

Chesterfield Council on Aging

August 2020 Newsletter



Chesterfield COA & Community Center
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What's Next?

As we head into August the only thing we're certain about is that nothing is certain.

Most towns do not plan to revisit the idea of opening their buildings until the beginning of September. The Chesterfield Emergency Management Team plans to meet again at the end of August to review where we are as a community and assess how to move into fall. Members of the team include the Chair, Director of Emergency Management, Select Board, Town Administrator, Finance Committee, Board of Health, Council on Aging, Library, Fire Department, Highland Emergency Services, Highway Department, and Police Department. The good news so far is that Chesterfield, like so many small hilltowns, has had fewer than 5 cases and at the time of the meeting, we had none. Yet another reason to live up here in the country! As we all visit the transfer station, post office and Chesterfield General Store & Café, it's reassuring to see people wearing masks, following the guidelines for social distancing and respecting the need to protect not just themselves but each other.

we can find a suitable heated location that meets COVID-19 requirements. Stay tuned for updates on the town website, Facebook or in the next newsletter.

The Hilltown CDC and the Council on Aging each contributed \$500. In addition, many other generous donors in Chesterfield helped build what has grown to nearly \$7500. The weekly costs of food purchased hovers around \$300. Many other donations of food and other household supplies, books and puzzles have played a big role in keeping a wide variety of supplies on hand. Now that the Library makes it easier to request, and use drop off/pickup services, the need for books have markedly dropped, so much so that we are no longer accepting book donations.

Thanks to another generous donor, the first 30 people that filled out the survey have received a \$10 gift card to Stop & Shop. A review of the surveys is showing that the need for ongoing help will likely continue until other options become available. Nearly all who responded were from Chesterfield, with an age spread of ages 29-81. By far, the main reasons cited for using the Cupboard were safety and financial need. The most prevalent requests were for fresh fruit and vegetables, cereals, cheese and other dairy products.



Florence Bank gives \$5000 to keep our Community Cupboard going longer and stronger

Getting enough food during this pandemic has not been easy. The Chesterfield Community Cupboard has helped people who do not feel comfortable traveling to the big box stores, standing in the long lines and struggling with transportation. Financially, it is helping families who are coping with work reductions. The Cupboard continues to provide a steady access to food for anyone who needs it and has definitely kept many people from "flying without a net." We hope to keep the cupboard open through October and may continue if

Can you help?

We need more volunteer shoppers to keep up with the ongoing demand. A few of our support team members have been carrying the load because others of us cannot safely do so. We also could use help with these tasks: sorting, disinfecting and storing goods; help with closing at night, and maintaining the safety and cleanliness of the Cupboard itself. We are hoping to find younger helpers for any of these tasks. If you know someone, please urge them to contact Jan Gibeau at the COA: 296-4467. We set the Cupboard up to serve all ages. Now we would like to build a bigger support team that includes helpers of all ages. It seems to be a Community lifeline. Other ways to help include donating any fresh fruit, milk or eggs.

They seem to fly out of the fridge. If you are unable to help with these activities but still want to assist, contributions to the Cupboard would be greatly appreciated. Checks can be addressed to the Town of Chesterfield, Community Cupboard, Box 7, Chesterfield, MA, 01012.

Other safety nets for food are also going full steam ahead:



- ⇒ The Hilltown Community Development Corporation has created the “Hilltown Bucks” program, providing a way to reduce costs when shopping at participating local stores like the Williamsburg Market, Chesterfield General Store and many of the local Farmers markets.
- ⇒ The Goshen Food Pantry has discontinued the site in Worthington, but is in full operation back in Goshen. That program is open every Wednesday from 1-3pm. It's worth checking it out.
- ⇒ Highland Valley Elder Services has expanded and continues its Meals on Wheels program, delivering a week's supply of frozen but tasty dinners. They also provided 80 pounds of meat for distribution by the COA to older adults to Chesterfield.
- ⇒ The Mobile Farmers Markets opened on July 23, with locations in Worthington, Blandford and Cummington.
- ⇒ The enrollment period to apply for CISA farm shares has ended but COA volunteers began picking up and distributing food from the Intervale Farm on July 17th. Everyone loves Intervale and looks forward to their addition of flowers each week. A cheerful and thoughtful touch.

