

Chesterfield Council on Aging

March 2020 Newsletter



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

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

March Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 Advanced Tai Chi 9:30am Consortium Mtg. 9:30am Feldenkrais 7pm	3 Chair Yoga 10am	4 Coffee & Chat 9am Blood Pressure Clinic 10am Mah-Jongg 1pm	5 Men's Bfast 9am Drawing Class 10:30am Beginner T'ai Chi 6:15pm	6 Strength for Life 10am Fun Food for One 11:30am
9 Advanced Tai Chi 9:30am Veterans' Agent 11:30am Feldenkrais 7pm	10 Chair Yoga 10am	11 Coffee & Chat 9am Mah-Jongg 1pm	12 Brown Bag 10am Drawing Class 10:30am Beginner T'ai Chi 6:15pm	13 Strength for Life 10am Fun Food for One 11:30am
16 Advanced Tai Chi 9:30am Feldenkrais 7pm	17 Chair Yoga 10am	18 Coffee & Chat 9am Mah-Jongg 1pm	19 Sugar Shack Trip 10:30am Drawing Class 10:30am Beginner T'ai Chi 6:15pm	20 Strength for Life 10am Fun Food for One 11:30am
23 Advanced Tai Chi 9:30am COA Board 10am Veterans' Agent 11:30am Feldenkrais 7pm	24 Chair Yoga 10am	25 Coffee & Chat 9am Mah-Jongg 1pm	26 Drawing Class 10:30am Beginner T'ai Chi 6:15pm	27 Strength for Life 10am Fun Food for One 11:30am
30 Advanced Tai Chi 9:30am Feldenkrais 7pm	31 Chair Yoga 10am	Jan Gibeau, Director. Office hours: Mon—Thurs. 9am-12pm Lorrie Childs, Data & Accounting Manager.		

Happy Birthday in March!



Shirley Scott, Hubert Larrivee, Thomas Tessier, Roger Kellogg, Wayne Carpenter, Rita Harris, Dee Cinner, Mario Addabbo, James Maraniss, James Marra, Barbara Bak, Milenna Curtis, Thomas Gavin, Martin Manchester, Ellen Metzger, Jack Henry, Gary Wickland, Mary Bisbee, Ralph Cleveland, Dyanne Palmer, Carol Recore, Elaine Henry, Christine Keefe, Alan Lavallee, Susan Lavallee, Ronald Imig, James Smith, Anne Zononi, Richard Barrett, Carol Blanchard, James Fortini, Raymond Lequin, Mary Wozniak, Elaine Keach, Jan Crest, Diane Fuller

Out and About: Trips and Events

Saturday, March 7th: Corned Beef and Cabbage Supper at Chesterfield Congregational Church. 5pm. Cost: \$14/adults, \$12/ ages 12 and younger, free for 3 years and younger. All homemade, served family style, all you can eat. Homemade gingerbread for dessert. Reservations: Nancy Hewes 413-296-4230. Take out is also available

Sunday, March 8th: Monthly Breakfast at Chesterfield Congregational Church. 8:30am to 10 am. Special menu includes homemade scones. Irish music by the "Rolling Scones". As always donations accepted for breakfast cost.

Calling all Sweet Tooths!

It's time for our annual trip to the **Sugar Shack in North Hadley**

March 19th, meet in the parking lot @ 10:30am
Call Maryann and join us. RSVP by March 16 to Maryann Coleman: 296-4787



Save the date: April 10th

Lunch Trip to Smith Vocational Culinary School

Last year everyone had a great time and good food. The COA will pay for the lunch buffet. The van leaves from the Community Center Parking lot at 10:30. RSVP by April 6th to Maryann Coleman: 296-4787

MAH JONGG LOOKING FOR NEW PLAYERS



Both men and women welcome

Wednesdays, 1-4 pm

Chesterfield Community Center

Want to learn how to play?

