillian Bisbee receives a haircut at the September Spa Day at Smith Vocational. See page 8 for more info and upcoming spa dates.



From our closet to your home

When you need medical supplies, they turn out to be quite expensive. The COA can help you save money. We have a storage closet in the Community Center that has a good supply of assistive equipment such as wheelchairs, crutches, walkers and seats that elevate the height of toilets.

We also have over-bed tables, commodes, shower stools and benches. For those who could use personal supplies, we have supports for the management of incontinence, including disposable undergarments and inserts. For those with a limited range of motion, we have devices that help you reach for items, including putting shoes on.

If we don't have what you need, most of the Hilltown COAs share a larger storage space where we keep additional supplies and equipment.

We recently learned that someone would like to donate a recliner that includes a lift to help you stand. Need one?

For someone who has macular degeneration, or other sight impairments, we have a portable magnifier that can enlarge words on a screen. It can be borrowed at any time. Call 413-296-4007 to arrange a pick up or delivery time.

Memorable Moment

Nan Clark was afraid she couldn't eat her ice cream fast enough, so she took TWO spoons. We all, including Nan, had a good laugh. She is such a sport!



Putting a store back in town: Good News

Since we are all eagerly awaiting the opening of the new Chesterfield General Store and Café, we decided to hold the Profile for next month.

Word has it that we will once again have our very own store in town. Not having one has meant many trips to Burgoyne or Northampton for that item you would have just zipped to a local store for, particularly that one missing ingredient for cooking a meal: the bread you ran out of for French toast or a sandwich or picking up the paper and quick cup of coffee. Greg Monette, new owner, says the store will have groceries, pizza, a cafe and a room for small functions. He hopes to open before the holidays.

Boy, have we missed having a local gathering spot for breakfast and catching up on the local news. Saturdays at the dump just don't cut it for hanging out. Makes one wonder how a little town like Chesterfield has managed over the years.

Turns out, Chesterfield has seen many markets come and go for over 100 years. Among them were Stanton's and Baker's. Locations have varied around town but some were within walking distance of the town hall.

For some, looking at pictures of the early stores evokes fond youthful memories of getting fishing supplies, penny candy and hanging out.

Jim Brisbois shared his recollections:

"As a youngster in Chesterfield, I remember only two general stores. The first was Baker's General Store, now the Post Office and apartments. It was owned and operated by Bill and Ruth Baker. Bill had two sisters who were teachers. Emily and Louisa were both graduates of Smith College. Emily married Charles A. Bisbee Sr. (Bill's mom and dad). The store was a general store which meant you could buy everything from your groceries and clothing to hardware and ammunition.



Baker's General Store

There were gas pumps out front and the post office window on the right side of the store as you came in, close to where today's post office counter is. On the far-left wall were large drawers of dry goods, anything from coveralls to socks and gloves. You could also get your fishing license and trapping supplies in the back of the store. Also in the back of the store was a large chest type freezer that had Hood ice cream cups and a selection of different cuts of meat.

The second store was Stanton's Store down in West Chesterfield. Also a general store, it offered everything Baker's General Store did, plus it was located near prime fishing on the Westfield River.



Stanton's Store in West Chesterfield

The West Chesterfield store was owned and oper-

ated by Howard and Abby Stanton. Howard was not only a store keeper but was the local meat inspector. Abby was a Singer Sewing Machine representative and was pretty good at keeping old machines running smoothly. On the top floor of the store was a very large room that was used for meetings and was very often the site of square dances. On the main floor, near the wood stove, was a special rocking chair that was reserved exclusively for Ted Williams, famous Red Sox baseball star, avid fly fisherman and frequent visitor to the Westfield River and Stanton's Store."

It's starting to get cold again: Time for fuel assistance applications

The new application forms are in and available at the Community Center. We are once again fortunate that Francine Frenier, a member of our COA board, is volunteering to help anyone who wants assistance with the applications on Tuesday, Wednesday, or Thursday from 10-12 until January 2019. If you would like to meet with her, please contact the COA by calling 296-4007 or emailing coa@townofchesterfieldma.com.



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



As the heating season has begun in earnest, we love to gather in front of the fireplace and around the wood stove. May these tips help you have a warm and safe heating season:

- Have your chimney professionally cleaned every year.
- Make sure your wood stove is approved by a national testing agency, like Underwriter's Laboratory (UL).
- Do not use an accelerant for starting a fire in the fireplace or solid fuel stove.
- Keep anything that can burn at least three feet from the fireplace and the wood stove.
- Dispose of ashes in a metal container, with a lid, away from the house, garage and porch.

Have a warm and S.A.F.E. heating season!

