

Chesterfield Council on Aging

September 2020 Newsletter



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

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413-296-4007

Taking it Outside: Staying Connected



Life is tough when you have to stay inside too much. The Chesterfield COA is now offering some limited programming that will take place under a large 10x20 canopy erected at appointed times in the Veteran's Park beside the Town Hall. The tent has been temporarily loaned to us by friends from Ashfield, where they used it for their town meeting. It should be a great answer to wondering about the weather. It will be available for small groups such as Chair Yoga, weekly COVID Coffee Hour, pop-up small gatherings which can be scheduled through Jan Gibeau at the COA (296-4007). These events will be listed on the town website (townofchesterfieldma.com), the Northern Hilltowns Consortium website (northernhilltownscoas.org/government), posted at the Post Office and emailed to COA Board members and other groups and individuals known to the COA. for distribution.

We plan to have weekly **Chair Yoga sessions: September 11th and 18th at 10am.**

COVID Coffee Hour: Weekly on Wednesday mornings at 9-11 am.

We are looking for other ideas such as forming a small book club, small "plein air" art class, etc.

If you have a suggestion of something you'd like to see happen, contact Jan: 296-4007.



Community Cupboard Still Open and Going Strong

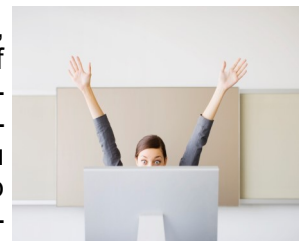
The Cupboard continues to operate in full swing with four new volunteers joining the team to handle the steady need for shopping and managing the Cupboard itself. We now have 19 people on our team and at this point our donations are keeping up with the costs enough at this point to support our plan to continue into October. According to our recent survey, all but two people using the food and other supplies are from Chesterfield and the two who aren't are people we know from neighboring towns.

The two main reasons people say they rely on the Cupboard are to have a safe place to go without traveling to big stores and continuing to face financial challenges. Following the reports on the extent of the pandemic, both issues will no doubt continue. Having a community come together to help out really makes a difference.

Now that gardens are coming in, several donors have been bringing fresh greens and vegetables. If you have some you would like to donate, that would be a big help. Fruits and veggies are the two of the most requested types of food. Other donors regularly bring peanut butter, eggs, juice, and other supplies. The Cupboard is stocked up on Mondays, Wednesdays and Fridays.

Want to join Feldenkrais classes with Michael Morales online?

Michelle is available for Zoom. Before she sets it up, she would like to know if enough people are interested. These are weekly Feldenkrais sessions. If you would like to join a group just contact Michele at: mo-rales.wolk@gmail.com or 413-268-8343.



Broadband Installation Begins



Make Ready and Hut: Our make ready is nearly complete. We expect to begin construction in September. Just as soon as we have a schedule, we will post it on the Broadband Chesterfield website along with updates on the progress of the build. For now, the hut is finished and Whip City is beginning to install the electronic equipment necessary to run our network.

How will the network be built?

- Chesterfield is divided into four FSAs (Fiber Service Areas).
- The Chesterfield Municipal Light Plant (MLP) is the Town entity that administers the network.
- Whip City Fiber (part of Westfield Gas and Electric) is our internet service provider and network manager. They handle all of the technical side of operations, the billing, repairs, and customer service.
- TriWire (an employee-owned company out of Tewksbury, MA) will subcontract the building of the network and the installation of the "drops" from the road to the house.
- Once we begin construction you will see TriWire trucks in town. They will begin a four-phase operation:
 - ⇒ **Phase 1-** Attaching a steel cable to the poles. The crews do about a mile a day.
 - ⇒ **Phase 2-** Attaching the fiber cable to the steel cable. The crews do about a mile a day.
 - ⇒ **Phase 3-** Adding the MST (multiple service terminals) opposite each house, connecting each MST back to the hut, testing the network, and finally certifying the FSA as ready for drops.
 - ⇒ **Phase 4-** Drops. Connecting each house to the network and making sure that the service is working. This is when you will be contacted by Whip City Fiber for an installation appointment.
- The FSAs are done in a specific order. However, it is a rolling construction: once Phase 1 is finished in the first FSA, the crews move right on to the second FSA and so forth.

