

Chesterfield Council on Aging

November 2019 Newsletter



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

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

November Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
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4 Advanced Tai Chi 9:30am Northern Hilltowns COAs Consortium 9:30am Feldenkrais 7pm	5 Chair Yoga 10am	6 Coffee & Chat 9am Mah-Jongg 1pm	7 Men's Breakfast 9am Flu Clinic 10am Beginner T'ai Chi 6:15pm	8 Strength for Life 10am
11 Veterans' Day Veterans Breakfast 9am	12 Chair Yoga 10am UMass/Marriot Trip 10:30am	13 Coffee & Chat 9am Mah-Jongg 1pm	14 Brown Bag 10am Beginner T'ai Chi 6:15pm	15 Strength for Life 10am Music with AJ & Sylvia Sun. 11/17 2pm
18 Advanced Tai Chi 9:30am Feldenkrais 7pm	19 Chair Yoga 10am	20 Coffee & Chat 9am Mah-Jongg 1pm	21 Beginner T'ai Chi 6:15pm	22 Strength for Life 10am CFCE Playgroup 10am-12pm
25 Advanced Tai Chi 9:30am COA Board 10am Veterans' Agent 11am Feldenkrais 7pm	26 Chair Yoga 10am	27 Coffee & Chat 9am Mah-Jongg 1pm	28  Happy Thanksgiving	29 Strength for Life 10am
<div> Jan Gibeau, Director. Office hours: Mon– Thurs. 9am-12pm. Lorrie Childs, Data & Accounting Manager. </div>				

Happy Birthday in November!



Roland Lebeau, Michael Mcneight,
Sallyann Fortini, Matt Barron, John Cennamo,
William Gessing, Edward Kolosewicz,
Dennis Pittsinger, Nancy Westgate, Marvin Jones,
Joyce Harris, Paul Lampron, Robin Bak,
Sally Stites-Robertson, Robert Aller,
Margaret Ladd, Peter Banister, William Robertson,
Sarah Prince, Joyce Follet, Marilyn Donovan,
Frances Breau, Ruby Donovan, Eileen Delano,
Janet Russell, Colleen Wickland

Out and About: Trips and Events

Tuesday, November 12th

Lunch at UMass: Marriott Meals

The Chesterfield Travel Group is planning a lunch at the Marriott Meals. All meals are managed, prepared and served by students. Besides the general entrées they also offer gluten-free, dairy-free and vegan meals. You can order a-la-carte or bundle (starter, entrée, dessert). Trip leaves from the Chesterfield Community Center at 10:30am. For reservations, please call Mary Ann Coleman ASAP: 413-296-4787.



Save the Date!



Want to join us for a winter celebration?
We are planning to go to the Log Cabin in Holyoke on **December 5th** for a:

Holiday Dinner and Musical Performance: Blue Christmas with Elvis

Menu: Salad, Chicken or Steak, Dessert

Price: The cost of the show is set at \$49 but we hope to offer a discount for Chesterfield Seniors TBD at the next COA board meeting Oct 28

Please let us know ASAP if you are interested.
More information will soon be available, but we need to reserve seats early

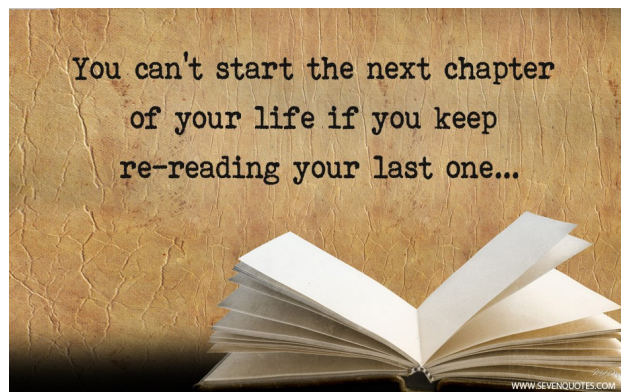
Please call Maryann Coleman: 296-4787

Sponsored by Chesterfield Council on Aging

Good Times for Chesterfield Fairgoers: The Big E



*The annual trip to the Big E with 29 seniors led to music, fun, farm produce displays and food booths; especially the outstanding cream puffs.
Mary Ann Coleman, Sandy Wickland and Betty Fondakowski harvested the outstanding cream puffs!*



