

Chesterfield Council on Aging

May 2019 Newsletter



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

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

May Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1 Coffee & Chat 9am Mah-Jongg 1pm	2 Men's Bfast 9am Beginner T'ai Chi 6:15pm	3 CFCE Playgroup 10am <hr/> Volunteer Appreciation Sun. 5/5 1pm
6 Advanced Tai Chi 9:30am Northern Hilltowns COAs Consortium 9:30am Keep Your Ball Rollin' 1pm Feldenkrais 7pm	7 Chair Yoga 10am Foot Clinic 10am	8 Coffee & Chat 9am Blood Pressure Clinic 10am Mah-Jongg 1pm	9 Brown Bag 10am Drawing/ Watercolor Classes 10am Beginner T'ai Chi 6:15pm	10 New Hingham Community Bfast 8:30am CFCE Playgroup 10am NH Comm. Lunch 12 and 12:30pm <hr/> Sun. 5/12 Mother's Day Bfast Cfield Church 8:30
13 Advanced Tai Chi 9:30am Veterans' Agent 11am Keep Your Ball Rollin' 1pm Feldenkrais 7pm	14 Chair Yoga 10am	15 Coffee & Chat 9am Mah-Jongg 1pm Tanglewood Marionettes @ New Hingham 1pm	16 Drawing/ Watercolor Classes 10am Beginner T'ai Chi 6:15pm	17 CFCE Playgroup 10am <hr/> Sun. 5/19 New art exhibit "Gray & Gay" reception 2pm
20 Advanced Tai Chi 9:30am COA Board 10am Keep Your Ball Rollin' 1pm Feldenkrais 7pm	21 Chair Yoga 10am	22 Coffee & Chat 9am Mah-Jongg 1pm	23 Drawing/ Watercolor Classes 10am Beginner T'ai Chi 6:15pm	24 CFCE Playgroup 10am
27 Memorial Day	28 Chair Yoga 10am	29 Coffee & Chat 9am Mah-Jongg 1pm	30 Drawing/ Watercolor Classes 10am Beginner T'ai Chi 6:15pm	31 CFCE Playgroup 10am
Jan Gibeau, Director. Office hours: Mon– Thurs. 9am-12pm. Lorrie Childs, Data & Accounting Manager.				

Happy Birthday in May!



Daniel Hewins, Tod Robertson, Kimberley Gray,
Kim Grybko, Charles Worpek, Gary Theroux,
Mariann Furnari, Kevin McQuaid, Ione Cherry,
John Childs, Eileen Wright, Pauline Judd,
Laila Salins, Alexander Lapinski, Denise Cormier,
John Larue, Patricia Colson-Montgomery,
Frederick Drake, Sandra Wickland,
Alexandra Cherau, Kenneth Adams, Donna Lynde,
Richard Donath, Susan Brisson, Miriam Kaye,
Charlene Baiardi, John Figgie, Joseph Lingg,
Richard Ladd, Robert Judd, Robert Hewes,
Roland Curtis, Nancy Curtis, Jean Shaw,
Steven Root, Ed Severance, Barbara Tobias,
Donald Bisbee

Out and About: Trips and Events

Friday, May 5th: Older Americans Month Open House & Volunteer Appreciation.

1-4pm. Chesterfield Community Center. Lunch. Celebration of volunteers. Sidetracked will provide the music.

Sunday, May 12th: Mother's Day Breakfast at Chesterfield Congregational Church. 8:30-10am.

Sunday, May 19th: "Gray and Gay" Art Exhibit Reception. 2pm. Chesterfield Community Center. Light refreshments served.

Intergenerational Thoughts:

"No matter how old a mother is, she watches her middle-aged children for signs of improvement."

"The old begin to complain of the conduct of the young when they themselves are no longer able to set a bad example."

~ Francois de la Rochefoucauld



Community Forum on Ban of Nuclear Weapons

Lydia Woods from NuclearBan presented a review of the local, national and international movements and efforts to restore adherence to the 2017 Treaty on the Prohibition of Nuclear Weapons and take further steps to ban all nuclear weapons.



