

Chesterfield Council on Aging

July 2019 Newsletter



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

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

July Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 Advanced Tai Chi 9:30am Northern Hilltowns COAs Consortium 9:30am Feldenkrais 7pm	2 Chair Yoga 10am Foot Clinic 10:15am	3 Mah-Jongg 1pm	4 Fourth of July! Bfast at Fire Station 7am-10am Parade 10:30am Chicken BBQ 11:30-1:30	5
8 Advanced Tai Chi 9:30am Veterans' Agent 11am Feldenkrais 7pm	9 Chair Yoga 10am	10 Blood Pressure Clinic 10am Mah-Jongg 1pm Broadband Presentation 6pm	11 Brown Bag 10am CISA pickup 2pm Beginner T'ai Chi 6:15pm	12 Trip to Titanic Museum 9:30am <div style="border: 1px dashed black; padding: 5px; text-align: center;"> Sat. 7/13 Broadband Presentation </div>
15 Advanced Tai Chi 9:30am Feldenkrais 7pm	16 Chair Yoga 10am	17 Mah-Jongg 1pm	18 CISA pickup 2pm Beginner T'ai Chi 6:15pm	19
22 Advanced Tai Chi 9:30am COA Board Mtg 10am Veterans' Agent 11am Feldenkrais 7pm	23 Chair Yoga 10am	24 Science Tellers Program 10:30am Mah-Jongg 1pm	25 CISA pickup 2pm Beginner T'ai Chi 6:15pm	26
29 Advanced Tai Chi 9:30am Feldenkrais 7pm	30 Chair Yoga 10am	31 Mah-Jongg 1pm		
Jan Gibeau, Director. Office hours: Mon– Thurs. 9am-12pm. Lorrie Childs, Data & Accounting Manager.				

Happy Birthday in July!



Barry Stone, Louise Kahane-Hurwitz,
Danny Harpole, Janice Denno,
Dorothy Matusiewicz, Charles Valencik,
John Papillon, Francis Leduc, Dianne Mikucki,
Jennifer Abromowitz, Kim Montague,
Edward Stempniewicz, Louise Spear,
Mark Ameigh, Cynthia Merkin, Margaret Allard,
Jeffrie Young, Suzanne Donath, Maureen Liebl,
John Bisbee, Russell Clark, Donald Wickland,
Henry Badner, G Smith, David Fobes,
William Lyon, Gene Ames, Frederick Hewes,
Joan Hicks, Rolf Benzian Robert Burnup,
Cathie Parsons, Erin McEnany, Perry Daigle

Conversation at Coffee and Chat: Idioms

Did you ever wonder what some of our favorite idioms actually mean and where they came from? Jim Brisbois agreed to provide the following interesting information.

Straight from the horse's mouth

Meaning: getting information directly from the most reliable source.

Origin: This one is said to come from the 1900s, when buyers could determine a horse's age by examining its teeth. It's also why you shouldn't "look a gift horse in the mouth," as inspecting a gift is considered bad etiquette.

Let the cat out of the bag

Meaning: to mistakenly reveal a secret.

Origin: Up to and including in the 1700s, a common street fraud included replacing valuable pigs with less valuable cats and selling them in bags. When a cat was let out of a bag, the jig was up.

Hands down

Meaning: without a lot of effort; by far.

Origin: Winning "hands down" once referred to 19th-century horse racing, when a jockey could remove his hands from the reins and still win the race because he was so far ahead.

Cost an arm and a leg

Meaning: extremely expensive.

Origin: The story goes that this phrase originated from 18th-century paintings, as famous people like George Washington would have their portraits done without certain limbs showing. Having limbs showing is said to have cost more.

Sleep tight

Meaning: used to tell someone to sleep well.

Origin: One possible origin of this phrase dates

back to when mattresses were supported by ropes; sleeping tight meant sleeping with the ropes pulled tight, which would provide a well-sprung bed.

Don't throw the baby out with the bath water

Meaning: look for avoidable errors so you don't remove something good with the bad.

Origin: This idiom allegedly comes from a time when the household bathed in the same water; first, the lord would bathe, then the men, the lady, the women, the children, and the babies last. The bath water is said to have been so dirty that there was a risk of throwing the baby out with the water once everyone was done bathing!

Three sheets to the wind

Meaning: to stagger as when intoxicated.

Origin: Early windmills had four fabric sails to power the mill. All was well if all four unfurled evenly, but if only three unfurled, the unbalanced effect would cause the mill to stagger and shake.

Grinding to a halt

Meaning: to come to a stop.

