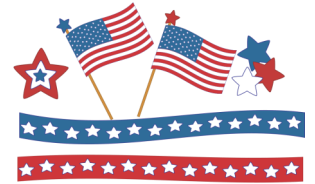


Chesterfield Council on Aging

July 2020 Newsletter



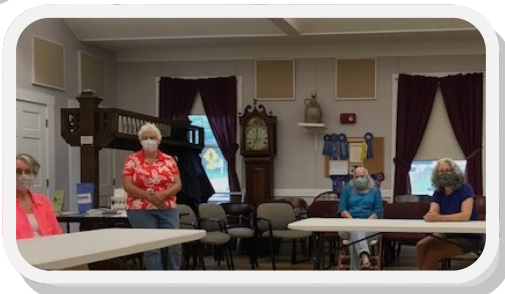
Chesterfield COA & Community Center
400 Main Road, PO Box 7
Chesterfield, MA 01012

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

Remember when...



Here we are now...



What's ahead?

Caution Rules. The Chesterfield Community Center is not ready to open to the Public. A few small work groups or town boards are meeting, but many continue to use ZOOM meetings.

The Massachusetts Council on Aging has created specific guidelines for opening Senior Centers. Until the Town officially opens them after complying with DPH and CDC practices, town buildings remain closed.

Joan Griswold's Exercise Classes ZOOMING right along

Classes continue to be offered on Monday, Wednesday and Friday at 10:15am. Participants are encouraged to log in at 10am to say hello to fellow participants. Each class offers a different workout that is sure to enhance the physical strength and functionality of all who participate!

"I continue to be extremely impressed with those who are committed to these classes. The Zoom platform has become more comfortable and the ease of being able to log in for an hour to get your exercise for the day out of the way is working! I love that my participants keep me challenged, thinking about how to mix things up to be sure things are interesting and fun! Who would've ever thought that a hand towel could provide such a great workout!"

Please note there was an upgrade in the Zoom program that went into effect June 1st. Some folks have experienced difficulties in logging in ever since. You **MUST** complete the update of the program in order to continue to have access. If you need help doing the update, please do not hesitate to let me know! I am here to create a positive experience for all." ~Joan

HVES awards Chesterfield COA \$3500 for expanding our connections! New "armchair" connections are coming to your home. The Chesterfield COA will soon be able to provide exercise programs, educational presentations, and help people easily tap into national sources of in-

formation about health, aging, benefits and services.

We plan to provide interactive sessions on site for teaching skills such as use of computers and the internet. Moving ahead into better ways to stay in touch with matters that matter, we anticipate that this new expansion will provide you with a chance to:

- ⇒ Record an event that can be watched later on a video similar to the way one does on YouTube.
- ⇒ Attend meetings, webinars, lectures, concerts, and presentations.
- ⇒ Watch videos of meetings and programs you missed.
- ⇒ Find answers to questions that frequently come up about how to obtain services, important health concerns, entertainment and general knowledge about successful aging.
- ⇒ Learn how to use computers and do basic computer activities such as website access, FaceTime, tele-medicine, etc. This would involve people coming to the COA to have hands on experience or participating in training from your home.

Broadband and the HVES grant combination come at a great time to enter the internet world!

But there are 6 Common Misconceptions about Broadband that bear repeating:

1. I have DSL now and it works fine. Why should I switch to Broadband?

A. DSL is an older technology and may not be supported much longer. Also, it gives you about 15 megabits/second of speed (barely enough to play video) and Broadband gives 1000 megabits/second so it is faster and ready for any future demands.

2. DirectTV or DishTV is the only way to keep my favorite shows and local news.

A. Wrong! Broadband gives you the speed to access hundreds of movies, TV channels, news, and specialty programs, some not available from DishTV or DirectTV.

3. I don't use email so there is no reason to sign up.

A. Yes, there is. The internet allows you to use Facetime to video chat with family and friends, use telemedicine for doctors' appointments, watch movies and TV programming, as well as many other features.

