

# Chesterfield Council on Aging

## August 2019 Newsletter



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

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

### August Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			<b>1</b> <b>CISA pickup</b> 2pm <b>Beginner T'ai Chi</b> 6:15pm	<b>2</b> <b>Multigenerational Puppert Show w/ Tom Knight</b> 10:30am <div style="border: 1px dashed black; padding: 5px; margin-top: 10px;"> <b>Sat. 8/3 4pm</b>  <b>Broadband Presentation</b> </div>
<b>5</b> <b>Advanced Tai Chi</b> 9:30am <b>Feldenkrais</b> 7pm	<b>6</b> <b>Chair Yoga</b> 10am	<b>7</b> <b>Mah-Jongg</b> 1pm	<b>8</b> <b>Brown Bag</b> 10am <b>CISA pickup</b> 2pm <b>Beginner T'ai Chi</b> 6:15pm	<b>9</b>
<b>12</b> <b>Advanced Tai Chi</b> 9:30am <b>Veterans' Agent</b> 11am <b>Feldenkrais</b> 7pm <b>Planetarium Show at Town Hall</b>	<b>13</b> <b>Chair Yoga</b> 10am	<b>14</b> <b>Mah-Jongg</b> 1pm	<b>15</b> <b>CISA pickup</b> 2pm <b>Beginner T'ai Chi</b> 6:15pm	<b>16</b>
<b>19</b> <b>Advanced Tai Chi</b> 9:30am <b>Feldenkrais</b> 7pm	<b>20</b> <b>Chair Yoga</b> 10am	<b>21</b> <b>Mah-Jongg</b> 1pm	<b>22</b> <b>CISA pickup</b> 2pm <b>Beginner T'ai Chi</b> 6:15pm	<b>23</b>
<b>26</b> <b>Advanced Tai Chi</b> 9:30am <b>COA Board Mtg</b> 10am <b>Veterans' Agent</b> 11am <b>Feldenkrais</b> 7pm	<b>27</b> <b>Chair Yoga</b> 10am	<b>28</b> <b>Mah-Jongg</b> 1pm	<b>29</b> <b>CISA pickup</b> 2pm <b>Beginner T'ai Chi</b> 6:15pm	<b>30</b>
<b>Jan Gibeau, Director. Office hours: Mon– Thurs. 9am-12pm.</b> <b>Lorrie Childs, Data &amp; Accounting Manager.</b>				

## Happy Birthday in August!



Janet Scully, Richard Konopka, Thomas Daggett,  
Robert Keyes, Jan Sullivan, Karen Henell,  
Christopher Ryan, Timothy Mcelroy,  
Debra Cleveland, Richard Powers, June Hinton,  
Joseph Russo, Michael Labarre, Robert Moore,  
Lesley Spokas, Kathryn Marcinczyk,  
Patricia Sicard, Elizabeth Fondakowski,  
Naomi Sturtevant, Paul Marcinczyk,  
Virginia Kaeser, Timothy Gorham, Ruth Timm,  
Douglas Fisher, Robert Macleod,  
Maryann Coleman, Nancy Hewes, George Wade,  
Ursula Fobes, Roy Wiley, David Jarrett,  
Marissa Lentner, Susan Puza, Kim Sarafin

We are all a little weird and  
Life's a little weird,  
And when we find someone whose  
Weirdness is compatible with ours,  
We join up with them and fall in  
Mutual weirdness and call it Love.  
--Dr. Seuss



## Chesterfield Council on Aging Road Trip



## Big E – West Springfield, MA

Tuesday, September 17<sup>th</sup>



Cost includes: round trip bus transportation,  
entrance fee to the exposition

**Circus Spectacular @ 1 P.M. at the Big Top- FREE**

**Featuring *Rave On* and the music of  
Buddy Holly & others @ 3pm at the Court of  
Honor Stage- FREE**

\$5.00 per Chesterfield Senior (age 60 or over)  
Open to all ages and all communities for \$12

Meet the Bus: 8:45am  
COA parking lot, 400 Main Rd, Chesterfield, MA

Bus Leaves: 4:30pm from the Big E

**Cash or checks payable to COA due by  
September 3rd**

Only 35 seats available  
~**No refunds** due to bargain price~

For reservations: call Francine Frenier: 296-4291  
or call the COA: 296-4007

*Scooter, wheelchair assistance available,  
the COA can help with the rental fee.  
Limited Availability:*

*First Come First Serve to Chesterfield Seniors only*

## Facts about Senior Centers: Great hangouts for older adults

Senior Centers are important community focal points, and have become one of the most widely used services among America's older adults. Today, almost 10,000 senior centers serve more than 1 million older adults every day. (*National Council on Aging*).