Above:
Sally Sites Robertson,
Bill Robertson,
Carol Jolly,
Lee Manchester

Right: Speaker
Lydia Woods



Sitting with the Butterflies:

Lillian Bisbee, Lorrie Childs,
Maryanne and Bill Coleman, Marilyn Davidson



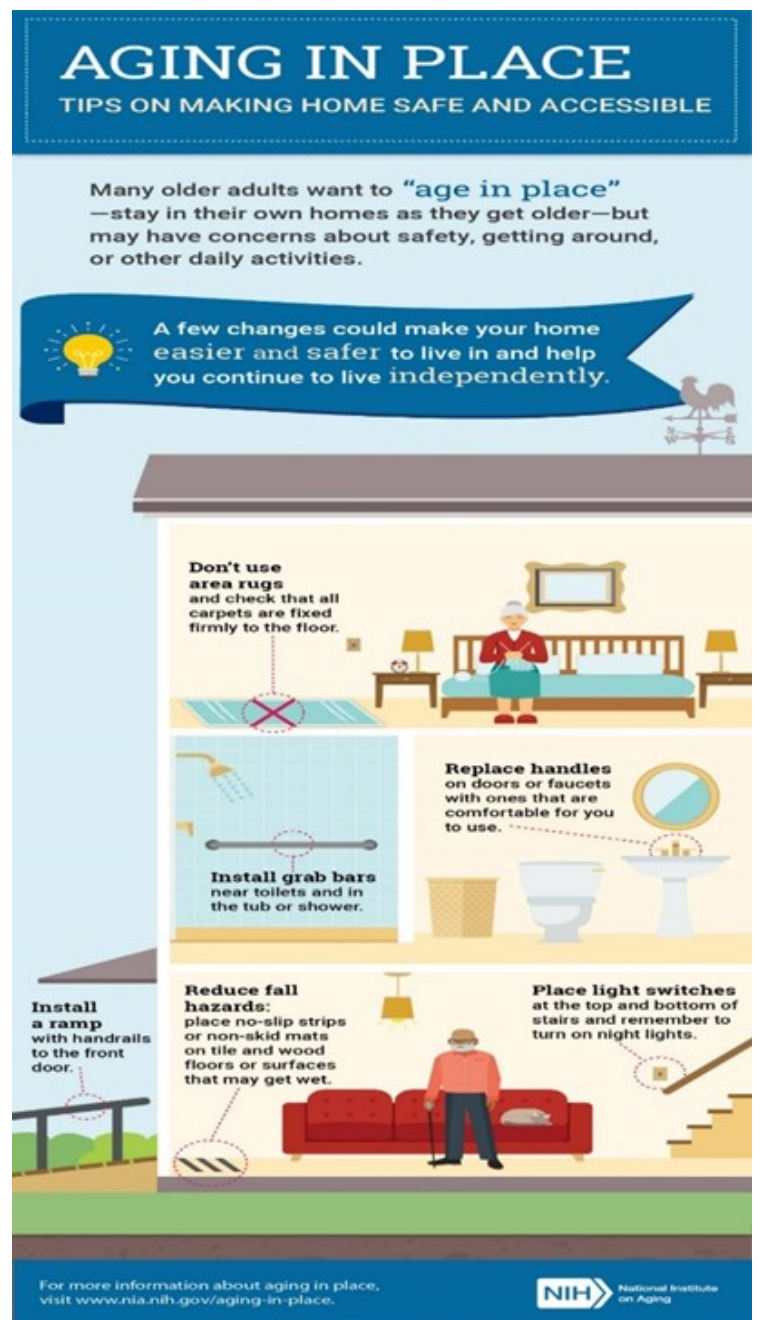
Time for maple syrup and pancakes at North Hadley Sugar Shack!



*Judi Press, Marilyn Davidson,
Jim & Kathie Brisbois, Peg Whalen, Deb Thibault*



Tom Ricardi presented a host of birds to a range of participants from 4 years old to over 80 at New Hingham. Everyone learned something new and fascinating!



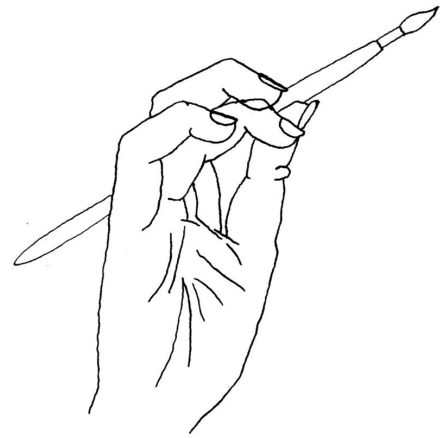
Profile: Alexandra " Boo" Cherau

Many people in Chesterfield know Boo as an accomplished artist who currently teaches drawing and painting at the Chesterfield COA. In May, she will be teaching how to use watercolors. The classes, popular and fun, have lit the candle for budding artists who had never drawn before. What is not as widely known is the breadth of her artistry.

Boo is a professional Garden Designer/Landscape Architect trained at the Radcliffe Seminars Landscape Program, The Harvard School of Design, and The Arnold Arboretum. These institutions introduced her to the art of seeing, designing, and the rigors of learning to draw. She continued with classes in design, graphic arts, and welding at Mass. College of Art and learned to print at the Fuller Museum of Art with Beverly Edwards, the founder of the Monotype Guild of New England and became a member of the 'Studio A Printers' at the Fuller from 1988-2000.

