

Chesterfield Council on Aging

September 2019 Newsletter



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

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

September Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 Labor Day	3 Chair Yoga 10am Northern Hilltowns Consortium of COAs 9:30am	4 Coffee & Chat 9am Mah-Jongg 1pm	5 Men's Breakfast 9am CISA pickup 2pm Beginner T'ai Chi 6:15pm	6
9 Advanced Tai Chi 9:30am Veterans' Agent 11:30am-1:30pm Feldenkrais 7pm	10 Chair Yoga 10am	11 Coffee & Chat 9am Mah-Jongg 1pm	12 Brown Bag 10am Watercolor Class 10:30am CISA pickup 2pm Beginner T'ai Chi 6:15pm	13
16 Advanced Tai Chi 9:30am Feldenkrais 7pm	17 Big E trip 8:45am Chair Yoga 10am	18 Coffee & Chat 9am Mah-Jongg 1pm	19 Little Roots Performance 10am Watercolor Class 1pm CISA pickup 2pm Beginner T'ai Chi 6:15pm	20
23 Advanced Tai Chi 9:30am Veterans' Agent 11:30am-1:30pm COA Board Mtg 10am Feldenkrais 7pm	24 Chair Yoga 10am	25 Coffee & Chat 9am Mah-Jongg 1pm	26 Watercolor Class 10:30am CISA pickup 2pm Beginner T'ai Chi 6:15pm	27 CFCE Fall Kickoff 10am
30 Advanced Tai Chi 9:30am Feldenkrais 7pm				
		Jan Gibeau, Director. Office hours: Mon– Thurs. 9am-12pm. Lorrie Childs, Data & Accounting Manager.		

Happy Birthday in September!



Sharon Dunfield, Kevin Ladd, Sharon Whitmore,
Julia Freedgood, Wendy Emerson-Sysko,
David Vilbon, Linda Baranowski,
Mary Serverance-Rys, Denise Leduc,
Marianne Ryan, George Dastous, Francine Frenier,
Roger Fuller, June Carter, Roslyn Malkin,
George Hinton, Marianne Drake, John Lynch,
Daniel Kirouac, Mark Castro, Stephen Vaznis,
Daniel Burrows, Paul Sarafin, William Blanchard,
Carol Jolly, William Celatka, John Cherry,
Thomas Hinton, Jean Weller, Janet Mathison,
Mary Regan, Sharon Kay Dunfield,
Cynthia Squier-Klein, Dawn Bisbee,
Emily Holmberg

Fall is coming: so are new programs!

It's hard to think that the summer has come and gone, but it's time for a fresh start!

The results from the "wish list survey" continue to roll in but it's already clear that there are several programs and activities people would like to see at the Community Center:

- Book Club
- More educational and informational programs
- More art classes: watercolors, drawing
- Writing classes
- Healthy Bones and Balance classes
- Cooking classes
- Gardening programs
- Cards & puzzles

We're glad to see folks want to continue our "regular programs", such as blood pressure clinic, foot clinic, Coffee and Chat, Tai chi and Chair Yoga. Stay tuned for new program announcements soon.

Save the Date

Annual Fall Foliage Mystery Ride & Lunch

Tues. October 8th, 9:30am

Meet at the Community Center

Sponsored by the
Chesterfield COA



Chesterfield Council on Aging Road Trip



Big E – West Springfield, MA

Tuesday, September 17th



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

Broadband Chesterfield Update

We are all eager to begin using the new fiber-optic broadband network in Chesterfield! This is a short update on where we are at the moment and what to expect. Broadband Chesterfield is going to be a town-owned fiber-optic network capable of delivering the internet at speeds close to 1000 times faster than most people experience now. Just to give you an example, a two-hour movie which currently takes around 72 minutes to download using DSL would only take a mere 25 seconds with broadband!

This amazing network is going to be owned by the town of Chesterfield. That means we set the rates, and we can use the revenue - not Verizon, not Comcast or anyone else. What will this mean for most people? It means access to standard internet items like email and the web, but it will also mean that we could do video conferencing like FaceTime with friends and family around the world, and connect our medical devices to our doctor's office; it would allow people to work from home, students to complete work online or adults to engage in online learning. We could also stream video and television services like Hulu or Netflix and more without those annoying interruptions.

