

Chesterfield Council on Aging

April 2021 Newsletter



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

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

Thanks to Florence Bank and all of Your Donations, the Community Cupboard Remains Open!



The Chesterfield Community Cupboard has been providing free food to people in town 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.

As the cold weather hangs in, so do we. Located at the Community Center at 400 Main Road, the Cupboard remains open on **Tuesdays and Fridays from 9-11 am**. We plan to keep offering this program through the spring and longer if possible, until vaccines are available.

Come visit!

Milk and Eggs
Yogurt
Cereals, Crackers and Cookies
Packages of Cheese and Yogurt
Juices, Coffee
Rice, Bread, and Pasta
Macaroni and Cheese
Spaghetti Sauce
Fresh and Frozen Fruits & Veggies
Canned Soups, Fruits, Vegetables
Potatoes and Onions

Like what you see on the shelves and in the fridge? Meet two Community Cupboard shoppers who make it happen.



Carol Jolly



Carole Bergeron

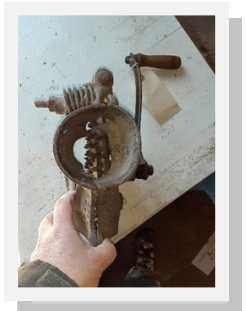
Because of everyone pitching in, we are able to move forward. If you could donate, it would help a great deal. Donations can be made on-site at the Community Center or by check to: Town of Chesterfield COA, Box 7, Chesterfield, MA 01012.

A special thanks to Florence Bank for another gift of \$5000.



What Was It? A Manual
Corn shucker from the
Bisbee Museum.

Did you guess right?



Here's April's "Whatzit?"

Photos courtesy of the
Chesterfield Historical
Society.

Broadband Is Here.

I never thought I would be able to write this, and maybe I will just pinch myself to make sure, but as you read this there are actually subscribers in Chesterfield who are enjoying fully activated broadband internet service! So far, it is just in FSA 3 (center of town) but there are 5 installers working during the week and two on the weekend. They can each do about 2-3 installs a day, so that is about 10 subscribers installed a day!

FSA 2 should be released for installations with FSA 1 not far behind, and FSA 4 within a month. Once a FSA is released, you will receive a phone call from Whip City Fiber to schedule your installation. A technician will come to your house and complete the connection from the road to your house, and then place a device in the house that can either broadcast the signal to all of your devices, or to which you can attach an ethernet local network.

How to facts from Justin:

Make calls using Wi-Fi on an Android (from Verizon.com)

Wi-Fi Calling allows you to make and receive calls over a Wi-Fi network when cellular isn't available. Select phones are capable of Wi-Fi Calling, allowing you to make and receive domestic or international calls over a Wi-Fi network, even if you're not in Verizon coverage. An even better advantage is if you have service issues while indoors like dropped or failed calls, Wi-Fi calling helps with those problems by routing your call over your internet connection securely and with amazing clarity! To begin using Wi-Fi calling, you'll need a compatible device that's connected to a Wi-Fi network, and on an Android device HD Calling must be enabled.

Setup is simple:

1. Go to Settings.
2. Advanced calling.
3. Enable Wi-fi Calling.
4. HD calling should already be enabled prior to completing these steps.
5. After enabling, you'll be asked to enter an address in order to appropriately route emergency calls.
6. Then, all you have to do is dial!
7. Once the feature is enabled you'll know your call is connecting over Wi-Fi by the "Wi-Fi calling" icon. Calls will use the cellular network if available to provide you the most reliable experience.

Using Your Cell Phone with the Broadband Internet

Do you have poor cell phone coverage at your house? Did you know that you can use your new broadband internet service with your cell phone? Normally, a cell phone uses the cellular network that requires a good connection to a cell tower. However, you can also set your cell phone to use the internet instead to make and receive calls. Here's how (this is from Apple and Verizon, so you should do additional research to make sure it is right for you):

Make calls using Wi-Fi on iPhone (from Apple.com)

When your iPhone has a low cellular signal, use Wi-Fi Calling to make and receive calls through a Wi-Fi network.

1. On your iPhone, go to Settings > Cellular.
2. If your iPhone has Dual SIM, choose a line (below Cellular Plans).
3. Tap Wi-Fi Calling, then turn on Wi-Fi Calling on This iPhone.
4. Enter or confirm your address for emergency services.

Note: Emergency calls on your iPhone are routed through cellular service when available. In the event that cellular service isn't available, and you have enabled Wi-Fi Calling, emergency calls may be made over Wi-Fi, and your device's location information may be used for emergency calls to aid response efforts, regardless of whether you enable Location Services. Some carriers may use the address you registered with the carrier when signing up for Wi-Fi Calling as your location. When connected to Wi-Fi calling, your iPhone may not receive emergency alerts.