4. I can always sign up later if I change my mind.

A. Sure, you can always sign up later. However, if you miss the July 4th deadline, you will not get the free installation and will have to

pay for the drop to your house yourself (a minimum of \$620 to several thousand).

5. I would have to give up my Dish TV or DirectTV or antenna.

A. No, you can keep both those services and Broadband.

6. Broadband costs more than the service I have now.

A. That may be true, depending on what services you have. Don't forget that if you miss the deadline for the free drop, it will cost you more later. Also, rates for Broadband are set by the Town MLP with input from residents. Remember – this is our network, Town-owned and not a for-profit company like Verizon.

Alert!



Important Notice on Broadband in Chesterfield

Please don't miss the deadline! **JULY 4th 2020** is the deadline for signing up for broadband internet and/or telephone service to still get the free drop (the connection from the street to your house). You can always sign up for service after that date, but you will have to pay for the drop yourself – a cost ranging from \$620 to several thousand, depending on the difficulty of your installation.

TO SIGN UP FOR SERVICE GO TO:
www.whipcityfiber.com/chesterfield

Whip City Fiber customer service can be reached at: 1-413-485-1251 or 833-WCF-CALL (833-923-2255) or email them: customerservice@wgeld.org

If you have questions and cannot get answers from our website or don't have access to a computer, please call (413) 296-4771 and press 6# (six then the # key) and leave a message with your name and telephone number. We will return the call as soon as possible.

You can sign up for our email updates on network progress and check out Frequently Asked Questions and Videos available at:
<https://sites.google.com/townofchesterfieldma.com/broadband-chesterfield/updates>

Don't miss the opportunity to get a free drop – you pay nothing for the initial sign-up – billing starts when you get service!

Blow Out!

Hello. Sarah here.

As promised in my previous article, this month we will focus our attention on the quality of our exhales. We have some expressions- "Don't hold your breath", "blow off some steam", "a good belly laugh"- that gives some indications of the recognized effects when we exhale certain ways.

In my yoga classes I periodically offer the practice of the six healing exhalations from Dennis Lewis's book, *The Tao of Natural Breathing*. I will offer the two sounds that I think are easiest to do and feel an effect from, and ones I imagine you have done without thinking about it. The 'whoo' blowing out a candle exhale and the 'hah' sound. Try the whoo sound on your next exhale. Could you feel your abdomen/belly lift a little, maybe even your pelvic floor? Some pretty good toning can take place if you exaggerate the effort. Next inhale deeply and make the "Haaaaa" sound with your exhale. Could you feel some movement in your low back? Perhaps you felt a settling or release in the area of your heart?

Do not fret if you didn't. The practice is to do three of each sound, so you could try 3 repeats of each. Then relax and let go of any effort. Keep these exhale sounds in your toolkit for bringing stress relief and increasing inner strength.

Community Cupboard Continues

The Cupboard, open for 7 weeks now, continues to provide food for body and mind.

Thanks to the Community Support Group and the generosity of many donors, people of all ages have found help in their struggle in these difficult times.

CHESTERFIELD COMMUNITY CUPBOARD



**OLD MOTHER HUBBARD WENT TO OUR
CUPBOARD, AND
SHE FOUND A NEED FOR MORE FOOD!**

DONATIONS NEEDED

Financial Support: Always Appreciated!

**Leave in Cupboard Donation Box or mail checks to:
Town of Chesterfield
Box 7, Chesterfield MA 01012**



*Jan Gibeau, Don Willard, Eli Willard
It takes all ages (8-81) to have a full cupboard*

Update on the library:

All inter-library delivery has been suspended, but pickup service of Chesterfield Library items has resumed. Please call or email the Librarian with your requests for pickup: chesterfieldpubliclibrary@gmail.com or (413) 296-4735. Items may now be returned in the outside drop box. Online materials and resources are available to you. Go to cwmars.overdrive.com to check out free ebooks, magazines, audios, movies, music, and databases.

