

# Chesterfield Council on Aging

## March 2019 Newsletter



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

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

### March Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				<b>1</b> <b>Spa Day @</b> <b>Smith Voc 9 &amp; 10am</b>  <b>CFCE</b> (Coordinated Family and Community Engagement) 10am
<b>4</b> <b>Advanced Tai Chi</b> 9:30am <b>Northern</b> <b>Hilltowns COAs</b> <b>Consortium 9:30am</b> <b>Keep the Ball Rollin'</b> 1pm <b>Feldenkrais 7pm</b>	<b>5</b> <b>Chair Yoga</b> 10am <b>Foot Clinic</b> 10:30am	<b>6</b> <b>Coffee &amp; Chat</b> 9am <b>Mah-Jongg</b> 1pm	<b>7</b> <b>Men's Bfast 9am</b> <b>Knitting Group</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> 9:30am <b>Keep the Ball Rollin'</b> 1pm <b>Veterans' Agent</b> 11am <b>Feldenkrais 7pm</b>	<b>12</b> <b>Chair Yoga</b> 10am	<b>13</b> <b>Coffee &amp; Chat</b> 9am <b>Blood Pressure Clinic</b> 10am <b>Mah-Jongg</b> 1pm	<b>14</b> <b>Brown Bag 10am</b> <b>Beginner T'ai Chi</b> 6:15pm	<b>15</b> <b>CFCE 10am</b>
<b>18</b> <b>Advanced Tai Chi</b> 9:30am <b>Keep the Ball Rollin'</b> 1pm <b>Feldenkrais 7pm</b>	<b>19</b> <b>Chair Yoga</b> 10am	<b>20</b> <b>Coffee &amp; Chat</b> 9am <b>Mah-Jongg</b> 1pm	<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> 9:30am <b>COA Board 10am</b> <b>Veterans' Agent</b> 11am <b>Keep the Ball Rollin'</b> 1pm <b>Feldenkrais 7pm</b>	<b>26</b> <b>Chair Yoga</b> 10am	<b>27</b> <b>Coffee &amp; Chat</b> 9am <b>Mah-Jongg</b> 1pm	<b>28</b> <b>Beginner T'ai Chi</b> 6:15pm	<b>29</b> <b>CFCE 10am</b>  <div style="border: 1px dashed black; padding: 5px;"> <b>Black Bear Program</b>  <b>w/Fran Ryan</b>            Sun. 3/31 2pm         </div>
<b>Jan Gibeau, Director. Office hours: Tues. 11-2, Wed. 8-11, Thurs. 10-12.</b> <b>Lorrie Childs, Data &amp; Accounting Manager.</b>				

## Happy Birthday in March!



Shirley Scott, Hubert Larrivee, Thomas Tessier, Roger Kellogg, Wayne Carpenter, Rita Harris, Dee Cinner, Mario Addabbo, James Maraniss, James Marra, Barbara Bak, Milenna Curtis, Thomas Gavin, Martin Manchester, Ellen Metzger, Jack Henry, Gary Wickland, Mary Bisbee, Ralph Cleveland, Dyanne Palmer, Carol Recore, Elaine Henry, Christine Keefe, Alan Lavallee, Susan Lavallee, Ronald Imig, James Smith, Anne Zononi, Richard Barrett, Carol Blanchard, James Fortini, Mark Hoag, Raymond Lequin, Mary Wozniak, Laura Rauscher

## Volunteer to Open the door: Chesterfield General Store is Coming Back!

Greg Monette from West Chesterfield has been a remarkable, independent DIY designer, builder and owner of the much awaited reopening of the only store in town. We have all watched the construction of a new wood-fired oven, and are looking forward to fresh bread and pizza, not to mention the other food that will be served at his cafe'. Then, of course, there's the grocery store part. How nice it will be to not have to go to the valley for some milk or eggs, etc. Greg is also building a new space for events.



