

# Chesterfield Council on Aging

## June 2019 Newsletter



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

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

### June 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>3</b><br><b>Advanced Tai Chi</b><br>9:30am<br><b>Northern Hilltowns COAs Consortium</b> 9:30am<br><b>Keep Your Ball Rollin'</b> 1pm<br><b>Feldenkrais</b> 7pm              | <b>4</b><br><b>Chair Yoga</b><br>10am  | <b>5</b><br><b>Mah-Jongg</b><br>1pm                                    | <b>6</b><br><b>Men's Bfast</b> 9am<br><b>Beginner T'ai Chi</b> 6:15pm                  | <b>7</b><br><b>CFCE (Coordinated Family and Community Engagement) Playgroup</b> 10am   |
| <b>10</b><br><b>Advanced Tai Chi</b><br>9:30am<br><b>Veterans' Agent</b> 11am<br><b>Keep Your Ball Rollin'</b> 1pm<br><b>Feldenkrais</b> 7pm                                  | <b>11</b><br><b>Chair Yoga</b><br>10am | <b>12</b><br><b>Blood Pressure Clinic</b> 10am<br><b>Mah-Jongg</b> 1pm | <b>13</b><br><b>Brown Bag</b> 10am<br><b>Beginner T'ai Chi</b> 6:15pm                  | <b>14</b><br><b>CFCE Playgroup</b> 10am<br><div style="border: 1px dotted black; padding: 5px; text-align: center;"> <b>Sun. 5/16</b><br/>           Father's Day         </div> |
| <b>17</b><br><b>Advanced Tai Chi</b><br>9:30am<br><b>COA Board</b> 10am<br><b>Keep Your Ball Rollin'</b> 1pm<br><b>Feldenkrais</b> 7pm  | <b>18</b><br><b>Chair Yoga</b><br>10am | <b>19</b><br><b>Mah-Jongg</b><br>1pm                                   | <b>20</b><br><b>Beginner T'ai Chi</b><br>6:15pm  | <b>21</b><br><b>CFCE Playgroup</b> 10am  |
| <b>24</b><br><b>Advanced Tai Chi</b><br>9:30am<br><b>Veterans' Agent</b> 11am<br><b>Annual COA Picnic</b> 12pm<br><b>Keep Your Ball Rollin'</b> 1pm<br><b>Feldenkrais</b> 7pm | <b>25</b><br><b>Chair Yoga</b><br>10am | <b>26</b><br><b>Mah-Jongg</b><br>1pm                                   | <b>27</b><br><b>AARP Hilltown Celebration</b> 4-6pm<br><b>Beginner T'ai Chi</b> 6:15pm | <b>28</b>  |
| <b>Jan Gibeau, Director.</b> Office hours: Mon– Thurs. 9am-12pm.<br><b>Lorrie Childs, Data &amp; Accounting Manager.</b>  |  |  |  |  |

## Happy Birthday in June!



James Dawson, Barbara Smith, Patricia Murphy, Joyce Desaulniers, Gary Denno, Colleen Graves, Susan Barrett-Jones, Michael McMaster, James Kitchen, Scott Frenier, Gary Graves, Kenneth Jones, James Matus, Nancy Boyle, Michael Harris, Thomas Osborne, Robert Westgate, Karen Gaggin, Peter Mikucki, Ronald Wozniak, Laura Figgie, Robert Lyon, Walter Stasz, Kristin Healy, Robert Lovell, Mary Snape, Robert Gaggin, Nancy Henshaw, Thomas Boyle, Harold Jasmin, Spencer Timm, Douglas Fraser, Cynthia Dunbar-Randall, Robert Recos, Virginia Kirk, Nanette Clark.

the Broadband Network. This means it is your network!

- All of the work so far has been funded by a State Grant.
- Informational meetings will be held this summer with information on rates and costs.
- Sign-up for service will happen this summer or early fall.
- Check out our website for up-to-date information on the progress of the network.
- WiredWest is no longer part of the Chesterfield Broadband Project. If you sent in \$49 to WiredWest, instructions for obtaining a refund are on our website.
- Chesterfield is expected to be one of the first six of the hilltowns to complete their network.

Questions? Visit [www.townofchesterfieldma.com](http://www.townofchesterfieldma.com), click on "Broadband Project", then click on "Contact".