Thought to ponder:

Where did the phrase “hangover” come from?

Jim Brisbois, our expert on aphorisms, explains:

The lowest form of accommodation in Victoria England was the access to bend over a rope for the night at the price of a penny. Usually used by drunken sailors who had spent all their money drinking, it's said to be the origin of the term “Hangover”.



Getting Through the Long Haul: Laughter Helps

Apparently from a Glasgow school test in which kids were asked questions about the Old and New Testaments. The following statements have not been changed and incorrect spelling has been left in, but the school level is not known... personally, I reckon the answers are spot-on!

1. In the first book of the bible, Guinness. god got tired of creating the world so he took the sabbath off.
2. Adam and eve were created from an apple tree. Noah's wife was Joan of ark. Noah built and ark and the animals came on in pears.
3. Lots wife was a pillar of salt during the day, but a ball of fire during the night.
4. The jews were a proud people and throughout history they had trouble with unsympathetic genitals.
5. Sampson was a strongman who let himself be led astray by a Jezebel like Delilah.
6. Samson slayed the philistines with the axe of the apostles.
7. Moses led the jews to the red sea where they made unleavened bread, which is bread without any ingredients.
8. The egyptians were all drowned in the dessert. Afterwards, Moses went up to mount cyanide to get the ten commandments.
9. The first commandment was when Eve told Adam to eat the apple.
10. The seventh commandment is thou shalt not admit adultery.



11. Moses died before he ever reached canada then Joshua led the hebrews in the battle of geritol.
12. The greatest miricle in the bible is when Joshua told his son to stand still and he obeyed him.
13. David was a hebrew king who was skilled at playing the liar. He fought the Finkelsteins, a race of people who lived in biblical times.
14. Solomon, one of Davids sons, had 300 wives and 700 porcupines.
15. When Mary heard she was the mother of Jesus, she sang the magna carta.
16. When the three wise guys from the east side

arrived they found Jesus in the manger.

17. Jesus was born because Mary had an immaculate conception.

18. St. John the blacksmith dumped water on his head.

19. Jesus enunciated the golden rule, which says to do unto others before they do one to you. He also explained a man doth not live by sweat alone.

20. It was a miracle when Jesus rose from the dead and managed to get the tombstone off the entrance.

21. The people who followed the lord were called the 12 decibels.

22. The epistels were the wives of the apostles.

23. One of the opossums was St. Matthew who was also a taximan.

24. St. Paul cavorted to christianity, he preached holy acrimony, which is another name for marriage.

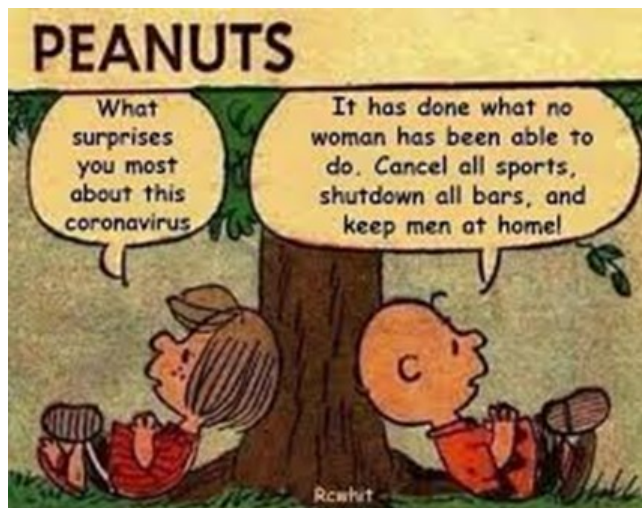
25. Christians have only one spouse. This is called monotony.

Seafood promotes a longer, disease-free life

A team of U.S. researchers followed 2,622 older adults over the course of 22 years and found that those who had higher cumulative levels of omega-3 fatty acids (found in seafood) showed a 24% lower risk of developing cancer, lung and cardiovascular diseases or brain dysfunction. Researchers credit omega-3's ability to support healthy blood pressure and heart rate, reduce inflammation and heal oxidative damage.

"Optimism is the one quality more associated with success and happiness than any other."

