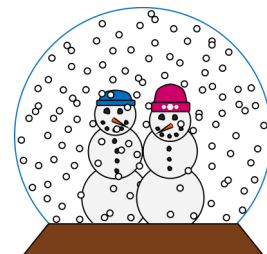


Chesterfield Council on Aging

January 2019 Newsletter



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

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

January Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	1 New Year's Day	2 Coffee & Chat 9-11am Mah-Jongg 1-4pm	3 Men's Bfast 9am Knitting Group 10am Drawing Class 10am Beginner T'ai Chi 6:15pm	4 CFCE 10am
7 Advanced Tai Chi 9:30-11am Northern Hilltowns COAs Consortium 9:30am Feldenkrais 7pm	8 Chair Yoga 10-11am Foot Clinic 10am	9 Coffee & Chat 9-11am Blood Pressure Clinic 10am Mah-Jongg 1-4pm	10 Brown Bag 10am Drawing Class 10am Beginner T'ai Chi 6:15pm	11 CFCE 10am Ring in the New Year (see pg. 8) Sun. 1/13 12pm
14 Advanced Tai Chi 9:30-11am Keep Your Ball Rollin' 1pm Veterans' Agent 11am Feldenkrais 7pm	15 Chair Yoga 10-11am	16 Coffee & Chat 9-11am Mah-Jongg 1-4pm	17 Drawing Class 10am Beginner T'ai Chi 6:15pm	18 CFCE 10am
21 Advanced Tai Chi 9:30-11am Keep Your Ball Rollin' 1pm Feldenkrais 7pm	22 Chair Yoga 10-11am	23 Coffee & Chat 9-11am Mah-Jongg 1-4pm	24 Drawing Class 10am Beginner T'ai Chi 6:15pm	25 Spa Day @ Smith Voc 9 & 10am CFCE 10am
28 Advanced Tai Chi 9:30-11am COA Board 10am Veterans' Agent 11am Keep Your Ball Rollin' 1pm Feldenkrais 7pm	29 Chair Yoga 10-11am	30 Coffee & Chat 9-11am Mah-Jongg 1-4pm	31 Drawing Class 10am Beginner T'ai Chi 6:15pm	
Jan Gibeau, Director. Office hours: Tues. 11-2, Wed. 8-11, Thurs. 10-12. Lorrie Childs, Data & Accounting Manager.				

Happy Birthday in January!



Beverley Sunderland, Edward Breau, Judith Terry, Martha Liimatainen, Katherine Tessier, Judith Press, Noel Rogers, Lucille Bartus, Eunice Maguire, Charles Nugent, Carole Bergeron, Jeane Anastas, William Michalowski, Joseph Bartus, Pierre Brisson, Mary Ellen Frye, Bev Henrichsen, Georgeann Michalowski, Joshua Karmon, H Ryder, Megan Zalesky, Michael Zalesky, Carl Cignoni, Thomas Dawson-Greene, James Kolodziej, Russell Peotter, Laine Wilder, Debra Blanchard, Christine Ciccarello, Eileen McGowan, Mary Heon, Lynn Hicks, Sally Kolodziej, Bev Pomeroy, Marianne Hoag, Kent Hicks.

New Exercise Class!

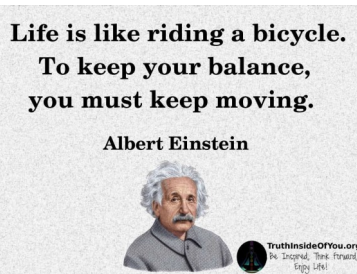
"Keep Your Ball Rollin'"

Stability Ball Classes with Angel Williams
Beginning Monday, Jan. 14th at 1pm

Angel is returning to run the exercise class everyone seemed to love. All levels of participants are welcome, beginners to experienced. Numerous studies have shown that strength training and other exercises for seniors done regularly not only builds up bone and muscle, but counteracts the weakness and frailty that usually comes with aging. **Although it is lightweight, a stability ball can provide a strength-training workout that also emphasizes balance.**

Strength training for seniors can help with:

- Osteoporosis
- Arthritis
- Balance
- Pulmonary disease
- Obesity
- Type II diabetes
- Back problems



Winter Weather Reminder:

In these wintery months, please note that the Chesterfield Community Center will be closed to all functions if the Hampshire Regional School District is closed due to inclement weather.

Check Channel 22 or 40 (TV), WHMP (radio) or cancellations.com (web).

