

# Chesterfield Council on Aging

## January 2020 Newsletter



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

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

### January Calendar of Events

<u><b>Monday</b></u>	<u><b>Tuesday</b></u>	<u><b>Wednesday</b></u>	<u><b>Thursday</b></u>	<u><b>Friday</b></u>
		<b>1</b> <b>New Year's Day</b>	<b>2</b> <b>Men's Breakfast</b> 9am <b>Beginner T'ai Chi</b> 6:15pm	<b>3</b> <b>Strength for Life</b> 10am <b>Writing Workshop</b> 1pm  Ring in the New Year Potluck Sun. 1/5
<b>6</b> <b>Advanced Tai Chi</b> 9:30am <b>Consortium Mtg</b> 9:30am <b>Feldenkrais</b> 7pm	<b>7</b> <b>Chair Yoga</b> 10am <b>BP Clinic</b> 11am	<b>8</b> <b>Coffee &amp; Chat</b> 9am <b>Mah-Jongg</b> 1pm	<b>9</b> <b>Brown Bag</b> 10am <b>Beginner T'ai Chi</b> 6:15pm	<b>Strength for Life</b> 10am <b>Fun Food for One</b> 11:30am <b>Writing Workshop</b> 1pm
<b>13</b> <b>Advanced Tai Chi</b> 9:30am <b>Veteran's Agent</b> 11:30am <b>Feldenkrais</b> 7pm	<b>14</b> <b>Pre Tai Chi</b> 8:30am <b>Chair Yoga</b> 10am	<b>15</b> <b>Coffee &amp; Chat</b> 9am <b>Mah-Jongg</b> 1pm	<b>16</b> <b>Beginner T'ai Chi</b> 6:15pm	<b>17</b> <b>Strength for Life</b> 10am <b>Fun Food for One</b> 11:30am <b>Writing Workshop</b> 1pm
<b>20</b> <b>Advanced Tai Chi</b> 9:30am <b>Feldenkrais</b> 7pm	<b>21</b> <b>Pre Tai Chi</b> 8:30am <b>Chair Yoga</b> 10am	<b>22</b> <b>Coffee &amp; Chat</b> 9am <b>Mah-Jongg</b> 1pm	<b>23</b> <b>Beginner T'ai Chi</b> 6:15pm	<b>24</b> <b>Strength for Life</b> 10am <b>Fun Food for One</b> 11:30am <b>Writing Workshop</b> 1pm
<b>27</b> <b>Advanced Tai Chi</b> 9:30am <b>COA Board</b> 10am <b>Veteran's Agent</b> 11:30am <b>Feldenkrais</b> 7pm	<b>28</b> <b>Pre Tai Chi</b> 8:30am <b>Chair Yoga</b> 10am	<b>29</b> <b>Coffee &amp; Chat</b> 9am <b>Mah-Jongg</b> 1pm	<b>30</b> <b>Beginner T'ai Chi</b> 6:15pm	<b>31</b> <b>Strength for Life</b> 10am <b>Fun Food for One</b> 11:30am <b>Writing Workshop</b> 1pm
<b>Jan Gibeau, Director. Office hours: Mon- Thurs. 9am-12pm.</b> <b>Lorrie Childs, Data &amp; Accounting Manager.</b>				

## Happy Birthday in January!



Beverley Sunderland, Edward Breau, Judith Terry, Martha Liimatainen, Judith Press, Noel Rogers, Eunice Maquire, Lucille Bartus, Charles Nugent, Mario Addabbo, William Michalowski, Jeane Anastas, Beverly Henrichsen, Mary Ellen Frye, Pierre Brisson, Joseph Bartus, Georgean Michalov, Michael Zalesky, Joshua Karmon, Megan Zalesky, Brooks Ryder, Thomas Dawson, Carl Cignoni, Laine Wilder, Russell Peotter, Christine Ciccarelli, Sheryl Long, Debra Blanchard, Eileen McGowen, Mary Heon, Lynn Hicks, Janet McCann, Sally Kolodziej, Marianne Hoag, Kent Hicks, Beverly Pomeroy, Shawn Robbins, Heidi Pruzynski, Bert Church

*New Program Coming  
Friday, January 10, 2020*

### ***Fun Food For One Six Week Nutrition Series***



Presented by: Joan Griswold

Time: 11:30am

Place: Chesterfield Community Center

### **What's it take to put more "sizzle" into our daily dining routine?**

Living alone and facing solo dining can easily lead to boring and not always the best food choices. Would you enjoy learning how to prepare healthy foods that taste good? Looking for ideas of what you can prepare when you're cooking for one? Is there such a thing as a healthy dessert that you can enjoy? Can you really learn to cook new foods or learn new ways to prepare traditional "old foods" in a healthier way?