-Brian Tracy



Stay Connected & Keep Holding Hands

What are the important things in life? We know that diet and exercise matter for living a healthier and most likely, longer life. But to boost the mind-body benefits that drive health, start connecting. Keep or establish a strong network of family and friends you can count on and who can count on you. Volunteer in your community. And do not forget to hold your spouse's or significant other's hand (boosts oxytocin). According to some studies, a committed romantic relationship can lower your mortality risk by a staggering 49 percent.

-Science journalist, Marta Zaraska, author of the new research-driven book *Growing Young: How Friendship, Optimism, and Kindness Can Help You Live to 100*



Gratitude-The Antidote

According to Marci Sharif, author, yoga teacher and meditation facilitator, gratitude is a trusty way to gain balance and perspective! And when we are down and out, it is what stops us from becoming hard and bitter. Even when we taste resentment and despair, we do not remain in the dark, we don't lose ourselves. Gratitude is an anchor, that we collectively need more than ever. It is not the cure-all that erases the challenges we face, but it can totally help us feel better. Gratitude is part of the antidote, and during these rough times, we could all use a dose!

Mindful Movement

Mindful movement is all about tuning out thoughts about how you "should" be exercising, and instead doing what feels good for you. It encompasses much more than what has typically been described as exercise and can also be referred to as joyful movement. Any kind of movement-walking, gardening, playing in the yard, etc. can fall under this movement. Lauren Leavell, a motivational coach, and personal trainer encourages people to stop doing workouts that you hate or simply dread doing. Enjoy what you do, and you will do more of it. Every day is different, you might be in the mood for something strenuous one day and feel up to more relaxed forms of movement on another day. Ultimately, mindful movement is a healthier and more sustainable way to move your body.



Happy Birthday in August!



Janet Scully, Richard Konopka, Thomas Daggett,
Robert Keyes, Jan Sullivan, Karen Hennell,
Christopher Ryan, Timothy McElroy,
Debra Cleveland, June Hinton, Joseph Russo,
Michael Labarre, Robert Moore, Lesley Spokas,
Katherine Marcinczyk, Patricia Sicard,
Elizabeth Fondakowski, Naomi Sturtevant,
Paul Marcinczyk, Virginis Kaeser,
Timothy Gorham, Ruth Timm, Douglas Fisher,
Robert Macleod, Maryann Coleman,
Nancy Hewes, George Wade, Roy Wiley,
Marisa Lentner, David Jarrett, Susan Puza,
Kim Sarafin

Beating the Blues – A Video for Seniors

This video was designed for seniors who are experiencing mild depression during the pandemic. The Westfield COA ran it on their local cable channel every Tuesday afternoon during the month of June. It's a practical 'how to' list of specific activities that might help you weather the storm during these odd, sometimes lonely times.

Watch the video here:

www.youtube.com/watch?v=goBK_7Cx2R4

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!



Preventing Heat Stress

People who are most at risk for health effects because of extreme heat events can take steps to protect themselves by staying in air conditioned or cooler locations during heat waves, or indoors when air quality is poor. To find a facility to get cool during extreme heat in your area, check out information on Cooling Centers. Other steps to prevent heat related illness are listed below.

- ⇒ If there is no air conditioning in the home, open windows and shades on the shady side and close them on the sunny side to try to cool it down.
- ⇒ Drink plenty of fluids but avoid alcohol, caffeine and sugary drinks.
- ⇒ Beat the heat with cool showers and baths.
- ⇒ Take regular breaks from physical activity, and avoid strenuous activity during the hottest part of the day (between 11 a.m. and 4 p.m.).
- ⇒ Wear loose, lightweight, light-colored clothing to help keep cool.
- ⇒ Stay out of the sun as much as possible, and try to stay in an air conditioned location if possible.
- ⇒ Wear sunscreen and a ventilated hat (e.g., straw or mesh) when in the sun, even if it is cloudy.
- ⇒ Never leave children, pets or those with special needs in a parked car, even briefly. Temperatures in the car can become dangerous within a few minutes.
- ⇒ Check on neighbors, family and friends, especially those who are elderly or have special needs.
- ⇒ Conserve water and power during heat waves by turning off lights and non-essential appliances, and reducing non-essential use of water.



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 - Killing Accounts

Last month I wrote about social media platforms and dealing with them after a person dies. That led to more reading and thinking, and I ended up with an Everplans note about online accounts. I read through it with astonishment – I did not realize how many online things there are to join!

