Chesterfield Council on Aging January 2021 Newsletter



Chesterfield COA & Community Center 400 Main Road, PO Box 7 Chesterfield, MA 01012 Jan Gibeau, Director coa@townofchesterfieldma.com 413-296-4007

Gift Certificates given to all residents age 70 and older



Jean Weller and Samantha Nugent

COVID-19 has thwarted many ways to share the holidays, especially gathering together for special meals and celebrations at the Community Center. Members of the Council on Aging decided to compensate for not being able to provide food on site by mailing gift certificates worth \$15 to everyone age 70 and older. Each certificate is personalized and can be used at the Chesterfield General Store for a hot meal, sandwiches, desserts or other types of groceries. It's not the same as our "Ring in the New Year" celebration at the Community Center, but over 200 people can now enjoy some of Greg's outstanding offerings. Happy holidays all around!

Chesterfield residents get a shot in the arm

The Chesterfield Council on Aging sponsored two flu clinics to help people protect their health as winter bring risks of contracting both COVID-19 and the flu. Thanks to both CVS and Walgreens for coming to the hills. We were pleased to once again provide a community health service for all ages. Nearly fifty people came to the clinics, and with the help of volunteers, everything went well. Larry Holmberg, Emergency Management Director, paved the way by bringing a trailer and tables, putting up signs, placing cones and providing key supplies. Thanks to Kam and Tom Oborne, Nancy Rich, Peg Whalen, Bev Henrichsen, Jen Peotter, Marianne Hoag and Francine Frenier.

THE COMMUNITY CUPBOARD IS STILL OPEN

And remains open to serve all families!



The Chesterfield Community Cupboard has been providing free food to people in town who could use some help and also people in town who are having trouble getting to the store, facing financial challenges, dealing with health and safety issues or are not comfortable shopping in large or crowded stores because of COVID or other concerns.

With cold weather upon us, the Cupboard has had good luck working out of the kitchen in the Chesterfield Community Center at 400 Main Rd. **We are now open on Tuesdays and Fridays from 9-11 am.** We hope to keep offering this program through the winter and longer if possible until vaccines are available. A survey completed this summer showed that the age range of people using the cupboard went from those in their 30s up to people 80 years or older. Many need help for not only for themselves but their children and grandchildren.

The Chesterfield Cupboard continues to offer many different items not always found at other food sites: Milk and Eggs, Yogurt, Cheerios and other cereals, Packages of Cheese, Juices, Rice, Bread, Pasta, Macaroni and Cheese, Spaghetti Sauce, Fresh and Frozen Veggies, Canned Soups, Fruits, Vegetables, Potatoes and Onions. Thanks to generous donations from organizations, individual donors and people who come to the Cupboard, we are able to move forward.

If you could donate, it would help a great deal. Donations can be made on site at the Community Center or by a check to the Chesterfield Council on Aging, Box 366, Chesterfield Ma 01012.

Chesterfield Historical Commission Corner

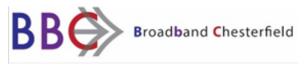


The Edwards Museum as it appeared prior to 1920 before renovation to a summer day house. Extracted from a postcard donated to the CHC by Judith Terry.

Welcome to the Chesterfield Historical Commission (CHC) Corner. For our inaugural article, we have chosen to profile the Edwards Museum (circa 1821), one of several historical buildings owned by the Town. The museum is located behind the Chesterfield Library on the corner of Main Rd. and North St. The building was originally built as the stable for the residence of Oliver Edwards, a prominent local merchant, and, in the 1830s, a member of the State Legislature. In 1899, the main residence burned but the stable survived and was used for storage. In the early 1920s the former stable took on a new life when the granddaughter of Oliver Edwards, Luise Edgar, had it restored to use as a day summer house to spend her leisure hours.

