

Chesterfield Council on Aging

April 2020 Newsletter



Chesterfield COA & Community Center

400 Main Road, PO Box 7
Chesterfield, MA 01012

Jan Gibeau, Director

coa@townofchesterfieldma.com
413-296-4007

COA Update

The Community Center is closed to the public but Jan Gibeau, the Director of the COA, will continue to be available at her office (296-4007) or home (296-4467). She can also be reached at coa@townofchesterfieldma.com

All COA programs and activities have been cancelled or postponed, including the ongoing classes and exercise programs.

We have a core of volunteers who are offering help to people who cannot or should not leave their homes. This is particularly true for those who are already struggling with autoimmune or respiratory disorders or other chronic illnesses that have left them compromised. The volunteers can help with delivery of food and other needed supplies. If you live alone and would find it helpful, we can set up calls to your home to catch up on how you are doing. Do not hesitate to call Jan at the numbers listed above.

The Chesterfield General Store is open and we are staying in close touch with the owner, Greg Monette, who hopes to keep household supplies, fresh produce and of course, take out food, available.

If you have a suggestion of other ways to help, let us know.

New Column:

From the Book Shelf

By Sarah Prince

On The Plain of Snakes by Paul Theroux

I don't know about you, but the longer I live, the more I enjoy non-fiction, especially a good travel story. You may recognize this author's name as he has been writing this type of book for over 40 years, perhaps his best known is *The Great Railway Bazaar*.

It was one thing to go off into remote places when he was in his 20s and 30s but he did this foray into interior Mexico at the age of 76, in 2017. He wanted to meet the indigenous people and their leaders. So along with firsthand observations of what's going on along the US Mexican

border that he crisscrossed, you get to go all the way South near the border of Guatemala and Zapatista territory. The people's government in Chiapas is something to learn about. You will get insight on the dominant colonial culture and witness the enduring geography and the indigenous people who work it. If you saw the award winning film, *Roma*, the three weeks Theroux spent in Mexico City teaching a writing class might shed some light on your experience of it.

This book lets you see Mexico and its history and current events from the safety of your favorite chair.

The Community Services survey results tell us that there is interest in a book club. Gail Lucey and members of the program committee hope to develop and offer one soon.

**If you would like to be part of it, contact
Jan Gibeau: 296-4007 or
coa@townofchesterfieldma.com**

Kessie's Soup Recipe:

MARCH Madness—or all the vegetables in your fridge—Soup

This is a yummy soup and so easy to make!

Ingredients

Take one can of vegetarian baked beans and dump them in a big soup pot. Then add:

- ⇒ One chopped up Onion
- ⇒ Two diced potatoes
- ⇒ Three chopped up carrots
- ⇒ Two stalks chopped celery
- ⇒ One can of Italian tomatoes coarsely chopped with the juice
- ⇒ Fill tomato can with water and add that
- ⇒ OR whatever vegetables are hanging around in your fridge and getting a bit tired at the end of winter such as cabbage chopped, zucchini chopped (add that later in the cooking cycle) turnip chopped or lovely leeks.



Bring to boil and then turn down to a simmer and cook until vegetables are cooked. *Cont. on pg 2*

Happy Birthday in April!



Richard Purrington, Nancy Huckins,
Richard Liimatainen, Janice Gibeau,
Claudia Barnas, Larry Cervelli, Cheryl Nugent,
Kester Warlow-Harry, Winston Bancroft,
Daniel Benedisuk, Robert Palmer, Nancy Rich,
Kenneth Sicard, James Brisbois, Douglas Reed,
Darlene Russo, Merrill Wheeler,
Joseph Desmarais, Barbara Laroche,
James Montgomery, Carol Rhine, Jean Marra,
Sharon Ryder, George Still, Anne Wiktor,
Edwin Matusiewicz, Peter Furnari, Ann Pickrell,
Thomas Janik, Lawrence Holmberg,
Diane Lamontagne, Michael Laroche, Theresa
Scott, Pat Newman, Eileen Theroux, Glenn Smith

Cont. from pg 1: Season with salt and pepper and any herbs you might want, oregano, marjoram for instance

And you could add at the end a cup of cooked elbow macaroni. If you need more liquid, add water.

Serve with or without a grating of cheese.
FREEZE the leftovers for another week.
Serves 4-6 people.