While continuing with her art career, Alexandra has designed / built private and public gardens throughout N.E. as well as run her farm for the last 40 years. In 1999 she moved the farm from southeastern MA to Chesterfield and continues to print and work in watercolor, gouache, and pastel. Recently she has been experimenting with concrete. Much of her work centers on land formations, the sky and the water, the plants, the animals; wild and domestic, alive and dead, that share her life on the farm.

Alexandra has previously shown work at the many venues of the Cambridge Art Association, Fuller Museum of Art, and continues to show with the Monotype Guild of N.E. Since moving to Chesterfield, she has had two solo shows at the Hilltown CDC, and the Chesterfield COA. She is a vital part of the team with Gigi Kaesar and Dee Cinnner that installs all of the art shows at the Center which are enjoyed by many. She does this, of course, in addition to managing her farm, visiting her son in Alaska, etc. etc. We are so fortunate to have such a unique and creative person in our midst who also goes the extra mile to give of herself as a volunteer.



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!



Regional News

Seniors Aware of Fire Education



Spring is finally here and we love getting out in it, even with the Spring chores. Here's a couple of ideas on how to enjoy spring safely:

- Fill your mower with gas when the engine is cool.
- Store gasoline outside the house, in a detached garage or shed.
- If you get gas on your clothing, remember it's the gas vapor that is flammable, so wash them as soon as possible.
- Store gas only in the RED containers marked for gasoline.
- Do not start cooking fires with gasoline.
- It's supposed to be another bad year for ticks, so cover up and spray before going out for a hike or yard work.
- Check for ticks on you when coming in from being in the great outdoors.

Enjoy a SAFE Spring

--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.*

Things I Learned from MOM



1. We don't live
in a born.



2. Life's not fair.



3. Things don't just
sprout legs and
walk away.



4. You are not
my maid.

**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! Advance Directive, aka Living Will, and the MOLST

This is not the most pleasant thing to think about, but I'm betting the majority of us saw the situation or have experience in which a person was not allowed to die with dignity or in their own way. An advance directive will let you spell out any wishes about the types of care you do or do not wish to receive, if you are unable to speak for yourself.

How NOT to do it: decades ago, my parents wrote a living will and mailed me a copy, then started on a road trip of some weeks duration. I had no idea *what* they had written, *why* they had written it, *where* they had gone, *what* they were doing or were *going* to do. Things are better now – we can talk about the subject and prepare documents with a lot of thought for and knowledge of medical circumstances we might face.

In our state, we also have the MOLST – Medical Orders for Life Sustaining Treatment. We have been given a copy by hospitals, the VA, and perhaps a doctor's office to fill out and have on file. This standardized form lets us indicate what forms of life-sustaining care we might or might not want, and the form can stand alone or be used in conjunction with a separate advance directive that provides additional information regarding our wishes. It is helpful to talk about the form with others, like your family, health care proxy, and doctor, to ensure that they will do their best to follow the instructions you leave. Two good online resources are: www.molst-ma.org/download-molst-form and www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/living-wills/art-20046303

You've talked with your family and doctor, filled out and signed the paperwork, had it signed or witnessed, so now what? Keep the originals where they can be found. Tell your family you have done this (please!). Give a copy to your health care providers and your health care proxy (see March newsletter), and carry a card in your wallet that says you have a MOLST and advance directive. If you travel, take a copy with you. Then continue to enjoy your life!

To a long life,

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

Northern Hilltowns Consortium of Councils on Aging welcomes Deb Hollingworth

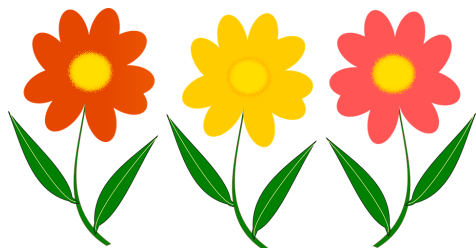
Deb is filling the new position of Regional Community Facilitator. She will help each COA and community develop the next phase of the "Hilltown Strong Communities for Aging in Place" grant initiative from the Executive Office of Elder Affairs. Deb comes to the position with extensive experience in aging. The best summary of her background and achievements has been noted in the Jim Quinn Human Services Award she received:

Deborah Hollingworth has been saying "how can I help you" for the past 25 years as she answers calls from seniors, their family caregivers and fellow colleagues, connecting them with the resources they need. Deborah is a licensed social worker, has been a SHINE counselor for 20 years, a Certified Information Specialist for almost a decade, but perhaps more importantly, has been a parent caregiver herself. Having been there, done that, makes it easier to help folks dealing with the same issues.



