

# Chesterfield Council on Aging

## February 2019 Newsletter



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

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

### February Calendar of Events

<u><b>Monday</b></u>	<u><b>Tuesday</b></u>	<u><b>Wednesday</b></u>	<u><b>Thursday</b></u>	<u><b>Friday</b></u>
				<b>1</b> <b>CFCE 10am</b>
<b>4</b> <b>Advanced Tai Chi</b> 9:30-11am <b>Northern Hilltowns COAs Consortium</b> 9:30am <b>Keep the Ball Rollin'</b> 1pm <b>Feldenkrais</b> 7pm	<b>5</b> <b>Chair Yoga</b> 10-11am	<b>6</b> <b>Coffee &amp; Chat</b> 9-11am <b>Mah-Jongg</b> 1-4pm	<b>7</b> <b>Men's Bfast</b> 9am <b>Knitting Group</b> 10am <b>Drawing Class</b> 10am <b>Beginner T'ai Chi</b> 6:15pm	<b>8</b> <b>CFCE 10am</b>
<b>11</b> <b>Advanced Tai Chi</b> 9:30-11am <b>Keep the Ball Rollin'</b> 1pm <b>Veterans' Agent</b> 11am <b>Feldenkrais</b> 7pm	<b>12</b> <b>Warm &amp; Sweet Trip</b> 9:30am <b>Chair Yoga</b> 10-11am <b>Wild and Scenic Film Festival</b> 6:30-8:30pm	<b>13</b> <b>Coffee &amp; Chat</b> 9-11am <b>Blood Pressure Clinic</b> 10am <b>Mah-Jongg</b> 1-4pm	<b>14</b> <b>Valentine's Day!</b> <b>Brown Bag</b> 10am <b>Beginner T'ai Chi</b> 6:15pm	<b>15</b> <b>CFCE 10am</b>
<b>18</b> <b>President's Day</b> <b>Advanced Tai Chi</b> 9:30-11am <b>Keep the Ball Rollin'</b> 1pm <b>Feldenkrais</b> 7pm	<b>19</b> <b>Chair Yoga</b> 10-11am	<b>20</b> <b>Coffee &amp; Chat</b> 9-11am <b>Mah-Jongg</b> 1-4pm	<b>21</b> <b>Beginner T'ai Chi</b> 6:15pm	<b>22</b> <b>CFCE 10am</b>
<b>25</b> <b>Advanced Tai Chi</b> 9:30-11am <b>COA Board</b> 10am <b>Veterans' Agent</b> 11am <b>Keep the Ball Rollin'</b> 1pm <b>Feldenkrais</b> 7pm	<b>26</b> <b>Chair Yoga</b> 10-11am	<b>27</b> <b>Coffee &amp; Chat</b> 9-11am <b>Mah-Jongg</b> 1-4pm	<b>28</b> <b>Beginner T'ai Chi</b> 6:15pm	
<p><b>Jan Gibeau, Director. Office hours: Tues. 11-2, Wed. 8-11, Thurs. 10-12.</b> <b>Lorrie Childs, Data &amp; Accounting Manager.</b></p>				

## Happy Birthday in February!



Elizabeth Pruzynski, Nancy Recos,  
Louise Berniche, Arthur Press, Marian Baranowski,  
Bernard Greene, Sherrill Redmon,  
Sandra Renaker, Elizabeth Smith,  
Sharyne Benedisuk, Robert Merkin,  
Richard Oconnor, Dorothy Beaulieu,  
Johanna Adams, James Dilts, Cynthia Berube,  
Ernest Lyon, Linda Urban-Lyon, Conrad Rosinski,  
Laraine Childs, Sylvia Shea Lapinski,  
John Chandler, Peter Turomsha,  
Jeffrey Frechette, Eleanor Smith, Mary Jones,  
Margaret Mcwherter, David Pruzynski,  
Robert Scott, John Steins, Paula Valencik,  
Judith Leblanc



## Warm and Sweet Trip

**Tuesday, February 12th**

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!**

## Chesterfield Congregational Church news

Feb. 10:	Valentine's Breakfast	8:30 -10:00
Feb. 17:	Pot luck luncheon	10:30
	Church annual meeting	12:00
	Pie contest	12:30

All events are open to the community  
Submission of pies is most welcome!

## Save the Date

Maple Syrup and Pancakes coming!