Joan's Low Carb Blueberry Muffins

Submitted by Joan Griswold

Ingredients:

- 1 $\frac{3}{4}$ C almond flour
- $\frac{1}{4}$ C coconut flour
- 1 T baking powder
- $\frac{1}{4}$ t baking soda
- $\frac{1}{4}$ t salt
- 1 C blueberries, preferably wild and frozen
- 3 large eggs
- $\frac{1}{2}$ C skim milk (I use Fairlife skim)
- $\frac{1}{3}$ C coconut sugar
- $\frac{1}{4}$ C avocado oil
- 1 $\frac{1}{2}$ t vanilla extract



Preheat oven to 350 degrees and spray muffin tin with cooking spray.

Sift almond flour, coconut flour, baking powder, baking soda and salt in a large bowl. Add frozen blueberries and toss to coat. Whisk eggs, milk, coconut sugar, avocado oil and vanilla in medium bowl. Add to dry ingredients and stir until combined.

*I like to add in a handful or two of chopped walnuts and some ground flax and chia seeds to increase the protein and fiber content.

Bake until muffins are slightly browned, 20-24 minutes.

I like to store them in the freezer, pull them out one at a time to enjoy! Fine to freeze up to three months.



Crabby Road

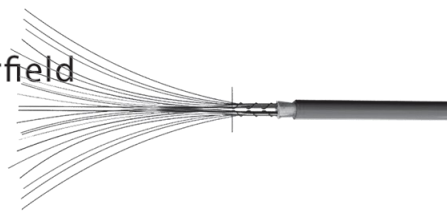
12-4-10



LIFE BEFORE THE COMPUTER

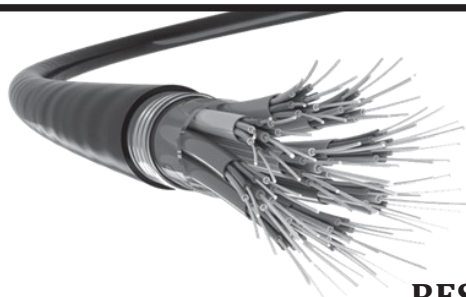
- * Memory was something that you lost with age
- * An application was for employment
- * A program was a TV show
- * A cursor used profanity
- * A keyboard was a piano
- * A web was a spider's home
- * A virus was the flu
- * A CD was a bank account
- * A hard drive was a long trip on the road
- * A mouse pad was where a mouse lived
- * And if you had a 3 1/2 inch floppyyou just hoped nobody found out





The moment has arrived! You can now sign up for broadband internet and telephone service - all you need is an email address. If you don't have one yet, don't worry - come to one of our events and we will show you how to get one. It only takes about 5 minutes to sign up and the subscription website has all of the information you need, as well as lots of Frequently Asked Questions, and ways to get more information.

Here is the website to sign up . . .



www.whipcityfiber.com/chesterfield

RESIDENTIAL INTERNET

\$85.00

per month

CHESTERFIELD'S OWN NETWORK

EQUIPMENT AND WiFi INCLUDED

FREE STANDARD INSTALL
(to 99% of Chesterfield residences)
SUPER FAST SPEED

UP TO 1000 MBPS/1 GIGABIT

TELEPHONE SERVICE

\$14.90

per month*
with Residential Internet

\$49.95

per month*
Telephone Service only

KEEP YOUR EXISTING
PHONE NUMBER

CALL BLOCKING
UNLIMITED LOCAL AND LONG
DISTANCE
INCLUDES MEXICO AND CANADA
*plus fees and taxes

Important Information

- ▷ To qualify for the subsidy that provides free standard installation to 99% of Chesterfield residents, **YOU MUST SIGN UP DURING THE INITIAL SUBSCRIPTION PERIOD April 1-June 15, 2020.** After that you will be responsible for the full cost of installation.
- ▷ The success of our town-owned network depends on lots of people taking service. Tell your friends and neighbors about broadband and encourage them to sign up.
- ▷ If you do not have an email address or a computer, or just need help signing up, see the information in this mailing about how to sign up.
- ▷ Questions relating to Broadband Chesterfield? Email **broadband@townofchesterfieldma.com**
- ▷ **Trouble signing up? Call Whip City Fiber Customer Service at 833-WCF-CALL (833-923-2255)**

James Kitchen brings

“Tower Squares to Tower Square in Springfield”

I recently saw a picture of James' newest sculpture and asked him to give us more information about it. Here's what he said:

“My goal with Tower Squares is to connect our community with the incredible history and people from Western Massachusetts.