In the 1950s, Mrs. Edith Fobes Hull, great granddaughter of Oliver Edwards, donated approximately ½ acre of land containing the building to the town. The former stable/carriage house became the Edwards Museum after it was moved further back on the lot to allow construction of our beloved library. Located at the main intersection in town with the Congregational Church on one corner and the Town Hall on another, these changes made the area the cultural center of Chesterfield.

The Museum is maintained by the Town for the Chesterfield Historical Society and houses the Society's collections and exhibits of early Chesterfield photographs, furniture, glass, china, tools, household utensils and pictures. We chose the Edwards Museum as the topic of our first article for fear it will be torn down due to deferred maintenance. The CHC is working to find a way to restore the building in a manner that will preserve its historic nature without being a financial burden to the Town. If you would like to be keep up to date on the work that is happening to preserve the historic nature of Chesterfield, email **historic@townofchesterfieldma.com** and we will add you to our mailing list. **The Chesterfield Historical Commission is an official town entity charged by the State of Massachusetts for the preservation, protection and development of the historical or archeological assets of such city or town. The Historical Commission consists of Dee Cinner, chair and Eileen McGowan.



Broadband Update

On January 9th. 2021 at 10:00 a.m., Whip City Fiber will hold a virtual event with a short, 20minute presentation on broadband, and plenty of time for your questions. There are TWO ways to participate: if you have a computer, you can participate with Microsoft Teams, or you can call in on the telephone. Telephone number for the January 9th presentation is: 617-865-3953, Phone Conference ID: 870 830 678# . If you want to join by computer go to http://bit.ly/chesterfieldmeeting for the Teams meeting link on January 9th.

Beginning this month, we will be introducing our on-going series, "How to Navigate the Broadband Landscape." It is a short introduction to some of the great things you can do with our new broadband internet service. This month we will start with "What Can I Do with the Internet?" Upcoming items in the series will be:

- \Rightarrow Introduction to Email
- \Rightarrow Choosing a computer
- ⇒ Facetime, Zoom, and other video communication tools
- \Rightarrow Telemedicine
- \Rightarrow Beware of internet scams

How to Navigate the Broadband Landscape: What Can I Do with the Internet?

By Justin West

Think of the internet as a gigantic room full of people. By gigantic, I mean as big as the whole world. In this room are all sorts of people: experts on all sorts of topics, members of your family, friends, people you went to high school with but have lost touch years ago, and many others. Just like the real world, however, there are also some people waiting to scam you or to spread misinformation. So with the internet, just like in real life, you will have to exercise caution.

What can you do with this "room full of people"? Well, you can ask them questions like, "what is the name of that film with the green witch?" Or leave a message for your doctor. Or see and talk to your grandchildren or watch a movie. In short, it is a really fantastic room! Here is a short list of some of the things you can do.

- **Email** this is an electronic version of the post office. You can send letters back and forth instantly. No stamp required! Also, you can send photographs, documents, even send a single message to multiple people all at once. More on this soon.
- Web Browsers this is a window into that room. You can go to a specific website to read the New York Times, order books from the library, check on your prescription refills, look up something you are curious about, or simple type in your own name to see what comes up!
- Video Chat this is a program that allows you to both see and talk to someone else any-

where in the world. I use it for virtual meetings about broadband all the time, so we don't have to meet in person. I also talk to my son



and he can show me his apartment he just painted. It is what we will be using for the virtual event with Whip City Fiber in January.

- **Telemedicine** Remember house calls? Sometimes it is hard to get to the doctor. Wouldn't it be great to be able to stay at home and see and talk securely to your doctor? This is the same as a house call, only using the computer.
- Watch TV and movies I remember waiting patiently for "Saturday Night at the Movies." It was great, but you had to watch whatever they were showing. Now, using the broadband internet, you can choose what to watch and when to watch it. You can even stop halfway through if you are getting tired and pick it up from the same place the next day. Also, if you are watching a series, it remembers the last episode you watched. Isn't this what satellite TV is? Yes, but compare the cost. Also, you don't have to take all of those channels you don't want just the ones you do. More on this soon too.
- What is broadband going to do for me that DSL or regular internet won't? In a word: speed. The more complicated the task, the

more speed is required. With DSL, we often get the spinning ball showing that the regular internet cannot keep up with the data. DSL and even Xfinity show speeds ranging from 10 -500 megabits per second. Our broadband network will have 1000 megabits per second! And this means more than no spinning balls, it means that it will be good for years to come.