## Annual Trip to Hadley Sugar Shack

RSVP to Maryanne Coleman by 3/18:  
296-4787



## Tai Chi gets high grades

Ever wonder why tai chi is so popular? Think it might be for you?



Many reviews of the benefits of Tai Chi clearly show how effective it is, both for healthy people who want to preserve their level of health and for people struggling with high blood pressure, heart disease, diabetes, arthritis and osteoporosis. A major review of over 500 studies conducted by Harvard Medical School and Beijing University, published in the Journal of American Geriatrics Society (2017) found that 94.1 percent found positive effects of tai chi. These included 192 studies involving only healthy participants, 142 with the goal of health promotion or preservation and 50 seeking better balance or prevention of falls.

**What are some of the benefits linked to Tai Chi?** It's hard to believe that every 11 seconds an older adult is treated in the emergency room following a fall, and one in five falls results in a fracture, concussion or other serious injury. It's a serious and costly problem that can lead to consequences in the ability to live independently. How can Tai Chi reduce the risks of falling? Researchers at the University of Jaen in Spain reported in a review of studies that older adults who did one-hour tai chi sessions one to three times a week for 12 to 26 weeks were 43 percent less likely to fall and half as likely to incur a fall-related injury.

Tai chi provides superior benefits to other fall-reduction approaches like physical therapy, balance exercises, stretching, yoga or resistance training. Tai chi, in many ways, combines the benefits of most of these.

- It strengthens the lower body, improves posture, promotes flexibility, increases a person's awareness of where the body is in space and improves one's ability to navigate obstacles while walking. It can improve the ability to catch oneself before falling and reduce the fear of falling, both of which can keep people from being physically active and further increases their likelihood of falling and being injured.
- Even if you do fall, tai chi, as a weight-bearing but low-stress exercise, can reduce your chances of breaking a bone. Four well-designed clinical trials showed that tai chi has positive effects on bone health. For example, in a yearlong study in Hong Kong of 132 women past menopause, those practicing tai chi

experienced significantly less bone loss and fewer fractures than those who remained sedentary.

- For people with painful joints and muscles, tai chi enhances their ability to exercise within a pain-free range of motion. Pain discourages people from moving, which makes matters worse as muscles get weaker and joints stiffer. The movements involved in tai chi minimize stress on painful areas and, by improving circulation, can foster relief and healing.
- A 2016 study of 204 people with knee pain from osteoarthritis found that tai chi done twice a week was just as effective as physical therapy in relieving their discomfort. But that was not all: those doing tai chi for the 12 weeks reported that they were less depressed and had a better quality of life than those undergoing physical therapy.
- Tai chi can also be a way to get back to doing more vigorous other physical activities like swimming and hiking, or biking and walking more.
- Tai Chi often can also reduce depression, anxiety and stress.
- It also can improve self-efficacy, which is having the confidence in the ability to perform various activities and overcome obstacles to doing so.



Where can I find Tai Chi classes that meet my needs and readiness to join a class? Marty Phinney leads two levels of classes at the Chesterfield Community Center: an advanced Tai Chi class meets every Monday morning at 9:30 and a beginner's class at 6:15pm on Thursdays. Come join.

## Looking for local writers

Do you have memories of growing up in Chesterfield you'd like to share? Thoughts about the future? Photos? Other topics of interest? We're hoping to expand ways to hear your voices about life in Chesterfield by including brief vignettes you'd like to share. If interested in the idea, give Jan Gibeau, Director of the COA, a call: 296-4007 or send a submission to: [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com).



## Recipe : Old Fashion Gingerbread

### Ingredients

½ cup sugar  
 1 teaspoon ground cinnamon  
 ½ cup butter  
 1 teaspoon ground ginger  
 1 egg  
 ½ teaspoon ground cloves  
 1 cup molasses  
 ½ teaspoon salt  
 2 ½ cups all-purpose flour  
 1 cup hot water  
 1 ½ teaspoon baking soda



### Directions

1. Preheat oven to 350 degrees
2. Grease and flour 9" square pan
3. In a large bowl, cream together sugar and butter, beat in the egg and add molasses.
4. In a bowl sift together flour, baking soda, salt, cinnamon, ginger and cloves.
5. Blend into the creamed mixture, pour in the hot water and pour into pan
6. Bake for 1 hour.