New Art Class!

Drawing Class with Boo Cherau
Beginning Thurs. Jan. 3 at 10am

This six week class is currently full, but if you are interested in signing up for the next new class, call the COA (296-4007) to join the waiting list. We already have others interested.



Spa Days @ Smith Voc continue!

Smith Vocational and Agricultural High School Cosmetology Department is pleased to collaborate again with the Chesterfield Council on Aging by offering a "spa day" once a month to all seniors. All work is done by students and is supervised by licensed instructors. 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 9am and 10am in Room 124 of Building A at the school. Upcoming spa days: Jan. 25th, March 1st, April 12th and May 17th.

Save the Date!

Tuesday, February 12th
DAY TRIP to Magic Wings!

Join us for a fun trip to the Magic Wings Butterfly Conservatory, followed by lunch and a stop at Richardson's Candy Kitchen! We will leave the Community Center at 9:30am. Chesterfield seniors: Free admission to Magic Wings. Ride provided. Lunch and chocolates on your own.



Just the ticket to brighten up a winter day!

Holiday Breakfast

The Holiday breakfast sponsored by the COA and prepared by chefs from Care One was well attended (35 people)!



*Trish Colson
Montgomery from
the Selectboard*



Holiday Trip: Good time had by all!

The COA filled over two banquet tables for the annual Jimmy Mazz Ho Ho Hoedown at Storow-ton on December 4th. There was much good food, merriment and music!



In one year and out the other

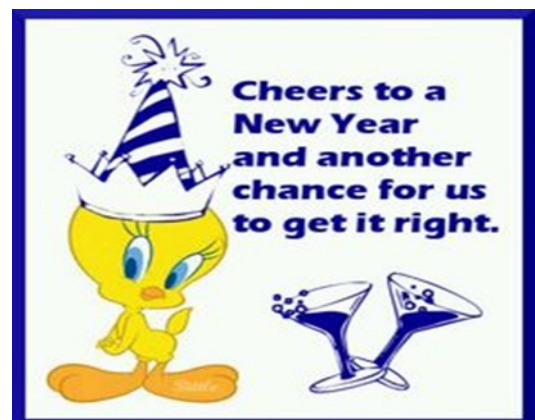
It's hard to be in the beginning of December and thinking about what to put in a newsletter for January. Seems like I'm always living in a time warp. Nevertheless, as I look back but still look ahead, I can't help thinking how grateful I am to all of the Councils on Aging in the hilltowns.

There are so many people who steadily and quietly volunteer their time to come to board meetings, help out with programs, cook, make music, set up events, do dishes, provide rides, make visits to folks who are unable to drive and give of themselves in other countless ways. It's clear that these same people are on several committees at the same time. Towns wouldn't run without them.

I hear people lament that the number of older people are mounting everywhere. True. But so are the numbers of people who can pitch in when we can't find younger people to volunteer. We desperately need the strength, energy and skills of the current generation of baby boomers and millennials. I'm pleased to see some baby boomers joining COAs.

As many know, I've been in the field of aging now for over 60 years. I still love older people as much as I did when I was a nurse's aide in the early 50's. Nothing has changed. Joining the Chesterfield COA and now working as its director has been so gratifying. My brain is humming and happy to be using some old skills again. But it wouldn't be nearly as powerful as it is were it not for all of my colleagues and friends in the Northern Hilltowns Consortium of Councils on Aging. When we get together, we work hard, laugh at some of the bureaucratic and financial hurdles we face, share successes and move on. They work tirelessly to strengthen their communities and strive to make them more livable as we all age in place. Tack that on to my friends on the COA and in town and I am indeed a lucky woman. As I look ahead to 2019, I can't imagine being in a town more livable for me than Chesterfield and living in the hilltowns. Thank you all for a wonderful year and may your new year be one to celebrate. Happy New Year.