Nanette's Nook:

Here's a wonderful story about the life of Nan's grandmother.



Another animal raised by my grandmother, Lyda Andre, was a newborn preemie heifer calf that had been rejected by its mother. Yes, it happens. Lyda named the tiny calf Clover, taught her to suck milk from a bottle, and kept her warm and well loved in the farm kitchen. Unlike Teddy, Clover never had the run of the house. As soon as she learned to drink from a bucket, Clover was returned to the barn. She grew healthy and strong and was bred by a neighbor's along with her five barn mates,

Back then, Lyda was not allowed in the barn. Woman's PLACE was in the house. Eventually calving time came and Grampa (Wil) came to the house with reports on each new calf. No word yet on Clover. At long last Wil came with a worried face and took his gun from above the pantry door. He said "Clover's in

terrible pain and she can't seem to expel her calf. I've got to put her down." "Not until I see her" cried Lyda and she hurried to the forbidden barn. There she comforted Clover who was moaning and straining in the bay. Lyda could see small calf hooves hanging from the birth canal but no little head between them. Lyda rolled up her sleeve and gently thrust her arm into the birth canal where she could feel the head turned back. She grasped the calf's nose and slowly turned her head forward. Whoosh! Out came a healthy calf. Clover rested. A woman's work is never done!



Chesterfield Historical Commission Corner

This month the Historical Commission welcomes guest columnist David Bisbee from the Chesterfield Historical Society. See more of his postings on the Chesterfield Historical Society's Facebook page.

The Bisbee Mill Museum – Preserving Chesterfield's Agricultural and Industrial Past

At the bottom of Bofat Hill on East Street, nestled against a bank, near the Dead Branch, is a building with a remarkable history. Parts of it have been there for 200 years. Over that time, it has served many purposes. Today it's known as the Bisbee Mill Museum and houses a treasure of history, not the least of which is the building itself which is on the National Register of Historic Places.

Elisha Bisbee purchased a sawmill and corn mill from Benjamin Pierce here in 1819. Over the next decade he built the first section of the present-day mill museum, built the canal and the "Upper Pond," visible from Route 143. The mill pond on Bisbee Road was built later and served a sawmill located on the east side of the river.

Ownership of the mill passed from Elisha Bisbee to his sons, Osman and Orin, beginning in the 1830s. In the 1850s, the east central section of the mill

was constructed and the grist mill was rebuilt in this new portion. In addition to grinding corn, the wood shop turned out wagon wheels, broom handles, axe handles, ox yokes, caskets and other wooden pieces. A small blacksmith shop was added to forge hardware. In the 1870s, the southwest section was added on and in 1887 the property was deeded to Horatio Bisbee.



Horatio and Orin Bisbee

One of the most important products produced at the museum was whip butts. Westfield, MA was known as the Whip City and was the world's largest manufacturer of buggy whips. Inside the handle, or butt end, of a buggy whip was a block of wood cut to a particular size and shape depending on the size of the whip. These wooden whip butts were made here in Chesterfield by the thousands and shipped to Westfield.

In 1888, production expanded and the southeast section was added. The property was deeded to Charles A. Bisbee Sr. and Homer Bisbee in 1918. The following year a new state of the art water turbine was installed. With the advent of the automobile, demand for buggy whips began falling and the business turned to other wooden products. A decade later, electricity arrived and the water turbine and 1400 feet of canal were discarded in favor of electricity. A single motor was installed to run the existing flat-belt driven equipment.



Loaded truck of whip butts (no, not to whip butts). It's a device consisting of a lash or flexible rod attached at one end to a stiff handle and used for driving animals.

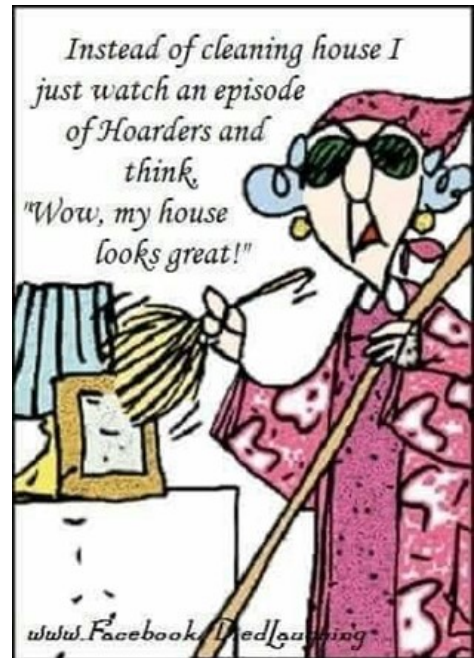
The grist mill ceased operation around the same time as the electrification of the town. The mill shifted to specialty molding and decorative wood until closing around 1960. After that, it served as a lumber warehouse until the Bisbee Brothers Store closed in 1991. After that, the building was turned into a museum and donated to the Historical Society.