In addition to helping seniors and their families, Deborah has worked as a jobs counselor, provided family support services for Food Pantry clients, and social work for VNAs. She has presented workshops for seniors, health care professionals, family caregivers, college students in a variety of settings including 14 years as a workshop presenter at the WNEU social work conference, guest speaker for Smith College's school of social work, programs at HCC, AIC, STCC, GCC, Westfield State and Jewish Community Center's Life Enrichment series, as well as the Massachusetts Law Reform Institute, and National Agency on Aging conference, as well as a guest on Susan Kaplan's Water Cooler series on WGBY.

Welcome, Deb!
Our Consortium is lucky to have you with us.



Help and Support for Caregivers

As a caregiver for a parent or spouse, or for a child with special needs, you may feel overwhelmed and at times invisible. And you may develop caregiver fatigue. Williamsburg Senior Center would like to start a Caregiver Support Group if people are interested. Contact Sherry or Jenn at 268-8407.

ART EXHIBIT

**Gray and Gay:
Reflections on Love Makes a Family**
May 1-June 30
Reception: May 19, 2-5pm

Chesterfield Community Center
400 Main Road Chesterfield, MA

Hosted By Chesterfield Council on Aging

The art exhibit opening at the Community Center features the photo text exhibit "Love Makes a Family". First shown 25 years ago, it features twenty LGBT families. Although originally intended to bring a positive image to families not usually represented in schools and colleges, it became a milestone in the movement when an Amherst grade school and the creators of the exhibit were sued by five families in order to keep it from being shown. This lawsuit became a national case and brought national press attention to the issue.

Please join us on May 19 from 2 to 5 at the Chesterfield Community Center to see the exhibit, talk with friends and enjoy light refreshments.

Stronger than Yesterday



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.

Weds. 9am, Westhampton Woods, Unit F
Led by Michelle Morales-Wolk
Beginning 4/17 for 10 weeks.

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 and Ray Fontaine organize hikes around the Westhampton / Easthampton area. To get on their email list, drop Chuck a line: charleshorn@gmail.com

Muscle Strengthening Classes

Strength training keeps your bones strong and helps maintain muscle mass. Led by Joan Griswold.

Mon. 10am, Plainfield Town Hall
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

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, ematkcc@aol.com

Westhampton:

Julia Lennen, 537-9880, westhamptoncoa@comcast.net

Williamsburg:

Jenn Hoffman or Sherry Loomis, 268-8407,
sloomis@burgy.org * Financial aid may be available for Wburg residents.

Worthington:

Sandy Epperly, 238-5584, coa@worthington-ma.us

Chesterfield Council on Aging
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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.

Out and About in May

Fri. May 17th at 9am & 10am
Spa Day at Smith Vocational
80 Locust St. Northampton

Last spa day of spring! Cosmetology students are offering: 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. May 18th, 9am-3pm
Clothing Exchange
Goshen Congregational Church, 45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Weds. May 15th from 6-8pm and Fri. May 17th from 9am-3pm, then come back to shop on Sat. the 18th from 9am-3pm! All are invited to participate whether you donate clothes or not.

Sat. May 18th, 5-9pm
The Burgy Senior Prom
*Anne T. Dunphy School, Earl Tonet Gym
1 Petticoat Hill Rd., Williamsburg*

You are invited to join Williamsburg at our Senior

prom! Dancing, live music and a DJ, finger foods & punch, prizes, photo booth and vintage cars! Dig out your vintage wear or come as you are! (No jeans please.) Did you go to your Senior Prom? If so, tell us your stories or bring pictures. If you didn't, you get a second chance without the first-date jitters! Please RSVP to the Senior Center: 268-8407.

Thurs. May 23rd, 6:30pm
Green Burial Presentation
Westhampton Library, 1 North Rd., Westhampton

Have you thought about being environmentally-friendly even after you are gone? Natural or "green" burial is the interment of the dead in a simple coffin or shroud without the use of embalming fluids, allowing natural decomposition of the body. Curious and want to learn more? Speakers Kate Mason, a retired hospice nurse and Joan Pillsbury, a retired nurse, are both involved with Funeral Consumers Alliance of WM and Green Burial Massachusetts, will give us an overview and answer your questions.

Thurs. May 30th, 2pm
Medicaid, Trusts and Probate Presentation
Westhampton Library, 1 North Rd., Westhampton

The Mass Bar Association is providing a presentation on Medicaid, Trusts and Probate. Northampton Attorney Mary Melnik-Penney has been matched with us through the Elder Law Program and will be the presenter. This would be a good time to come and hear about "Taking Control of your Future". All ages welcome to attend.