### Informational Meetings:

Wednesday, July 10, 2019 - 6 p.m.  
Saturday, July 13, 2019 - 10 a.m.  
Saturday, August 3, 2019 - 4 p.m.

All meetings will be in the  
Chesterfield Community Center

- Update on the progress of the network
- Presentations of rates for service
- Presentation of hook-up options including costs for non-standard driveways
- Information on signing up for service

This year great progress was made on the Chesterfield Broadband Project. In 2018, we finalized the design for the network, submitted pole applications to Eversource and Verizon, designed and contracted for our Network Communications Hut, and selected Westfield Gas and Electric (Whip City Fiber) as our internet service provider. There is still a lot to do before we can begin construction. However, 2019 should see completion of the pole "make ready" preparations, installation of our Network Communications Hut, a subscription drive, and the beginning of construction. We expect the network will be operational by the end of 2019 or soon thereafter.

- The Town of Chesterfield will own and operate



**Save the Date:**

**Friday, July 12**  
**Titanic Museum**  
**Indian Orchard, MA**

Hilltown Easy Ride van leaves  
Community Center @ 9:30am

Museum Admission and van ride paid by COA  
Lunch on your own

Contact MaryAnn Coleman: 296-4787  
by July 6  
Van space limited to 12



**Last of the Donkey Pilgrims:** Kevin O'Hara prepares slide show and discussion of his 1790 mile walk around Ireland with his donkey, Missie. A enthusiastic audience really enjoyed a virtual, enchanting journey on April 28<sup>th</sup>.



**Volunteer Appreciation Party May 5<sup>th</sup>:**

The Council on Aging paid tribute to the more than 50 volunteers who contribute all year to keep the activities, programs, and events going and growing. Roger Fuller noted how much the town appreciated all that volunteers do to make the Community Center such an active place. Jan paid a special tribute to Lillian Bisbee, President of the Board of Trustees, who she noted is always at the ready, helping with the planning and preparations for all events. Jan also paid tribute to Lorrie Childs, the data and accounts manager who does so much more in keeping everything organized and coordinated. Jan views Lorrie as a partner, without whom, the work of the COA would not be as successful. Lillian and Lorrie are the "wind beneath my wings" as we move along in growing the programs.



*Roger Fuller,  
Selectman  
&  
Jan Gibeau,  
Director COA*



*Volunteers:  
Nancy Boyle,  
Peg Whalen,  
Maryanne Drake*

**Sidetracked** livens the  
Volunteer Appreciation  
Party



### Profile: Greg Monette

It looks like Chesterfield is going to see more than a new version of the old Chesterfield Store. We will soon have a grocery store, a cafe with a full liquor license, small deli, baked goods, especially bread and pizza from a brick wood-fired oven, and a special space for family and community events all under one roof. Plans are in the works to build a garden on site and then begin to offer vegetables and flowers. Because of Joan Hick's inspiration, a group of volunteers came together on May 10th to help paint walls and do some cleaning. Lunch was provided by Greg and his wife Kristen, including sandwiches made with Greg's homemade focaccia bread and his chocolate chip cookies. Everyone had a great time. Some plan to continue helping out when they can, depending on their other commitments and Greg's schedule.

It seemed fitting to learn more about the chef (the owner), his wife Kristen and the family. What soon became clear during our interview is that Greg brings a lot of experience with him, not only as a chef but as someone who has traveled a great deal and lived in many diverse communities. All of his experiences also exposed him to many cultural aspects of food, the significance food can hold within each community and how uniting food can be.

Greg was born in Alaska although his parents came from Western Massachusetts. After his father finished ROTC and entered the Army, the family moved to many different states and then overseas. Within the U.S., they moved from Massachusetts to Maine, Colorado, Kansas, and Virginia. When they were stationed in Germany, Greg traveled in both Eastern and Western Europe. After working his way through college at UMASS with a major in comparative literature, he looked for a job and soon began a career as a chef. He discovered that he loved cooking, and loved hands on work. He learned other lessons of the trade: cooking is not an easy life; you must learn to adapt to changes;

keep busy, and make yourself useful. That said, the gratification is immediate. Combining what he learned in being part of different cultures with learning about different foods has made for a good recipe for success. It's quite a journey from Alaska to Bavaria. Greg describes how helpful to him it's been to learn the importance of embracing others, valuing cultural differences, and learning what the word community can mean when people work together

His culinary journey progressed from Classe E in Amherst, Green St Café in Northampton, on to Packards, and the Blue Heron which he helped organize and open at the Book Mill in Montague. He found out that cooking could be an expression of who you are. His interest in food also involved working in the winter at the Cold-spring Orchard, owned by UMass, with his wife Kristen Hanley who is currently the Assistant Farm manager. They keep a substantial garden at home and plan to plant a smaller one beside the store. He and Kristen have two sons, Malachy, who is 2 and Sam who is 7 years old and attending New Hingham Elementary school.