Each surface of every block has locally found wheels, gears, faucets or doorbells to invite exploration of the sculpture and discovering endless pieces that have a connection to the rich history or lives of everyone living in this area. The piece is safe for children to touch, explore, and learn while older viewers will find many items, such as ice tongs, that will remind us that, even in the 1960s, an ice box was not uncommon. A time before cell phones, computers, or even a handheld calculator. My favorite piece is an old pipe wrench, invented in Springfield, that belonged to my dear friend Vic Zononi. A piece of history, a memory, and connection to him.”

This sculpture is on permanent display inside Tower Square at 1500 Main St, Springfield, MA.



Restaurant News from Chesterfield

submitted by Kester Harlow Harry

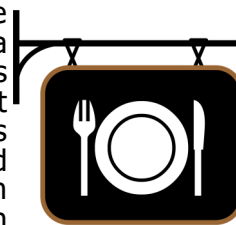
We waited and waited, most often patiently, sometimes with a bit of disbelief and finally with increasing excitement and appreciation as we followed the changes made, the improvements visible: walls painted, boldly colored exterior, sunflower yellow doors, attractive landscaping, newly stenciled floors, counters installed, the wood-fired beehive pizza/bread oven. The townspeople promised themselves, IF it happened, they would

come, and now it has happened, **the Chesterfield General Store is open** and we are all going there to eat, to meet, to enjoy the total pleasure of being in the space, finding friends, and finding fabulous food.

Chef and owner, Greg Monette, is very pleased with the response saying, at this level it is all manageable. He and his staff—Emilie in the front of the house—plan to expand slowly although they have already achieved so much. This February week a new produce area is fully stocked and there is a supply of general groceries. Everything Greg uses in preparation of daily dishes is available in produce: mixed salad greens, lettuce, potatoes, onions, tomatoes, peppers, eggs, milk. The other day I also found cantaloupe, bananas, and apples. Check it out. Greg says because he cooks with all the produce he sells, he is able to offer totally competitive pricing. I'd agree.

The menu started slowly, but seems to expand daily. For breakfast, there is always a wide selection of tasty muffins, bialys—a baked bagel-type goodie that can have a variety of toppings, egg, ham, or cheese, and now there are breakfast sandwiches. You can help yourself to plenty of good strong coffee. On your way to work in the morning, stop to grab coffee and a muffin to go. Shortly you will be able to pick up a soup, sandwich or salad from the soon-to-be Deli Section for your lunch. As with the luncheon menu, selections change daily. I've had three different delicious soups served with a hunk of yummy bread, salad twice with beautifully cooked roast beef (ask if you want it rare!).

Greg also offers a dinner menu. Once it was a full chicken dinner, with vegetable and potato, sometimes a quiche, a salad bowl of grains and of course what comes out of that beehive oven: PIZZA. It's made on a sourdough crust and totally yummy. Greg uses fresh ingredients, cooks from scratch including all baked goods as well as desserts, and, in the future, homemade pasta! When asked how he would describe his menu, Greg says it is simply traditional country cooking... well any country really: France, Spain, Italy, Germany, Greece, Turkey, all around the Middle East. “I guess,” he says, “Regional cooking from around the world and of course our country too, North, South, East and West.”



If you haven't stopped by yet, the Chesterfield General Store is open Wednesday and Thursday 5:30am to 6:00pm, Friday 5:30am to 7:00pm, Saturday 7am to 7pm and Sunday 7am to 3pm. Try it. Become a regular like me! **Editor's Note 3/17/20: Due to COVID-19 precautionary measures from the state, only pick-up is currently available.**





Seniors Aware of Fire Education

Senior 
SAFE

This month's topic is how to plan your escape from a fire. So, here goes:

- Know and practice two ways out of every room in your home.
- Make sure all doors and windows that lead outside open easily.
- Clear all clutter that may be in the way of your escape or make you trip or fall.
- Keep eyeglasses, keys, hearing aids, meds list, and a phone within easy reach near your bed.
- Have an outside meeting place a safe distance in front of your home where family members can meet and where first responders can see you.
- If you use a wheelchair or walker or might have a problem escaping from a fire, discuss your escape plans ahead of time with your family, building manager, neighbors and/or fire department.
- Practice your home fire escape drill twice a year.