Origin: When a miller needed to bring his windmill to a stop in a hurry, he could flood the millstones with grain thus jamming the stones and making the mill grind to a halt.

The whole nine yards

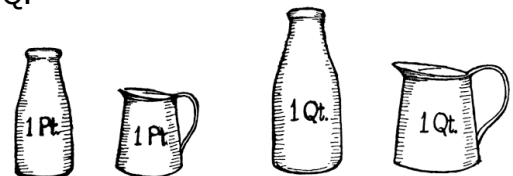
Meaning: everything you can possibly want, have, or do in a particular situation.

Origin: General opinion is that it originated during World War 2. The bullets for the machine guns used in American combat planes of WW2 and since were in chains twenty-seven feet in length. Thus if a pilot was able to fire all his bullets off at one target he was said to have given his adversary 'the whole nine yards'.

Minding your Ps and Qs

Meaning: being on your best behavior.

Origin: There are many origin stories for this one, but perhaps the one that is most fun is that bartenders would keep track of the pints and quarts consumed by their patrons with the letters "P" and "Q."



Turn a blind eye

Meaning: to consciously ignore unwanted information.

Origin: The phrase "to turn a blind eye" is said to originate with Admiral Horatio Nelson, who allegedly looked through his telescope using his blind eye to avoid signals from his superior telling him to withdraw from battle.

Memorial Day brings Veterans' Park Dedication

Memorial Day was very special this year. The newly developed park, spearheaded by Dee Cinner and the veterans' park committee members, Robin Bak, Fred Drake, Jim Mcsweeny, Bonnie Smith, Gil Smith and Skip Velencik, created a beautiful way to celebrate all of the veterans who gave their lives to preserve freedom. As Captain Tom Osbourne noted, "This park memorializes the love we all hold for our community and the respect we have for our country". Senator Adam Hinds observed that the ceremony and park were beautiful to see, adding that our community turnout was much larger than a similar event in Pittsfield. Selectwoman Trish-Colson Montgomery thanked the committee, and everyone in the community who helped.



In the works since 2014, the Veterans' Park is almost fully completed. The Dedication on Memorial Day was attended by 120 people. The Committee felt that this was a great start in getting the people of Chesterfield to feel that they personally "own" the Park and will immediately start using it. Things still to be done include planting more perennials and geraniums for ground cover. Several volunteers are needed to do light gardening such as weeding, deadheading, and keeping the large pots watered. If you can occasionally help, please contact Dee Cinner at 413-296-4337 or emmadeecinner@gmail.com.



Art Show July –August

In July and August, the art exhibit at the Community Center will focus on Chesterfield houses. There will be old photographs, new photographs and written descriptions provided by the people who have lived in, and, in some cases have worked in nine local buildings. There will also be an opportunity for anyone who cares to add information about these buildings that have been part of the lives of generations of Chesterfield residents.



Joe and Nancy Gazillo, Sarah Prince and Nancy Curtis

Bev Sunderland and family



Volunteers painting the Chesterfield Store:

A great time was had by the group of volunteers who helped Greg Monette prepare for the opening of the Chesterfield Store. Several volunteers rotated in and out during the day and enjoyed a delicious lunch prepared by Greg.



Greg Monette (owner), Eileen McGowan, Jan Gibeau, Sarah Prince, Justin West

**Day tripping:
Smith College and
Smith Vocational School**



Smith Vocational School Lunch:
Mark Hoag, Bill Coleman, Marianne Hoag,
Peg Whalen, Lorrie Childs



Smith College Greenhouse:
Lorrie Childs, Nan Clark, Lillian Bisbee,
Marilyn Davidson, Milenna Curtis, Peg Whalen

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



Summer is really here...finally! Many of us will be spending some time away. Here are a few ways you can make your hotel/motel stays safe:

- Choose a hotel/motel protected by both smoke detectors and fire sprinklers.
- Read the escape plan posted usually on the inside of the door into your room.
- Count the number of rooms between your room and the nearest two fire exits.
- Open the exit doors to make sure they are not locked or blocked.
- Keep your room key card by your bed and take it with you if there's an alarm sounding.
- If you hear an alarm, leave immediately, closing all doors behind you.
- Always use the exit stairs -- never use elevators during a fire because they may be functioning as chimneys.

Have SAFE summer travels!

--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.



Who on Earth to Ask???

If you followed the last five months, you know you should find another person or persons to act as your proxy for health care, serve as power of attorney, and as executor or personal representative. This is admittedly not an easy thing and I cannot do the topic justice in the space I have to write.