Just a few common accounts many of us have – Amazon, Ancestry, Apple, AT&T, Barnes & Noble, Comcast, ebay, Facebook, FedEx ... Yahoo, Yelp and many in between. Here is where you can go to find a link to closing all these accounts – over 230 entities:

www.everplans.com/articles/how-to-close-online-accounts-and-services-when-someone-dies

This information could be quite useful if you are an Executor / Personal Representative for someone's estate. Seems like scrolling through these names could be helpful in cleaning up our own digital lives, e.g., managing passwords, scrapping old accounts that may not be useful anymore but that are hanging around.

Everplans is a business that charges for services, not a government or educational institution site which I usually prefer to give you. But it seems to have some good stuff. The main page is www.everplans.com, then look at Resources & Guides, Planning Categories, and Digital Estate for more information than I've written.

Yes, life is still more complicated!

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

Good News!

By Deborah Hollingworth

It's the time of year when the zucchini are beginning to be big enough to eat, and you have to be up early if you're going to stay ahead of the weeds which thrive in this weather. Hot weather hasn't done away with Covid-19. It looks like we will need to be cautious for the foreseeable future. Dealing with the unknown and keeping positive as we ride out this pandemic, is the challenge.

Lately I've had an uptick in calls from folks thinking about retiring. Those of us who worked past our 65th birthday are asking if this is a good time to give up the paycheck. Some have been furloughed because of Covid, and lost their health insurance. People in that circumstance may want to enroll in Medicare.

Social Security administers Medicare and their offices are closed but the good news is that Social Security has made signing up for Medicare a little easier during this public health emergency.

Applying online is an excellent way to start. Social Security's website has a reputation for being user friendly. To give it a try, go to www.ssa.gov/benefits/medicare. If you are losing your employer's health insurance because you've been furloughed, or because you've decided to quit working, you can check the website for information on the process of signing up, but you will need to call Social Security. Our local office is in Holyoke: 877-480-4989.

If you lost your health insurance because of Covid, or because you decide to quit work, Medicare allows you to enroll now with coverage starting the first day of the next month. You will need to verify your last day of health insurance coverage. You can do this with a copy of your pay stub showing health benefits being deducted, or a statement showing health insurance premiums being paid, or a CMS L564 form which you can download from the social security website. Paperwork gets mailed (Certified mail is recommended) to the Holyoke social security office. The mailing address is 200 High Street, Holyoke MA 01040.

For questions about what Medicare costs, or to enroll in supplemental Medicare plans, or to get Rx coverage, give your senior center a call to make an appointment with a SHINE counselor.



COVID-19 Face Covering Decision Guide



Are you leaving home?

Face covering is required to be worn when you cannot maintain six feet of social distance to another person who does not live in your household. A person who cannot wear a face covering for medical reasons is not required to provide documentation.

Are you outdoors less than 6 feet away from someone who doesn't live with you?

Face covering is required to be worn.

Are you an employee or customer of grocery, pharmacy, retail, or shared transit, even if you will be more than 6 feet away from others?

Face covering is required to be worn. A business may deny service to a person who refuses to wear a mask for nonmedical reasons.

Are you at any indoor business or organization, less than 6 feet away from someone who doesn't live with you?

Face covering is required to be worn.

Minimize the use of confined spaces, elevators, control rooms, and vehicles, by more than one individual at a time.

All workers in such spaces at that same time are required to wear face coverings.

Are you alone in an elevator, inside an indoor shared common area, or other indoor enclosed area?

Face covering is recommended.

Questions?

Email: safepublicworkplacemailbox@mass.gov
or visit: mass.gov/dols

COVID-19 and the price of AGEISM

Ageism is one of the social problems made worse during the COVID-19 pandemic. Our ageist views of older or some might say mature adults as frail or irrelevant creates a distorted picture of how communities successfully get through crises. Using age alone to identify people as frail, thus automatically needing protection, distorts the fact that the pillars of support we rely on in our towns during this pandemic are often older.

More than ever we are learning that getting through this crisis requires building intergenerational solidarity. It's not that age is irrelevant but being compromised by chronic illnesses and comorbidities are stronger risk factors for all age groups, as are race and poverty. It flies in the face of reality to ignore the fact that many older adults in our communities are playing crucial roles in protecting others who are struggling. They are also practicing social distancing, keeping their hands clean, and wearing masks as they do so.