Call Nan Clark (296-4743) and we can set up a class, or join our ongoing group

Cooking For Fun With Joan Griswold

Fridays 11:30-12:30

The Fun Food for One group has decided to keep cooking. What have we learned? How to cook healthy foods that taste great, how to prepare desserts that are plant-based and delicious, how to make tasty types of hummus on our own, great ways to make healthy, delicious soups. Come join us in the kitchen at the Center, every Friday at 11:30 after Joan's Strength for Life exercise class, and put more sizzle in your cooking without eating those carbs that have risky ways of pushing back. This time it's OK to "play with your food" and join others doing the same.

Chesterfield Store is NOW OPEN!

Congratulations to Greg Monette! Everyone is so happy to finally have a store, cafe and function room in town. Greg's pizza and bakery goods are favorites.



Owner Greg Monette, selectman Roger Fuller and Jan Gibeau.



Broadband is steadily coming closer to a reality in Chesterfield. We are waiting for the utility companies to make adjustments to existing wires so we can put up our fiber-optic cable. Dates are very hard to pin down owing to weather, the utility companies, and a host of other delays. We are doing our best to move things along and, at this point, it looks like construction will begin this summer and people should begin to see service by the fall.



Subscription sign-up for service will open in late March and go for several months. We will be mailing out information to every Chesterfield resident as well as creating posters, signs, and posting information on the town website (under Broadband Project).

I am not tech-savvy and would need help signing up. Can I get help?

-Yes! We will be offering sign-up help sessions at several locations where you can get help signing up for broadband service.

I don't use the internet, or just use it for email. How can I learn all of the things broadband internet could do for me?

-You are not alone! We will also be offering several "Come see what broadband internet can do for you" sessions where you can try it out for yourself with as much handholding as you want.

I currently have a Verizon landline and/or a cell phone. How would broadband internet phone service affect that?

-Your cell phone service is totally independent of broadband internet phone service. You can keep your Verizon landline and just sign up for broadband internet service. However, if you want to switch to broadband internet phone service, you can have your current phone number switched over to the new service. This could result in savings as our phone service is only \$14.95/month (plus the federal and state fees you currently pay). Please note that you cannot sign up just for broadband internet phone service; it is only available with broadband internet service.

I have an alarm system and/or a medical alert system. Can I use that with broadband internet phone service?

-You should check with the company that provides your service to see if their equipment will work with internet phone technology.

How much does broadband service cost and are there any additional fees?

-Broadband internet service is \$85/month and telephone service is \$14.95 (plus the federal and state fees you currently pay). For 99% of houses

in Chesterfield, hook-up is free (including equipment). However, there is a one-time \$99 activation fee.

If I don't use internet myself, is there any reason I should get it installed?

-Yes! For one thing, if you sign up for service during the initial subscription period, it is free. If you wait and sign up later, you will have to pay the cost of installation which would be several hundred dollars at the least. Also, your children and grandchildren may enjoy the fact that you have internet. Or you might try it and decide you like it! And if you still don't use it, you can always cancel after the first month.

Can I use broadband internet to watch TV? I currently have DishTV, DirectTV, or an antenna. Can I "cut the cord" and use broadband internet instead?

-This is a more complicated question. Here is the answer: Yes! So, let's take a moment to explain how TV works over broadband.

TV has to reach your TV either through the air (satellite or antenna) or over a copper wire (cable TV). Now there is a third choice: broadband internet. This uses a wire made of glass so it can deliver much faster service than copper wire. It allows you to get the same services as cable TV or satellite and more than an antenna. You can always keep your current services and add broadband, but you may find that broadband will give you all the services you need.

What kind of TV would I need to use broadband internet to watch TV?

-You would need a so-called "smart TV" which is a flat-screen TV that does not have a tube.

I currently have Verizon DSL internet service. How is broadband different and why should I switch?

-There are several reasons you may want to switch from DSL to broadband.

