

# Chesterfield Council on Aging

## April 2019 Newsletter



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

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

### April Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>1</b> <b>Advanced Tai Chi</b> 9:30am <b>Northern Hilltowns COAs Consortium</b> 9:30am <b>Keep Your Ball Rollin'</b> 1pm <b>Feldenkrais</b> 7pm	<b>2</b> <b>Chair Yoga</b> 10am	<b>3</b> <b>Coffee &amp; Chat</b> 9am <b>Mah-Jongg</b> 1pm	<b>4</b> <b>Men's Bfast</b> 9am <b>Drawing/ Watercolor Classes</b> 10am-1pm <b>Beginner T'ai Chi</b> 6:15pm	<b>5</b> <b>CFCE</b> (Coordinated Family and Community Engagement) 10am
<b>8</b> <b>Advanced Tai Chi</b> 9:30am <b>Veterans' Agent</b> 11am <b>Keep Your Ball Rollin'</b> 1pm <b>Feldenkrais</b> 7pm	<b>9</b> <b>Chair Yoga</b> 10am	<b>10</b> <b>Coffee &amp; Chat</b> 9am <b>Blood Pressure Clinic</b> 10am <b>Mah-Jongg</b> 1pm <b>Comm. Forum: Nucl. Weapons Ban</b> 7pm	<b>11</b> <b>Brown Bag</b> 10am <b>Drawing/ Watercolor Classes</b> 10am-1pm <b>Beginner T'ai Chi</b> 6:15pm	<b>12</b> <b>Spa Day</b> 9 & 10am <b>CFCE</b> 10am <b>COA Trip</b> 10:30am <div> <b>Square Dance</b> Sat. 4/13 7pm           </div>
<b>15</b> <b>Advanced Tai Chi</b> 9:30am <b>Keep Your Ball Rollin'</b> 1pm <b>Feldenkrais</b> 7pm	<b>16</b> <b>Chair Yoga</b> 10am	<b>17</b> <b>Coffee &amp; Chat</b> 9am <b>Mah-Jongg</b> 1pm	<b>18</b> <b>Drawing/ Watercolor Classes</b> 10am-1pm <b>Beginner T'ai Chi</b> 6:15pm	<b>19</b> <b>CFCE</b> 10am <div> <b>Sun. 4/21 Easter Sunrise Service</b> 5:30am Trad. Service 10:30am           </div>
<b>22</b> <b>Advanced Tai Chi</b> 9:30am <b>COA Board</b> 10am <b>Veterans' Agent</b> 11am <b>Keep Your Ball Rollin'</b> 1pm <b>Feldenkrais</b> 7pm	<b>23</b> <b>Chair Yoga</b> 10am	<b>24</b> <b>Coffee &amp; Chat</b> 9am <b>Mah-Jongg</b> 1pm	<b>25</b> <b>Beginner T'ai Chi</b> 6:15pm	<b>26</b> <b>CFCE</b> 10am <div> <b>Kevin O'Hara</b> <i>Last of the Donkey Pilgrims</i> Sun. 4/28 2pm           </div>
<b>29</b> <b>Advanced Tai Chi</b> 9:30am <b>Keep Your Ball Rollin'</b> 1pm <b>Feldenkrais</b> 7pm	<b>30</b> <b>Chair Yoga</b> 10am			

**Jan Gibeau**, Director. Office hours: Mon– Thurs. 9am-12pm.  
**Lorrie Childs**, Data & Accounting Manager.

## Happy Birthday in April!



Richard Purrington, Nancy Huckins,  
Richard Liimatainen, Janice Gibeau,  
Claudia Barnas, Larry Cervelli,  
Joseph Desmaris, Cheryl Nugent,  
Kester Warlow-Harry, Winston Bancroft,  
Daniel Benedisuk, Robert Palmer, Nancy Rich,  
Kenneth Sicard, James Brisbois, Douglas Reed,  
Darlene Russo, Merrill Wheeler, Barbara Laroche,  
James Montgomery, Carol Rhine, Jean Marra,  
Sharon Ryder, George Still, Anne Wiktor,  
Edwin Matuszewicz, Peter Furnari, Ann Pickrell,  
Thomas Janik, Lawrence Holmberg,  
Diane Lamontagne, Michael Laroche,  
Theresa Scott, Craig Cristofori, James Limatainen

Want to draw and learn about watercolors?