Come find out at the round table and in the kitchen at the Community Center. This time it's OK to "play with your food" and join others doing the same. Each of the six sessions will involve some "hands on" time so you can both create and sample the final product. **RSVP ASAP, enrollment is limited.**

**Call 296-4007 or  
email [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)**

## Having a Blue Christmas at the Log Cabin

Around 30 people from Chesterfield joined many others at the Log Cabin to celebrate a "Blue Christmas" with Elvis and Rod Stewart. No one was blue though, and everyone enjoyed a great time, great food, and great music.



*Robin Bak,  
Fred & Marianne  
Drake*



*Elvis  
(Ray Guilmette)*



## Don't ignore Falling:

It could mean something else is happening.

Research shows that one in every four adults aged 65 and older experience a fall each year. Despite this history of falls, *fewer than half* tell their health practitioners, family members or even their friends. One of the fears is that telling people about it could lead to actions that threaten their self sufficiency. It's not uncommon for family members and others to feel that an older adult is living in unsafe conditions, or is beginning an irreversible decline in health that will only become worse. If the falls are increasing in frequency, it's important to share the information with others. It's crucial that the cause of the falling be identified. **There are many reasons for falling and just "living with it" is unwise.** It could signal a change in blood pressure, changes in medications, or other medical conditions. Check it out.



Once the cause is known, there are adaptations that can be put in place that enhance safety and independence, such as the removal of scatter rugs, installation of grab bars and getting chairs and/or sofas that are stable and have arms. Getting up from sitting can be difficult without having leverage or a chair that is firm, high enough and without wheels. Firm recliners often help. Stepping up on a stool or ladder can be stepping into a fall. It's safer to have "grabbers" on hand. They are available in most medical supply stores, but to save money, check with your Council on Aging where they can be free. Ask for help to put frequently used food and supplies on lower shelves. Having a medical alert system can make getting help easier. The prices vary so choosing the right one for you is most likely going to involve some "homework", and checking on reviews of your options, most commonly found on the internet listed as Fall Detection Medical Alert Devices.

### What are the best steps to follow if you fall?

1. Stay calm and take a few deep breaths.
2. Examine yourself for injuries.
3. If you find that you are injured or unable to get up, try to alert someone to your predicament. While you're waiting for help, try to keep warm and stay calm.
4. If you are confident you haven't broken any bones or experienced a serious injury, search for the nearest piece of sturdy furniture. (A chair would be ideal.)
5. Slowly roll onto your side and then work to get

onto your hands and knees.

6. Crawl or drag yourself over to the piece of furniture.
7. Get into a kneeling position and place your hands on a stable part of the piece of furniture (e.g. the seat of the chair).
8. Choose your strongest leg and move that knee forward to place your foot on the floor. You should end up in a kneeling lunge with your hands still on the piece of furniture for support.
9. Using your arms and legs simultaneously, push yourself up and pivot around until you're sitting on the piece of furniture.
10. Stay sitting until you're confident you can move around without hurting yourself or falling again.
11. Once you are up, notify your doctor that you've had a fall and keep an eye out for emerging pain or signs of injury.

Adapted from AgingCare



### Friends of the Library launches HUNT-A-BOOK

Joe Gannon, local author, journalist, teacher, set dresser, editor and spoken word artist talked about books, writing, research and how an author deals with the truths of the past while writing for audiences in modern times. His first novel, *The Night of the Jaguar*, was part of the "Hunt A Book" challenge created by Friends of the Library. By following clues left here and there, three of the four hidden books were found. The fate of the fourth is still unknown. The event brought approximately 30 people out into the cold rain for Joe's engaging and well received presentation.



## Profile: Doug Small

### A Large Part of the Warmth of Chesterfield

Chesterfield would not be the same if Doug Small were not part of the Chesterfield Community.

Born and raised in Springfield, his journey has taken him to UConn and Yale Divinity School. His wife of 51 years has been at his side throughout his career. Doug's ministry took him to Westport, Ct. where he served a very large church. While it was a rich experience, Doug wanted a life in a smaller town with his own church family and a higher level of autonomy and freedom in his religious practice. Because it was close to his family and in the heart of New England, Worthington was the town Doug and Judy chose, and where they would raise their two children. The move was in some ways serendipity since the interim pastor in Worthington at the time was looking for a life in a larger church community while Doug and Judy were looking for life in a smaller community. Eventually the interim pastor from Worthington moved to Westport, and Doug and his family moved to Worthington. A trade of dreams and aspirations, it would seem.