When will all this happen? It seems like the project has been going on forever, but the end is in sight. At the moment we are waiting on Verizon and Eversource to prepare their poles to receive the fiber cable. Once this is done, we can begin construction. Estimates at the moment are that construction should begin sometime early in 2020 and the network should be completely operational by fall 2020.

What about the cost? Since this is our network, we must take in enough revenue to make it financially sustainable in the long term. We are going to follow most of the other Hilltowns in charging \$85 per month for residential internet service which will include free installation to 99% of the houses in Chesterfield as long as you sign up during the subscription period in early 2020. In addition, we are offering telephone service for \$14.99 per month (plus taxes) which would allow you to keep your existing telephone number and provide unlimited local and long-distance calling throughout North America.

Some people may not be ready to take service but would still like to take advantage of the free installation available during the subscription period. You can do this using what is called a "cold drop" which means that, as long as you sign-up during the subscription period, you will receive free installation to the outside of your house.

Then, when you or a future owner decide to take service, you will only have to pay for interior installation.

Even if you don't take broadband service, the Wall Street Journal has found that property values in communities that have high-speed broadband increase between 3% and 5%.

How will our broadband network be paid for? The state has given us an \$890,000 grant which has gotten us started and the rest will be covered by the tax override we authorized several years ago at Town Meeting. However, and this is important, in order for us to offer free installation, we will have to take advantage of some existing Town funds that will require a vote at Town Meeting. So, when this meeting comes around it is important that you come and vote "yes."

Lots of people may not be current internet users or may not be comfortable using a computer. The internet is an exciting world to explore and we look forward to giving everyone the chance to jump in. So, we are going to have opportunities for people to come and learn about how to use the internet and how to hook up a computer to the new Broadband network. Stay tuned for more information on this.

Some people have asked why they should switch to broadband if they currently have DSL. The answer is very simple: DSL is much slower and may not be adequate for future internet needs and Verizon may not continue to support DSL for much longer. Moreover, installation at a future date, even with a cold drop, will cost more.

If you would like more information about broadband and want to keep up-to-date with our progress, go to the Chesterfield Town website and click on the "Broadband Project" link on the left-hand side - this will take you to our Broadband Chesterfield website. There's lots of information about broadband and a link to allow you to ask any questions you have. We would love to hear from you, and we hope you will become a part of Broadband Chesterfield!



The graphic features the 'BBC' logo in blue and red, followed by the text 'BroadBand Chesterfield'. Below this is the question 'What does this mean? What can the internet do for me?'. A bulleted list on the left includes: Email, Video Conferencing (facetime), Medical Devices, Information, Work from Home - Virtual Meetings, home business, School Work - study, submit work, on-line learning, and Stream video and Television services - YouTube, Hulu, Sling, Acorn Britbox, Netflix, DirectTV Now, etc. To the right of the list are three images: a person on a video call, a globe with 'www' text, and a computer monitor displaying a grid of video thumbnails.

- Email
- Video Conferencing (facetime)
- Medical Devices
- Information
- Work from Home - Virtual Meetings, home business
- School Work - study, submit work, on-line learning
- Stream video and Television services - YouTube, Hulu, Sling, Acorn Britbox, Netflix, DirectTV Now, etc.

Profile: Deb Thibault

Deb Thibault joins COA Board

The Chesterfield Council on Aging is fortunate to have the addition of a new member who served as the coordinator of the Plainfield Council on Aging. Deb joins us at a time when she has already been part of the movement to develop "age friendly" communities in the Hilltowns. During her role as coordinator, Plainfield expanded its outreach program to work with a newly formed initiative called "Plainfield Cares". This program sowed the seeds for creating a community-wide approach to helping older adults "age in place". It also helped the other six towns within the Northern Hilltowns Consortium of Councils on Aging expand their plans to reduce isolation.

Deb knows a great deal about Hilltown country life. Born in Easthampton, she later lived in Turners Falls, Millers Falls, Cummington, Goshen and Plainfield. She has a keen sense of what it takes to make a livelihood on a farm. She has raised sheep, goats, pigs, chickens and turkeys. Having sheep led to spinning, knitting and weaving. When asked about what she enjoyed about farming, she talks about the pleasure of being outside and growing your own food and fresh meat. Deb has a lot of experience and the skills that made it possible to become a teacher. She then expanded her craft work to include working with and teaching ceramics.

Deb's experience in gardening goes beyond the

usual range of vegetables. She studied for five years at the Blazing Herbal School in Ashfield and has the knowledge needed to grow both edible and medicinal herbs. When she moved into her apartment in Chesterfield, she started a garden behind the house and near the woods. Of course, she struggles with four legged woodland critters that like to enjoy her crops.

As a mother of three and grandmother of eight, she knows what it's like to love more than one generation of a family, even though the jobs change.

Deb enjoys cooking and cake decoration. She is enjoying getting to know people, exploring what living in Chesterfield is like, what it has to offer and how she can contribute to helping older adults in this small town.

We look forward to her being part of the Council on Aging!



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

September has been designated Fall Prevention Month, which does not mean prevent fall from coming. It means being mindful of things you can do to keep from falling and injuring yourself. Here are a few things you can do to be safe.

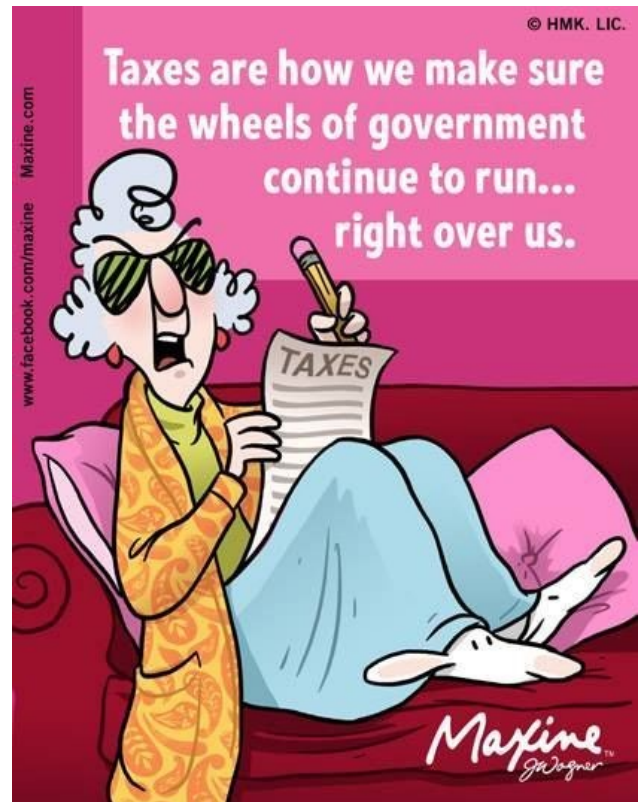
Senior 
SAFE

- Keep walking area (including stairs) free of anything you could trip over like electrical cords and any clutter.
- Get rid of or secure scatter rugs.
- Smooth out wrinkles and folds in carpeting.
- Use non-slip mats in the bathtub and on shower floors.
- Have grab bars installed on the wall in the tub and shower and next to the toilet.
- Stairways should be well lit from bottom to top.
- Have easy-to-grip hand rails on both sides of interior and exterior stairs.

Be SAFE and fall free!

--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.

Two-factor Authentication (TFA)

If you don't do any business online, then this month I'm not writing to you! But as always, please pass this to someone who can use it. If you go online to check bank balances, deposit checks electronically, track credit card use, have a cloud storage account, or do online shopping or similar actions, then please continue reading.

What is it?

TFA (love those acronyms, as a former Federal employee) is a log-in process that requires two levels of identification before you can access your account. The first level is your username and Really Good Password. The second is something generated by a computer that you type in. This might be a random 6 numbers sent to you by email, phone, or text.

How come?

This cyber trick gives you an extra layer of security, making it harder for a hacker to get you. We all know they are getting smarter and more determined, but this will at least slow them down. TFA works partly because you use a code sent to you that is not kept anywhere and expires usually within minutes.

Many credit card companies and vendors will now encourage you to sign up for this. If you don't get hacked, life is easier for them, too!

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

Scam Warning

SHINE (Serving the Health insurance Needs of Everyone) Medicare Counseling Programs are being bombarded with calls and ads for "free" genetic cancer screening kits. Agents claim Medicare will pay for them... and they are making cold calls to convince you to buy one. **THE OFFER IS FALSE!**
Medicare DOES NOT pay for mail order kits for cancer screening.

Medicare covers many genetic tests to diagnose cancer once symptoms are present, but there is only ONE test to screen (for colorectal cancer). Only screening by a physician will be covered by Medicare!