--Worth Noyes, SAFE Educator
Williamsburg & Cumington 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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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.

Freeze for Free!

You may remember the Equifax debacle, in which many credit report accounts were hacked and jeopardized. When I waxed eloquently in December of last year on the benefits of freezing your credit reports, there was a charge to MA residents to place a freeze at two of the three major credit bureaus. Well, good news! As of September, we can freeze all our accounts at no charge. There is now no charge for thawing the report, either.

Quoting me: "With a credit freeze in place with each of the credit bureaus, no one can access your account to do anything fraudulent or otherwise. The exceptions to this are government agencies and collectors. You receive a pin that you can use to thaw your report if you need, say to apply for a car loan."

Experian.com, Equifax.com, and Transunion.com are the web addresses for the big three. You can also call to do a credit freeze: Experian – (888) 397 3742. They call it a security freeze. Equifax - (800) 685-1111. They also call it a security freeze. Transunion – (888)-909-8872. You can use an automated system or talk to an agent; I recommend the latter.

- If you reach a point in the freezing process where they ask you for a credit card to pay for something, back out. Something isn't right. Freezing and thawing are NO COST.
- Write down and file your PIN. You will need it if you ever want to thaw your report.
- The credit bureaus have added lots of consumer options in recent years. If you are stuck doing a freeze, give me a call.

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

Central Hampshire Veterans' Services – Hilltown Schedule

Williamsburg Town Hall

141 Main Street
Haydenville, MA 01039

Hours: Every Monday- 2:00 to 4:00



Cummington Community House

33 Main Street
Cummington, MA 01026

Hours: 1st and 3rd Monday- 9:00 to 11:00

Goshen Town Offices

40 Main Street
Goshen, MA

Hours: 1st and 3rd Monday- 11:30 to 1:30

Worthington Town Hall

160 Huntington Road
Worthington, MA 01098

Hours: 2nd and 4th Monday- 9:00 to 11:00

Chesterfield Community Center

400 Main Road
Chesterfield, MA 01012

Hours: 2nd and 4th Monday- 11:30 to 1:30

For additional information or to schedule an appointment with the Veterans' Agent, please contact our main office at 413-587-1299. Our main office hours are: Mon, Wed, Thurs, and Fri – 8:30am to 4:00pm, and Tues – 8:30am to 1:00pm.

Main Office: Central Hampshire Veterans' Services, Memorial Hall, 240 Main Street, Room 4, Northampton, MA 01060

Welcome aboard, Jen Hoffman and Sue LaRock!

The Northern Hilltown COA Consortium is happy to announce that leadership roles in all seven COAs are filled!

Jen Hoffman is the new Senior Center Director for Williamsburg. She has a background in health care, holds a masters degree in Public Health and has over 20 years of experience in healthcare administration. She looks forward to meeting Burgy seniors and making the Senior Center a welcoming place for all.

Sue LaRock, long time resident of Plainfield, has been appointed to the position of Plainfield COA Coordinator. Sue will be the welcoming face of the COA, providing information and guidance to seniors as needed, and managing the nuts and bolts of the multifaceted programs for Plainfield folks.

Tips for Holiday Eating

The holidays are a time to enjoy friends, family and food. And, contrary to popular belief, you can have all three without putting on the extra pounds! On average, Americans gain approximately one to two pounds during the holiday season. While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies.

In preparation for a big holiday party or feast, **do not skip meals throughout the day** as this may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber in your diet by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.

Holiday meals tend to be large, buffet-style, and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.



Strategies to help you avoid overeating

- Use a smaller plate. This allows you to put less food on your plate and encourages proper portion sizes.
- Start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall.
- Eat slowly and savor every bite. Before you go back for seconds, wait 10 minutes to see if you really are still hungry.
- Get some physical activity after dinner. This is a great time to go for a walk and catch up with family members, or play catch or a game of basketball with the kids.

Source: www.eatright.org/health/lifestyle/holidays/stay-mindful-with-4-tips-for-holiday-eating

By: Rita Longe, RDN, LDN

RESOURCE DIRECTORY



Domestic Violence Advocate, Hilltown Safety at Home (HS@H)

If you need help in an emergency, call 911 or the Safe Passage hotline

Elder Abuse Hotline

First Call for Help

Fuel Assistance

Hilltown Elder Network – H E N (sponsored by Hilltown CDC)

Veterans' Service Officer

Information and Referral Resources

Application and Recertification

Tom Geryk

(Westhampton) Joe Henning

(Plainfield) Brian Brooks

413 387-3120

888 345-5282

800 922-2275

800 339-7779

800 370-0940

413 296-4536 x120

413 587-1299

413 207-3541

413 772-1571

888 382-1222

DO NOT CALL Registry

Food Services

Food Bank of Western Massachusetts Brown Bag Program

Food Stamps - Supplemental Nutrition Assistance Program (SNAP)