Boo Cherau is back!

Drawing/watercolor classes begin on Thursdays  
from 10am-1pm:

April 4,11,18

May 9,16 ,23

Call Jan at COA to reserve a spot: 296-4007.

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

**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 to Maryann Coleman: 296-4787. Leave Chesterfield Community Center at 10:30am.

**Saturday, April 13th: Chesterfield Square Dance.** 7pm. Chesterfield Community Center, 400 Main Rd.

**Friday, May 5th: Older Americans Month Open House & Volunteer Appreciation.** 1pm. Chesterfield Community Center. Lunch. Celebration of volunteers. Side-tracked will provide the music.



### **Older People don't use computers do they?**

**AARP reports that 90% of people over 50 use technologies to stay connected.** The PEW research center found that 67% of seniors use the internet – a 55-percentage-point increase in just under two decades. About a third of respondents reported using social media (and 70 percent of those who did said they check it every day). In addition, 85% of older adults have a cell phone, up from 69% in April 2012, and 46% have smart phones. A separate study revealed that 25 percent of seniors play online video games. Of those 65 and older, 43% are actively involved on social media sites like Facebook. Numbers like this show seniors are logging onto computers and using technology more than ever and the numbers continue to grow.

What difference does it make? According to a report by researchers from Michigan State University; seniors who occasionally spent time on the Internet drastically reduced their chances of suffering from depression. Sources such as Senior Living reports that:

- Using computers helps to support keeping the mind active and those who play online games improve their memory and help maintain other cognitive skills.
- **It helps to stay connected with friends and families** by using email and social networks like Facebook. This can often reduce and ward off feelings of loneliness and depression.
- Getting out to the store is often difficult but you can shop for most everything online these

days, including groceries, clothing, housewares, furniture and appliances, and get them delivered right to your doorstep.

Let's face it. Older people **DO** use new technologies and the numbers are growing. Want to know more? Call the COA at 296-4007 or email: [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)



## Ideal Gifts for Seniors

Finding a gift for a senior friend or member of your family can be difficult. Here are a few suggestions: a large number/large button telephone with perhaps a visual display as to who might be calling, a "grabber" to get hard to reach objects, practical gift certificates for heating oil, grocery or beauty salon/barber, gift membership to a local and/or favorite museum or a bunch of board games such as Scrabble; maybe a puzzle. Perhaps make up a personal coupon for taking them to lunch or just for a ride on a sunny spring day. well.

## Rural Life and Urban Life: Thoughts to Consider

Life in country is different than life in the city. Aging in the country is also different. Rural life in Western Massachusetts is also different than in many other communities. There has been general 5% population growth in rural areas from 2000 to 2010 but there has been a decline in Western Ma communities.

If you are reaching out to older adults in each setting, both the differences and shared commonalities are important to address if are planning strategies to reduce isolation. What are some of the differences?

- Rural communities are more sparsely distributed and often poorer.
- Rural populations are becoming smaller, but

the aging population in towns is growing and making up a greater proportion of those residing in towns.

- Outreach to rural older adults challenges access to individuals; there are few buildings or apartments that house a group of older adults. Going door to door in the country requires a car and takes more time
- Despite this, life in the country, often centers on family life and relationships made early in childhood. Life in the city often focused on individualism.
- Folks in urban areas are physically closer to each other but often may not enjoy a shared kinship with others.
- Although folks in the country are often more physically isolated and not living close to one another, they can be closer to each other in their networks of informal relationships.
- Finding and expanding those relationships is the major lynchpin to reducing isolation.
- People in rural areas often take pride in their independence and privacy, but often openly talk with each other about ways they have ways of "looking out for each other" through personal networks. In these instances, looking for ways to help someone often involves finding someone who is a friend to the person at risk who is willing to reach out first. Independence is honored, privacy is protected and dignity is preserved.