1. Broadband internet service is nearly 1000 times faster than DSL.
2. Broadband service may be cheaper than your current DSL service. DSL is an older technology and may not be supported much longer.
3. If you drop DSL it is very hard to get it back.
4. In the future, services (like telemedicine, video conferencing, etc.) may not run over DSL lines.

If I have broadband internet phone service and the power goes out, what happens?

-Broadband internet uses a router that is powered by your electrical system. If you lose power and have no back-up generator, you will lose phone service. However, you can purchase a battery back-up system for the router that will kick in if there is a power outage. APC makes a unit for around \$50.

This is great, but I have more questions you have not answered.

-Everyone has lots of questions and we love them. There is more information on the Broadband Chesterfield website. Go to the town website at www.townofchesterfieldma.com and click on "Broadband Project." There is a way to contact us there. Also keep an eye out for information about our Broadband Chesterfield programs at the COA, the Library, the Town Offices, in your mailbox, all around town. Feel free to contact us – we would love to hear from you!

Submitted by Justin West

Profile: Dan Kirouac

Dan is a native of the Pioneer Valley and the Hilltowns. He was born in Northampton then lived in Leeds for 20 years. Loving the freedom of country life with its trees, privacy and independence, he moved to Chester. Dan is a man who knows how to get things done. Working as a carpenter led to building his first house on Curtis Road himself, with help from his father and grandfather, for his family, where he lived for the next 17 years. He married and has three adult children, two of whom are twins.

Dan served in the National Guard while he continued his work. As life brought many changes, as it often does, he moved onto a different path. While attending sporting events of his children, he got to know Beverly Pomeroy. Their friendship became a romance, then marriage. Beverly had two children, so a new house was needed and built by Dennis Pittsinger: perfect for the couple and five children.

Dan is a consummate, practical problem solver who knows when and how to fix something rather than automatically throw it away, not a common thing in today's world where anything that stops working is automatically viewed as junk and taken to the dump, a.k.a. transfer station. He and Bev worked hard to pass on what they had learned about the importance of solid values, making good decisions, and the keys to being prudent in handling finances and other challenges life brings. Working for KollMorgan for 35 years, Dan made the periscopes vital to submarines.

When not working, Dan has always enjoyed all types of sports that involve being outside. He warmly talks about fly fishing, ice fishing and salt water fishing. He also likes the challenge of hunting deer with a bow and arrow. In a sense, he is a man for all seasons, whether in the woods hunting, snowmobiling or fishing while at their home in Florida. He also likes to cook and has shared his talent more than once at Men's breakfast. Both he and Bev enjoy cooking and entertaining their growing families. Following their respective retire-

ments they each have found the pleasures of becoming grandparents, having more time to be with each other, and traveling. Dan is a reminder of the wonderful truth that you can take a man out of country but not the country out of the man.

Chesterfield's 2nd annual Wild and Scenic Film Festival took place on January 22nd at the Chesterfield Community Center. Over 63 folks, representing a number of the Hilltowns, braved the clear, cold night to attend the event. The feedback has been great, and most stayed following the films for cake, conversation and raffle.

Special thanks goes to the Chesterfield Cultural Council, Chesterfield COA and Westfield River Wild and Scenic Committee for making the Film Fest possible again this year. Hopefully, our event's success and growing numbers of attendees will help to make this an annual event in Chesterfield for years to come!

And, last but not least, a special shout out and thanks to all the volunteers who helped to get the word out and made things run so smoothly: Justin West and Eileen Megawan, Jan Gibeau and Sarah Prince, Lynn Hicks, Saskia de Melner and Carol Jolly, Swansea Benham Bleicher, Nancy Rich and Beverly Stone. Thank you!



Seniors Aware of Fire Education

This month we have a home fire safety check list. Please use it. Circle the Y (yes) or N (no).

Senior 
SAFE

- Y N Do you have working smoke alarms on every level of your house?
- Y N Do you stay in the kitchen while heating food?
- Y N Are space heaters placed 3 feet or more from things that can burn?
- Y N Are electrical wires in good condition (not damaged or cracked)?
- Y N Do you know two ways out of every room in your home?
- Y N Do you know what to do if your smoke alarm or CO detector sounds?