I hope this list was helpful. More in each newsletter. Happy Holidays!

Welcome to Happy Virtual New Year!

Computers: Let's face it. Not everyone has or loves a computer! Not only that, but what do you call all those parts, programs and the other terms you need when trying to make things work? Or, more realistically, getting someone else over to fix things without being too embarrassed. Talking like a techy is not easy. Maybe you already know a little bit about using computers but just have questions? Or maybe family members have tried to get you to use computers but it just doesn't seem that easy? Maybe computers seem downright confusing? You're not alone, they are confusing, but help is around the corner.

Michael Brushway, I.T. Manager of R&R Window Contractors, who held computer classes back in 2014 when you could do it in person had a wonderful "user friendly" and inviting way to help people become comfortable using computers. With his permission, we can share some of what he presented.

Michael's Rule No. 1: There is always something more to learn about computers, you will never know it all. Rule No. 2: Computers are stupid, all they can do is count to 1, but they can do it really, really fast.

Learning the language:

⇒ Hardware. Think of the hardware as all the tangible pieces of a computer that you could actually physically touch. Things like the outer case, the processor, the memory, the hard drive, the mouse, and the screen are all examples of hardware. To make it easier



to understand what all these pieces or hardware do, try to picture the computer as a person sitting at a desk working very diligently.

- ⇒ Processor: In our example, the processor (also called the CPU) would be the person's brain. It's the part of the computer that does all the thinking.
- \Rightarrow **Memory:** Also referred to as RAM. A computer's memory is where it keeps everything that

it is currently working on, just like our person keeps what he is working on right on his desk. Think of memory as the desk.

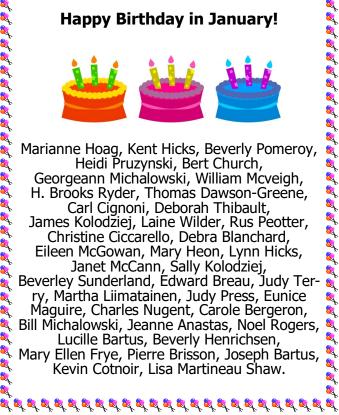
- \Rightarrow Hard Drive: The worker has to have a place
 - to file away his work when he is done because when he stops working everything left on his desk gets thrown in the trash. He could place all his files in a drawer in



the desk. Computers store their files on the hard drive. The hard drive is just like a desk drawer where you keep your files nicely organized so you don't lose them.

- \Rightarrow **Case:** All computers, desktops and laptops alike, have some sort of protective shell that all the parts live inside. This is called the case. It's the box part of a desktop computer. Or in a laptop it's the outside plastic shell.
- \Rightarrow **Input Device:** An input device is what lets you tell the computer information. Think of it as something that lets you put information into the computer (in -> put). Some examples are the Mouse & Keyboard, a Microphone, and a video game Controller.
- \Rightarrow **Output Device:** The computer needs to have some way to communicate information back to you, otherwise it would just sort of sit there and you would never know if it was doing anything. The most common output device is the Display (the screen). Other common examples are printers and spéakers.
- Power Supply: Every computer needs pow- \rightarrow er! There is a part or parts inside the computer called a power supply that let's the computer connect to the wall outlet or a battery and use the electricity from those sources to send power to all the other hardware in the computer.

- \Rightarrow **Power Button:** The computer isn't going to do anything until you turn it on. You do that by pressing the power button. You will also find a power button on your display and printer.
- \Rightarrow **Motherboard:** There is also a big circuit board inside the computer that all the other parts plug into. You can think of this like a big town and think of all the computer's parts as buildings. The motherboard has roads that go from every different part to the Processor, because the Processor does all the work, he uses all the other parts.