~ Jan Gibeau, Director of Council on Aging



Profile: Marianne Hoag

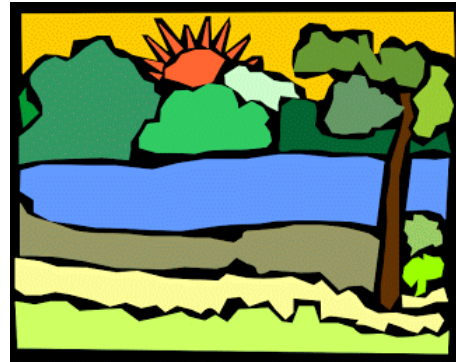
The COA welcomes new board member Marianne Hoag! Marianne moved permanently to Chesterfield in 2015. We have gotten to know her as she, her husband Mark and her sister, Nancy Powers, have been coming to Coffee and Chat on Wednesdays. In interviewing Marianne for this profile, it's clear that she's been a helper of others throughout her life. Born in Brockton in the 50's, she found her way to Western MA after moving to several different communities because of her father's career as a manager for Friendly's Ice Cream. When he retired, the family moved to Windsor, where he bought and managed Friendly Fred's store. From that rural springboard Marianne found a 40 year career in bank management ranging from IT systems to directing "Business Continuity" strategies: helping business lines anticipate and manage emergencies, disasters and other catastrophic events. The value of being prepared for emergencies has never left her and she continues to "talk the talk and walk the walk" in her daily life. When asked, she said she would be happy to share that knowledge in a community presentation. Look for it in the spring in this newsletter.

Marianne retired in March and has enjoyed travels to Ireland, Florida, Georgia and Maine. Her hobbies range from golf to gardening. She also loves to spend time helping her children and grandchildren. Marianne and Mark jointly have 3 children. They are now grandparents to 9 children. She also enjoys working with Mark, who is a semi-retired contractor. She particularly loves doing the material-cutting tasks needed in those challenging spots

encountered in building or repairing houses.

Marianne finds her attraction to rural life rooted in her love of nature, quietude and connections to other people. After living lastly in Peru, MA, she and her husband built their own home on Damon Pond. "We did it all ourselves with the help of about 15 family members" says Marianne, smiling. They enjoy the warmth and friendliness of the people in Chesterfield, especially the church, where she is an active member.

Marianne's life as a volunteer is extensive. She volunteers at the Chesterfield church and St Stephen's Table in Pittsfield, is a member of the Dalton American Legion Riders, raising money for veterans, and works with Habitat for Humanity. She helps with the Dalton Carnival and Cumington Fair, and volunteers for the Chesterfield Handy Helpers program. We are very fortunate to have Marianne in Chesterfield and look forward to the talents she, Mark and her sister bring to the community.



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



Candles are really nice to look at and smell, but remember: a candle is an open flame. Here are a few ways to keep that flame from spreading:

- Only burn candles when you are in the room.
- Use sturdy, safe candleholders.
- Keep candles at least 12 inches from anything that can burn.
- Never use candles in bedrooms or when you are tired and feel sleepy.
- Always use a flashlight -- not a candle -- for emergency lighting.
- Never use a candle where medical oxygen is being used.

Have a bright and SAFE New Year!

--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.



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.

The Big Five in the New Year!

Just in case you needed some inspiration for New Year's resolutions, I have some suggestions! At a seminar by Elder Attorney Karen Jackson the other day, I learned some new legal stuff. We already knew about the need for wills and Powers of Attorney and such, but there are a couple new things. So, in brief, here is what she says we need and why:

WILL – a will lets you determine what happens to your money, other assets, and Special Things (think family items, antiques). The alternative is that the state will do it for you.

HEALTH CARE PROXY – if you are unable to decide or communicate on issues in your health care, someone who you trust and who you talked with and appointed can decide and communicate for you, and do that in your best interests.

DURABLE POWER OF ATTORNEY – if you are unable to conduct your business, e.g., pay your bills, someone you trust and who you talked with and appointed can act for you, and do that in your best interests.

ADVANCE DIRECTIVE (living will) – this lets you give some direction on your preferences for medical care, including possibly how you pass from this world.

HIPAA RELEASE – this will let your Health Care Proxy get all your medical records, including medicines, thus avoiding privacy restrictions and doing a better job for you.

See you in 2019,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

General Contractors

Are you are interested in steady, local work?

Hilltown CDC is currently seeking General Contractors who are interested in bidding on Housing Rehabilitation projects funded by various state and federal grant programs. We recently received the FY18 Housing Rehab Grant and will be bidding approximately 18 projects in the upcoming months. In addition, we're in the process of applying for the FY19 Housing Rehab Grant for another anticipated 18 projects.



Projects are planned in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington with the average project of \$30,000.00 - \$40,000.00. Contractors working on Housing Rehab projects are guaranteed payment for all work with a quick turnaround on invoices as well as a steady source of local, year around work.