*COA Board members getting
Men's Breakfast ready:
Marilyn Davidson, Lillian Bisbee and Gail Lucy*

Age Friendly Core Team Sets Priorities

Results of Chesterfield Survey and Community forums are being reviewed by Core team members: Bev Pomeroy, Carole Bergeron, Lorrie Childs, Jan Gibeau, Sylvia Lapinski, Sue Labrie, Jen Peotter and Trish Colson-Montgomery, who bring many perspectives and skills to steering the tasks identified by older adults as important and needed to not only make Chesterfield a good town for Aging In Place, but to pave the way for others who hope to do the same. Led by Deb Hollingworth, Regional Facilitator for each of the seven towns (Goshen, Chesterfield, Williamsburg, Cummington, Westhampton, Plainfield and Worthington), the group identified the following topics as important to those answering the survey and/or attending the community forum.

Seniors: Accessible Public Buildings and Road Safety

- Public buildings have sufficient seating and toilets
- Buildings are accessible to people with limited mobility
- Drivers giving pedestrians the right of way
- Roads are well maintained
- Roads are free of obstructions that block driver's vision
- Traffic signs and intersections are visible and well-placed
- Adequate Hilltown transportation services

Community Activities

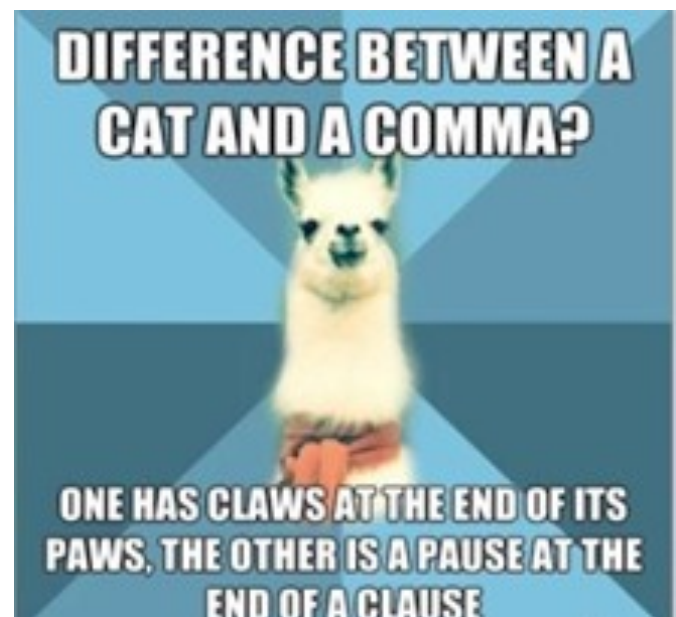
- Activities are affordable, with no hidden or additional participation costs
- Good information about activities and events is provided
- Activities and events can be attended alone or with a companion
- Older people, who are less well-off, can access affordable services
- Town-wide settings, activities and events attract all generations

Importance of Communication

- An effective communication system reaches town residents of all ages
- Regular and wide-spread distribution of information is assured, and a coordinated, centralized access
- Print and spoken communication uses familiar and understandable words in short, straightforward sentences
- Need for Broadband and how it may impact seniors

These are only a few of the important issues discussed by the team as it finalizes the priorities of this initiative.

Jan Gibeau, Chair of the Northern Hilltowns Consortium of Councils on Aging, and Deb Hollingworth met with Dave Christopolis, Executive Director of the CDC, and Sarah Bankert, Director of Healthy Hampshire, to identify how we can collaborate in finding and linking funding to the specific needs identified by each town committed to becoming "Age Friendly Communities". They currently have grants in process to fund some of the domains such as Walkability, Complete Streets, Mobile Food Market, etc. Working in partnership with this council will strengthen each town's successes in creating the much needed changes in our communities.