Both Greg and Kristen pride themselves in being independent and Kristen has been helping with the store. Setting up and opening the store in Chesterfield has been an independent project that will see the doors opening sometime in June.

The hope is to open a store that not only is part of his family but an important part of the town. "I want the store to be a place where you come in feeling that you're part of it, and that it's also part of the community. The brick oven fire will always be going and there will always be room to sit down and have a cup of coffee."

We wish a hearty welcome to Greg, Kristen, Malachy and Sam.

### 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

Yeah! June is upon us, the beginning of summer weather (we hope) and with the summer weather come some rather nasty storms. Here are few things you can do to weather summer storm power outages:

Senior   
**SAFE**

- Use a flashlight or battery-powered lanterns. Do NOT use candles.
- Keep refrigerator and freezer doors closed as much as possible.
- Turn off or unplug major appliances, so they will not be damaged by the electrical power surge when power is restored.
- Use portable generators cautiously. Operate them only outdoors in a well-ventilated area. Refuel it only after it has cooled. Do not connect a generator to your home's electrical system except through an approved installed in compliance with your local electrical code.
- Do not go near and never touch a downed wire; it may be energized.

Ride out the summer storms, SAFELY!

--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.*

**Do you want to eat more fresh, healthy, and locally-grown produce, but find it too expensive or difficult to get?**

If you receive SNAP (Food Stamps), or if you are eligible and willing to sign up for SNAP, you may be able to participate in a 10-week Hilltown-grown farm share that is 100% reimbursable through your HIP (Healthy Incentives Program) benefit! You can choose the right size share for your household and pick up your weekly assortment of local fruits and vegetables in Huntington or Worthington without spending any additional SNAP dollars. This "Hilltown Mobile Market" pilot program is available to Hilltown residents this summer and there are a limited number of spots open. To find out more about how to sign-up, go to [tinyurl.com/foodinterest](http://tinyurl.com/foodinterest) or contact Caitlin Marquis at 413-588-5562.



**Would you like to receive your newsletter by email instead of snail mail?**

If so, please email Kristen at [regionalcoanews@gmail.com](mailto:regionalcoanews@gmail.com) to be put on the email list.

### The Big Five! HIPAA Release

We've reached the last of the Big Five! The Health Insurance Portability and Accountability Act release "will let your Health Care Proxy get all your medical records, avoiding privacy restrictions and doing a better job for you." It does that and more – read on, if you would.

Permission. Overall, this means that we each have a right to see our own health records. I'm old enough to remember when we did not have that right! Those were barbaric times. Also, because my husband and I each filled out a HIPAA release in the medical offices we visit, we can talk to each other's doctor, make an appointment, refill a prescription, take a message, etc. It is all quite convenient.

Privacy. You can control whether your medical information is shared or not. You can prevent someone from accessing your records, OR you can give someone the right to see them so they can help you in some way.

Partial. You can specify which medical records can be seen by the person you list on a HIPAA release. You could allow your sister to talk to your pharmacy, for instance, but not any of your doctors. You could allow a nurse at your work place or a new doctor to see a specific medical test result, but nothing else.

Two websites with lots more on the HIPAA:

[www.hhs.gov/sites/default/files/ocr/privacy/hipaa/understanding/consumers/consumer\\_rights.pdf](http://www.hhs.gov/sites/default/files/ocr/privacy/hipaa/understanding/consumers/consumer_rights.pdf) and  
[www.hhs.gov/hipaa/for-individuals/index.html](http://www.hhs.gov/hipaa/for-individuals/index.html)

Privately,

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

## Accentuate the positive; it's good for your health!

Many people have offered information about positive living but one author, Joanna Castro, from Lifestyle Fifty, best captures the "11 positive things nobody tells you about aging", which are reprinted below:

### 1. You don't always have to be right.

Remember when you were younger, how important it was to be right? Well, as the years pass by, we begin to understand that being right isn't nearly as important as listening to and weighing up every side of the argument, even possibly deferring to someone else's point of view. We begin to understand that it's often better to lose a few battles in order to win the war.