Having a store is so much more than just a business, it's an important part of having a strong community. With Joan Hick's enthusiastic leadership, volunteers are already helping to kick start the opening by offering to paint and do other things Greg needs.

Want to help make this a community affair? A community version of a barn raising? Here's how. Call or email Jan at the COA: 296-4007 or [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)

## **Out and About: Trips and Events**

*Sun. March 10th, 8:30-10am:*

**Chesterfield Congregational Church  
Breakfast with Irish Music.**

*Sunday, March 10th: **See Women Fly: New England Air Museum.*** Discover history of women in aerospace. Adjacent to Bradley International Airport, 36 Perimeter Rd., Windsor Locks, CT. Fee: \$14.

*Sunday, March 10th: **Foxwood Casino Bus Trip.*** Chesterfield Veteran's Committee Fund-raiser. \$38 includes \$20 casino vouchers. Departing Goshen 8am. Additional pick up at Smith Vocational. Home by 6pm. To reserve a spot, call Kris Zdaniewicz: 413-329-8919.

*Tuesday, March 26th, 9:30am: **North Hadley Sugar Shack.*** It's Maple Sugar Season! Sign up by March 18th. Leave from Community Center at 9:30am. Lunch on your own. Free transportation: carpool. RSVP: Maryanne Coleman, 296-4787, soon, as we call in early to let them know we're coming as a group.

*Tuesday, March 26th, 1pm: **Birds of Prey with Tom Ricardi*** at New Hingham Regional Elementary Regional School. Sponsored by the NHRES PTO, and funded by the Chesterfield Council on Aging through a Multigenerational Grant from Highland Valley Elder Service.

*Sunday, March 31st, 2-4pm: **Studying Black Bears: How do they do that?*** with Fran Ryan at the Chesterfield Community Center.

*Friday, April 12th: **Lunch at Smith Vocational, Flowers at Smith College Greenhouse.*** Free lunch for Chesterfield seniors. Ride on Easy Ride Van \$4.00 pp (must be pre-approved- 296-4232). RSVP by April 1st. RSVP: Maryann Coleman: 296-4787. Leave Chesterfield Community Center at 10:30am.

## **Handy Helpers looking for work. Need anything done?**

We have several volunteers with a broad range of skills and talent. Do you have things you'd like to do, fix or move that you no longer want to do on your own? We can hook you up with someone who can "come in handy". What things? How about bringing some wood in? Winterizing places where the winter wind blows through your home? Small carpentry tasks? Moving things to or from the attic? Shopping? Doctor's appointments?



Just call the COA: 296-4467 or email us at [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com) and we will try to make it happen. Please contact us so the volunteers won't think we don't need the help.

## Tax Assistance for Chesterfield Seniors



There are 3 types of assistance available to seniors:

1. Exemption applied to your property tax
2. Elderly and Disabled Assistance Fund
3. Senior Circuit Breaker applied to State Income Tax

### Exemptions for property tax

If order to apply for an exemption, you must be 70 or older. You need to be a town resident and own and occupy the property that is your domicile. Applications are available from the assessors and must be filed each year by March 31st. You must still pay your tax on time even if you are filing an application. There are several levels of exemptions depending upon your qualifications, but you can only receive one exemption under state law. If you qualify for more than one, you will receive the one that provides the greatest benefit. Please contact the assessor for other requirements: Ed Severance- 296-4010.

### Elderly and disabled

This is a Town fund, the amount of which varies as funds are replenished annually through voluntary contributions. In order to receive benefits, you must be 65 by July 1<sup>st</sup> of the fiscal year or a person who is not able to work. You must also be the titled owner of your property or hold a life estate in the property; have lived in town and held tax title to the property for the full calendar year prior to the submission deadline. While it's too late for this year, (the deadline was Feb. 28<sup>th</sup>) the assessor can still provide the information you need for next year.