Call Chesterfield COA for assistance

Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director

Meal Site

Williamsburg Senior Center

Meals on Wheels

Highland Valley Elder Services (HVES)

Northampton Survival Center, 265 Prospect St. Northampton

Salvation Army Emergency Food, Fuel or Medication Vouchers

800 247-9632 or 413 268-8407

413 552-5400 or 413 296-4007

413 296-4007

413 268-7578 Wed 1-3; 3rd Wed 1-6

413 268-8407

413 586-2000 or 800 322-0551

413 586-6564

413 586-5336/6564

Health Services

Highland Valley Elder Services Intake referral for homecare, etc.

Hilltown Community Health Center- Medical & Dental

HOPE Nurse, Robin Laferriere, RN

Janet Dimock, HealthWise Community Health Worker

Podiatrist

Dr. Michael Coby, call Williamsburg Senior Center

to schedule (Alternating months at the Senior Center)

Foot Care

Piper Sagan, RN

foot care in Cummington, call Peg Daniels for appt.

foot care in Goshen, call Liz Loven for appt.

foot care in Plainfield or in-home visits

foot care in Williamsburg or in-home visits

Diane Roeder, foot care in Whamp & Chesterfield

SHINE, Medicare & Drug Coverage Part D & Prescription Advantage

Wayne Glaser

Lorraine York-Edberg

Mass Health and New Health Coverage

Buliah Mae Thomas at Hilltown Comm. Health Center

413 586-2000

413 238-5511, ext. 131

413 238-5511, ext. 313

413 238-5511, ext. 149

413 268-8407

413 634-2229

413 268-7122

413 522-8432

413 268-8407

413 374-0457

Call your COA for appointment

413 773-5555, ext. 2275

413 667-2203

Transportation Services

Cummington

Neighbor to Neighbor Drivers

Westhampton transportation

Appts or groc. shopping, Louise Jasionkowski

Williamsburg Medical Rides

Williamsburg Senior Center (to schedule)

PVTA Dial-A-Ride

(tickets sold at Williamsburg Senior Center)

Hilltown Easy Ride Van

Ed Pelletier

413 634-2262

413 527-5134

413 268-8407

866 277-7741

413 296-4232

Local Councils on Aging

Chesterfield COA, Janice Gibeau

Cummington COA, Anne Parsons

Goshen COA, Evelyn Culver

Plainfield COA, Susan Metcalfe LaRock

Westhampton COA, Julia Lennen

Williamsburg Senior Center, Jennifer Hoffman

Worthington COA, Sandra Epperly

413 296-4007

413 634-2262

413 268-3316

413 743-5345

413 537-9880

413 268-8410

413 238-5584

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

Lillian Bisbee, Chair
Francine Frenier, Vice Chair
Bev Pomeroy, Secretary
Jim Brisbois
Lorrie Childs
Milenna Curtis
Marilyn Davidson
Judy Press
❖❖❖

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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 November

Mon. November 5th at 5pm
Grange Veterans Day Breakfast
400 Main Rd. Chesterfield, MA

All vets invited! Sponsored by the Chesterfield Grange. Please call Mary Ann Coleman for reservations: 296-4787.



Fri. November 9th at 9:30am
Veterans Day Breakfast & School Assembly
New Hingham Regional Elementary School
30 Smith Rd. Chesterfield

Breakfast at 9:30am, assembly at 10:15am. Contact Jesse McMillan, Principal, with any questions: 413-296-0000. Please RSVP to Rachel Cenedella, Admin. Assistant: 413-296-000 or rcenedella@hr-k12.org.

Fri. November 16th, 9am & 10am
Spa Day at Smith Vocational
80 Locust St. Northampton, MA

Students in the Cosmetology program are offering the following: Haircuts \$5.00; Manicure \$4.00; Pedicure \$8.00; Facial \$8.00. Please call 413-587-1414 x3531 to make an appointment. Each appointment takes about

an hour and are scheduled for 9 am and 10 am in Room 124 of Building A at the school. Upcoming additional spa days: Dec. 21st, Jan. 25th, March 1st, April 12th and May 17th.

Save the date!

Sun. December 9th at 3pm
Christmas Carol Sing at Goshen Cong. Church
45 Main St. Goshen, MA

There's still time...
Join the Northampton Senior Center on their
December trip:

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.

Call Francine Frenier at the Northampton Senior Center to make your reservation:
413-587-1228.