In many Hilltowns, those 60 and over constitute a third of the taxpayers and the bulk of the volunteers who keep town operations going. Take a look at your town committees and volunteers. How many of them continue to work to make the community safer? Do you automatically see them as frail? What a misleading image. For example, the Chesterfield Community Cupboard support team includes a range of ages, from people in their 50s to 80+. They shop, sort and store food, and keep everything clean and sanitized.

What's emerging as a major COVID-19 threat is the risks to all age groups of not taking the simple but necessary precautions: washing hands, social distancing and wearing masks. People 60 and older are not the ones driving the surges in infection rates that we are seeing. Because of their perception of risk, older people are more likely to limit their time in public and take the precautions that limit the risk of infection for everyone. Yet Dan Patrick, the lieutenant governor of Texas, suggested those over 70 "sacrifice" themselves for the good of the economy by accepting and participating in re-opening activities. It should be noted that Dr. Anthony Fauci, Director of the National Institute of Allergy and Infectious Diseases and recognized as a tireless leader in getting us all through the pandemic, is not publicly referred to as the "old and frail" Dr. Fauci.

What difference does ageism make when we are all in crisis mode? Here are some thoughts from gerontological experts.

⇒ The World Health Organization identifies ageism as the last socially accepted form of prejudice... perceptions of older adults as frail and weak impacts the kind of care they receive and the health care outcomes they experience... In the U.S these perceptions are reinforced in medical training: geriatric care doesn't even appear on the list of required

training for doctors. (Nash & Schnarss, *The Conversation*, June 15, 2020).

⇒ Kate de Medeiros notes that "of all the isms, ageism is arguably the hardest to address because old age is neither a valued stage of life nor an identity many claim. The pandemic is making it worse (Aging: Covid-19. Hastings Bioethics Forum. May 14, 2020)

⇒ "In addition to the misrepresentation of COVID-19 as an 'older adult' problem, many countries have chosen to impose stricter restrictions on older adults, ordering them to remain inside during the pandemic. These restrictions exacerbate the longstanding problems of older adults' isolation and the health consequences of social disconnectedness that existed long before the pandemic. While restrictions may aim to be protective, such policies have often translated into patronizing public communications depicting all older adults as 'vulnerable members of society'." (Age and Ageing)

Now is the time to put a new face on aging. While you're at it, put a fresh mask on. We are all in this together.

Jan Gibeau, Director
Chesterfield council on Aging

United States
**Census
2020**

The 2020 Census is underway! It counts every living person in the USA. From August 11 to October 31, Census takers will interview homes that haven't responded to the 2020 Census.

If you have not responded, you can do so by returning the mailings you should have received from the U.S. Census Bureau.

If you didn't receive your mailings, no problem! You can fill out your information over the phone with a verified Census Bureau representative at 844-330-2020. If you have any questions or concerns, please reach out to the Secretary of the Commonwealth's staff to have a conversation about Census operations at 833-621-2020.

Your community depends on your Census response for funding and representation for the next decade to come. The impact on your community include: school lunches, plans for highways, support for firefighters and families in need. Census results affect your community every day. Please respond if you haven't already done so.

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Contract Tracing Calls—5 Things to Know

A contact tracer from your state health department might call if you've been exposed to COVID-19. But scammers are pretending to be contact tracers, too. Here's how you can spot the scam.

1. **Real contact tracers won't ask for money.** Only scammers insist on payment by gift card, money transfer or cryptocurrency.
2. **Contact tracing doesn't require your bank account or credit card number.** Never share account information with anybody who contacts you asking for it.
3. **Legitimate contact tracers will never ask for your Social Security number.** Never give any part of your Social Security number to anyone who contacts you.
4. **Your immigration status doesn't matter for contact tracing, so real tracers won't ask.** If they do, you can bet it's a scam.
5. **Do not click on a link in a text or email.** Doing so can download malware onto your device.

Talking to a real contact tracer helps stop the spread of COVID-19. Reporting scammers helps stop them, too. Report fake contact tracers to your state and at ftc.gov/complaint.

For more information about contact tracing visit your state health department's website and ftc.gov/coronavirus/scams