Doug entered the world of business, creating New England Handprints, Inc., a company known for producing elegant, handcrafted wallpaper. During some of the twenty five years that he and his partner operated the printing plant, Doug walked with one foot in the business world and the other in the pulpit.

When asked what leading a successful business and a successful church community had in common, the importance of accurate, timely and respectfully communication was key. A "community of faith and values" was central to business and church.

There's another passion Doug has that has nothing to do with working: being on the water and fishing. As most fisherman know, there can be a great surge of peace and wonder, even when you don't catch a fish. Having your own boat tops it all off. Doug's services are famous for his straightforward warmth, humor and humility. As we start 2020, it's a good time to reflect on what it takes to make a caring community. Doug Small is a very important part of it in Chesterfield.


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**Winter Weather Reminder:**

In these wintery months, please note that the Chesterfield Community Center will be closed to all functions if the Hampshire Regional School District is closed due to inclement weather.

Check Channel 22 or 40 (TV), WHMP (radio) or cancellations.com (web).

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### 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



The New Year is a time to make and keep resolutions. Here are a few you might want to make and keep that will help keep you from falling. Resolve to:

- Get more exercise.
- Wear sturdy, slip-proof shoes.
- Wear slip-proof slippers; don't walk around the house wearing only socks on your feet.
- Get rid of scatter rugs or secure them to the floor so they won't scatter you.
- Sand ice on steps and walks.
- If you are having trouble with balance, talk to your doctor.

Have a S.A.F.E. new year!

~ 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.*

**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. Include your address so I will know  
which mailing list to take you off of. Thanks!



### Cell Phone Static

For as helpful as cell phones have become, they sure do cause a lot of bother when all those unwanted calls come in. I assume you added your number to the "Do Not Call" registry a long time ago, and that helps a bit but there are things you can do in managing your phone.

A good first hint is to put everyone who might call you in your contact list. Give them a name and answer the call only if that name comes up on the screen. If someone else calls and really wants you, they can leave a message. You can also assign a ringtone to the folks in your contact list, then ignore other ring tones as they come in.

After spending some time with a beverage (hey – you might as well enjoy the process) and getting your contact list set up, ask your phone to block all other calls. You'll find that option in "Settings", and may also be able to set up the "Do not disturb" option to help block unwanted calls.

And some avoidance... when you do online shopping, try to opt out of phone calls. If a store clerk asks you for a phone number, find out if it is really necessary that they have it. Or just politely refuse to give it, gambling on whether they will give up on a sale or not.

There are services to block calls – too much to write in this space. But look at **clark.com/technology/phones-mobile-devices/how-to-stop-robocalls/** and **consumer.ftc.gov/taxonomy/term/919**

As always, if you do answer a robocall, do not engage in either a chat or tirade. Don't hit a key to "stop these calls". For real, do not say the word "yes". Just Hang Up!

Stay safe,

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

## Circuit Breaker Tax Relief

There is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water and sewer debt charges. Renters can count 25% of their rent as real estate tax payments. If you have not filed for Circuit Breaker before, you may file for the current year and the two years previous. You must file a Massachusetts state income tax return to claim the Circuit Breaker Credit, whether or not you normally file one. You must include Schedule CB, Circuit Breaker Credit, with form 1. For additional information, contact:

**Massachusetts Department of Revenue  
Customer Service Bureau  
800-392-6089  
617-887-MDOR  
[www.mass.gov/dor](http://www.mass.gov/dor)**

## Notes from MCOA

### *Massachusetts Council on Aging*

#### \* **New Veteran's Services Benefit Calculator from Harvard Law School**

In November, the Veterans Legal Clinic at the Legal Services Center of Harvard Law School launched a new online tool to help Massachusetts veterans and survivors who are struggling financially. The tool, called the **Massachusetts Veteran Benefit Calculator**, is an easy to use online calculator and can be accessed at [MassVetBen.org](http://MassVetBen.org). The Mass Vet Benefit Calculator helps veterans, their families, and service providers determine potential eligibility for financial assistance through the Massachusetts Veterans' Services Benefits Program—known as Chapter 115. Chapter 115 can provide critical monthly assistance to low-income veterans, as well as their survivors and dependents, with monthly payments ranging over \$1000 depending on need.