Although the library is not yet open to the public we can "pick up and drop off". Given the turmoil we are currently living with in our world, here's a chance to pick up some books by black authors that Sarah Prince reviews for her Book Corner:

The Book of Delights by Ross Gay is a collection of 102 very short essays. The topics are all over the place which Ross maintains is where we can find delight. Looking at bumblebees and a zillion amaranth seeds; essays titled "Bobblehead" and "Coffee without the saucer" educate and entertain in these beautifully written pieces. You will also be taken to some uncomfortable places where we privileged need to go in ones with titles like "Negreeting" and "Hole in The Head". The human race is defined by our ability to be conscious of our existence and Ross Gay's closely observed explorations of where delight can be found are remarkable in their marrying the simple and the profound.

If you love novels, check out *The Girl With The Louding Voice* by Abi Dare. It is illuminating, raw and unique in its use of the syntax of a young Nigerian girl who wants more than anything to be able to go to school and become a teacher. You will come away loving that voice and with a deeper understanding of what the entrenched oppression of women looks like in the 21st century.





Inspirational Quote of the Month

"It is only in our darkest hours that we may discover the true strength of the brilliant light within ourselves that can never, ever, be dimmed."

-Doe Zantamata



Happy Birthday in July!



Barry Stone, Louise Kahane-Hurwitz,
 Danny Harpole, Janice Denno,
 Dorothy Matuszewicz, Charles Valencik,
 John Papillon, Francis Leduc, Dianne Mikucki,
 Carol Cherry, Jennifer Abromowitz,
 Kim Montague, Edward Stempniewicz,
 Louise Spear, Mark Ameigh, Cynthia Merkin,
 Margaret Allard, Jeffrie Young, Suzanne Donath,
 Maureen Liebl, John Bisbee, Russell Clark,
 Donald Wickland, Henry Badner, G Smith,
 William Lyon, Gene Ames, Frederick Hewes,
 Joan Hicks, John Lentner



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

Senior SAFE

This is going to be a different kind of July with 4th of July events cancelled due to COVID 19 and the need to keep socially distanced. One of the events many of us will miss are the fireworks displays exploded by professionals. We may be tempted to make up for this by firing off fireworks and handing out sparklers to children and adults on our own. It is illegal to transport and use fireworks in Massachusetts. Here are a few reasons why:

- Fireworks are very dangerous. Every year fireworks use results in serious injuries and structure fires.
- One third of the serious burn injuries are suffered by children.
- Children imitate adults and know if and where adults have fireworks.
- Even sparklers are very dangerous. They burn at 1200 degrees F. That is very hot considering that wood burns at 575 degrees and glass melts at 900 degrees.

So, please leave fireworks to professionals and help first responders enjoy the holiday with their families. Have a SAFE and quiet July!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.

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!



Eternal Electronic Life – or will it end?

This is one thing we did not think about before the last several years! Our social media platforms don't automatically shut down when we do. Our electronic banking apps remain until we tell them to quit. Folks who do not go online don't have to worry - if that is you, feel free to skip to the next newsletter item or go sniff a flower with joy.

Just for grins, the top 7 social media sites this year are Facebook, Twitter, LinkedIn, Instagram, Snapchat, Pinterest, and Reddit. And the phrase I found for eternal electronic life is "digital remains." Okay...

So why I am writing this? You may recall I spend some time looking out for scams and identity theft and the like. Well, what a surprise, there are scammers following the obituaries and social media platforms looking for deaths and therefore unattended personal information. They can steal identities, make pleas for money from your friends and followers, use your photos in ads, and in general make mayhem. Something like half of all instances of stolen information were from social media accounts in 2018.

A few of the platforms have a mechanism to allow survivors to manage, close, or delete an account. Some will allow a memorialization, which might be nice to keep for a few months to make sure followers know of the death. In some cases, you can set this up yourself. When you next revise your will, it is a good idea to include these platforms as assets along with instructions. If you follow a social media platform, you should probably search for their policies and figure out what you want.

Yes, life is more complicated,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

Good News!

By Deborah Hollingworth

Another month battling Covid-19, being good about social distancing, being careful when we do have to go out: it seems harder to maintain our vigilance as the weather warms and our gardens begin to grow. We are impatiently waiting for things to “open up” in hopes that we can imagine a future when things get back to our “new normal”.