### 2. You learn not to judge.

In the Western world, we learn early on to want material things and strive to get them. While this isn't altogether bad, it often brings with it envy and jealousy. We might begin to judge others on their material assets and not on who they are as people. As we get older, 'stuff' becomes less important than people and relationships and we learn not to judge, but just to accept people as they are.

### 3. You begin to want less.

We accumulate so much 'stuff' on our journey through life in the Western world and much of this is redundant and in excess of what we actually need. As we get older, we begin to realize that sometimes less is more. It's an incremental understanding that we don't need to surround ourselves with a whole lot of material things.

### 4. You gain more confidence in making decisions.

It's true that age brings wisdom. It can also bring more confidence. Why? Because we accumulate Experience with a capital "E" as we journey through life and our life lessons are powerful tools to draw from to make future decisions. Yes, we've made mistakes, but we've learned from them and that instills an innate confidence for future decision making.

### 5. Your children become your friends.

It's hard to think of our children as friends when they are firstly so dependent upon us and then perhaps when they're rebellious against us, or even hate us, during their teenage years. What nobody tells us is that as they become adults, grow into their own lives and fulfill their own dreams, we as parents take on a different role. Children now return to the family home and hearth as individuals in their own right and as friends.

### 6. You understand that there's no point in telling anyone what to do.

At some stage in your life you might feel the urge to offer unsolicited advice and think that you're doing someone a favor. At a certain age, you then realize that there's no point in telling anyone what to do, that actually, if you think about it, being given advice you didn't ask for doesn't feel very nice. What does feel good, though, is if someone plants a seed for you to ponder which leads you on to find the right answer yourself.

### 7. You learn that wrinkles should be worn with pride.

For women especially, the onset of the first wrinkle is a day of some grief and in the years of growing up, a wrinkle-free face is falsely deemed a prerequisite of beauty by our youth-centric society. Later in life, we realize that we are fortunate to be growing old and that wrinkles stand as a testimony to our experiences. It shows that we have successfully navigated the troughs and peaks of life. Wrinkles represent the days of our lives, each telling a different story.

### 8. You are able to treat your parents with unconditional respect.

Our parents, although we love them, may have driven us mad at some point in our lives, and for those of us with children ourselves, the pattern is repeated. As we get older, we learn how to treat our mothers and fathers with respect and how to have patience as they reach their autumn years because we have better understanding of the trials and tribulations they have gone through in the process of aging.

### 9. It's O.K. to play the fool again.

As children we laughed, played the fool and generally didn't think too much about what other people thought about us. Then our egos developed, self awareness set in and we began to reign in our inner child, and squash the idiosyncratic part of us that was once so spontaneous. When we reach a certain age, it begins to matter less what other people think and not taking ourselves so seriously becomes an option once again.

### 10. You learn not to criticize.

As we get older, we learn there's little value to be gained by criticizing anyone. If we need to say something, it's far better to say something positive than dwell on what's negative. By mid-life, we have learned through trial and error that positive reinforcement always puts us in a much better position.

### 11. You are thankful for growing old.

Not everyone grows old. Many die before their time or in the prime of their life. With age comes gratitude and the knowledge that with every passing year we are privileged, and being grateful becomes a daily ritual that enhances our lives in so many positive ways.

\*\*\*\*\*  
\* You are invited to the  
\* **Northern Hilltowns Celebration of**  
\* **our Membership in the AARP Network Of**  
\* **Age Friendly Communities**  
\*  
\* Thursday, June 27, 4-6pm  
\* Chesterfield Community Center  
\* 400 Main Road, Chesterfield MA  
\*  
\* RSVP by June 15  
\* [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)  
\* or call 413-296-4007  
\*  
\* Refreshments served. Repre-  
\* sentatives from the State Office of Elder Af-  
\* fairs, AARP Massachusetts and the Massa-  
\* chusetts Healthy Aging Collaborative will join  
\* us and our hilltown neighbors for this kickoff  
\* event.  
\*\*\*\*\*



# 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.**

**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.

**June 25: A presentation by Friendship Tours / Ship Shop** about an upcoming 14 day Mediterranean Cruise in 2020 will be held at the Northampton Senior Center starting at 5:00 p.m. Come see what it's all about.