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 Gibéau, 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



I am sure that we are hoping that 2021 will be a much better year than 2020. But whatever happens with COVID, January will still be January with its cold, ice and snow; and we Hilltowners will be driving in that stuff. Here are a few things that you can put in your car that will help you if you get stuck in the weather:

- \Rightarrow A flashlight with extra batteries
- \Rightarrow A first aid kit and manual
- \Rightarrow Jumper cables.
- \Rightarrow Flares
- ⇒ Blanket, hat, mittens, shovel, windshield scraper, sand, tire chains, fluorescent distress flag, caution triangles.

Have a SAFE New Year!

--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.



List Plus Calendar Equals a Plan



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!

So along about this time of year, I often write about things that could be New Year's resolutions, or not, depending. If you don't believe in making resolutions, that's ok, but I have a suggestion for you. Make a list! Associate that list with a calendar, and **ta da!** You have a plan! This a way to make a possibly overwhelming task doable, and so much in life improves with a plan, I do believe.

The plan to which I refer is based on a list which is based on things you really should do to make life easier for yourself and for those who follow behind you. Remember the Big Five? They are the will, health care proxy, durable power of attorney, advance directive, and HIPAA privacy release. No surprise, they will now and again require a review and update. Last year to those five we added the task of keeping up with your credit reports, and I'm going to add three more – writing a Letter of Instruction, compiling relevant information, and preparing a budget.

Why the calendar? If you take these nine items and assign them a calendar month, then you can spend a few minutes a month dealing with them one at a time. You will then have three months to do as you please!

First, pick your lucky number (between 1 and 30, ignoring February's limitation) if you have one. Then pick one of the nine items and pair it with a month. Write them all down on your list and in each month of a calendar on your lucky number day. It doesn't matter a whole lot what month you use, but you might want to use March to check your credit reports because this task is free and easy until the end of April. If you haven't done this, go to **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.

Contact me if you need a refresher on the Big Five, and Plan Away!

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

Good News!

By Deborah Hollingworth

This month's good news is about an often forgotten benefit called Health Safety Net.

This program was started back in the 1950s when

we were investing in our nation's infrastructure, building interstate highways, schools, hospitals and clinics. As is the case with much federal funding, the money to build our hospitals and clinics came with a mandate, a promise to provide care for patients with limited financial re-



sources. Decades ago, this program was called "Free Care" and helped provide medical treatments/services, usually in the hospital's ER, for those patients without insurance, struggling to pay medical bills. More recently it was called "Uncompensated Care Pool" meaning hospitals and federally funded clinics could bill for patients if they had no insurance and limited income.

These days it's called "Health Safety Net" which is a much better name because this program provides a safety net for those whose insurance isn't covering all their bills.

Example: if you are hospitalized and have Medicare, but no supplemental insurance, you are responsible for paying the hospital deductible of \$1400 and most likely some co-pays for medical treatments received. If you meet the income guidelines, Health Safety Net could cover these costs.

The interesting thing about Health Safety Net is that this benefit eligibility regulation does not count assets. If you are single, your income needs to be below \$1,595/month. If your income is as high as \$3,190/month....you would still qualify for partial Health Safety Net. Married couples income needs to be less than \$2,155 for full benefits, but can be as high as \$4,310 for partial coverage.

Health Safety Net covers any co-pays or deductibles for a hospital stay and any medical services you receive in a federally-funded clinic (like the Hilltown medical centers). Yes, this includes dental care you might receive there.

The good news gets better. If you are having difficulty paying for your Rx because even though you have a Medicare D plan, or insurance through your retirement pension, your co-pays are really high: Health Safety Net pays for your Rx if you use the pharmacy in a federally-funded clinic like Holyoke or Chicopee medical centers. Their pharmacies take "outside scripts", meaning your doctor can call in your Rx to that pharmacy and you can pick it up free, or with a very low co-pay. Health Safety Net will be billed. Example: over the years, I have had folks with inhalers with big co-pays, some medications for osteoporosis or glaucoma with co-pays of several hundred dollars a month. If they meet the income eligibility guidelines, Health Safety Net will pay for their Rx.