## 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](http://cancellations.com) (web).

## Profile: Chesterfield

Finding the community that's just right for living the way you want to, raising your kids in a safe place and growing older in your own home are three major themes in deciding where to live. For many, Chesterfield has been the choice, whether one grew up here or chose to move here, preferring the "country life". There are currently 1210 people living in Chesterfield, with 32% of the population being over 60. As our population grows older, what are we learning about Chesterfield helps us determine how livable the town is for "aging in place". Two sets of information tell us that we've generally been on the right track, but still have areas where we could be more age friendly, no matter the age: childhood to "elderhood".

One source is the Healthy MA survey of every community, funded by Tufts University and MA Healthy Aging Collaborative. The second is both a survey of everyone 60 and older in Chesterfield and a community forum, held in June 2018, about how age friendly Chesterfield is for people who want to stay here. Chesterfield is one of the seven hilltowns (Goshen, Plainfield, Cummington, Westhampton, Worthington and Williamsburg) that belong to the Northern Hilltowns Consortium of Councils on Aging. Because of grant funding from the Executive Office of Elder Affairs, the Consortium is in the fourth year of looking at ways to making rural towns strong for older people and other generations in the future.

What do these two surveys tell us?

The Aging at Home survey reviewed eight domains of community life: Outdoor Space and Buildings, Transportation, Communication and Information, Community and Health Services, Town Participation, Social Participation, Housing, Respect and Inclusion.

Number of surveys sent: 382. Number of Surveys returned: 115. A return rate of 30% exceeded the usual 10% in this type of study, suggesting that the topics are important to older town residents. People clearly said that it's very important to them to remain in their own homes as they age ( 85%).

Overall, the items most frequently rated as being Very Important include

- Roads are well-maintained (79%)
- Buildings are accessible to people with limited mobility (73%)
- Traffic signs and intersections are visible and well-placed (71%)
- Activities and attractions are affordable, with no hidden or additional costs (70%).

One theme seen throughout the various questions was the importance and availability of good information regarding:

- Community events
- Available services
- Eligibility for services
- Supports and benefits

Recommendations made during the community forum included:

- Better safety in town center, particularly in the main intersection
- Control speeding
- Safer walkability from CDC and Davenport Daycare to town offices, library etc.
- Handicap accessible restroom needed in library
- Improve internet access (being addressed )
- Develop strategies to increase volunteerism, i.e. annual celebration of volunteers
- Provide information that is easy to access and in language that is easy to understand
- Consider mobile food bank similar to those in Easthampton
- Increase walkability in town, paths, trails etc.

### How healthy is Chesterfield now?

- Compared to state averages, older residents of Chesterfield do better on several healthy aging indicators, including fewer hip fractures, obesity, high cholesterol, visual impairments and mobility impairments.
- They are also more likely to take health-promoting steps such as getting vaccinations, screening for cholesterol and living in non-smoking homes.
- Being physically active, an important part of healthy aging, found that 78.3% Chesterfield residents are active, versus the statewide average of 73.3%. Our walkability score was 11 out of 100. There is no state average, but the score itself suggests how much we could improve.
- The score for living in a home without smoking was 90% vs 84.7% as the state average.
- Score on having open space 30.4% vs 18 % state average
- Over 65 working 31.3% vs state 24.3%







## Regional News

### Seniors Aware of Fire Education



There is a reason that February is the shortest month of the year. The weather can be brutal. A February no'easter can bring down power lines, leaving you without heat for an extended time. Here are a few things you should consider having close at hand to stave off the cold:

- warm jacket or coat.
- long pants and long-sleeve shirts and sweaters
- sweatshirts and sweatpants
- over-the-ears hat, mittens and scarf
- sturdy shoes
- sleeping bag or a pile of warm blankets

Stay warm and SAFE!

--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.*

### Free Tax Prep

Household income must be \$54,000 or less.

Put money back in your pocket!

See if you qualify for the Senior real estate tax credit. Free tax prep by IRS-trained volunteers.

Sites in Chester, Chesterfield & Williamsburg.  
Call to make your appointment:  
413-296-4536 ext. 100



### 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! A Will

It is now firmly 2019, and on to those resolutions! From last month – “a will lets you determine what happens to your money, other assets, and Special Things. The alternative is that the state will do it for you.”