**July 17: New Date. Westchester Broadway Dinner Theater, On Your Feet,** the story of Pop Latin star Gloria Estefan. Enjoy the upbeat lively music. Cost is \$126. Pre-show luncheon at the theater.

**August 8: Museum of Russian Icons & Worcester Art Museum.** Enjoy a guided tour of the Russian Icon museum in Clinton, MA. A Buffet Lunch is included at O'Connor's Restaurant in Worcester. Conclude the day at the Worcester Art Museum for a guided tour. Cost is \$109. There is a \$10 discount if paid in full by **June 3.**

**Oct. 10: A Day in Vermont.** Cost \$78. There is a \$10 discount if paid in full by August 15th. Visit and shop at some quaint places in Vermont, including the Vermont Country Store in Weston. Luncheon included at West River Marina Restaurant. Enjoy the foliage by the river.

**Coming in 2020:  
Mediterranean Cruise - 14 Days -**

**Via the Royal Caribbean's Vision of the Seas  
From \$2,579**

**Come to a presentation on June 25, 2019**





# What's in a scam?

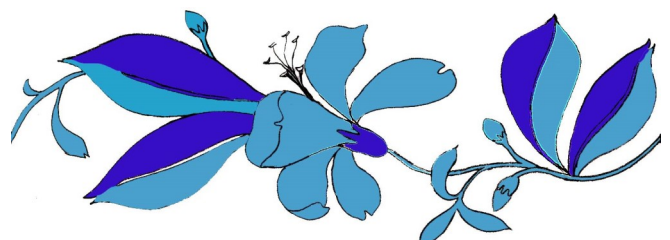


Learn about Scams, Fraud, and Identity Theft including:

- ◇ Telemarketing
- ◇ Why to be on the "Do Not Call List"
- ◇ Signs of a scam
- ◇ Common scams
- ◇ How identity theft happens
- ◇ What to do if your identity is stolen

Weds. June 19, 2019, 1:30 p.m.

|           |  |
|-----------|--|
| Where:    | <b>Chesterfield Community Center</b><br>400 Main Rd, Chesterfield, MA  |
| Who:      | <b>Ann E. Lynch</b><br>Assistant Attorney General  |
| Sponsors: | <div> Hilltown Community Development<br/> <a href="http://www.hilltowncdc.org">www.hilltowncdc.org</a>,<br/> 413-296-4536 </div> <div>  <p>Enriching lives in a rural economy</p> </div> <div> Office of Attorney General<br/> Maura Healey<br/> <a href="http://www.mass.gov/ago">www.mass.gov/ago</a><br/> 617-727-8400 </div> <div>  </div> |



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

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Greenfield MA

Chesterfield COA

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*Financial Advisor: Nancy Hewes*

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*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 June

**Tuesdays, 11:30am**

**Meditation & Relaxation Class**

*Wburg Senior Ctr, 141 Main St., Haydenville, MA*

Class dates: 5/28, 6/25, 7/9, 7/23, 8/6, & 8/20. Class will be taught by Lynn Lovell who teaches yoga and music in the area. Come and learn how to meditate and relax with Lynn! Please contact the Burgy Senior Center if interested at 268-8407.

**Wednesday, June 12th at 1pm**

**Caregiver Support Group**

*Wburg Senior Ctr, 141 Main St., Haydenville, MA*

As a caregiver for a parent, spouse, or a child with special needs, you may feel overwhelmed and, at times, invisible. Our support group will be held monthly on the second Wednesday at 1:00 pm at the Senior Center Café. Call 268-8407 to sign up. ALL are welcome!

**Wednesday, June 19th at 1:30pm**

**What's in a Scam?**

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

More info on page 7.

**Wednesday, June 26th at 12:30pm**

**Music & Comedy with James Kitchen & Mike Metzger!**

*Wburg Senior Ctr, 141 Main St., Haydenville, MA*

You won't want to miss this! Come and enjoy these two local cut-ups—they're not only funny but good musicians too! (If you'd like to come at 11:45 for lunch, please call two days ahead to reserve: 268-8407.) All are welcome!

**Thursday, June 27th from 4-6pm**

**Celebration of AARP Membership of Age-Friendly Communities**

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

The Northern Hilltowns have been recognized by AARP as being age friendly communities! More info on page 6.