Meanwhile we continue to come up with new resources and ways to cope. Initial efforts in the hilltowns have been focused on outreach and food security. Each town's senior center is checking in with residents, and making sure that folks have food, a way to get their Rx, and sometimes just someone to chat with. Whether it's signing up for Farm Share, Brown bag, or checking out new “pop up” food pantries (in Chesterfield, Worthington and Williamsburg), the effort continues to make sure seniors have groceries, and someone to shop for them if they need. Senior centers are receiving donations of grocery items, gift cards for grocery shopping, and volunteers to do shopping. Call your senior center if you could use help, or if you know a neighbor who could use help getting meals or groceries.

We're also beginning to see a new way to socialize. Now that we can't get out to a potluck luncheon, have extended conversations with neighbors at the dump, or get to church, we are learning new ways to do this virtually. Church services by Zoom...who would have imagined? And now we are learning new FaceTime, Google and Zoom skills? Our local legislators are even more aware of our need for Broadband services as efforts to ramp up senior center activities like chair yoga, cooking and writing classes, and book groups begin to spring up. More to come as these new ideas and resources roll out.

It is a “brave new world” as we work on what our new normal will be.



A COVID Note: Masking Hearing

By Jeane Anastas



Face masks are wonderful and indispensable tools for keeping the COVID-19 virus in check, and I wear one according to state and health guidelines. I feel safer with friends and acquaintances who also wear masks and keep to social distancing rules. Like many, especially among older people, I am hard of hearing (HoH), and age-related hearing loss runs in both sides of my family of origin. When we get diagnosed with hearing loss, most of us have learned that we have unconsciously been reading lips for a long time, and, hearing aids or not, we still use lip reading to enhance our comprehension of speech.

Face masks muffle sound; research shows that the decibels of speech are reduced. In addition, hearing aids or not, the listener cannot see lips moving when people talk, meaning no lip reading is possible. In addition, for those wearing hearing aids, the elastic bands around the ears are not designed to accommodate devices in the ears. When taking off the mask, the elastic can cause the dome of the hearing aid (the part in the ear) to get dislodged, and it is reported that the whole hearing aid may fall out, perhaps getting lost when it is undetected.

While those who communicate using ASL may avoid these particular problems, facial expression is part of the system, compromised by masks. Various websites offer some suggestions to address these mask-related problems. For those using hearing aids, try out fastening systems other than elastic bands. Substitute laces for the elastic that can be tied behind the head. There are small straps for sale that easily connect the elastic bands behind the head. Also for sale are masks that have a clear plastic insert over the mouth area. These are of most help to those who are HoH if others who are speaking with you wear them, and, if you can afford it, they may be worth buying for those one sees most often. When possible, eliminate background noise. Since the speech of others is muffled by the mask, remind people that speaking slowly and enunciating clearly (but NOT shouting) are the best methods of communicating with people with hearing loss, masks or not. Most important, gently remind others about how masks are affecting you since they will want to be supportive. The hardest thing may be to ask.

Dare to Disrupt Aging!

Experiences in moving to the Digital World

You don't make progress by standing on the sidelines, whimpering and complaining. You make progress by implementing ideas. – Shirley Chisholm

As we age, women complain of feeling invisible. Sometimes I feel too visibly 60-plus. In a fashion-driven store like Madewell, a saleswoman who looks like a teenager politely meets my gaze, sweetly saying, "Who are you shopping for today, ma'am?" It makes me smile, as it's almost true: I'm usually browsing for my millennial daughter. Sometimes I buy myself a shirt, albeit not a midriff-revealing one.

Other retail experiences are less amusing. When my computer died, Apple had to migrate my data overnight to my new one. A young Ms. Genius brought it out, boxed and ready for its new abode. I wanted to test it first, so I wouldn't have to return to my least favorite "bar."

She reacted as if I'd requested a dozen iPhones for free. She conferred with a Mr. Genius.