If you checked NO to any of these questions, you are at a greater risk for being injured in a home fire. Do what you need to do to be able to say YES to all the questions. Senior S.A.F.E. will help you along the way.

Have a S.A.F.E March!

--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.

Crabby Road

Crabby Road



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!

Social Security – Something else to check!

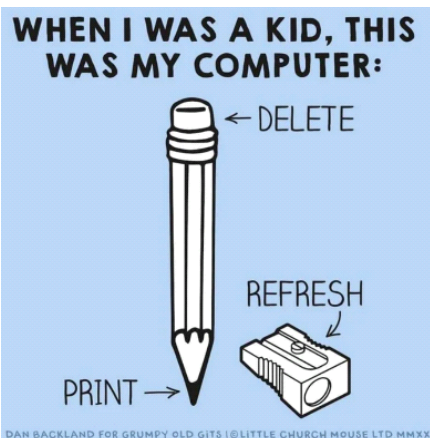
Along with death and taxes, we find the Social Security Administration (SSA) in our line of sight. Our interest is in making sure our earnings records are correct. The SSA keeps track of our earnings and calculates our benefits from those records, so if there is an error, we could lose money. I assume it would never be an error the other way...

The SSA sends earnings statements every five years until a person turns 60, then they are sent every year until retirement. When you look at the statement, the first thing is to verify that this is YOUR record and your social security number. The second thing is to check their figures against your pay stubs or income tax forms.

Dealing with Social Security online is quite beneficial – the main page is **www.ssa.gov**. If you don't have a computer, it might be worth your time to have someone help you get an online account; you can go to the library to access it.

And I know you know this – a phone call saying your social security card has been compromised, or that you need to send it in to be renewed, or that you need to send money to reinstate your account - is poppycock. This is one of the biggest frauds going these days. In fact, says the Federal Trade Commission – "A Social Security scam was the top government fraud scam and phone calls were the number one way people reported being contacted by scammers. While most people said they hung up on those calls, those who lost money reported a median loss of \$1,000 in 2019."

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



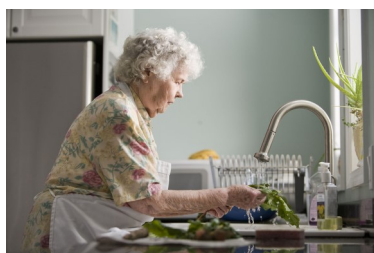
Cancer Connection Spring / Summer Guide 2020

If you are, or know someone, in treatment for cancer or are a cancer survivor, call Cancer Connection at 413-586-1642 to ask for their current Guide, or check out their website at www.cancer-connection.org. You may be surprised at the many free activities and classes available to you. For example: Hands in Clay, Creating Collage, Spirit of the Written Work, Improv, as well as support groups, integrative therapies, and several kinds of exercise and physical activity.

Good News!

In the late 1990's, **MassHealth** changed income and assets regulations for residents 65 or older who are significantly frail. This is called the **Frail Elder Waiver**. If you are "frail" enough to need significant home care support in order to avoid a nursing home placement, MassHealth allows you to have up to \$2,313/ month in income. (This amount increases each year according to the COLA) The asset limit of \$2,000 remains the same, but if the applicant is married, "excess assets" can be transferred to the healthy spouse, and even better, MassHealth will not count the healthy spouse's income! The good news here is that when you are frail enough to require nursing home care, MassHealth makes it easier to qualify and get the care you need to stay home. The objective is to provide an alternative to nursing home placement.

Better yet, there are two MassHealth programs that will pay family caregivers for the help they provide. Anyone you are not married to can be paid for help bathing, dressing, help with meals and medication management, help getting to medical appointments, grocery shopping, and laundry. These two programs are called Adult Family Care and the Personal Care Attendant program. Adult Family Care pays a monthly tax free stipend, the Personal Care Attendant program pays an hourly wage.