GC's must possess a valid Contractor Supervisor's License and a Home Improvement Contractor's License. Lead certification is preferred, but not required. General Liability coverage as well as Workers' Compensation insurance (if applicable) is required.

HCDC is an EEO/Section 3 Employer. Women & members of minority groups are encouraged to apply.

Please contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 for an application or email paulab@hilltowncdc.org.

Funding is provided by the US Dept. of HUD/DHCD and MA CDBG Programs.

6 New Year's Resolutions for Seniors

January is here. This means the opportunity for a fresh start. Use this time to reflect on your life as a whole. Are you happy with your health? Are you spending enough time with your grandchildren? Do you do enough to give back to your community?

In 2019, set a goal that focuses on bettering your overall health, both physically and mentally. Here are a few New Year's resolutions we suggest considering:

1. Exercise for 10 minutes every day.
Staying physically active is key to healthy aging.

2. Explore new volunteer opportunities.

Volunteering is a great way to give back to the community, but it also benefits your own health.

3. Revive an old friendship.

It's not always easy remaining close to friends who don't live right down the street. Make it your goal to keep in touch and possibly schedule a get-together in the near future.

4. Spend more time with the grandkids.

Most older adults can agree that there is nothing quite as special as spending time with the grandchildren. But you shouldn't only meet up for special occasions. This year, consider gathering with your loved ones every other week to catch up.



5. Make healthier dessert decisions.

It's easy to reach for that sugary treat after dinner. Fruits and dark chocolate make excellent natural alternatives if you need to satisfy a sweet craving.

6. Revisit an old pastime

When was the last time you spent time enjoying that favorite hobby of yours? At some point in the new year, consider breaking out the old needle and yarn, fishing rod, or bottle cap collection you used to be so passionate about. You may even consider introducing it to your grandchild so you have something new to bond over!

*Compiled from:
sunriseseniorliving.com/blog/december-2016/8-new-years-resolutions-for-seniors.aspx*

FY19 Housing Rehab Program

Hilltown CDC will be submitting a grant application for FY19 to apply for the Housing Rehab Program in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington. If you have used the Housing Rehab Program in the past or plan to use it in the future, we'd like to hear from you.

We welcome your ideas, suggestions, or input about the design of the program and how we could improve the overall effectiveness of our services. Please call, email, or fax your comments no later than January 2, 2019. We look forward to your input.

Please contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123, fax (413) 296-4020, or email paulab@hilltowncdc.org for more information or for an application to the program.

Funding is provided by the US Dept. of HUD/DHCD and MA CDBG Programs.

Stronger than Yesterday

What better way to start off the new year than by joining a new exercise class?



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 Sarah Prince
Requested donation: \$5/class.

Thurs. 10:45am, Williamsburg Senior Ctr.
Chair Stretch and Strengthen
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

Healthy Bones and Balance

Designed to increase participants' strength, mobility, 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

Stability Ball Exercise Class: "Keep Your Ball Rollin..."

Led by Angel Williams. All levels are welcome. Although it is lightweight, a stability ball can provide a strength-training workout that also emphasizes balance.

Mon. 1pm, Chesterfield Comm. Ctr.
Begins 1/14/19

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*

Zumba!

*Led by Melissa Tee. All levels welcome. \$5/class.**

Mon. 6pm, Williamsburg Senior Ctr.

To find out more, and to register, please contact the appropriate COA:

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:

Jenn Hoffman or Sherry Loomis, 268-8407,
sloomis@burgoyne.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
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PAID
PERMIT 183
Greenfield MA

Chesterfield COA

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Jim Brisbois
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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*



Newsletter Designer:
Kristen Estelle

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

The Chesterfield Council on Aging invites Hilltowners of all ages to:

Ring in the New Year!

Multigenerational, International Potluck and Musical Extravaganza

Sunday, January 13th, 2019 from 12pm to 2pm

New Hingham Regional Elementary School

30 Smith Rd., Chesterfield, MA

***Jim Kitchen & the Appliances, Sidetracked,
Hampshire Regional and New Hingham voices & music... more!***



This community event brings the Hilltowns together with all generations enjoying warmth, friendship and great food. **Bring your favorite international dish to share!** Food from any region is encouraged, from cherished family recipes to your favorite cuisine (*please label your dish w / ingredients.*) The whole family is invited to share in the food and the fun!

This event is a benefit for the Hilltown Food Pantry: all honoraria and donations received will go to them. Sponsored by the Chesterfield COA. Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA.