

Chesterfield Council on Aging

October 2019 Newsletter



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

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

October Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	1 Chair Yoga 10am	2 Coffee & Chat 9am Mah-Jongg 1pm	3 Men's Breakfast 9am Watercolor Class 10:30am Beginner T'ai Chi 6:15pm	4
7 Advanced Tai Chi 9:30am Northern Hilltowns Consortium of COAs 9:30am Feldenkrais 7pm	8 Chair Yoga 10am Mystery Foliage Ride / Lunch 10:30am	9 Coffee & Chat 9am Mah-Jongg 1pm	10 Brown Bag 10am Watercolor Class 10:30am Beginner T'ai Chi 6:15pm	11
14 Columbus Day Advanced Tai Chi 9:30am Feldenkrais 7pm	15 Chair Yoga 10am	16 Coffee & Chat 9am Mah-Jongg 1pm	17 Watercolor Class 10:30am Beginner T'ai Chi 6:15pm	18 <div style="border: 1px dashed black; padding: 5px; text-align: center;">Sat 10/19 7pm Square Dance</div>
21 Advanced Tai Chi 9:30am Feldenkrais 7pm	22 Chair Yoga 10am	23 Coffee & Chat 9am Mah-Jongg 1pm	24 Beginner T'ai Chi 6:15pm	25 Exercise Class 10am
28 Advanced Tai Chi 9:30am COA Board Mtg 10am Veterans' Agent 11:30am-1:30pm Feldenkrais 7pm	29 Chair Yoga 10am	30 Coffee & Chat 9am Mah-Jongg 1pm	31 Beginner T'ai Chi 6:15pm	
Jan Gibeau, Director. Office hours: Mon– Thurs. 9am-12pm. Lorrie Childs, Data & Accounting Manager.				

Happy Birthday in October!

Elizabeth Sloan, Karl Wickland,
John Lyons, Ralph Driver,
Maryellen Blais, Cheryl Kress,
Amy Gavalis, Christine Coderre,
Thomas Kress, Maryann Young,
Gerald Randall, Susan Fuller, Daphne Thompson-
Addabbo, David Boyer, Francis Keefe,
Michael O'Neill, Lois Hripak, Mary Wickland,
John Follet, Ruth Wade, Bonnie Kellogg,
Lillian Bisbee, Michael Metzger, Laurence Hunkler,
Theodore Skawski, Mary Perkins, Lester Shaw



Coffee and Chat on Wednesdays from 9-11

Off to a good start!



From left to right: Deb Thibault, Kathie Brisbois,
Lillian Bisbee, Lorrie Childs, Jim Brisbois

Mystery Fall Foliage trip: Don't forget!

Tuesday, October 8th, 2019



Each year we form a carpool and take a ride to parts unknown, except to our leaders, Mary Jane Miller and Maryanne Coleman. We stop for lunch at a surprise location and return home. It all takes about three hours. If you'd like to come along, call Maryanne (296-4787). We need to call ahead to reserve seats where we'll have lunch. We leave the Community Center at 10:30am. Call ASAP!

Sunday, October 13th, 8:30-10:00am
Chesterfield Congregational Church
Breakfast

Pay by donation. All are welcome!

Sunday, October 20th at 12:30pm
Church World Services CROP Walk
Williamsburg Congregational Church

Donations benefit water and food needs around the world. Currently resources are helping those affected by the recent hurricane. Donations may be made to any Worthington, Chesterfield or Williamsburg Church member. The use of the word "walk" is because in many areas of the world, people (mostly women and children) walk hours every day to access water. Once better resources are available, children can go to school and women can practice proper sanitation and have time to raise animals or do handcrafts to make money for the family.

Save the Date!

**Out and About at UMass for lunch:
Marriott Meals**

Tuesday, November 19th

Cost: \$10 for entrée, appetizer and dessert.
Carpooling from the Community Center
Contact Mary Ann Coleman (296-4787)
by October 25th.



Art Show: Interested in history, houses and families?

Come see the art exhibit currently at the Community Center. Gigi Kaesar has a wonderful display of old homes and how they have changed over the years. Many of them include photos of the people who grew up in these house and people who live there now. Also displayed with the photos are small histories of the evolution of the homes and their residents. A separate photo album is wonderful to review. The daily office hours of the COA director are usually 8:30-12, but the Center is also open for other activities listed on the calendar. Drop in for a visit, have a cup of coffee and let nostalgia join you.

Reflections on Life

One of the advantages of growing older is that we do, indeed, grow wiser. Research has shown that sharing our memories, perspectives and things we've learned about ourselves and the world around us makes for healthy aging and longer life. This month we offer the first of what we hope will be a regular part of the newsletter. Carole Bergeron, a member of the Council on Aging, has given permission to include a copy of "Embracing your Incompetence", an article she had previously written.