It should be mentioned that MassHealth also pays for Rx, for Adult Day Health programs, and all co-pays and deductibles for medical goods and services, acting as a secondary insurance for Medicare. Between the two, once you qualify for MassHealth, you have 100% coverage.

For more information about MassHealth regulations, MassHealth Adult Family Care and Personal Care Attendant programs, or help with the MassHealth application, you can ask at your senior center how to get in touch with a SHINE counselor.

Sleep Study

The UMass College of Nursing is doing a sleep study involving caregivers of individuals with mild cognitive impairment or early Alzheimer's Disease. Members of the pair must live together and not have a diagnosed sleep disorder.



Sleep problems are very common in people with mild cognitive impairment. Because they are often dependent on their caregivers, this interferes with the sleep of their caregivers as well.

Their study question is: can objective sleep data help guide self-management strategies for better sleep for both?

For more information, contact Cynthia Jacelon: (413) 545-9576 or jacelon@umass.edu.

Adapting Home to Age in Place

Plan to stay in your own home as you grow older? Here are some of the possible remedies that can make life easier and safer:

Difficulty: Balance and Coordination

- Bath seat in the tub or shower
- Bathtub with transfer bench
- Walk-in shower with pull-down seat
- Grab bars near the bath and toilet
- Handrails extending beyond the top and bottom of the stairs
- Stairway handrails on both sides

Difficulty: Hearing Impairment

- Dishwasher is ultra-quiet to reduce background noise.
- Increased volume on phones.
- Smoke detectors have strobe lights.

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 Office Bldg- Diane Meehan, Director 413 268-7578 Wed 1-3; 3rd 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 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, Sherry Loomis 413 268-8410
Worthington COA, Shelley Modestow 413 238-5532

Chesterfield Council on Aging
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Newsletter Designer:
Kristen Estelle

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

Out and About in March

Saturday, March 7th at 5pm

Corned Beef and Cabbage Dinner

Chesterfield Congregational Church

Cost is \$14.00 for adults; children 12 and younger \$7.00; children under 3 no cost. Everything is home-made and served family style. Take out available.

Contact Nancy Hewes with reservations 296-4230.

Sunday, March 8th, 8:30am-10 am

Irish Celtic/Gaelic Music & Breakfast

Chesterfield Church

Irish Celtic/Gaelic music by The Rolling Scones (Banjo, Guitar, fiddle, stand up bass). Full breakfast- Irish crime French toast, pancakes (pure maple syrup), eggs, home fries and a variety of homemade scones. Donations welcomed.

Wednesday, March 11, 12:15 pm

A lively participatory program by Davis Bates!

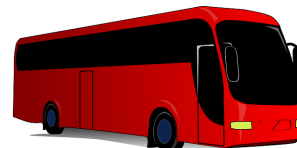
Williamsburg Senior Center, 141 Main St. Haydenville

Williamsburg Senior Center invites you to "A Celtic Celebration, Stories and Songs of the Season" in honor of St. Patrick's Day. Sponsored by the Williamsburg Cultural Council. All are welcome--Join us!

Sunday March 15th at 8am and returning at 6pm

Foxwoods Casino Bus Trip

The bus will be leaving the Goshen town parking lot at 8am. This bus trip is a fundraiser for the Chesterfield veteran's park committee and Friends helping Friends. Good break from the winter and not far to drive. To sign up or if you have any questions, call Kris Zdaniewicz: 413-329-8919.



Save the Date!

Sat. April 25th 9am-3pm

Spring/ Summer Clothing Exchange

Goshen Congregational Church, 45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Weds. April 22nd from 5-8pm and Fri. April 24th from 9am-3pm, then come back to shop on Sat. the 25th from 9am-3pm! All are invited to participate whether you donate clothes or not. Thank you everyone for your contributions!