If you already have a will and it is current, great, but you are in the minority. In 2014, 64% of Americans did not. I found some good suggestions for getting going: <https://money.usnews.com/money/personal-finance/family-finance/articles/steps-to-writing-a-will>. Feel free to share this with someone else who needs a jumpstart.

That was a long URL to type in. You can also search your browser for “steps in writing a will” and the above article by Geoff Williams from June 2018 should come up. If you want, contact me and I’ll get you a copy of the article, either paper or electronic.

I don’t recommend following either the ads that pop up at the beginning of the search results, or the instructions to do a hand-written will. If you cannot find an attorney to help, there are online forms to fill out for our state. I’m also trying to see what local resources exist to help with a will and will let you know... I will, yes I will.

Willfully, - ok, I’ll quit-  
Jean O’Neil, TRIAD committee member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

## Goshen Senior Housing

Applications to get on the waitlist for the new senior apartments at Highland Village Circle, 41 Main Street in Goshen, are now available at the Goshen Town Offices or by calling Cindy Thibeau, Housing Services Coordinator at the Hilltown CDC, 413-296-4536 x105. You can also download the application from our website: [hilltowncdc.org/housing](http://hilltowncdc.org/housing).

Goshen Senior Housing is available for seniors age 62 and older who need affordable and/or accessible housing. Some income restrictions apply. For more information about availability of units please contact us.



## DID YOU KNOW? Medicare Patient's Rights

### ***Important thoughts about going to the hospital or emergency room.***

Many people can find that they can feel overwhelmed when either going to an emergency room or being admitted to a hospital. It helps to know what your rights are and to expect to discuss them fully before signing the various consent forms you may receive.

You should expect to:

- Discuss and be informed of the status of your inpatient stay and whether it will be for observation. They do not have to make that decision prior to your entering the hospital but you should ask for an explanation and other options that may be available. They have financial implications.
- Receive considerate and respectful care. You should expect respect for your cultural, psychosocial, spiritual and personal values, beliefs and preferences. If you have special needs, let people know.
- Have a family member (or other representative of your choosing) and your own physician notified promptly of your admission. Know the name of the physician/provider who has primary responsibility for coordinating your care and the names and professional relationships of other physicians and non-physicians who will see you.
- Receive information about your health status, diagnosis, course of treatment, prospects for recovery and outcomes of care (including unanticipated outcomes) in terms you can understand. Insist on communication that is clear and complete enough for you to participate in the development and implementation of your plan of care.

*(Continued on next page)*

## Need help with your housing repairs?

On behalf of the town of Chesterfield, the Hilltown CDC received funding for the FY18 Housing Rehab Program, and we're currently applying for the FY19 Housing Rehab Grant. We're accepting applications from homeowners who live in ***Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington*** who need help with their housing repairs. Here's a sample of some the work that can be performed under the Housing Rehab Program:

### **Possible Repairs:**

Siding	Roofs and Chimneys
Windows and Doors	Floor Joists, Flooring
Insulation, Walls, Ceilings	
Foundation Work	
Septic Systems and Sewer Tie-in's	
Handicap Accessibility Work	
Plumbing and Electrical Updates	
Wells, Pumps, and Hot Water Tanks	
Lead Paint Removal	
Asbestos Removal	



### **HOUSEHOLD INCOME GUIDELINES/ LIMITS:**

<b><u>Household Size</u></b>	<b><u>Gross Annual Income</u></b>
1	\$45,200
2	\$51,650
3	\$58,100
4	\$64,550
5	\$69,750
6	\$74,900
7	\$80,050

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

These are ***NO interest/NO payment loans*** which are forgiven over 15 years, and all work is completed by licensed contractors. Please don't delay! Funding is available right now, and you may be surprised to find out you qualify! Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email [paulab@hilltowncdc.org](mailto:paulab@hilltowncdc.org) for an application.

# 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.**

**April 13: MGM & Majestic Theater Combo.** Spend the morning at the MGM casino. Receive a \$10 free bet. Following lunch on your own, spend the afternoon at the Majestic Theater and receive a \$3 snack coupon. Enjoy the musical "The Marvelous Wonderettes." Cost is \$61. There is a \$10 discount if paid in full by February 1st.