## Profile: Jean & Buster Shaw

This is the first profile that features a couple: Jean and Buster Shaw. What a pleasure it was to sit down with them in their home and review what has been a long and durable marriage; years of helping in the town of Chesterfield; pride in their three sons and a strong sense of family. Both shared many stories about the history of Chesterfield, childhood adventures remembered, and other rich images of growing up in the Hilltowns. Buster has wonderful witty ways of telling stories, which is one of the things Jean thinks attracted her to him.

During the time we spent together, I was reminded of the ad for Farmer's Insurance. "We know a thing or two because we've seen a thing or two". Jean and Buster met at a dance at the Beechwood in West Cummington. As he was walking across the room for food, "I saw her looking at me, so I decided to ask her to dance". Later he offered to drive her home. During the second date he met her parents. "I was an only child", she added. That was in 1949 when she was 18 and he was 25. They married in 1950. They have been together for 69 years and next year on April 15th they will have their 70th anniversary.

Jean was born in Pittsfield and Buster in Chesterfield. Buster and Jean lived next door to their current home, which was then occupied by his parents. When his parents passed, they moved into that home and now one of their sons lives next door. When Jean's mother died, her father, "Gramps", lived with them for 22 years. At first, Buster tried running a milk farm, but "I could see

that I wouldn't make money doing that" and decided to do other things. Buster drove a truck at Bisbees' for awhile, and later worked at ProBrush for 27 years.

Jean became the youngest post mistress in the country when she accepted the job at age 22. The post office was in one part of their home and she remained in the job for 37 years. In September of 1982, she enlisted the help of many young women and created a Samuel Eddy commemorative stamp and cancellation day in his honor. Eddy was a well known Civil War hero who had resided in Chesterfield.

Both Buster and Jean have volunteered in many organizations, clubs and other groups. She belonged to the Mother's Club, Grange, Chesterfield Church, Historical Commission and Historical Society while Buster belonged to the Chesterfield Volunteer Fire Department, Grange, Chesterfield Church and the American Legion in Cummington.

When asked why they have liked living in Chesterfield, both agreed that it was great to raise children in the country where it was safe to play freely, even to swim in the canal near Healy's. In looking back at what Chesterfield has lost, they, like so many, mention the loss of many businesses providing work in wood mills, making tools such as axe handles, basket making, milk farms, and farming in general.

Despite these losses in town, spending time with Mr. and Mrs. Shaw makes it clear that there are many treasures that remain in Chesterfield and we are grateful they are prominent among them.

### 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. Please use the form below to make a donation to the Chesterfield COA! ~ Jan Gibeau

### ***The Chesterfield Council on Aging benefits from your support for our programs for Chesterfield seniors!***

I would like to contribute to the Chesterfield COA. My contribution of \$\_\_\_\_\_ is attached.

*(Please make out your check to "Town of Chesterfield" and write "COA programs" in the memo line; mail to Janice Gibeau, Director, Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)*

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

***Thank you for helping support Chesterfield seniors!***



### Seniors Aware of Fire Education

Last month, we considered ways in which grandparents can prepare a safe environment for their grandchildren. This month, let's turn things around and consider some ways children can help their grandparents keep things safe. Here are a few ways:

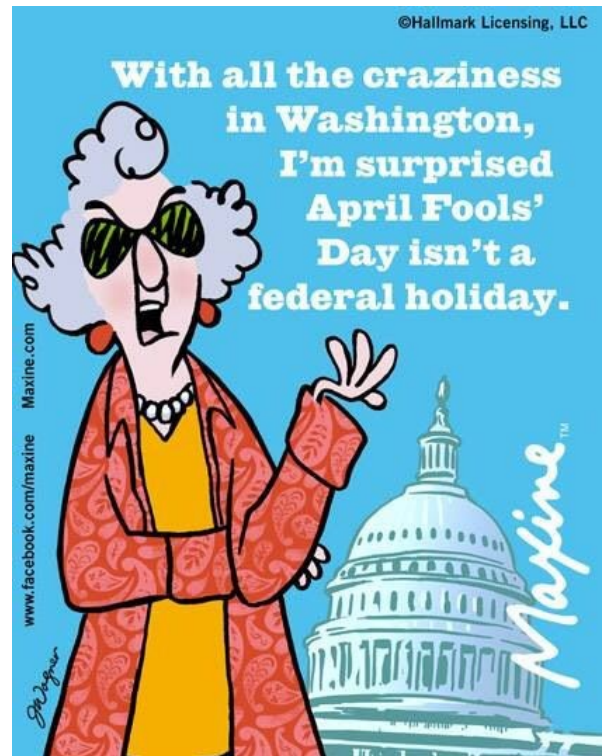
Senior   
**SAFE**

- Children can test each smoke alarm to make sure it is working by using a broom handle to push the test button.
- Have the children draw a floor plan of your house and mark with arrows two ways out of every room.
- Have the children help develop and draw a house fire escape and evacuation plan.
- Have the children lead a fire drill at your house and help them designate a safe place everyone can meet once out of the house.
- If your grandchild has participated in a S.A.F.E. program in school, pay attention to his/her suggestions.

Have a SAFE April!

--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! Durable Power of Attorney

Remembering – “if you are unable to conduct your business, e.g., pay your bills, someone you trust and who you appointed can act for you, and do that in your best interests.”

What does this mean? Well, you know life. You have to watch your bank balance, pay your bills, file your taxes, sign a contract for house repair, sell a car, renew a CD, and on and on. So you do all this just fine, but what happens if you have an accident and go into a coma, are just too sick to do anything, or find you are getting less capable of handling your legal and financial affairs? If you have a durable power of attorney (POA), you can have someone act for you even if you become mentally or otherwise unable to take care of things.

The person you give power of attorney rights to should be trustworthy! They should also know something of your business and finances or be able to figure it out from your files. We'll write about file management later – such fun.

Powers of attorney involve a number of important decisions including who to appoint, how narrow or broad the coverage will be, when and how the POA will take effect and terminate, how the document will be stored and distributed, and how the POA fits within the broader estate plan. So, although there are do-it-yourself POA forms online, this is one document you really should ask an attorney to advise you and prepare based on your specific needs.

For more riveting reading, see: [info.legalzoom.com/durable-power-attorney-massachusetts-20314.html](http://info.legalzoom.com/durable-power-attorney-massachusetts-20314.html)

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

**Northern Hilltown Consortium of Councils on Aging receives a three year grant award from the Executive Office of Elder Affairs**

A grant proposal "Hilltown Strong Communities for Aging in Place" has received a three year grant from FY 2019 to FY 2022 to develop stronger community systems that help older adults remain in their own homes and actively participate in community life. This grant extends the Consortium's ongoing efforts to reduce isolation and loneliness of older adults by building strong community based outreach networks.

Progress made has included surveys of everyone 60 and over in the seven towns of Chesterfield, Goshen, Worthington, Westhampton, Williamsburg, Cummington and Plainfield, asking about how important the elements of AARP's "Age Friendly Communities" are to them, followed by ongoing Community Forums to discuss strengths and challenges for each town. The next step will be to form core teams that will develop strategies for improving several shared problems with transportation, accessibility, walkability, social supports and access to important information.

If you returned your survey, thank you for contributing your thoughts and ideas! If you haven't, it's never too late. The Consortium always wants to know how to best serve the seniors in our seven towns.

**Community Forum:  
Ban of Nuclear Weapons**

**Wednesday, April 10th  
7:00 pm**

**Chesterfield Community Center  
400 Main Rd.**

Join us and learn about the:

- 2017 Treaty on the Prohibition of Nuclear Weapons.
- Nuclear weapons industry, and the impact, costs and risks our nuclear arsenal has on life on earth.
- Development and meaning of becoming Treaty Aligned as a community

Speaker : Lydia Wood  
NuclearBan.US

Hosted by Chesterfield Council on Aging

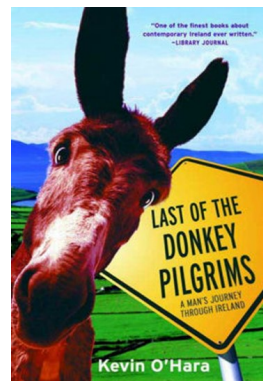


**Saturday, April 13th at 7pm  
Chesterfield Community Center  
400 Main Rd.**

**You're Invited:  
Come to Ireland with Kevin O'Hara**

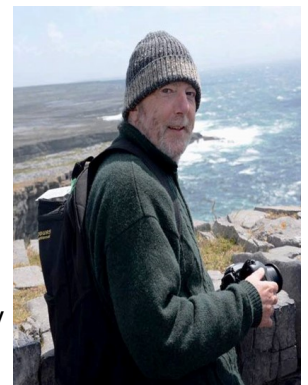
**Sunday, April 28th  
2-4pm**

**Chesterfield Comm. Ctr.  
400 Main Rd.**



Kevin is the author of two memoirs, "Last of the Donkey Pilgrims", the story of his 1,700 mile, eight month journey around Ireland with his faithful