Profile: Joan Griswold

Bringing Strength for Life Exercise to Chesterfield

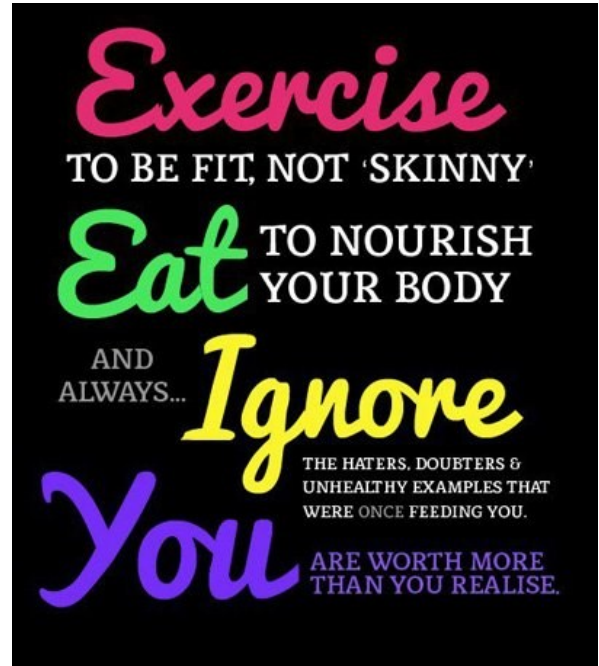
We are happy to now have Joan teaching her Strength for Life exercise class here in Chesterfield, in addition to her other classes in Goshen and Plainfield. Joan is a passionate and accomplished director of health promotion and programming, with proven success in both developing and implementing healthcare improvement programs in organizations with locations nationwide.

Joan was born in Brunswick, New Jersey but has lived in several parts of the country. After living in Bernardston, then Gill, she later moved to Goshen. Joan likes living in the beautiful hilltowns where the "air is good, the people are peaceful and there are lots of creative people". Her passion is promoting healthy living and her hope is to offer programs and classes that have a positive impact on people's lives. She is well prepared to do just that by having extensive knowledge and experience.

As a graduate of the University of Massachusetts, with a degree in Human Performance and Wellness, Joan holds several certifications, from the Cooper Institute of Aerobic Research as Health Promotion Director, and from the American Council on Exercise as a group exercise instructor and Health Coach. She is a certified American Heart Association instructor of CPR-First Aid. Joan is Manager Level ServSafe certified. She is also recognized as Faculty with the Wellness Council of America. Joan has made many contributions in

different settings, including serving as a volunteer for the Family Medical Center in Greenfield.

Joan recently met with the Northern Hilltowns of Councils on Aging to discuss the creation of a more comprehensive plan for healthy living, including nutrition programs, such as "How to cook healthy foods that also taste good". Stay tuned for future news. We are so lucky to have her energetic help and wisdom as we build "Strength for Life" networks in our communities.



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!



Save the date

Prepare for a HUNT-A-BOOK lead up event

On Sunday, December 8, 2019 from 3-5pm at the Chesterfield Community Center, local author, journalist, teacher, set dresser, editor and spoken word artist, Joe Gannon will talk about books, writing, research and questions how an author deals with the truths of the past while writing for audiences in modern times. After Joe's talk, there will be time for questions and edible treats.



Joe spent three years in the army, graduated from the University of Massachusetts at Amherst and received his MFA at Pine Manor College. During the Sandinista Revolution, he worked as a freelance journalist in Nicaragua and wrote for The Christian Science Monitor, The Toronto Globe and Mail and the San Francisco Examiner. At present, he writes a monthly column for the Daily Hampshire Gazette and the Valley Advocate, and teaches in Springfield.

His first novel, *The Night of the Jaguar*, published in 2014 by St. Martin's Press, was named one of the best debut mystery novels by Booklist. His second novel, *The Last Dawn*, was published in 2016, and his next book, *The Girl in the Well*, is a fictional account of New York's first sensational murder trial in 1800.

And what is a HUNT-A-BOOK? Watch this space, prepare to think about Chesterfield haunts, look for publicity that gives hints...and, and, AND...get ready to HUNT-A-BOOK.

The Massachusetts Councils on Aging held their annual fall conference in the first week of October in Danvers, MA. Our own Chair of the Northern Hilltowns Consortium, Janice L. Gibeau, along with Deborah Hollingworth, Regional Facilitator and Sue LaRock, Coordinator, Plainfield Council on Aging presented "Down in the Weeds: Grass Root Development of Rural Age Friendly Communities".