Phase 4 - Drops. What should I expect?

- Once your FSA is certified (Phase 3) and ready for the drop crew, you will be contacted by Whip City Fiber for an installation appointment. The Customer Service Representative will set up your account, explain about billing, and answer any questions you might have.

- **AERIAL SERVICE-** If your utilities come to your house above ground, you will only need one appointment. Whip City Fiber will call you, make an appointment when you can be present, and a technician will come to your house, run the drop, install the necessary equipment, and make sure at least one of your devices is successfully connected to the network. They will also leave you literature about how to connect other devices, troubleshoot problems, and whom to call if you experience trouble. Once they leave, you will be connected to Broadband Chesterfield and ready to enjoy the fastest service around.
- **UNDERGROUND SERVICE-** If your utilities come to your house underground, installation is a multi-step process. First, Whip City Fiber will call you, make an appointment when you can be present, and a crew will come to your house and go over the designed route of the installation depending on whether you have existing, usable conduit, or will need microduct. Once you sign off on this part, then Dig Safe will come and flag the path. Next a crew comes to install the fiber and run the drop, install the necessary equipment, and make sure at least one of your devices is successfully connected to the network. They will also leave you literature about how to connect other devices, troubleshoot problems, and whom to call if you experience trouble. Once they leave, you will be connected to Broadband Chesterfield and ready to enjoy the fastest service around.

If you have any questions, call Whip City Fiber at 1-833-923-2255 or email me at mlpmanager@townofchesterfieldma.com or call 413-296-4771 and press 6# pound key).





From Sarah's Bookshelf



When I read a really satisfying novel, naturally I am delighted to find out the author has written more. Sometimes it can become rather formulaic, a series, and that has its own comforts, familiar characters, always a resolution at the end. In the case of Paulette Jiles, when our librarian, Cindy Squires showed me her newest book, she asked if I had read her previous work, *News Of the World*, which was a National Book Award finalist in 2016. I hadn't, so she checked both it and *Simon The Fiddler* out to me. Both are historical fiction set around the same period, shortly after the Civil War and in the same area, Texas, Jiles' native state.

It was a wild time, so hang onto your hats. *News of the World* tells the story of recently widowed Civil War veteran Capt. Kidd, who goes out to earn a living reading from various newspapers of the day to audiences in frontier towns. This is the 1870s and many of the townspeople were illiterate and his readings were often the only show in town. Real adventure ensues when Kidd agrees to take an orphan girl captured and raised by the Kiowa back to her relatives near his home base in San Antonio. Jiles is very adept at creating characters you want to see in action and she includes nitty gritty, not romanticized details of what it took to survive during those times.

Simon The Fiddler, published this year, follows the music enthusiast and his beloved, valuable fiddle as he endures many hardships with some other musicians making their way after their not voluntary service to the Confederacy ended with its defeat. Simon appeared in *News of The World* when his band played in Spanish Fort as Capt. Kidd was also entertaining audiences there. Simon has a dream of owning a farm and having a wife and family. A lovely Irish girl who is being badly treated by the military family she is indentured to becomes part of that dream.

Yoga with Sarah: Mudras

This is a Sanskrit word, so no surprise if it is mysterious to you. The word with the emphasis on the final "a" can be translated as gesture, seal, attitude or signature. In yoga we use gestures of the hands, face and body that promote physical health, psychological balance and spiritual awakening. Everyone has done mudras, even if they never have done a yoga practice. Our okay sign with thumb and index finger touching and the other fingers fanned out to the side is the gesture of Jnana Mudra. This gesture of higher knowledge for awakening clear seeing is practiced with both hands in the configuration with the backs resting on the thighs or knees. Anjali mudra is another one everyone knows, often called prayer position with the palms together in front of the heart with fingers pointed upwards. It is a gesture of reverence and divine union.

Here are some others you might like to try. Come into each slowly and breathe normally with your shoulders relaxed for a few rounds. Notice any feeling or effect in your body, mind or spirit.

Hakini Mudra promotes a sense of wholeness and integration. Hold the hands facing each other in front of the lower ribs and gently touch the tips of all the fingers and thumbs to the same on the opposite hand. Hold the hands open and rounded as if holding a globe. Allow the elbows to be slightly away from the body and the forearms to be parallel to the earth.