### State Senior Circuit Breaker

As a senior citizen, you may be eligible to claim a refundable credit on your personal state income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence. For tax year 2018, the maximum credit amount is \$1,100. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest. To be eligible, you must be a Massachusetts resident or part-year resident, be 65 or older by December 31. You must own or rent residential property in Massachusetts and occupy it as your

primary residence, file a Massachusetts personal income tax return, and file a Schedule CB.

For tax year 2018, your total Massachusetts income doesn't exceed:

- \$58,000 for a single individual who is not the head of a household.
- \$73,000 for a head of household.
- \$88,000 for married couples filing a joint return.

If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.



Boo Cherau's drawing class a hit. More to come.

\*\*\*\*\*  
\* **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). \*  
\*\*\*\*\*



## Profile: Justin West

We are all learning to live in a digital world. As a consequence, we want to have communication move quickly. In the Hilltowns, that means getting broadband, currently a work in progress. Learning how to artfully use the technologies available to get a message out is another matter. Justin has made that easier for many people. Justin has been at Holyoke Community College for 25 years. He is also the founder, creator and professor of the Electronic Media Program, where students learn how to create and convey communications that are not only clear and effective, but presented by using the best technology for distribution.

He has also creatively shed light on light itself. Justin created a documentary that examines light from five different perspectives including the visual arts of painting and photography, physics, literature and as a geographical concept.

Here in the Hilltowns, access to adequate internet services has been sorely lacking, and getting information out in efficient and timely way has been a longstanding challenge. Justin is now the manager of the Chesterfield Municipal Light Plant, the hub of the components needed to launch Broadband. Justin also serves as a volunteer on the Finance Committee and his wife, Eileen McGowan, is a member of the Board of Trustees of the library.

Justin and his wife moved to Chesterfield around two years ago after having lived in Florence for 35 years. Their son Beryl is the Content Manager at the Calder Foundation in New York City. As is the case for many, Justin and Eileen found that their house in Florence was becoming difficult to maintain. Chesterfield was chosen. Why Chesterfield? One of many factors included having a system of town government that supports the value of everyone having a direct voice. Another was finding beautiful land on which to build a contemporary prairie-type ranch that is energy efficient, and all on one floor with a wonderful view. We are fortunate to have Justin and all the information and skills he brings to our 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



Many children visit their grandparents regularly; some live with them. Here are some ideas on how to make your home a safer environment for your grandchildren:

- Store matches and lighters up high in cabinets away from children.
- Install plastic covers over all exposed electrical outlets.
- Move cleaning chemicals like cleansers, drain cleaners and other poisons to high cupboards or install a child-proof lock on low cabinets.
- Store prescription and over-the-counter medicines in a cabinet out of the reach of children.
- If children are playing outside when the skies grow dark or you hear thunder, have them come indoors right away.

Have a SAFE sugar 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.*



**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! Health Care Proxy

As we said before – “If you are unable to decide or communicate on issues in your health care, someone who you trust and who you appointed can decide and communicate for you, and do that in your best interests.”

The person you ask to serve as your health care proxy should know how you want to be treated and which treatments you do or don't want (you are in a coma, unconscious, or otherwise incapacitated). That person should agree to this commitment, and the two of you should carefully talk over your wishes. That person will be able to ask questions of the medical providers and weigh their answers against your wishes. Here is a good read- [www.everplans.com/articles/how-to-be-a-good-health-care-proxy](http://www.everplans.com/articles/how-to-be-a-good-health-care-proxy). For our state, more information and an online form is here: [www.massmed.org/patient-care/health-topics/health-care-proxies-and-end-of-life-care/massachusetts-health-care-proxy---information,-instructions-and-form-\(pdf\)](http://www.massmed.org/patient-care/health-topics/health-care-proxies-and-end-of-life-care/massachusetts-health-care-proxy---information,-instructions-and-form-(pdf))

So you know that devil in the details business – who on earth do you trust with possibly making such a huge decision for you? How do you assure that your wishes will be followed when the time comes? Most often a family member is selected but it can be a friend – the important thing is to trust that person you choose. Once you have a signed and witnessed Proxy, make several copies and give them to your doctor, hospital, potentially clergy and lawyer, and for sure the person you picked to act for you. You keep the original.