Leaning over me, he sternly warned, "I can't teach you how to use the new computer."

"I never asked you to do that. I *know* how to use it," I snapped back.

Grudgingly Mr. Genius unpacked it, complaining as if I'd asked him to take apart the machine's motherboard and reassemble without a manual. Ms. Genius asked, "Do you need to sit down?"

Her tone was insulting. Couldn't she tell I swam laps four times a week? That I wasn't her *grandmother*? — even though, technically, I could be. In her eyes I seemed to be "old lady + computer = nightmare."

An ominous window popped onto the screen of my new computer. *Word could not be accessed.* Ms. Genius said, "Did you originally download it from a disc?"

"Who remembers what I did six years ago?" I regretted my words, not wanting to solidify her ageist impression of me. "I'll ask my daughter." Why did I say that? My humiliation was amplifying externally as if I'd changed my font size to 48.

Meanwhile, my phone was out of juice. I asked Ms. Genius for a charger.

"This table doesn't have adaptors," she said. "I don't want to make you move."

Being treated like a doddering tech idiot at the Genius Bar made me fume. I felt like listing my career accomplishments. Instead I did what any tech-savvy person would do: I took to Twit-

ter, the suggestion of a friend, a crisis management executive. "They hate it when people complain about customer service on social media," she claimed.

I blasted their treatment of older customers: *Insulting ageism treatment @apple*. Immediate reply: "You're a valued member of our family, and we never want you to feel otherwise. Can you send us a DM with details? We'll meet you there."

I met them privately in Twitterland. A store manager apologized, saying they might have to retrain their staff, begging me to return and talk about any technology problems. I was greeted by people in headphones who knew my name. The cheery manager escorted me up a flight of glass stairs as if it were the red carpet at the Academy Awards. I met one of their "greatest geniuses," who never once said, "This is the phone I told my mother to get." They even threw in free accessories.

I'd discovered the power of Twitter. No more archaic customer service complaint letters for me!

I was already crafting a tweet to emphasize how tech companies need to rethink how they treat "older" consumers.

Retailers aren't the only ones at fault. When I tried out a new gym's pool, a lifeguard placed swimmers into appropriate lanes to share. Quickly sizing me up, he pointed to the lane with the oldest man. "He's too slow for me," I informed him, but he insisted I try it out. I had to keep passing the other swimmer like a Corvette weaving in and out of lanes on the interstate. Drying off afterward, I met the gaze of the lifeguard as if to convey: *I hope you learned a lesson. Don't judge people by their age.*

Soon after I signed up for a group tennis class, where four players were randomly placed together. When the instructor saw me next to three 30-year-old men, he delivered my instructions geared to someone who'd need to sit on the bench between points. My competitive streak went into overdrive. Even though the young guys could outrun me, my technique was more consistent. The teacher's tone changed, my ranking was elevated. Not once during the 90-minute session did I collapse on the bench.

Sure, I iced my knees later — so does 37-year-old Serena Williams. I bristle every time the media qualifies her achievements at every match using the phrase "based on her age." No matter our age, it's time to stop grouping us by false stereotypes others have conjured up. We deserve to be treated with respect, as strong and confident individuals. And to speak out against ageism every time it occurs.



From AARP

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

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



Financial Advisor: Nancy Hewes

Librarian: Dee Cinner

HVES Rep: Jan Gibeau

*Art Com: Gigi Kaeser, Chair;
Dee Cinner*

*Travel Group: Mary Ann Coleman,
Francine Frenier*

*Outreach Com: Jan Gibeau,
Lorrie Childs, Marilyn Davidson*



Newsletter Designer:
Kristen Estelle

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

Ways to still enjoy summer during Covid-19:

1. Stargaze
2. Make s'mores in your backyard, or even your microwave!
3. Nap in a hammock
4. Make ice cream sundaes
5. Watch the sun set
6. Make homemade lemonade
7. Go for a scenic drive
8. Bake a fresh blueberry pie
9. Look for fireflies
10. Invite a friend to have a socially distanced talk in the driveway!

happy
Fourth
of July!