Hridaya Mudra opens to spiritual support in challenging times and releases tension from the chest boosting the health of the immune system. Gently place the right hand over the heart, leaving a slight hollow between the palm and the heart. Place the left hand over the right. Allow the chin to bow slightly forward.

Pranidhana Mudra is a gesture of surrender, helpful in letting go of attachments and reducing stress and blood pressure (those with low BP should proceed cautiously). Touch the tips of the thumbs to the tips of the middle and ring fingers of the same hand. Bring the tips of the extended index and little fingers together. Hold below the navel or rest the wrists on the thighs. Allow time to let go of the mudra and just feel whatever is present after your practice.



Profile: Tim McElroy



The Chesterfield Council on Aging Board of Trustees welcomes Tim McElroy as its latest member. Born in Worcester, Tim describes growing up with an older sister in a very loving and helping home. Helping others and working hard were themes that guided his life and career. As a youth, his father often helped Tim's grandfather on his route as a milkman and later followed in his footsteps. When his Dad returned home at the end of the work day, he would affectionately kiss Tim's Mom, supper would be ready and the family talked about the day together. Those were the days.

Tim went through grammar, middle school and high school in the town of Grafton. He graduated from UMass with a degree as a Civil Engineer, subsequently working as an Environmental Engineer for DEP for 36 years. Since the age of 18 and continuing now into his retirement, Tim also has been buying, restoring and selling Classic and Antique Wooden Boats. It's the kind of work that is also an art, hobby and a passion.

Like his parents did when he was growing up, Tim has found joy in his daughter Kaitlin's achievements. Kaitlin went to Bates College and has several undergraduate degrees, a Masters and is working on her Doctorate In Neuropsychology. She was a Nationally ranked Nordic skier and is currently on the USA Sprint Kayak Team and was selected to represent the United States in Tokyo. She hopes to go to Tokyo 2021 if the Olympics are held.

Skiing has been an important part of family life. Tim has been an experienced teacher of both Alpine and Nordic Skiing. After coaching Bill Koch Youth Ski

League here in Western MA, he helped form and coached the BKYSL XC-Ski Program at the Breton Woods Mt. Washington Resort. The New England Bill Koch Youth Ski League (NEBKYSL) is the largest cross-country ski program for young people in the United States. He initially joined them when they were located at Cummington Farms, then Hickory Hill and at Bretton Woods. His other hobbies include biking, sailing and kayaking.

Tim bought a house and moved to Chesterfield five years ago. Tim is a "people person" and says he loves living in a town where people work hard and keep a closeness with each other.

His happiness goes along with having a partner, Amy Gavalis, who also loves these hobbies. How wonderful to have someone you not only love but can "play with". Not everyone is so lucky, but now we are fortunate that Tim has come to work and play with the Council on Aging. Tim (and Amy) has/have been an active member of the Chesterfield Community Support Team that launched the Chesterfield Community Cupboard.

Happy Birthday in September!



Sharon Dunfield, Kevin Ladd, Sharon Whitmore, Julia Freedgood, Wendy Emerson-Sysko, David Vilbon, Linda Baranowski, Mary Serverance-Rys, Denise Leduc, Marianne Ryan, George Dastous, Francine Frenier, Roger Fuller, June Carter, Roslyn Malkin, George Hinton, Marianne Drake, John Lynch, Daniel Kirouac, Mark Castro, Stephen Vaznis, Daniel Burrows, Paul Sarafin, William Blanchard, Carol Jolly, William Celatka, John Cherry, Thomas Hinton, Jean Weller, Janet Mathison, Mary Regan, Cynthia Squier, Dawn Bisbee, Emily Holmberg

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!



Regional News

Seniors Aware of Fire Education



Wow! It is already September and it is still hurricane season, which has already messed with us. With this in mind, here are a few ideas on how to prepare for any emergency.

- Have a plan on how to get out of the house in 3 minutes or less.
- Keep eyeglasses, canes, walkers, hearing aids, COVID masks near where you are sleeping
- Make sure pathways are clear of clutter.
- Install night lights (LEDs work well) throughout the house to prevent falls.
- Make sure your house number is clearly visible from the road so first responders do not have to spend crucial time finding you.
- Get and fill out a FILE OF LIFE from your Council On Aging and post it on the refrigerator.
- Know where you can seek shelter and sustenance; this pre-planning is very important during this COVID time of social distancing.