### Participants

Approximately 70% of senior center participants are women; half of them live alone.

- The majority are Caucasian, followed by African Americans, Hispanics, and Asians respectively.
- Compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction and lower levels of income.
- The average age of participants is 75.
- 75% of participants visit their center 1 to 3 times per week. They spend an average of 3.3 hours per visit.

### Senior center services

Senior centers serve as a gateway to the nation's aging network—connecting older adults to vital community services that can help them stay healthy and independent.



- More than 60% of senior centers are designated focal points for delivery of OAA services—allowing older adults to access multiple services in one place.
- Senior centers offer a wide variety of programs and services, including:
  - Meal and nutrition programs
  - Information and assistance
  - Health, fitness, and wellness programs
  - Transportation services
  - Public benefits counseling
  - Employment assistance
  - Volunteer and civic engagement opportunities
  - Social and recreational activities
  - Educational and arts programs
  - Intergenerational programs

### How are senior centers funded?

To maintain operations, senior centers must leverage resources from a variety of sources. These include federal, state, and local governments; special events; public and private grants; businesses; bequests; participant contributions; in-kind donations; and volunteer hours. Most centers rely on 3 to 8 different funding sources.

## Benefits and impact

Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.

Today's senior centers are reinventing themselves to meet the needs and desires of the aging baby boom generation. Boomers now constitute more than two-thirds of the 50+ population. Senior centers are developing new programs and opportunities for this dynamic generation of older adults. (*National Council on Aging Fact Sheet*)

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### A Few Things my Mother Taught Me

- My mother taught me TO APPRECIATE A JOB WELL DONE. "If you're going to kill each other, do it outside. I just finished cleaning."
- My mother taught me RELIGION. "You better pray that will come out of the carpet."
- My mother taught me about TIME TRAVEL. "If you don't straighten up, I'm going to knock you into the middle of next week!"
- My mother taught me LOGIC. "Because I said so, that's why."
- My mother taught me MORE LOGIC. "If you fall out of that swing and break your neck, you're not going to the store with me."
- My mother taught me FORESIGHT. "Make sure you wear clean underwear, in case you're in an accident."
- My mother taught me IRONY. "Keep crying, and I'll give you something to cry about."
- My mother taught me about the science of OSMOSIS. "Shut your mouth and eat your supper."
- My mother taught me about CONTORTIONISM. "Will you look at that dirt on the back of your neck!"
- My mother taught me about STAMINA. "You'll sit there until all that spinach is gone."
- My mother taught me about WEATHER. "This room of yours looks as if a tornado went through it."



## Profile

### New Member of COA Board of Trustees:

#### Carole Bergeron

Carole joins the COA as someone who has had extensive experience in creating services and programs that have increased the quality of life for older people. The journey from her childhood in Nashua NH to her residence in Chesterfield has included time spent in Germany, Connecticut, Texas, New Mexico, North Carolina and Arizona.

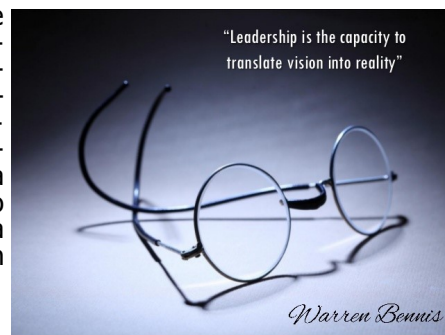
As it is for so many women, Carole has faced the challenges of balancing family life in changing locations, being a mother with two sons, and getting her education while also working. Married during the Vietnam war, her life as the wife of an Air Force officer brought them to Germany and the chance to travel all over Europe. While in Arizona, she and her husband were working and living with young Navajo and Hopi native American students, a unique experience of education through immersion.