The Northern Hilltowns Consortium of Councils on Aging has found that regularly meeting together creates a strong forum for sharing problems, strategies and specific techniques to build cohesive community networks. The presentation/workshop focused on the dynamics of community development when changes are sought, strategies for creating cohesive relationships within the community and its stakeholders. It also addressed stages of development of an Age Friendly Community.



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.

It's Personal!

OK – we always say “don’t give out personal information”, but what all does that mean? Say someone comes to your door and wants to chat before selling you something. Someone calls on the phone, or you get a real-looking email. What don’t you want to tell them?

What is considered personal information is numbers. Numbers for you: Social security, Medicare or Medicaid, medical insurance, driver’s license, bank account, credit or debit card, street address.

But wait, there’s more! Also considered personal information is your middle name, your mother’s maiden name, the town you were born in, the town from which you graduated high school, the year you graduated, a favorite pet’s name. Seriously, Jean? Yes, seriously. Many people use a pet’s name as part of their password system, and may even say the pet’s name during a phone call.

Some of the damage criminals do is incremental – they get one of your numbers, add a piece of personal information, and away they go, opening a new charge card or withdrawing cash on a fake ID card. The designations of mother’s maiden name and other such information specific to you are often used as part of password recovery settings, so they can take a guess and then reset your password.

I hate to sound paranoid, but it is not paranoia if scammers are actually out to get you!

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

Worried about Dementia?

As life expectancy grows, and the population of people 60 years or older, we're all seeing an increase in the level of concern about how well people will live, not just how long they will live. It's not uncommon for people to say: **"I just want to keep my marbles"**. Those marbles, as it were, are the ability to remember things and the ability to manage their lives and not be a burden to others. These are not small concerns. Rather than silently worrying about "how bad am I", it's important to know how to find out and where to turn for help. The person experiencing memory loss is often the first to notice it, but it's also families and friends who recognize how and if things are changing. One of the most troubling worries is the problem of Alzheimer's disease, but it's important to not jump to conclusions. Not all dementias are due to Alzheimer's disease. Dementia is a collection of symptoms that can occur due to a variety of possible reasons.

If you or your loved one is experiencing memory problems, don't immediately conclude that it's dementia. A person needs to have at least two types of impairment that significantly interfere with everyday life to receive a dementia diagnosis. In addition to difficulty remembering, the person may also experience impairments in: language, communication, focus, and reasoning.

1. Subtle short-term memory changes. Trouble with memory may be an early symptom of dementia. The changes are often subtle and tend to involve short-term memory. An older person may be able to remember events that took place years ago but not what they had for breakfast. Other symptoms of changes in short-term memory include forgetting where they left an item, struggling to remember why they entered a particular room, or forgetting what they were supposed to do on any given day.

2. Difficulty finding the right words. Another early symptom of dementia is struggling to communicate thoughts. A person with dementia may have difficulty explaining something or finding the right words to express themselves. Having a conversation with a person who has dementia can be difficult, and it may take longer than usual to conclude.

3. Changes in mood. A change in mood is also common with dementia. If you have dementia, it isn't always easy to recognize this in yourself, but you may notice this change in someone else. Depression, for instance, is typical of early dementia. Along with mood changes, you might also see a shift in personality. One typical type of personality change seen with dementia is a shift from being shy to outgoing. This is because the condition often affects judgment.

4. Apathy or listlessness, commonly occurs in early dementia. A person with symptoms could lose interest in hobbies or activities. They may not want to go out anymore or do anything fun. They may lose interest in spending time with friends and family, and they may seem emotionally flat.

5. Difficulty completing normal tasks. A subtle shift in the ability to complete normal tasks may indicate that someone has early dementia. This usually starts with difficulty doing more complex tasks like balancing a checkbook or playing games that have a lot of rules. Along with the struggle to complete famil-

iar tasks, they may struggle to learn how to do new things or follow new routines.

6. Confusion. Someone in the early stages of dementia may often become confused. When memory, thinking, or judgment lapses, confusion may arise as they can no longer remember faces, find the right words, or interact with people normally. Confusion can occur for a number of reasons. For example, they may misplace their car keys, forget what comes next in the day, or have difficulty remembering someone they've met before.