**April 27-May 5: Memphis-Home of the Blues & Tunica-Casino Capital of the South.** Cost is \$798 per double. There is a \$25 discount if paid in full by Jan. 15. This 9 day trip includes: 8 nights lodging including 4 consecutive nights at a Tunica area Casino Resort. 14 meals including: 8 breakfasts and 6 dinners. Admission to the Tunica Museum, free time on Beale Street in Memphis. Guided tour of Memphis. Admission to Memphis Rock N' Soul Museum. Mansion Tour of Home of Elvis Presley – 'Graceland' . . . and Sun Studio.

**May 21: Mamma Mia**, the musical with Abba's greatest hits woven into the story, is performed at Warner Theatre in Torrington, CT. Pre-show lunch at La Cupola Ristorante & Inn is included. Cost is \$109. There is a \$10 discount if paid in full by March 1.

**May 21:** Enjoy a carousel ride and tour the **New England Carousel Museum** in Bristol, Ct. Bring your own lunch from home. Dessert and beverage will be provided at the Carousel Museum. Then on to the **Hill-Stead Museum** in Farmington, CT for an art tour with time to explore the gardens and grounds on your own. Time for shopping and/or catch a quick bite to eat at West Farms Mall. Cost is \$77. There is a \$10 discount if paid in full by March 4.

**May 29-31: Ogunquit, Maine.** Two night getaway at the Meadowmere, city tour of Portland, Nubble Lighthouse Cruise, time to stroll Perkins Cove, and much more. Cost is \$460 per double. There is a \$25 discount if paid in full by Feb. 11. Sign up early; only 22 seats available.

**June 21: Chesterwood/Naumkeag.** Enjoy a guided tour of Chesterwood, home of artist Daniel Chester French. Then on to Naumkeag for lunch and a tour of Joseph Choate's 44 room cottage. Take some time to tour the gardens. Lunch will be provided by the Red Lion Inn and include a

choice of sandwich and accompaniments. Cost is \$123. There is a \$10 discount if paid in full by April 1.

**June 11-13: Island Hopping.** Stay in Hyannis for two nights. Take the high speed ferry over to Nantucket one day and Martha's Vineyard on the other. Enjoy the free time, lunch on each island. Stop in Edgartown. Includes 2 breakfasts. Cost is \$550 per double. There is a \$25 discount if paid in full by Feb. 25.

**August 8: Museum of Russian Icons & Worcester Art Museum.** Enjoy a guided tour of the Russian Icon museum in Clinton, MA. Lunch is on your own at O'Connor's Restaurant in Worcester. Then on to the Worcester Art Museum for a guided tour. Cost is \$86. There is a \$10 discount if paid in full by June 3.

***What fun adventures are you going to make time for this year?***

*(Continued from previous page– Medicare)*

- Participate actively in making decisions regarding your medical care, and receive information about any proposed treatment or procedure in order to give informed consent or to refuse a course of treatment.
- Participate in any and all ethical questions that arise in the course of your care, including issues of conflict resolution, withholding resuscitative services and forgoing specified emergency interventions in accordance with state law.
- Be provided with an appropriate assessment and management of your pain, information about pain, pain relief measures, and to participate in pain management decisions.
- Participate actively in planning for your discharge and fully discuss your readiness to return home or to another recommended setting. Should you feel uncomfortable and at risk with the plan that is presented, you may also immediately request a review by the Quality Improvement Organization. If such a review is requested, you will have the right to remain in the hospital until noon of the following day.
- For more detailed information about hospital discharges and related issues, a good source is the Center for Medicare Advocacy website: **medicareadvocacy.org**. Your current Medicare booklet is also very helpful.



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

PRSRT STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

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*Librarian: Dee Cinner*  
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*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.

**Please Join Us for the...**

## **Wild & Scenic Film Festival**

**Tuesday, February 12, 2019**

**6:30-8:30pm**

***Snow date: February 19***

**Chesterfield Community Center**  
**400 Main Rd. Chesterfield**



**Celebrate the 50<sup>th</sup> anniversary of the Wild & Scenic Rivers Act  
and the Westfield River's 25 years as a National Wild & Scenic designated river.**

**Be inspired, rejuvenated and awed as you watch these 6 short films submitted from all over  
the world and touring in this annual film festival.**

**Suggested donation \$5 (kids free).**



**Sponsored by The Westfield Wild & Scenic Committee and The Chesterfield Cultural Council**