Have a S.A.F.E. April!

--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!

Fun Facts for Taxes

Well, not really, but a catchy title, right? I read recently that we taxpayers may not be all that savvy about the trillions of dollars we hand over every year. So I read a bit more.

It seems tax collections started in Egypt during the time of the pharaohs, and were applied for various purposes in Greece and Italy and Great Britain. In more modern times, England imposed an income tax to help deal with Napoleon. Our first income tax was started to fund the Civil War in 1861 (though we did have earlier taxes, e.g., remember the Whiskey Rebellion?). Taxes have morphed, gone up and down, and actually make interesting historical reading: bebusinessed.com/history/history-of-taxes

Anyway. There are a couple of things we really should know about our taxes.

- * If you get a refund, you have given the government an interest-free loan.
- * If you are in arrears on paying taxes, it will not affect your credit score. The three credit bureaus decided there was too much chance for inaccurate information. Very comforting, right?
- * If you delay doing your taxes until October, you still have to pay by April 15 an estimate of what you will owe.
- * Keep your returns and backup paperwork at least 3 years, more if you fear an audit, might have under-reported income, or went years without filing.
- * And of course there are scams. If you have had identity theft, the thieves can file a tax return in your name and claim a refund. This can go on for years if you aren't required to file yourself. If something changes and you file, you will get a note from the IRS that you have already filed! Then the work begins to clear up the mess.

Holding my SS number close,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

CORONAVIRUS 19 and impact on COAs and elders in the Hilltowns

Dear friends and readers of the newsletters from the Northern Hilltowns Councils on Aging,

We apologize for any delay that has occurred in the receipt of our newsletter. We had prepared our newsletters as usual, listing all of the events, activities and programs provided by the Councils on Aging, and were ready to go to the printer when the Governor declared a state of emergency and towns that are part of our Northern Hilltowns Consortium have closed public buildings. Rather than publish programming and invitations we have decided to redo the newsletters. Instead, we are providing important guidelines that are so important in minimizing the effects on older adults in our communities.

There is a shortage of disinfectants in stores and I have trouble driving long distances, how can I disinfect my home without a special product?

For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.

Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Prepare a bleach solution by mixing:

5 tablespoons (1/3rd cup) bleach per gallon of water or 4 teaspoons bleach per quart of water

How can I make my own hand sanitizer?

You can use rubbing alcohol: 2/3 cup alcohol with 1/3 cup of aloe vera lotion.

Is the need to keep social distance from others really necessary?

YES! Flatten the curve before it flattens you. It's as important as washing hands frequently and correctly. Both precautions protect you, your family and friends. Many of us are already compromised by autoimmune diseases, chronic respiratory illnesses or other chronic diseases. Please remember it's as important to dry your hands thoroughly as it is to wash correctly.

Highland Valley Elder Services Remains Open

Allan Quimet, the Executive Director Of Highland Valley Elder Services is staying in touch with all of the Councils on Aging and sent the following message:

Dear Directors,
I hope you are well during this challenging time.

Please find a brief update regarding HVES programs and services in response to COVID-19. Programs and services may be reduced or delayed by our providers since we are in the people helping people business but we are not aware of any major disruption to services at this time. We have prioritized our most vulnerable consumers in the event of a worker shortage. I realize we are all trying to strike a balance of service delivery, socialization, and the need for social distancing/isolation. We are concerned about the unintended consequences to consumers and want to ensure we assist each other for their wellbeing.

To allow for maximum flexibility, we will begin to deliver individualized and portable meals to COAs who have meal sites. We will begin this process by Monday the 16th the latest. The meals will offer maximum flexibility for your unique community needs. Consumers may take them home or eat them at the community meal location. (Meals may come cold, frozen, or hot so they may require some preparation.) If you know of residents in your community, over 60, who become incapacitated by illness, please refer them to us for meals. We will initiate a three week meal delivery plan and add additional time if it becomes necessary.

Please contact our nutrition department regarding any community meal questions. Please contact or send referral to our information and referral department regarding home delivered meals or other service requests. If you have general questions feel free to contact me or anyone else at Highland Valley that may be of service to you or your community members. My best to you and your communities. I know we are a resilient bunch and support each other especially well during times like these.