Report sales complaints to SHINE (1-800-243-4636, press 3) or the Senior Medicare Patrol Project (978-946-1200). Do not be scammed!

Six seniors from the hilltowns were part of a group who enjoyed a recent trip to the Russian Icon Museum: Rosemary Moran, Barbara Bak, Ginny Breish, Norene Roberts. Back: Robin Bak, John Breish



Another group went on a trip to the Titanic Museum: Nancy Boyle, Jean, Marilyn Davidson, Carol Jolly, Nan Clark, Francine Frenier, Milenna Curtis, Lillian Bisbee, Sam Bancroft, Mary Bancroft.



BOO IS BACK AGAIN !

Watercolor Class: Thursdays 10:30 am

September 12 ; 19 (1pm), 26

October 3, 10, 17

Sign up now: Space is limited
Call Chesterfield COA 413-296-4007
or email: coa@townofchesterfieldma.com

Save the Date!

Highland Valley Elder Services invites you to the:

2nd Annual

Keys to Aging Well Expo

Tuesday, October 1, 2019

3:00-4:30 PM

**Hadley Farms Meeting House
41 Russell Street, Hadley**

Highland Valley remains committed to its mission to serve older adults and their families through collaboration, education, advocacy, and a range of programs designed to support them where they live. The event will highlight services offered by Highland Valley Elder Services and community resources for aging well.

Light refreshments will be served. Free giveaways and lots of expertise to be shared. Admission to the Expo is free and open to the public. Visit us at www.HighlandValley.org or find us on Facebook at www.facebook.com/HighlandValleyElderServices/

Town of Chesterfield – Employment Opportunity

Administrative Assistant to Town Boards: The Town of Chesterfield is seeking an experienced individual to take and then prepare meeting minutes in electronic format (and update after Board review) for various Town boards /officers. Irregular weekly hours from zero to ten, to include evening meetings. Hourly compensation TBD on applicant's qualifications. Send cover letter and resume by September 15th to:

Town Administrator
PO Box 299
Chesterfield, MA 01012

Direct questions to:
townadmin@townofchesterfieldma.com.

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.

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

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)

Fri. 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:

Chrisoula Roumeliotis, 634-2262,
coa@cummington-ma.gov

Goshen: Evelyn Culver, 268-3316, ematkc@aol.com

Westhampton:

Amy Landau, 203-3086, westhamptoncoa@comcast.net

Williamsburg:

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

Worthington:

Shelley Rice, 240-678-4518, coa@worthington-ma.us

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 September

Saturday, September 14th at 2pm

Author reading: *Bad Sleep* by Siegfried Haug
Goshen Public Library, 42 Main St., Goshen, MA

Siegfried Haug, a writer from Goshen, will read from his new mystery novel, *Bad Sleep*. Haug lectured nationally and internationally, and still appears on Channel 22 as a sleep expert. He is also the author of *I Want to Sleep: Unlearning Insomnia*.

Thursday, September 19th at 10:30am

Little Roots

Chesterfield Comm. Ctr, 400 Main Rd., Chesterfield

Come have fun! Play, sing, dance. All ages welcome. Sponsored by Davenport Child Care. Funded by Chesterfield COA grant from Highland Valley Elder Services.



Fri. September 20th at 9am & 10am

Spa Day at Smith Vocational

80 Locust St. Northampton

Smith Vocational is pleased to collaborate again with the Chesterfield COA 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. Cosmetology students are offering: Haircuts \$6.00;

Manicures \$5.00; Facials \$9.00. 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.

Sunday, September 22nd at 2pm

The Institute for Musical Arts

John James Memorial Hall, 42 Main St., Goshen, MA

Ann Hackler, IMA Co-founder, will discuss the founding of the Institute of Musical Arts, located on Cape Street, Goshen. The IMA is a non-profit organization that has been transforming the lives of girls and young women through its teaching programs, workshops, and concerts for 30 years. Sponsored by the Goshen Historical Society. All welcome!

Saturday, September 28th, 9-3pm

Fall / Winter Clothing Exchange

Goshen Congregational Church, 45 Main St., Goshen

Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Weds. Sept. 25th from 5-8pm and Fri. Sept. 27th from 9am-3pm, then come back to shop on Sat. the 28th from 9am-3pm! All are invited to participate whether you donate clothes or not.