Health Safety Net is not MassHealth. It is a Federal program. But in Massachusetts, you apply for HSN by filing a MassHealth application. For help with that, you can call your senior center and ask for a SHINE counselor.

Where in the Hilltowns can you get help with food?

Winter is on our doorstep, the pandemic is still with us and having choices for safe access to food still is a challenge. Here are some of the options available:

- ⇒ **The Hilltown Food Pantry** in Goshen is open on Wednesdays from 1-3pm and every third Wednesday from 1-6pm. It offers food at no cost for everyone.
- ⇒ Chesterfield residents can pick up food at the Community Cupboard on Tuesdays and Fridays from 9-11am. Located at the Community Center, it's available for people who need to avoid traveling to box stores, facing financial difficulties or could benefit from help for related reasons. No registration or release of personal information needed.
- ⇒ Highland Valley Elder Services Meals on Wheels program: Call (800) 322-0551 to find out more about their Home Delivered Meals and to learn the latest in adaptations made during COVID-19
- ⇒ Take and Eat. Our Lady of the Hills Church and Williamsburg Congregational Church offer residents in the hilltowns a meal program called "take and eat". Volunteers prepare meals each Saturday and deliver those meals to residents who have requested them. Anyone wishing to receive a free meal please contact Nancy Wood at 268-7978.
- ⇒ Hilltown Food Bucks, offered through HCDC. Eligible participants can receive between \$100-\$125 food coupons per month for five months to be used at participating local stores and farms. The coupons double your spending power when you make a purchase, so a shopping basket worth \$80 can be paid for with \$40 of coupons and \$40 of your own money. For questions on the Hilltown Food Bucks program, please contact Kate Bavelock, Director of Community Programs, at kateb@hilltowncdc.org or 413-296-4536 x116. Participating Retailers: Corners Grocery Store in Worthington, Chesterfield General Store, Old Creamery Coop in Cummington, Moltenbrey's Market in Huntington, and the Williamsburg Market.
- ⇒ The Plainfield Mutual Support Network has Continued on page 7

an account set up at The Old Creamery in Cummington for folks in need. In Worthington, the Sawyer Farm is offering food pickup. First-timers get \$20 off their first order. Contact info needed.

⇒ Cummington: Groceries & prescription pick-up/ delivery. Call 634-5452 or email cummingtoncertcvhelp@gmail.com to arrange, as well as grocery deliveries from the Creamery and Sawyer Farm on Tuesdays and Fridays. Orders must be in by Mondays and Thursdays at 2 p.m. Emergency food: If you find yourself in need of food and cannot wait until your next grocery trip or next pick up from the food pantry, CERT can help you. Please call 634-5452.

⇒ Westhampton Winter Food Pantry: The food pantry at the church is stocked with items. Anyone needing food is welcome to come: Mondays & Wednesdays 5-8pm, Fridays 11am -2PM, Saturdays 9am-12 Noon. It is located in the church kitchen at the back of the church. When open, the doors will be unlocked. The pantry is anonymous and self-serve. To keep the food bank running, they need volunteers to help open and close the pantry. Those interested in helping can sign up here:

www.signupgenius.com/go/ 20f0544ada82ba5ff2-food

⇒ The Take and Eat ministry is a nondenominational effort that serves elders and homebound people in need, preparing and delivering weekend meals for up to 100 clients in Easthampton, Southampton, and Westhampton, on the first, third, and forth Saturday of the month. St. Philip's Episcopal Church and the Westhampton Congregational Church are working together to provide meals on the 4th weekend of every month. If you have any questions or have a specific need, you can call the church at (413) 527-4204 and someone will get back to you.