Are you interested in writing something about your own experiences? Give a call to Jan Gibeau: 296-4467.

"I love Seth Godin. I subscribe to his blog (www.sethgodin.com) and read it daily. His contribution to the world of thinking is enormous, and I treasure it, in all its many forms. Every once in a while, something he writes particularly catches my fancy and causes me to actually want to respond. I had just such an experience a while ago and have now decided to share it.

I am of an age and gender that was told---both directly in a classroom (I can still feel the terrible embarrassment and shame as my sincere attempt at what I thought was higher math was met with ridicule by my very unhelpful/unkind 3rd grade teacher---UGH!) and indirectly by society that girls weren't good at math. So, I proceeded to fulfill that prophesy and develop a painful math-phobia. To this day numbers baffle me---I just don't trust them.

Despite that, I managed to pass multiplication and fractions in grammar school---YIIIPPPEEEEE! I succeeded with Algebra I and II in high school, plus Geometry--- but going beyond that was definitely not for me! When I needed to calculate dosages of medications in nursing school, I was totally frightened, but managed to figure that out---with a great deal of help from classmates and support from much more accommodating faculty. After all, lives were on the line there! I even passed statistics during my graduate work---which totally amazed me. Just don't ask me anything about Stat now---it went into short term memory only long enough for me to need it!

Like most people, I've learned to function in the world where numbers are concerned. If I really wanted to, I could manually balance a checkbook. But it's so much easier to let the bank and automation do it for me, as long as I keep track of what I'm spending---OK, so I keep up my end pretty well. I can manage budgets for projects in business. I use technology to help me as much as I can, without getting crazy with spreadsheets---that feels too much like math again, and it puts me right back in the 3rd grade with that terrible teacher---a place I never like to remember!

So really, anything that has to do with numbers would generally be something I would shy away from---EXCEPT when it comes to analyzing stuff. I love trying to make sense of the numbers so I can put them into a word picture that then makes even more sense to me. I know that number pictures can be useful all by themselves, but TO ME it's the words that hold the greatest power. So even though I fear and shy away from numbers, I've figured how to make peace with them. I guess I'm not interested enough in them to become competent in using them or learning how best to manipulate them or best use analytics---other people are far better at that than I am. But once the numbers picture is created, and I can see clearly how the raw numbers created that view, I can use my word skills to take it from there.

Now, back to Seth Godin's Blog about Embracing Your Incompetence (#embraceyourincompetence). I say ABSOLUTELY!!!! There are many areas where none of us have the "commitment, time or skill to become exceptional." I, for one, am not the least bit interested in becoming any more skilled with numbers than I am at this very moment. But I am deliriously happy to work with others who find numbers and analytics to be their passion. In fact, that kind of collaboration is exceptionally powerful and satisfying! And I've discovered that there's something truly magical that happens when I'm working in that way. Without even realizing it, I come away with just a bit more understanding about how the numbers work; and sometimes my collaborators detect new ways to see how the words augment the numbers picture. And, for me, it all happens without that awful 3rd grade memory---I remain a competent adult with gifts to offer and skills to share. I'll embrace that exceptional experience every single day!"



Gail Lucey joins Council on Aging

Gail was born in Blandford and grew up in Worthington. She and her husband, Mike, moved to Chesterfield last fall from Easthampton where they lived for 23 years. Gail's career as an educator has led to a wide variety of positions in western Massachusetts. She has served as a teacher, Director of Grants and Professional Development, and Director of Curriculum. Gail supported Russell H. Conwell School in Worthington by obtaining federal grants as it became an independent public school. Since retirement Gail has joined the New Hingham School committee. It's clear that education is an indelible part of her life.

ing, and spending time with family and friends. She enjoys visiting her two sons and their families -one son lives in Chicago and the other in Paraguay. In addition, moving into their new home has led Gail to studying interior design and landscaping. We look forward to getting to know her better and the contributions she and her husband, undoubtedly will bring to Chesterfield and our COA



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



Seniors Aware of Fire Education

This month, we will focus on those of you who benefit from medical oxygen in your home. Here are a few safety ideas for you to live with:



- A patient on oxygen should not smoke.
- No one should smoke in a home in which oxygen is being used.
- Keep oxygen cylinders at least five (5) feet from a heat source, open flames or electrical devices.
- Keep body oil, hand lotion, and items containing oil and grease away from areas in which oxygen is being used.
- Something to remember: when medical oxygen is used in the home, the amount of oxygen in the air, furniture, clothing, hair, and bedding can increase, making it much easier for a fire to start and spread.