Stay strong and be SAFE!

--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, in color, 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!

What Luck...

So you know I'm a fan of checking our credit reports to make sure information is correct, that no one has absconded with our information, and as a reminder to do good financial management. The recommended practice is to check one of the three major credit bureaus every four months, so each one is checked once a year at no cost.

Well, what luck! Because of the virus we have grown to hate, the bureaus are allowing free weekly access to our reports through April of next year. If somehow you haven't been checking your reports, here you go - **www.annualcreditreport.com/reviewYourReport.action**. Look at each one now, dispute anything that is wrong, get it fixed, then start the annual cycle of checking.

While you are there, put a freeze on each report. That will keep unsavory people from accessing your report, stealing your information, and gaining credit or opening an account in your name. Just make very very very sure that you print out or write down the pin they give you. You will need that to thaw your report, if / when you want to be considered for credit.

Q. If I have a freeze, do I still need to check my report for correctness? Or can I just trust credit card companies and mortgage holders to always provide the right information? A. Yup. Nope.

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

Good News!

By Deborah Hollingworth

We should be baking zucchini bread. It freezes well, and by now if we don't watch it, they can get to be the size of baseball bats.

As we enter another month of Covid, stretching resources gets to be more challenging. Families out of work, bills still needing to be paid, groceries getting more expensive- it's good that our gardens are finally producing after what seemed like a slow start. Let's hope for a late frost.

This is a reminder for folks to check out the Hilltown Mobile Farmer's Market which is in Blandford and Huntington on Friday afternoons and Worthington and Cummington on Thursday afternoons. The Market runs July 23rd to October 9th this year and accepts SNAP (food stamps) benefits, HIP (Healthy Incentive benefits as well as cash. Produce is from local farms and looks terrific. Blueberries, peaches, apples soon, tomatoes, squash, corn, kale, onions, beets, you name it, you can probably find it at the Market. If you can't get to the Market, there are volunteers who can shop for you if you call your senior center and ask. And of course, you can be one of those volunteers and shop for a senior, or someone who is having difficulty getting out...or struggling to make ends meet.



This has been an amazing time to watch the generosity of our neighbors helping neighbors. Senior centers are getting donations of food, money and time from a growing band of volunteers. The Food Pantry is in full swing in Goshen on Wednesday afternoons, and the Chesterfield Cupboard is open daily. Chesterfield's effort to help those in town who need groceries has been a real community effort, getting up and running, and now with volunteers helping to shop, stock shelves, clean and manage inventory. It has been exciting to see more families use the cupboard, and more donations come in.

Williamsburg's Take and Eat weekend meal program continues to help seniors every other weekend with a home delivered meal made by volunteers at Our Lady of the Hills, and the Williamsburg Congregational Church. If you know someone who could use a meal, or if you'd like to be a volunteer and help to continue this effort, you can give the Williamsburg Senior Center a call. The office may not be open, but the staff is still working and can be reached daily.

Here's a pitch for those of you who may not have checked out the SNAP program, also known as food stamps. You can apply online. The application process takes about 20 minutes. Don't have a

computer? Call your senior center to get help getting that application started. Benefits have been expanded. So if your income is less than \$1,777 a month for an individual, \$2,146 for a couple, \$2,514 for a family of three....you could qualify. With the price of groceries continuing to increase, this might help at the check out counter.

Meanwhile, let's bake and share zucchini bread?

2 cups of graded zucchini
3 eggs lightly beaten
1 cup salad oil
1 cup sugar
3 1/2 cups flour
2 teaspoons of vanilla
1 teaspoon baking powder
1 teaspoon baking soda
A pinch of salt, a pinch of cinnamon
Add raisins, chopped walnuts, if you want



Bake at 350 degrees for an hour. Makes 2 loaves.

Recipe from:

Garden Ways Zucchini Cookbook, 1977.



The 2020 Census is underway! It counts every living person in the USA. From **August 11 to September 30th**, 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.