Nanette's Nook

Nan Clark, a writer of children's animal stories, has provided a story, in couplets, that brings a lighter side to life as we face a new year. It reminds us of two things: that love is more permanent that one thinks and happy endings to stories still lighten an otherwise dreary day. As Nan writes: "This is a true story about my grandmother and a piglet she raised on their farm in Pennsylvania in the 1800s. Her name is Lida Andre." The pig's name is Ted. Looks like Lida was quite a lady. Nan may soon be providing more of Lida's farm stories. We need stories now more than ever. Do you have one you'd like to share? If so, send it to **coa@townofchesterfieldma.com**.

Pig in the Parlor: A Pig's Tale with a Twist

By Nan Clark

"A pig in the parlor!? Never!" you say: But that is where Ted was discovered today.

His Missy was missing- "a 'birthing", they said, Which, of course, didn't make any sense to her Ted.

He considered this woman to be his Pig Mother And didn't desire a sister or brother. After all, she had raised him since he was a runt; "She can't do without me", he'd boast with a grunt.

A box by the wood stove she'd fixed for his bed; Nothing was ever too good for her Ted.

His bottle she'd filled with warm milk from her Bossy; In no time at all Ted was plump, pink and glossy.

She'd scooped out a grapefruit and filled it with mash; Young Teddy would slurp up that slop in a flash.

He grew and he grew, getting Bigger and BIGGER; Til famous he was for his Fabulous Figure!

You'd think he was merely a mite of a mouse, The way that he wandered all over the house.

Today it was different, there could be no doubt; Ted couldn't push open the door with his snout.

Looked out his kitchen- it couldn't be true! Just what would you do if it happened to you?

Ted shoved and he grunted and made such a fuss-That the hired man chased him and told him to hush.

So he settled quite quietly down by the door; It seemed that he waited forever — or more.

In his pig-perfect mind Ted was wishin' and hopin' Someone would forget him and leave the door open.

And that's how he wangled his way to the kitchen; With a rush, and a grunt, and his curly tail twitchin'.

He knew with a sniff there was no one around, So he searched through the house without making a sound.

He hid when he harkened an old neighbor lady-A'fussin' and cooin' 'bout someone's new baby.

"You best be a'namin' the darlin'", she said; And she went to the kitchen, but didn't see Ted.

He waited until he was sure she was gone — He had to find Missy, he'd lingered too long.

Teddy peeked in the parlor and felt all undone, On the day-bed his Missy was snugglin' her son.

But seein' her pet pig, she cried out with joy, "Come closer, my Teddy, you're still my Big Boy!"

"Oh Teddy, you will never know how I missed you; And now that you're here I am just gonna kiss you!"

Well, Teddy's pig-heart was 'bout burstin' with bliss, And he squealed his excitement, expectin' her kiss.

Just then the old neighbor returned to the parlor-Saw Ted by the day-bed and how she did holler!

She tossed her starched apron up over her head; She shivered and shook and she finally said-

"In all me born days as a birthin' mid-wife I never did see such a thing in my life!

A Pig in the Parlor! - You callin' him Teddy-Me thought you be naming' your baby already."

She snatched up her shawl and homeward she hurried; Missy laughed and told Teddy he needn't be worried.

She showed him her baby, all pinkish and pouty, Ted touched his wee toes with the tip of his snouty.

The baby, so small, didn't show any fear-And he curled a fat fist around Teddy's tough ear.

So Missy and the baby and Teddy were glad; It was surely the best day that they ever had.

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

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Newsletter Designer: Kristen Estelle

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



WANTED: Internet Technician

to coach, consult and problem solve transitions to using computers and life on the internet. Flexible hours, access to work space and resources needed. Looking for someone with experience, good interpersonal skills, patience and pride in seeing people succeed.

Do you know anyone who might be interested in this part-time role?

If so, please contact Jan Gibeau, Director of Chesterfield Council on Aging: 413-296-4007 or coa@townofchesterfieldma.com

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