Stay SAFE at home!

--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.

Be Your Best

Joan Griswold Brings Exercise Program to Chesterfield: Strength for Life

Maintain good posture with total body strength and flexibility so your physical capabilities keep you active in your everyday life. Join in this social, health-enhancing workout being offered at the Chesterfield Community Center on Friday mornings at 10am. **The first session is on October 25th.**



The popularity of the sessions Joan Griswold holds in Goshen and Plainfield leaves many wanting more. She will now come to Chesterfield and expand on the very popular ball exercise classes held in previous years. Now people who want to attend her sessions will have three days a week to choose from:



**Plainfield: Mon. 10am;
Goshen: Weds. 10am;
Chesterfield: Fri. 10am.**

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.

Ack! Talk to a lawyer!?

Every once in a while I write about documents we all really should have in place to make things easier for ourselves and our loved ones. Those notes usually include "You might need to see a lawyer about this." I suspect that tends to help procrastination, right?

So I'm hoping these suggestions will help move things along. They apply whether you are looking for help with a contract, being sued, have a personal injury, are trying to right a wrong, drafting your will or setting up a trust, or helping settle someone's matters after death. In today's society, there are many reasons for consulting a lawyer.

So...

1. Gather all documents and information you might need, make copies to give to the lawyer. Include names of other people who might be involved, with how to contact them.
2. Think of the questions you will need to ask and write them down.
3. Be ready to take notes as you get answers, or ask someone to go with you to do that.
4. Ask about fees for the tasks you need done and get a printed copy of the response.
5. Ask the questions about your issue.
6. Read and understand everything you are going to sign; ask questions again if needed.
7. Get copies of everything you sign for your files, and keep them safe.
8. Understand what happens next and when, meaning actions by you or by your lawyer.
9. And my favorite – ask him or her: "What other questions should I ask?"

Remember you can talk to your lawyer and the conversation is confidential. Also remember that if you don't get questions answered clearly and to your satisfaction, you may need to find another lawyer.

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

Hilltown Easy Ride and Hilltown Driver Pool



Answers to Common Questions

Need a ride? Hilltown Community Development provides transportation for shopping, medical and COA outings for seniors in the towns of Chesterfield, Cummington, Goshen, Plainfield and Worthington. Our primary program is operating a FRTA van, which runs five days a week, prioritizing medical rides on Monday, Wednesday and Friday. Tuesdays we go to the Big Y in Northampton and Thursdays we go to Market 32 in Pittsfield – both of those shopping trips have the option of also shopping at Walmart and other stores in their respective plazas. The shopping trips are a great way to get food and errands done while leaving your car at home – plus we have a great group of regulars which add to the enjoyment of the outing each week.

You must be 60+ to be eligible to ride the Hilltown Easy Ride and fill out a Demand Respond Application with FRTA. We would gladly help you with that process, or you may go on the FRTA website and download an application. It takes about a week to be processed, and once you get the acceptance letter you can start booking rides.

For those occasions when the van is unavailable for a medical appointment, we supplement with the Hilltown Driver Pool – a pool of drivers from the community who can take passengers in their personal vehicles to medical appointments which the van cannot accommodate due to scheduling or service area restrictions. Please make your appointment request to Ed Pelletier, Dispatch Coordinator, and he will determine which option will work according to the schedule: 413-296-4232.

Frequently Asked Questions:

Will the van take me anywhere I want to go?

The Hilltown Easy Ride is operated under a contract with Franklin Regional Transit Authority and they do give us restrictions on which towns we serve (Chesterfield, Cummington, Goshen, Plainfield and Worthington), where we go and how it is used. Re-occurring medical appointments and appointments more than 30 miles away are not al-

lowed as they overburden program resources. For this reason we secured a small grant for the Hilltown Driver Pool to help us cover those limited instances. Shopping, wheelchair accessible transportation, and medical rides we can cluster are all great uses of the van! The Hilltown Easy Ride is public transportation, not a taxi service, so sometimes there is a bit of a wait to be picked up or for other passengers to complete their shopping.

So yes, the van can take you almost anywhere with a few exceptions, caveats and within the grant funding we have available. But we are always happy to work through scheduling conflicts and program restrictions – so call us! We can only keep these programs funded if they are well used and we consider riders an essential part of our Hilltown transportation team.

What does it cost?

Van fares depend on distance, but the average rides are from \$3.50 to \$4.50 round-trip. Hilltown Driver Pool rides are by a suggested donation of \$5 to \$15.

How do I book a ride?