To make things worse, it is recommended that you appoint a backup person as well! So ideally you may need to find 3 or 4 folks to help you out. The person who can be compassionate with you and also be firm with medical staff may not be the best person to keep tabs on your finances or close out your estate. However, the person with your power of attorney may also be your personal representative after your death.

Let me list some characteristics to think of when you are considering who to ask to serve your needs. My hope is that you can mentally review the list and identify people who match, whether they are family, friends, children of friends, or legal or banking staff.

- Trustworthy and loyal to you and your needs, responsible
- Persistent and resourceful, a good communicator
- Financially literate, to match the complexity of your finances
- Younger than you and in reasonably good physical and mental health

The ideal? It may be a responsible child who lives near you, can get along with the siblings, has a good head on his/her shoulders... another typical option is your partner or spouse. BUT – what if your child is not as capable as you would like? What if your partner is in the first stages of dementia? Then keep looking...

A reminder - legal aid for low-income seniors may be available through the Hampshire Elder Law Program, 413-586-8729, or Community Legal Aid, 413-584-4034. We are also fortunate to have many knowledgeable elder attorneys in the area.

Good luck,

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

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

Consider buying your produce at the **Hilltown Mobile Market, a new program starting July 25th!** The Hilltown Mobile Market will offer 10-week farm shares at a cost of \$5 a week, as well as the opportunity to shop for fresh produce closer to home just like you would at a farmer's market or farm stand. If you receive SNAP (Food Stamps), you can sign up to get all of your money back for the cost of the farm share through the Healthy Incentives Program (HIP)!

You can shop for produce or pick up your farm share at two locations and pick-up times:

Thursdays, 3 - 5 pm at 48 Old North Road in Worthington or Fridays, 3 - 5 pm at 24 Russell Road in Huntington. This program will

run from July 25th to September 27th and there are limited farm shares available, so go to www.tinyurl.com/foodinterest or contact Seva Tower at sevat@hilltowncdc.org or (413) 824-1840 to express your interest in signing up for a farm share.



Part-Time Work Available

Helping Westhampton area elders with housework, transportation to appointments and various household chores @ \$15.00 per hour.

For info, call:
Hilltown Elder Network (HEN)
Westhampton Coordinator,
Lilly Baxter:
413-527-1532



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.

Central Hampshire Veterans' Services – Hilltown Schedule



Williamsburg Town Hall

141 Main Street
Haydenville, MA 01039

Hours: Every Monday- 2:00 to 4:00

Cummington Community House

33 Main Street
Cummington, MA 01026

Hours: 1st and 3rd Monday- 9:00 to 11:00

Goshen Town Offices

40 Main Street
Goshen, MA

Hours: 1st and 3rd Monday- 11:30 to 1:30

Worthington Town Hall

160 Huntington Road
Worthington, MA 01098

Hours: 2nd and 4th Monday- 9:00 to 11:00

Chesterfield Community Center

400 Main Road
Chesterfield, MA 01012

Hours: 2nd and 4th Monday- 11:30 to 1:30

For additional information or to schedule an appointment with the Veterans' Agent, please contact our main office at 413-587-1299. Our main office hours are: Mon, Wed, Thurs, and Fri – 8:30am to 4:00pm, and Tues – 8:30am to 1:00pm.

Main Office: Central Hampshire Veterans' Services, Memorial Hall, 240 Main Street, Room 4, Northampton, MA 01060

CHESTERFIELD July 4th PARADE

Pancake Breakfast	(Firehouse)	7:00 - 10:00
Food & Vendor Booths		8:00 - 1:30
Historical Exhibits	(Edwards Museum)	9:00 - 10:30
Hilltown Art Display	(Town Hall)	9:30 - 1:30
Heritage Pops Orchestra	(Town Center)	9:30 & 11:30
PARADE		10:30 - 11:30
Chicken Barbecue	(Church)	11:30 - 1:30
Classic Car Show	(Town Offices)	11:30 - 1:30
Magic Show & Face Painting	(Park)	11:30 - 1:30
Sidetracked Band	(at Car Show)	11:30 - 1:30
Firefighters Contest	(Ball Field)	11:30 - 12:30
Family & Kids Softball	(Ball Field)	12:30 - 1:30

Celebrating the Volunteers of the Hilltowns



Massachusetts Cultural Council
Sponsored in part by the Arts Council of:
Chesterfield, Cummington, Goshen, Williamsburg & Worthington