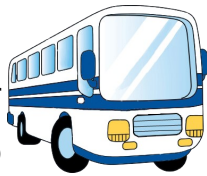
donkey "Missie", and "Luck of an Irish Lad", a precise and witty story of growing up in America as an Irish Catholic in the 50s and 60s. Mr. O'Hara is an accomplished photographer and storyteller. Please join us at the Chesterfield Community Center where he'll entertain us with tales and photos from his whimsical but timeless donkey journey of long ago.





# 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.**

**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.

**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.

**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 4 seats available.** Trip insurance 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. Trip insurance available.

**July 11:** Westchester Broadway Dinner Theater, **On Your Feet**, the story of Pop Latin star Gloria Estefan. Enjoy the lively upbeat music. Cost is \$126. Luncheon prior to the show at the theater. There is a \$10 discount if paid in full by May 20.

**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.

**October 10: A Day in Vermont.** Cost TBD. There is a \$10 discount if paid in full by August 15. Visit and shop at some quaint places in Vermont. Luncheon included at West River Marina Restaurant. Enjoy the foliage by the river.

**Nov. 9-24: Panama Canal Cruise-** 16 days. Starting at \$1,999 per dbl. Bus to NY Pier. Return home from Tampa airport to Bradley, then bus to Northampton. Escorted cruise on Norwegian Dawn. Lots of daily activities, entertainment, casino & parties. Includes all meals on board, free style dining. Limited seats. Sign up by Sept. 1, 2019. Passport required.

On February 12th, a group of about 40 people came to celebrate the 50th anniversary of the Wild and Scenic Rivers Act and Westfield River's 25 years as a National and Scenic designated river.



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.

## Out and About in April

**Tues. April 2nd, 5-6:30pm**

**Community Soup & Bread Night**

*The Old Creamery, 445 Berkshire Trl. Cummington*

Come and enjoy FREE soup and bread, games, and community building. All proceeds to benefit a local Hilltown non-profit. VOLUNTEERS welcome. For more info, contact Seva: [membership@oldcreamery.coop](mailto:membership@oldcreamery.coop)

**Weds. April 10th at 7pm**

**Community Forum: Ban of Nuclear Weapons**

*Cfield Comm. Ctr. 400 Main Rd., Chesterfield*

See flyer on page four.

**Fri. April 12th & May 17th at 9am & 10am**

**Spa Day at Smith Vocational**

*80 Locust St. Northampton*

Last spa days of spring! 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.

**Sat. April 13th at 7pm**

**Square Dance**

*Cfield Comm. Ctr. 400 Main Rd., Chesterfield*

See flyer on page four.

**Sun. April 21st at 8:45am**

**Easter Breakfast**

*Goshen Congregational Church, 45 Main St. Goshen*

Come and enjoy a delicious breakfast on Easter morning before church service. The fellowship will provide the food.

**Sun. April 28th at 2pm**

**The Goshen Town Hall: Myth and Fact**

*Goshen Town Hall, 42 Main St. Goshen*

Norene Roberts will explain how the current 1911 town hall replaced the first one, who was involved, how money was raised, who was hired to design and oversee construction, some of the design features, and information uncovered in the 2016 historic rehabilitation. This is Goshen Historical Society's first program of 2019. All welcome!

**Sun. April 28th from 2-4pm**

**Come to Ireland with Kevin O'Hara**

*Cfield Comm. Ctr. 400 Main Rd., Chesterfield*

See flyer on page four for more info.

**Sun. April 28th at 3pm**

**4D1G Gospel Group & Choir**

*Goshen Congregational Church, 45 Main St. Goshen*

Everyone invited; bring your family and friends! Free. Refreshments available.