Call our dispatch coordinator Ed Pelletier at 413-296-4232 and tell him about your trip request. We do need 48 hours notice (two business days – call Friday for a Tuesday request) as our drivers are all “on-call” and need to be set up.

How do I know if the ride is confirmed?

Ed will secure the driver and adjust the schedule and call you back the day before to confirm.

What if the dispatch doesn't answer the phone?

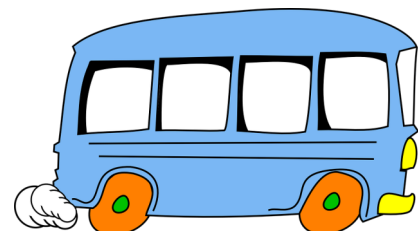
Ed works 8-10am so often riders leave him a voicemail. He checks and returns calls within 24 hours – please feel free to leave a message and he will get back to you.

Is there a low-income eligibility requirement?

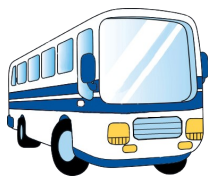
NO, any resident of those five towns who are 60 years old and over, plus veterans of any age, may ride regardless of income.

Why do I have to do paperwork to apply?

The van belongs to FRTA who contracts with us, so we are required to use their forms and they keep approved rider lists. It is also important for your safety that we have your full name, contact information and an emergency contact on file while riding with us. Some terminology on the application is unfamiliar, or maybe you don't have a copier at home to make a photocopy of the required drivers license. We are happy to help, call Ed if you require assistance with the application.



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.**

Oct. 10: A Day in Vermont. Cost \$78. 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– Possible Multi Day Trips:

*Destiny USA Mall in Syracuse, NY
Memphis-Tunica, Niagara Falls, and
Nantucket!*

Possible Day Trips:

*New England Air Museum, Shows, Casino,
Majestic Theater*

Suggestions are always welcome.

Attention Medicare Beneficiaries... Open Enrollment Time Approaches

It's that time of year when your mailbox may begin to fill up with marketing materials from your Medicare D plan, or your Managed Care Plan.



Open Enrollment starts October 15th and runs through December 7th. It's the time of year when you can switch health insurance plans if you're not happy with your current coverage... or you might just want to check to see if there's a better health insurance plan out there. For those of you who are enrolled in a Medicare Managed Care plan, you have an even longer Open Enrollment time, extended to March 31st now.

Consider this your "annual health insurance check up".

Ask yourself the following questions:

- does my current plan cover all my Rx?

- are the copays for my Rx affordable?
- has my income changed significantly this past year, which might make me eligible for subsidy help with my health insurance now?
- have I received letters from my health insurance that I don't understand? Or are just confusing?
- have I discovered my Plan has significant co-pays for ambulance rides, hospitalizations, or rehab services?
- do I want to sign up for a Medicare Managed Care Plan because I only have Original Medicare A & B?

If you answered yes to any of these questions, or if you are just curious about any new health insurance options that might work better for you, contact your SHINE counselor.

You can call your senior center; Highland Valley Elder Services, 413-586-2000; or the Regional SHINE office at 413-773-555 to schedule an appointment.

Self Help Options:

- you can check your Medicare and You handbook which can be accessed online if you don't have a hard copy.
- you can call 1-800-MEDICARE and say "Agent". Help is available 24 hours a day including weekends.
- you can go online, to [medicare.gov](https://www.medicare.gov) and check out their brand new, user friendly, website if you are looking for information on the Medicare D Plan Finder.

NOTE: any changes you may make to your health insurance during Open Enrollment take effect January 1st, 2020.



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400 Main Road, P.O. Box 7
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Lillian Bisbee, Chair
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Bev Pomeroy, Secretary
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Jim Brisbois
Milenna Curtis
Marilyn Davidson
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Gail Lucey
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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

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Out and About in October



Tues. October 1st at 3pm
Keys to Aging Well Expo
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/

Sat. October 5th at 6pm
Ukulele Workshop

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

For all ages: 8 to 98! Ukulele provided. Taught by David Maloof. Wish to participate? Register by calling or stopping by the Goshen Free Library: 413-268-8236 x111.

Fri. October 18th at 9am & 10am
Spa Day at Smith Vocational
80 Locust St. Northampton

Smith Vocational is collaborating 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.

Sun. October 20th at 2pm
The Not-So-Good-Life of the Colonial Goodwife
By Velya Jancz-Urban

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

This enthusiastic delivery is funny and frank. Laugh, grimace and honor our foremothers' journeys while learning about the little-known life-ways faced by women of New England during the Colonial era. Sponsored by the Goshen Historical Society. All welcome!