Carole has held roles as a clinician, administrator, educator and consultant. As a nurse specializing in rehabilitation, she has been a leader creating and managing rehabilitation units in hospitals and becoming one of the pioneers in creating sub acute units in Long Term Care settings. Her license as a nursing home administrator led to becoming an executive director in a well-known rehabilitation facility. As an educator, she has been part of faculties at Post University, Southern CT State University, Walden University and Albertus Magnus College. She has held positions as consultant for a number of companies providing rehabilitation services as well as overseeing quality assurance programs. Carole also was the Executive Director of the Connecticut Nurses' Association.

As her life evolved, changes in her perspectives and goals led to striking out on her own. She credits her successful transition to working with a life coach, an experience that supported her pursuit of her education, moving on from a diploma program as a nurse, to a master's degree, culminating in a PhD in Leadership and Organizational Change. The value of Life Coaching remained an important interest of hers and she currently has her own business, Bergeron Coaching and Consulting, which focuses on "providing individual coaching and consulting services for mid-career adults and people thinking of retiring and assisting them to make the choices that best fulfill their goals and life experiences."

Carole lives in Chesterfield with her partner Larry Cervelli. Although she has travelled a great deal and lived in some interesting places, she feels at home in this gentle community. Both her sons and their families (2 amazing daughters-in-law and wonderful 4 grandchildren) live in San Francisco, so she has plenty of big city time in visits to them---which she loves to do! She also loves to cook / bake bread / make jams & jellies, knit, travel, and attend opera performances with Larry.

Luckily, both the COA and Chesterfield are the better for their presence in our community and bringing Carole into a group devoted to making aging a fulfilling time in life.



### 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

If you have spent any time outside this summer, you have probably met up with the over abundance of ticks in our area. Along with the deer ticks carrying Lyme Disease, there are ticks new to our area that carry some other diseases. Here are a few things that may help you deal with ticks:



- If you are going outside, cover up and use bug repellent.
- Be sure to check yourself and loved ones for ticks when you come in.
- If you find a tick on you, don't panic.
- Remove the tick immediately with tweezers or a tick key.
- If the tick is engorged and you don't know how long it's been attached, seek medical attention.
- If it is not engorged, keep an eye out for the typical bullseye rash or flu-like symptoms the next two weeks. If either happens, seek medical attention.

Have a tick free SAFE summer!

--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.*

**Smith Vocational and Agricultural High School Cosmetology Department** is pleased to collaborate again with the Chesterfield Council on Aging by offering a "spa day" once a month to seniors in the surrounding area for the 2019-2020 academic year.

All work is done by students and is supervised by a licensed instructor.

**Starting Friday, September 20th**, haircuts (\$6), manicures (\$5), and facials (\$9) will be offered.

Available appointment times are 9am & 10am. Facial appointments are limited to one per hour due to space availability.



Future dates to mark on your calendar are:

Oct. 18, Nov. 15, Dec. 20, Feb. 14, Mar. 20, Apr. 17 and May 22. The 'Spa' services take place at Smith Vocational High School, in Building A, Room 124. Remember to call early for your appointment as slots fill up quickly. Please call the Cosmetology Department at the school. Their direct line is 413-587-1414 ext. 3531.

**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.

### Wallet Gone, Gone, Gone

Stolen or lost, your wallet had stuff in it that you actually wanted to keep. Here are a few suggestions for dealing with a nasty situation.

1. File a police report if you think theft was or even *might* have been involved. This gives you protection against charges on your card account.
2. Pull out the photocopy of your cards (see \*) and other wallet contents and start phoning or going online. Ask if there have been any recent charges, verify they are yours, and request card replacements and ask when you can expect the new cards.
3. Be glad that during the days that you have no valid credit cards, you had kept one card safe in the house that you can still use. Also be glad that you do not carry your social security card with you. **Also** be glad that you have put a credit freeze on your credit bureau accounts.
4. Contact each of the three credit bureaus and request a fraud alert on your accounts.

Good ol' belt and suspenders practices – annual checking of credit bureau records, placement of a freeze, request for fraud alert.