Part-Time Work Available: Hilltown Elder Network

The HEN program needs caregivers in Williamsburg and Goshen. Help elders with housework, various household chores and transportation to appointments. Pays \$15.00 per hour. For application, call Fran Goebel at 268-7411. *The HEN program is sponsored by the Hilltown Community Development Corporation.*



**New Hingham Regional Elementary School
and Goshen COA sponsor first virtual
multigenerational program**

★ Fran Ryan, well known for her
★ captivating, educational programs
★ on the lives and habits of wildlife,
★ will be presenting a session on
★ **Introduction to the Life of the**
★ **Black Bear** on **September 25**
★ **at 1pm.** Filmed and broadcast
★ from New Hingham through Zoom, students at
★ the school and older adults in the area will be
★ linking and learning together. Thanks to a grant
★ funded by Highland Valley Elder Services, and
★ managed by the Chesterfield COA through a
★ partnership with several other COAs, this pro-
★ gram launches one of the new normal ways to
★ connect several generations, from young to old,
★ who now share the experience of feeling isolated.
★ Many a grandparent is missing seeing their
★ grandkids and kids are struggling with virtual
★ learning.



To join this event please contact the
New Hingham Regional Elementary School:
413-296-0000.

Shop or Volunteer at the Hilltown Mobile Market

The Hilltown Mobile Market is an innovative collaboration to increase the availability of fresh, local, and affordable produce to Hilltown residents of Western Massachusetts. We are back for our second season in 2020! Your support during our pilot season last year resulted in increased grant funding to purchase a market vehicle and broaden our reach to more communities. From July 23rd - October 9th, the market is visiting The Maples in Worthington from 2-3:30pm on Thursdays, the Kingman Tavern in Cummington from 4:30-6pm on Thursdays, the Post Office in Blandford from 2 -3:30pm on Fridays, and the Town Green in Huntington from 4:30-6 pm on Fridays. Stop by and shop with cash, credit, debit, SNAP, WIC, or Senior FMNP Coupons! Or if you have some free time and would like to get more involved in the market, you can sign up to volunteer by visiting: tinyurl.com/HMMvolunteer or emailing Seva Tower at sevat@hilltowncdc.org.

Survey shows that Joan Griswold's Exercise Program Responds to Successes and Need for More Sessions

A recent survey of the 38 participants in Joan's classes makes it clear that the group now has several members who have been exercising with Joan for several years (38%) and another 41% who have been with the class for at least a year. New membership continues to grow with another 22% who have just started participating in the past six months. More classes have led to more frequent participation. One in 5 of the participants attend one a week, 17% twice a week and 29% three times a week.

Have the programs had an impact on their personal health? Over 60% reported that they feel a difference in their overall strength, 11% have increased energy and physical endurance, 13% more flexibility, 5% less pain exercises, while 11% not having noticed a change in their bodies. Another 14% requested a 4th class, which Joan has scheduled and started in Williamsburg on Thursdays at 10:15am. This class will be offered as an entry level class. Folks who might be interested in the class need to contact Joan (joan@bybhealth.com) to review expectations about their current health status and abilities to ensure the class is a good fit. She will also help in navigating the system for those who have not enrolled.

It's clear that the desire and commitment to exercise is consistent and growing. Joan notes that everyone, COAs and students alike, "have all worked hard to bring the current level of fitness to an incredible place".

Chesterfield COA

Lillian Bisbee, Chair
Francine Frenier, Vice Chair
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Milenna Curtis
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Gail Lucey
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*Art Com: Gigi Kaeser, Chair;
Dee Cinner*

*Travel Group: Mary Ann Coleman,
Francine Frenier*

Outreach Com:

Jan Gibeau, Lorrie Childs



Newsletter Designer:
Kristen Estelle

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

Need something to celebrate?

Here are 12 lesser known holidays in September!

- 5th: National Cheese Pizza Day
- 6th: Read a Book Day
- 9th: National Teddy Bear Day
- 10th: Sewing Machine Day
- 11th: No News is Good News Day
- 12th: Chocolate Milkshake Day
- 16th: Collect Rocks Day
- 19th: International "Talk Like A Pirate Day"
- 20th: Wife Appreciation Day
- 21st: Miniature Golf Day
- 26th: National Hunting & Fishing Day
- 28th: Ask a Stupid Question Day