Best wishes,

Jean O'Neil, TRIAD committee member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

**Need copies?** If there are any documents referenced in the TRIAD column that you would like to have a copy of, please ask your COA. They will print paper copies for you.

## Need a Will? Power of Attorney? Other legal help?

The Hampshire Elder Law Program is available for low-income Hampshire county residents who are 60 or more years old. Call 413-586-8729 to see if you qualify. If you do qualify, you will be given the contact information for an attorney who will work with you for free to prepare your documents.

## Coordinator- Council on Aging Cummington MA

Ten hours per week position. Must be computer savvy. Requires confidentiality and ability to work with seniors.

Send resume to:  
P.O. Box 95, Cummington, MA 01026



## There's a new game in town!

Looking for a great way to get some exercise, socialize and meet new people? A mashup of tennis, racquetball, badminton and ping-pong, played indoors and out, people of all ages are playing **PICKLEBALL!** Come to the Westhampton Town Hall and learn about the healthy, friendly game that's sweeping the nation!

We encourage everyone to come and give it a try. For players of all ages, from beginners to experienced players of all levels, all are welcome. We have paddles, balls and a net. All you need to bring is a pair of good sneakers and a smile!

- Sign up for **new player instruction**: Contact Dale and Alan Kasal [drkasal@gmail.com](mailto:drkasal@gmail.com) or text to [413-842-6148](tel:413-842-6148)
- Sign up to be on the email list and **player roster** and to see which neighbors are playing! [bit.ly/add2whroster](http://bit.ly/add2whroster)
- Sign up for **open play** (for *all player levels* who don't need beginner instruction): [bit.ly/whpbsignup](http://bit.ly/whpbsignup)
- To arrange play at the Town Hall for experienced players, or for more information: Contact Dale and Alan Kasal [drkasal@gmail.com](mailto:drkasal@gmail.com) or text to [413-842-6148](tel:413-842-6148)

### More information about Pickleball!

Video: One of the fastest growing sports in America!

[bit.ly/pickleballinfo](http://bit.ly/pickleballinfo)

What is pickleball?

[usapa.org/what-is-pickleball/](http://usapa.org/what-is-pickleball/)

Where to play: tennis courts, gyms, schools, senior centers, town halls around the country!

[places2play.org/map](http://places2play.org/map)





# 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

**DO NOT CALL Registry**

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

## 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; 3<sup>rd</sup> 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

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

Deb Dean, foot care in Westhampton

Diane Roeder, foot care in Chesterfield

**SHINE, Medicare & Drug Coverage Part D & Prescription Advantage**

Wayne Glaser

Lorraine York-Edberg

Deborah Hollingworth (Chesterfield)

**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

413 667-5363

413 374-0457

Call your COA for appointment

413 773-5555, ext. 2275

413 296-4007 or 413 268-8317

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  
Milenna Curtis  
Marilyn Davidson  
Marianne Hoag  
Judy Press



*Financial Advisor: Nancy Hewes*  
*Librarian: Dee Cinner*  
*HVES Rep: Jan Gibeau*  
*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.

*Save the Date!*

## **4D1G Gospel Group & Choir**

**Goshen Congregational Church**  
**45 Main St. Goshen**

**Sunday, April 28th at 3pm**

Everyone invited!

Free. Refreshments available.

Bring friends and family!



# COMMUNITY SOUP & BREAD NIGHT



**ONCE A MONTH  
FIRST TUESDAYS  
5:00-6:30PM**

Come and enjoy FREE  
soup and bread, games,  
and community building.  
All proceeds to benefit a  
local Hilltown non-profit.  
VOLUNTEERS welcome.

**TWO MORE DATES:**

March 5  
April 2

For more info contact Seva at  
[membership@oldcreamery.coop](mailto:membership@oldcreamery.coop)