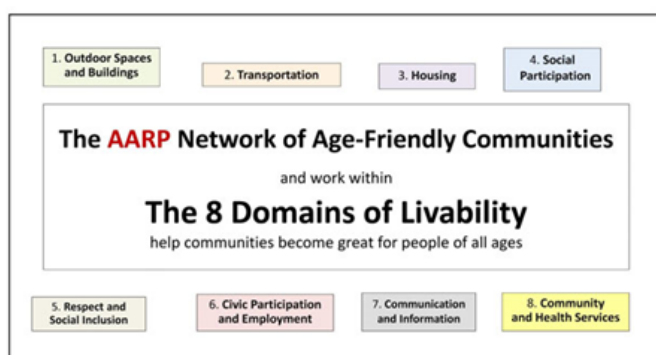
\* Get thee to a copier with your wallet. Take out your credit cards, driver's license, gas card, medical cards, etc., and put them on the copier face side down. You can get 8 cards on one sheet of paper. Make a copy, then carefully turn the cards over to copy the back, making sure the cards are in the same position as the first time. Now you have a record of your card number and how to call to put a stop on transactions and request a new card.

And remember THE credit report site – **annualcreditreport.com**

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

## AARP Awards Certificates to seven towns in the Northern Hilltowns Consortium of Councils on Aging

Antron Watson, AARP Massachusetts Age Friendly Director, welcomed Chesterfield, Goshen, Worthington, Westhampton, Williamsburg, Cumington and Plainfield into the WHO and AARP network of communities committed to developing towns and cities that make aging in place a reality for all generations. Approximately 40 representatives from Select Boards, Councils on Aging and other community members were joined by Representative Natalie Blais to celebrate the achievements of each town in looking at the main issues of accessibility of buildings, walkability, transportation, access to health services, information and inclusion of older adults in the life of each town.



*The eight domains of livability listed above are: Outdoor Spaces and Buildings, Transportation, Housing, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, Community and Health Services.*



Antron Watson, AARP Massachusetts Age Friendly Director; Natalie Blais, MA State Representative; Jacqueline Dufresne, Chair of Williamsburg Advisory Board; Camille Smith, Chair of Worthington COA Advisory Board; Julia Lennen, Westhampton COA Coordinator; Evelyn Culver, Goshen COA Coordinator; Trish Colson-Montgomery, Chesterfield Select board

## Williamsburg Senior Center Seeking Help in Kitchen / Café

Flexible part-time position, 2-4 days, 3-5 hrs each. Help prepare our Monday Meals and serve prepared meals Tues - Thurs.

**Paid position.** Call Jenn at 268-8410.

## Hilltown Mobile Market 2019 FAQ

### What is a Mobile Market?

A mobile market is a farm stand that brings fresh farm produce to various locations in a community to make locally-grown produce more accessible to everyone. Although we have many farms in the Hilltowns, there aren't enough farmer's markets in the area to serve the community. The mobile market will stock produce from multiple farms, making it easier to find what you are looking for in one place. It also directly supports our local farmers without requiring them to add another market day to their busy schedule. The Hilltown Mobile Market is a grant-funded project for 2019 & 2020. If it is successful, we hope to sustain it with additional outside support.

### Who can visit the Mobile Market?

Everyone can buy produce at the Mobile Market! Each week will feature an assortment of fresh, Hilltown-grown produce and you can buy what you need for dinner or for the whole week! You can purchase produce using cash, credit/debit, SNAP (food stamps) and WIC or Senior Farmers Market Coupons.

### When and where will the Mobile Market take place?

You can visit the mobile market at one of its two "pop-up" locations:

**Worthington:** Thursdays, 3pm-5pm  
The Maples, 48 Old North Rd  
July 25-Sept 26, 2019

**Huntington:** Fridays, 3pm-5pm  
Town Hall Green, 24 Russell Rd  
July 26-Sept 27, 2019

### What is the Hilltown Mobile Market Farm Share?

In addition to buying produce from the stand, you can also sign up for the Mobile Market Farm Share – the most affordable option! For \$5 per week, you will receive 10 weeks of fresh produce valued at \$175. You can either pay for the share using SNAP (food stamps) (*cont. on next page*)

# 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.**

**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. Wait list only.

**Sept. 4-12: Nova Scotia, Prince Edward Island & New Brunswick.** Passport required. Cost is \$1,070 per person dbl. occupancy. A few seats remain. This 9 Day trip includes:

- 8 nights lodging including 5 nights in Canada
- 14 meals including: 8 breakfasts, 6 dinners
- Guided Tour of Acadia National Park
- Guided Tour of Halifax, Peggy's Cove and Lunenburg
- Admission to King's Landing Historical Settlement
- Guided Tour of Prince Edward Island, includes Anne of Green Gables' home.
- Admission to the Natural Wonder: "Hopewell Rocks"
- Visit to the Waterside Town of Saint John

**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**



(cont. from previous page) with a full reimbursement through the HIP program, or you can pay with cash / check.