7. Difficulty following storylines. Difficulty following storylines may occur due to early dementia. This is a classic early symptom. Just as finding and using the right words becomes difficult, people with dementia sometimes forget the meanings of words they hear or struggle to follow along with conversations or TV programs.

8. A failing sense of direction. The sense of direction and spatial orientation commonly starts to deteriorate with the onset of dementia such as not recognizing familiar landmarks and forgetting regularly used directions. It also becomes more difficult to follow a series of directions and step-by-step instructions.

9. Being repetitive. Repetition is common in dementia because of memory loss and general behavioral changes. The person may repeat daily tasks, such as shaving, or they may collect items obsessively. They also may repeat the same questions in a conversation after they've been answered.

10. Struggling to adapt to change. For someone in the early stages of dementia, the experience can cause fear. Suddenly, they can't remember people they know or follow what others are saying. They can't remember why they went to the store, and they get lost on the way home. Because of this, they might crave routine and be afraid to try new experiences. Difficulty adapting to change is also a typical symptom of early dementia.

It's important to remember that forgetfulness and memory problems don't automatically point to dementia. These are normal parts of aging and can also occur due to other factors, such as fatigue. Still, you shouldn't ignore the symptoms. If you or someone you know is experiencing a number of dementia symptoms that aren't improving, talk with a doctor. They can refer you to a neurologist who can examine you or your loved one's physical and mental health and determine whether the symptoms result from dementia or another cognitive problem. The doctor may order:

- a complete series of memory and mental tests
- a neurological exam
- blood tests
- brain imaging tests

With treatment and early diagnosis, it may be possible to slow the progression of the disease and maintain mental function. The treatments may include medications, cognitive training, and therapy. It's important to have a thorough evaluation before deciding that you or a family member have Alzheimer's Disease. You can learn more by contacting the Alzheimer's Association and checking to see if there are Memory Clinics or programs in your area.

Source: Adapted from Alzheimer's Association

RESOURCE DIRECTORY



Domestic Violence Advocate, Hilltown Safety at Home (HS@H)	413 387-3120
If you need help in an emergency, call 911 or the Safe Passage hotline	888 345-5282
Elder Abuse Hotline	800 922-2275
First Call for Help Information and Referral Resources	800 339-7779
Fuel Assistance Application and Recertification	800 370-0940
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; 3 rd 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, Mary Kane	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	413 268-8407
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 & Driver Pool Ed Pelletier	413 296-4232

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cummington COA , Chrisoula Roumeliotis	413 634-2262
Goshen COA , Evelyn Culver	413 268-3316
Plainfield COA , Susan Metcalfe LaRock	413 743-5345
Westhampton COA , Amy Landau	413 203-9808
Williamsburg Senior Center , Jennifer Hoffman	413 268-8410

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

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Francine Frenier, Vice Chair
Bev Pomeroy, Secretary
Jim Brisbois
Milenna Curtis
Marilyn Davidson
Marianne Hoag
Gail Lucey
Deborah Thibault



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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 November

Mon. November 11th, 9am-10am
Veterans Day Breakfast

Cfield Comm. Ctr. 400 Main Rd., Chesterfield

Free! All Hilltown veterans and spouses welcome.
RSVP welcome, call Maryanne Coleman: 296-4787.
Sponsored by the Chesterfield Grange.



Fri. November 15th, 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.

Sat. November 16th, 4-7pm
Williamsburg Polka Party
Williamsburg Town Offices Auditorium
143 Main St. Haydenville

Steve & Tom Duo will be playing polkas. Polish-inspired food to be served. All are welcome! \$5.00 Entrance Fee (donations also accepted). **Get your dancing shoes ready! Fundraiser for Williamsburg Senior Center.**

Sun. November 17th, 2pm
Music with AJ & Sylvia
Cfield Comm. Ctr. 400 Main Rd., Chesterfield

Come enjoy music by the Lapinskis! Refreshments will be served.

Save the Date!
Wednesday, December 4th, 6 pm
An Intro to Aromatherapy: The Basics
Williamsburg Town Offices Café
143 Main Street, Haydenville
Presenter: Kay Judge,
Clinical Aromatherapist



This class is designed to provide a basic understanding of what the use of essential oils is all about. Create a room spray from commonly used essential oils to take home. A materials fee of \$25.00 will be collected. All are invited!