Thank you,
Allan Ouimet, LICSW-MA, LCSW-CT
Executive Director

*** There is a new open line at HVES: 586-2000 ext 211 for all information and questions about COVID-19**

Staying in touch is important. Do not ride this out alone. If you need help, please reach out to friends, families or others. If you are feeling ill and wonder if you have the virus, please call your doctor first and remain in your home.

For more information about COVID-19, the following links are very helpful.

Massachusetts Information on the Outbreak of Coronavirus Disease (COVID-19):
mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19

Governor Baker's Press Releases re: COVID-19: mass.gov/lists/press-releases-related-to-covid-19

It's our hope that you find this information helpful and that we all come out unscathed on the other end. We look forward to getting back to the regular kind of newsletters later.

On the Go!



The Friends of the Northampton Senior Center have 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.**



June 16: Hildene-Lincoln Family Mansion Tour & Gardens, Manchester, VT. Lunch included at Wilburton Inn overlooking the Green Mountains. Cost is \$117. Receive a \$10 discount if paid in full by May 4, 2020.

July 22: Museum of Fine Arts in Boston celebrates its 150th Anniversary. Thirty five paintings by Monet on display. Included is a family style meal at Maggiano's. Cost is \$108. Receive a \$10 discount if paid in full by June 10, 2020.

Aug. 11: Plymouth 400th Anniversary, Thanksgiving Buffet. Visit the Mayflower II and America's living history museum at Plimouth Plantation. Cost is \$124. Receive a \$10 discount if paid in full by June 24, 2020.

Sept 28- Oct 2: Niagara Falls/Toronto 5-day bus trip. \$525 per person dbl. occupancy. Receive a \$25 discount if paid in full by June 15, 2020. Passport required. Lodging is on Canadian side of the Falls.

Nov 16-17: 2 Day Holiday Shopping at Destiny USA Mall, Syracuse, NY, the second largest mall in the USA. Over 250 stores & dining options. Accommodations at Embassy Suites with breakfast included. Other meals on your own. Cost to be determined per person dbl. occupancy. Receive a \$10 discount if paid in full by September 15, 2020.

Coming May 2021:
11 Day Bus trip to **COLORADO!**



April's Good News!

By Deborah Hollingworth

The good news this month is about **Prescription Advantage**, which is a program for Massachusetts residents designed to help with the cost of their Rx. Sometimes I think this benefit is one of the best kept secrets. It doesn't cost anything, and the application is not too complicated. You can apply online (prescriptionadvantagemma.org) or call them and they will help you complete the application by phone: **1-800-243-4636**. Your SHINE counselor can help too. Ask at your senior center. Even if you have Rx coverage through your health insurance, like a Medicare Advantage plan, or a stand alone Medicare D plan, Prescription Advantage still can help, especially if you have to take expensive brand name Rx and find yourself in the "donut hole" every year.

If your income is less than \$3,122 if single, or \$4,227 if married, you are eligible.



NOTE: if you already have Extra-Help, which is a benefit administered by Social Security, or you have MassHealth, you do not need Prescription Advantage.

But unlike Extra-Help and MassHealth...and this is important— Prescription Advantage **does not count assets**. Only your income.

Prescription Advantage is a subsidy for lower income Massachusetts residents. The less income you have, the more Prescription Advantage helps. In the 1990s, Massachusetts was one of the first states to offer Rx subsidy to support its residents. In 2006, when the federal government launched Medicare D, it was modeled on Massachusetts' Prescription Advantage.

For more information, you can visit prescriptionadvantagemma.org or contact your SHINE counselor to see if you qualify.



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

PRSRT STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

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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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Your phone rings, the caller ID says it's the Social Security Administration.

- You are told that your Social Security Number has been compromised and you need to confirm your number.
- If you don't cooperate, the "Agent" threatens to take you to court or have your Social Security check blocked-meaning you won't receive your benefits.

WHAT SHOULD YOU DO?

- Never give personal information to unsolicited callers
- Remember, the SSA will never call you asking for your Social Security #
- Don't trust your caller ID
- **HANG UP!**

NWDA Consumer Protection Unit
Greenfield (413) 774-3186
Northampton (413) 586-9225
Working in cooperation with the
Office of the Attorney General