The Mass Vet Benefit Calculator can be completed by the veteran, or with the aid of a family member, service provider, or advocate. It takes only a few minutes and can be done on a desktop computer, a smartphone, or a tablet. The Calculator asks a series of questions about income and expenses and at the end indicates if the user appears to be eligible for assistance through Chapter 115, along with an estimate of how much they are likely to receive. The Calculator also provides information about how to apply for Chapter 115,

including contact information for the user's local Veterans' Service Officer (VSO), who will submit a formal application. The Mass Vet Benefit Calculator was created to help reduce financial insecurity, homelessness, and hunger in the Commonwealth's veteran community, and we hope it will be of use in your vital work with veterans and survivors.

#### \* **Medicare Savings Programs (MassHealth Buy-In programs)**

On January 1, 2020 the income and asset limits for the Medicare Savings Programs (also known as "MassHealth Buy-in" programs) are increasing. Under these new limits some Massachusetts residents with Medicare may be newly eligible for these programs, and existing members may be eligible for other Buy-In benefits.

#### **Medicare Savings Programs (MSP)**

Medicare Savings Programs are federally funded programs administered by each individual state. These programs are for people with limited income and resources and help pay some or all of their Medicare premiums, deductibles, copayments and coinsurance.

In Massachusetts, you'll recognize this program as the "MassHealth Buy-In" Programs. As part of the Medicare Savings Programs, Massachusetts offers three different coverage types.

- \* MassHealth Senior Buy-In for Qualified Medicare Beneficiary (QMB)
- \* MassHealth Buy-In for Specified Low-Income Medicare Beneficiaries (SLMB)
- \* MassHealth Buy-In for Qualifying Individuals (QI)

For current income and asset/resource limits please visit: **[mass.gov/service-details/program-financial-guidelines-for-certain-masshealth-applicants-and-members](http://mass.gov/service-details/program-financial-guidelines-for-certain-masshealth-applicants-and-members)**



# 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

**Williamsburg classes are on hold for a short while. Watch the newsletter for re-start dates.**

## Hiking

*Chuck Horn and Ray Fontaine organize hikes around the Westhampton / Easthampton area. To get on their email list, email Ray: [westhamptoncoahikers@comcast.net](mailto:westhamptoncoahikers@comcast.net)*

## 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  
Fri. 10am, Chesterfield Comm. Ctr.

## 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. \$10/class.\**

Mon. 6pm, Williamsburg Senior Ctr.

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**To find out more, and to register, please contact the appropriate COA:**

### Chesterfield:

Janice Gibeau, 296-4007,  
[coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)

### Cummington:

Chrisoula Roumeliotis, 634-2262,  
[coa@cummington-ma.gov](mailto:coa@cummington-ma.gov)

**Goshen:** Evelyn Culver, 268-3316, [ematkc@aol.com](mailto:ematkc@aol.com)

**Plainfield:** Susan LaRock, 413-743-5345,  
[slarock@town.plainfield.ma.us](mailto:slarock@town.plainfield.ma.us)

### Westhampton:

Amy Landau, 203-3086, [westhamptoncoa@comcast.net](mailto:westhamptoncoa@comcast.net)

### Williamsburg:

Sherry Loomis, 268-8407, [sloomis@burgy.org](mailto:sloomis@burgy.org)

\*Financial aid may be available for Wburg residents.

### Worthington:

Shelley Rice, 413-238-5532, [coa@worthington-ma.us](mailto:coa@worthington-ma.us)

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

PRSR STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

### Chesterfield COA

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Bev Pomeroy, Secretary  
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*HVES Rep: Jan Gibeau*

*Art Com: Gigi Kaeser, Chair;  
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*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 January

**Sun. January 5th at 1pm**

### **Ring in the New Year: International Potluck**

*Chesterfield Community Center  
400 Main Rd. Chesterfield*

You are invited to come ring in the new year with us!  
Share your family's traditional holiday dish!\* Food.  
Family. Fun. Music by Jerry Noble.

*\*Not required. Donations also welcome.*



**Weds. January 22nd, 6-9pm**

### **Wild and Scenic Film Festival**

*Chesterfield Community Center  
400 Main Rd. Chesterfield*

Sponsored by Wild and Scenic Westfield River Committee and the Chesterfield Cultural Council. Hosted by Chesterfield Council on Aging. Snow date January 29.