Today, the former gristmill is dedicated to preserving Chesterfield's history of farming and manufacturing. Along one side of the museum is a display of maple sugaring equipment. In the back corner is a horse drawn hearse, along with a casket made at the mill. Several different styles of horse drawn plows line the back wall. The whip butt cutting equipment is on display as well. Upstairs in the wood shop is a belt driven lathe, drill press and jigsaw along with the tools for building wagon wheels. The blacksmith shop is there too, with a small forge and anvil. Downstairs, on the ground floor, is the 1919 water turbine and all the wooden pulleys to run the equipment.

The museum is open on a monthly basis during the summer (Covid-19 permitting). A group of dedicated volunteers run the gristmill, powered these days by a 1927 Hercules One-Lunger engine. Other volunteers are on hand for guided tours to answer any questions.



"What do you mean, you forgot where you parked? You're shopping online."



Happy Birthday in April!



Richard Purrington, Nancy Huckins,
Richard Liimatainen, Janice Gibeau,
Claudia Barnas, Larry Cervelli,
Kester Warlow Harry, Daniel Benedisuk,
Winston Bancroft, Kenneth Sicard,
Robert Palmer, Nancy Rich, Jim Brisbois,
Darlene Russo, Douglas Reed, Merrill Wheeler,
Carol Rhine, Barbara LaRoche,
James Montgomery, George Still, Anne Wiktor,
Edwin Matuszewicz, Peter Funari,
Thomas Layman, Thomas Janik,
Michael LaRoche, Diane Lamontgne,
Larry Holmberg, Craig Christofori,
James Liimatainen, Theresa Scott

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



If you or a loved one uses home oxygen, you should be aware of the fact that using home oxygen increases the risks of fire and burns. Using home oxygen increases the amount of oxygen in the air, hair, clothing, bedding, and furniture, making it a whole lot easier for a fire to start and spread. With more oxygen in the air, fires burn hotter and faster. Here are a few things for you to consider on using home oxygen safely:

- Do not smoke.
- Keep oxygen and tubing 10 feet away from heat sources like candles, lighters, wood stoves, hair dryers, stoves, heaters, electric razors.
- Avoid using petroleum-based products like lip balms or lotions, which catch fire easily.
- If you or anyone in your house has to smoke, smoke outside the house. Make sure that you have working smoke alarms.
- Plan and practice a home escape plan with a minimum of two ways out of every room and an outdoor meeting place.

Have a SAFE spring!

--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.*

Regional News



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!

Personality of Money

We are all products of our upbringing. As adults, we may follow what we were taught and what we observed, or veer away from that. This is particularly interesting to me when it comes to how we view and manage our money, or in shorthand, our money personality. Motley Fool reported on five personalities:

- ⇒ **Planners.** Disciplined savers, reasonable risk takers, e.g., carefully invest in the stock market. These folks probably turned in homework before it was due. 23% of Americans are in this category.
- ⇒ **Savers.** Somewhat cautious, and somewhat risk-averse. For 19% of us, money under the mattress is good. No unexpected event like needing new tires will catch a saver! Savers can become planners.
- ⇒ **Strugglers.** Financial setbacks occur, and are very harmful. Strugglers are not able to get or keep an emergency fund going; sadly, this covers 18% of Americans.
- ⇒ **Impulsives.** May plan and save, but an impulsive's large buy can ruin things. We are 24% strong and not good with credit cards.
- ⇒ **Deniers.** Dislike financial planning, don't believe it can work. 15% of us would rather not even think of money either now or in the future.

Understanding ourselves is of course necessary to make changes that we think will be beneficial. These five personality types offer a simplistic view, one view, and there are other ways of categorizing ourselves. Let me know if you'd like more to read on this.

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

April's Good News

By Deborah Hollingworth

The days are longer, the sun is warmer, more of us are able to get our Covid vaccine shots, so it puts a "spring" in our step as we begin to think about gardens, farmer's market and getting out and about.



The good news this month is a reminder about the Healthy Incentive Program which gives SNAP recipients an instant rebate on fresh fruits and vegetables when purchased from certain farm stands, and our Mobile Farmers market which we anticipate will be at the Maples in Worthington and in downtown Huntington again this year. The Healthy Incentive Program will give up to \$40 per month for households of 1-2 people. Benefits are added to your EBT (food stamp card) each month, making your food stamp dollar stretch farther!