## How will the Mobile Market Farm Share work?

If you participate in the Mobile Market Farm Share, you will have to come to either the Worthington or Huntington location each week during Market hours (3-5PM) to pick up your share. If you have limited mobility or transportation, please contact us so that we can help you make other arrangements to pick up your share. Each share will consist of approximately 5 items, some of which you will be able to choose based on your individual or family preferences. The share is designed for small and/or elderly households. If you have a larger family, you may want to consider signing up for two shares.

## How do I pay for the Farm Share with SNAP/ HIP?

When you sign up for a Farm Share, you will enter into an agreement with one of the farms that will be supplying the produce. We will ask for your EBT card number, contact info, and signature. Your EBT account will automatically be charged \$25 in August and in September. Please reserve a minimum balance of \$10 on your EBT card on the first of each month for this transaction to go through. You will automatically get your \$25 reimbursed on your EBT account through your monthly HIP benefit.

## Can I use my HIP benefit at the Market?

Yes! However, in order to take advantage of the MA Healthy Incentives Program (HIP), you must sign up in advance for the Hilltown Mobile Market Farm Share. Unfortunately, you cannot at this time use HIP to make additional purchases on the market stand, but you can use your regular SNAP benefits, as well as cash, credit/debit, and WIC or Senior Farmer's Market Coupons.

## What kinds of produce will I get in my Share?

Produce will vary week to week depending on what is seasonally available on our farms. In the early season, there may be more lettuce and beets; in the middle, more squash, potatoes and beans, and towards the end, more tomatoes, peppers, and broccoli. We also plan to offer some sweet corn and fruit from other farms.

## Who should I contact if I have further questions?

For additional questions, please contact Hilltown Mobile Market organizer Seva Tower at [sevat@hilltowncdc.org](mailto:sevat@hilltowncdc.org) or 413-296-4536 x112 (office) or 413-824-1840 (mobile). Our market staff this season also includes Fletcher Schneeflock, Mobile Market Coordinator, and Rebecca Marmor, Healthy Hampshire Summer Intern.

**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  
Carole Bergeron  
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 August

**Friday, August 2nd at 10:30am**

### **Puppet Show With Tom Knight**



Chesterfield Comm. Center  
400 Main Rd.  
Chesterfield, MA

Tom Knight has been delighting children and their grown-ups with his original, interactive, musical puppet show since 1988. His unique blend of musicianship and puppetry celebrates reading ("the Library Boogie"), the environment ("the Garbage Monster"), and science ("The Solar System"), with hand-made puppets, catchy songs, and a high degree of audience participation. The strong visual elements appeal to children as young as 2, while fun lyrics engage children up to twelve, and adults alike.

*Sponsored by grants from Chesterfield Council on Aging through Highland Valley Elder Services and Chesterfield Cultural Council.*



**Monday, August 12th**

**Three showings: 4:30pm, 5:15pm, 6:00pm**

### **Boston Museum of Science**

### **Portable Planetarium Program: The Night Sky**

Chesterfield Town Hall  
403 Main Rd.  
Chesterfield, MA

This presentation helps audiences discover which stars, planets, and other astronomical wonders are visible this evening. Using a portable planetarium, you take a tour of the solar system and beyond, and are provided useful tips on how you can navigate the night sky from your own backyard.

Limit: 25 people per show. Please call, stop in or email the library to sign up! The library is open on Mondays from 2-7, Wednesdays 10-4, and Saturdays 9-1. The library phone number is (413) 296-4735 and their email is: [chesterfieldpubliclibrary@gmail.com](mailto:chesterfieldpubliclibrary@gmail.com).

*Program sponsored by Friends of the Library and Chesterfield COA grant from Highland Valley Elder Services.*