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 413 387-3120
888 345-5282

First Call for Help 800 922-2275
Information and Referral Resources 800 339-7779

Fuel Assistance 800 370-0940
Application and Recertification

Hilltown Elder Network – H E N (sponsored by Hilltown CDC) 413 296-4536 x120

Veterans' Service Officer Tom Geryk 413 587-1299
(Westhampton) Joe Henning 413 207-3541
(Plainfield) Brian Brooks 413 772-1571

DO NOT CALL Registry 888 382-1222

Food Services

Food Bank of Western Massachusetts Brown Bag Program 800 247-9632 or 413 268-8407

Food Stamps - Supplemental Nutrition Assistance Program (SNAP) 413 552-5400 or 413 296-4007
Call Chesterfield COA for assistance 413 296-4007

Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director 413 268-7578 Wed 1-3; 3rd Wed 1-6

Meal Site Williamsburg Senior Center 413 268-8407

Meals on Wheels Highland Valley Elder Services (HVES) 413 586-2000 or 800 322-0551

Northampton Survival Center, 265 Prospect St. Northampton 413 586-6564

Salvation Army Emergency Food, Fuel or Medication Vouchers 413 586-5336/6564

Health Services

Highland Valley Elder Services Intake referral for homecare, etc. 413 586-2000

Hilltown Community Health Center- Medical & Dental 413 238-5511, ext. 131
HOPE Nurse, Ellie Mathias 413 238-5511, ext. 322
Ellie Mathias, HealthWise Community Health Worker 413 238-5511, ext. 322

Podiatrist Dr. Michael Coby, call Williamsburg Senior Center 413 268-8407
to schedule (Alternating months at the Senior Center)

Foot Care Piper Sagan, RN
foot care in Cummington, call Ann Eisenhour 413 634-2243
foot care in Goshen, call Liz Loven for appt. 413 268-7122
foot care in Plainfield or in-home visits 413 522-8432
foot care in Williamsburg or in-home visits 413 268-8407
Deb Dean, foot care in Westhampton 413 667-5363
Diane Roeder, foot care in Chesterfield 413 374-0457

SHINE, Medicare & Drug Coverage Part D & Prescription Advantage
Wayne Glaser Call your COA for appointment
Lorraine York-Edberg 413 773-5555, ext. 2275
Deborah Hollingworth (Chesterfield) 413 296-4007 or 413 268-8317

Mass Health and New Health Coverage
Buliah Mae Thomas at Hilltown Comm. Health Center 413 667-2203

Transportation Services

Cummington Neighbor to Neighbor Drivers 413 634-2262

Westhampton transportation Appts or groc. shopping, Louise Jasionkowski 413 527-5134

Williamsburg Medical & Carpool Rides (call to schedule) 413 268-8407

PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center) 866 277-7741

Hilltown Easy Ride Van Ed Pelletier 413 296-4232

Local Councils on Aging

Chesterfield COA, Janice Gibeau 413 296-4007

Cummington COA, Anne Parsons 413 634-2262

Goshen COA, Evelyn Culver 413 268-3316

Plainfield COA, Susan Metcalfe LaRock 413 743-5345

Westhampton COA, Julia Lennen 413 537-9880

Williamsburg Senior Center, Jennifer Hoffman 413 268-8410

Worthington COA, Camille Smith, Chair 413 238-5998

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

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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 July

Wednesday, July 4th, 7am-1:30pm
Chesterfield 4th of July Celebration
Chesterfield, MA

Pancake breakfast, a fun parade, chicken BBQ and more... this annual event has it all! See details on page 6.

Sunday, July 21st at 2pm
The Lunch Box... Crossroads of Williamsburg
By Anthony Thomas Jr.
John James Memorial Hall, 42 Main St., Goshen, MA

Tommy will give a talk from his 2018 published memoir on 36 years as a restaurateur in Williamsburg at the popular Lunch Box. Sponsored by the Goshen Historical Society. All welcome!

Tuesday, July 23rd at 3pm (Part 1)
Tuesday, July 30th at 3pm (Part 2)
A Two-Part Educational Series about Alzheimer's
Rockridge Retirement Community, 37 Coles Meadow Rd., Northampton, MA

Please join Rockridge and the Alzheimer's Association for a two part educational series. Part 1 on 7/23 is

"Understanding Alzheimer's and Dementia". Part 2 on 7/30 is "Effective Communication Strategies". Come, learn, and enjoy healthy snacks for an active brain!

Saturday, July 27th, Noon-5pm
Goshen Family Fun Day
Tilton Town Field, Wing Hill Rd., Goshen, MA

Rain or shine. Vendors, games, bring a picnic or purchase food there. The band Sidetracked will be performing, sponsored by the Goshen Cultural Council. This is a free event sponsored by the Goshen Women's Club.