For a listing of HIP locations, you can check their new website map. When you type in your zip code, the site will sort locations by those closest to you. Check it out:

buylocalfood.org/open-hip-locations

The site is continually updated, so you can find markets that will accept your SNAP and HIP benefits.

For those of you who might be interested in applying for SNAP benefits, the income eligibility is \$1,383 for a single person household, and \$1,868 for a two person household. If you are interested in learning more about the Food Stamp program, (called SNAP), and getting help with an application, you can contact your senior center or get in touch with the Williamsburg Senior Center, which is a designated SNAP site: 413-268-8407. They can help you apply.

Correction— Cummington Fair Photos

In the March newsletter's Cummington Fair photo article, the incorrect email address to send photos was given. The correct email is:

it.cummingtonfair@gmail.com



As a reminder: April Judd is working on a Cummington Fair history book and is looking for photos. If you have any that you would like to include in the book, please contact April: **413-268-7109**, **it.cummingtonfair@gmail.com**. You can email the photos to April or she can borrow them, scan them and return them to you.



Hilltown Mobile Market

FRESH, LOCAL, HILLTOWN-GROWN

www.hilltownmobilemarket.info

Blandford, Cummington, Huntington & Worthington

July 22-October 8, 2021

The Hilltown Mobile Market is back for a third season this summer and fall! Starting in July, we will bring our colorful veggie van to Blandford, Cummington, Huntington, and Worthington each week for twelve weeks, stocked with the freshest Hilltown-grown produce from our neighborhood farms.

Come and get your local lettuce, squash, potatoes, peaches, and so much more! We welcome many forms of payment including cash, credit, debit, SNAP, HIP, WIC, and Senior FMNP Coupons. You can also sign up for a Hilltown Community Farm Share to guarantee your pick of the week's harvest for as little as \$5 per week! Registration begins April 1st.

For more information, visit:

hilltownmobilemarket.info

or call or email Seva Water at

sevat@hilltowncdc.org or 413-824-1840

*The market is supported by
Healthy Hampshire,
Hilltown Community Development and the
Hilltown Community Health Center.*



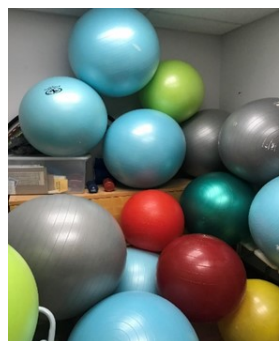
Joan Griswold's Exercise classes: Six years and going strong!

One of the most stable ways to stay strong during the COVID pandemic has been to join Joan's classes. Reading her email updates and reminders alone makes the day seem brighter. Over a third of the class has been with her for several years, with another 41% participating at least a year. Once in, people usually stay. Nearly 20% attend at least once a week and another 29% take part three times a week. Most members of the groups say that the class has helped maintain their personal health and feel improvements in their overall strength and energy. Good reasons to still be going after six years. Moving forward, we will contain to offer classes online but look forward to also having on-site programs as soon as we can. It's clear that the commitment to exercise is keeping things going and growing.



Want your own exercise ball at home?

We have too many at the Community Center in Chesterfield. Call Jan at 296-4007.



**The Cummington Council on Aging
invites you to a show!**

Mabel and Jerry



By Steve Henderson

This could be the most hilarious blind date ever! Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love any way they can. Think Romeo and Juliet meet Burns and Allen and you will be on the right track.

**See the show on video!
April 30, 2021 at 1:00 p.m.**

Contact the Cummington Council on Aging at **croumeliotis@cummington-ma.gov** or 413-634-2262 for the link to the show (as well as help navigating the technical aspects of viewing the show).



This program is supported in part by a grant from the Cummington Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

Chesterfield COA

Lillian Bisbee, Chair
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Bev Pomeroy, Secretary
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Francine Frenier
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Jan Gibeau, Lorrie Childs



Newsletter Designer:
Kristen Estelle

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

TECH SUPPORT SCAM

The phone rings, the caller says your computer has a virus & needs to be fixed. Watch out for tech scams.

- They might try to gain access to your computer to steal your personal information

Here's what you can do:

- Just hang up
- Don't click on any links in an email or pop-up screen
- Never give someone else control of your computer & don't share your passwords
- Don't give out financial information to someone you don't know
- Keep your computer's security programs up to date



If you have a consumer problem or question, contact the Northwestern District Attorney's Consumer Protection Unit:

Greenfield (413) 774-3186
Northampton (413) 586-9225



Working in cooperation with the Office of the MA Attorney General