

Chesterfield Council on Aging

May 2021 Newsletter



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

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

Don't Forget!

Annual Town Election

Monday, May 3rd, 12pm-7pm

**Chesterfield Community Center
400 Main St.**

To request a mail-in ballot
application, email:
townclerk@townofchesterfieldma.com

Town Meeting

**Saturday, May 15th, 9am
Rain date: Sat. May 22nd, 9am
New Hingham Elementary School
Ball Field**

One donor drops off a generous supply of fresh fruits and vegetables and whatever else is needed every week. There's a "cookie angel" who makes a generous delivery of home-made decorated cookies on each holiday. The Chesterfield General Store regularly donates muffins and bread.



Here are two more volunteers that keep things running. Thanks to everyone else who kicks in to make this last as long as possible. As the Community Center opens up, we will need the kitchen, so we are looking for a new home for the Cupboard. If you have any suggestions please share them with us.

Volunteers Keep Cupboard Running

Two more members of the Community Support Team:

Volunteers help Easter Bunny Deliver

Everyone age 75 or older received a spring gift of assorted candies, hand cream, hand sanitizers and masks to brighten up the day. They were met with smiles and greetings that led to nice chats. Fun to see everyone.



Marianne Drake



CJ Lammers

Community Cupboard Carries On

Our volunteers and donors are keeping food on the table for the tough times we continue to endure. Even with vaccines slowly becoming more available, it remains important to avoid crowded stores, wear masks and social distance. The precautions taken at the cupboard still make it a safe place to pick up food. The financial need has yet to abate. It's been heartwarming to see the contributions of food items from donors continue to grow.



Broadband has come to Chesterfield

As of April 7th, nearly 100 customers have been activated. FSA 2 is released and installations have begun! Be patient- customers will be called for installations in the order they signed up for service. The technicians are able to install multiple customers a day. FSA 3 (center of town) continues to be installed and the first 50 customers re-

-port a 99% satisfaction rate with the service. FSA 1 is in the final stages of testing and is scheduled to be released very soon. Two weeks after that, it should be released for installs as well. Rough guess: middle to end of April. FSA 4 has strand and fiber and MSTs are being placed. Then testing begins. Rough guess: May. A couple of areas (parts of Bray road and the end of Mount Road, for example) are waiting on special issues that arose. Service is coming, but these issues need to be resolved first.

We have a new website: www.medeus.net/bbc
You can get information there, particularly an updated section on TV options, telephone/alarm/medical alert information, and battery back-up options.

Note: When you set up your payment options with Whip City (when you get your first bill), there will be an option to pay with credit card or Electronic Fund Transfer (EFT) from your bank. The credit card option costs the MLP almost 3% while the EFT option costs the MLP only 1%. Both options are safe, but we encourage you to use the EFT option as it will save the MLP money, and that can translate into lower rates.

Broadband Notes of Importance: How Fast Is Fast Enough?

People are reporting 99% satisfaction with broadband service. Comments have been very complimentary about the installation process, the safety and dedication of the technicians, and the speed of the new service. "Light years difference in speed!" and "Welcome to the 21st century in Chesterfield" are comments I have gotten. I have also gotten a couple of emails from customers in FSA 3 who have just gotten broadband and have written to say that they are experiencing slower than normal speeds. We want you to have the best speed possible and so I have put together a few points about issues that might affect speed. Remember, however, that there are many factors that can affect speed and the important thing is to have sufficient speed for what you want to do with broadband.

First, there are two speeds: the speed being delivered to your house and the speed on the devices you are using. The speed being delivered to your house is tested and recorded by the technician at the time of installation. This speed is optimum for the network. Second, once the signal leaves the router and is received by your devices (laptop, television, tablet, phone, etc.) there are several things that might affect the speed.

1. Router location in the home. In this case, a technician should return and find a better location for your router.
2. Older Equipment or operating systems. If you have an older computer, it might not have the hardware or software to deliver the speeds offered by broadband. If this is a problem, you might have to update your equipment.

3. Competing routers. If you have a router for DSL or other service, it can compete with the broadband router and reduce speed.
4. Home with brick or other impeding structures. Sometimes older homes have building components that can interfere with a WIFI signal. A different router location or other solutions can solve this.
5. Being far from the router. Devices that are far away from the router might run slower than ones closer to the router. Either the device should be moved closer to the router or the router may need to be relocated.
6. Having many devices on at once or using devices during primetime (5pm–11pm).
7. Cables vs WIFI– Connections over ethernet cables is faster than over WIFI. Also, broken or damaged cables can slow speeds.
8. Malware on your device
9. Web Browser used – Internet Explorer is often difficult to have steady speeds or connection. Also, Chromebooks may not operate at the same speed as a laptop.
10. Running speed tests on servers that are outside Whip City Fiber range. Speed tests can vary and deliver varying results depending on the location of the server performing the test.

So, what should I do if I feel I am getting slower speeds? Let us know!
Call customer service (413-485-1251) and explain the situation.
Often it is a very simple fix.



Staying Close

One of the unexpected experiences that has helped us get through the last year is the writings of several people who have given voice to their reflections about life during the pandemic. The writing goes a long way in understanding many of the thoughts, insights and feelings so commonly shared by others. It also reminds us that we are not alone.

As we now face the promise of spring, Kessie Warlow Harry beautifully captures the essence of life during the last year.

April 6, 2021

A year ago the race had only just started. A shock, to be sure, to have to stay home, but nothing we couldn't deal with. Right. I started working from home, a freedom of flexibility. I found lots of extra time to sit and look, and take long, lovingly planned walks into the woods and along local roads, watching spring emerge. I wrote about woodpeckers drumming, bluebirds sharing nesting boxes with sparrows and swallows. I watched, listened, wrote, wowed by the peace and beauty of Chesterfield. I could do it. I could stay home and isolate. We all could get through this.

Then this spring, here again, and I am meant to write about the joy, the emerging life, the growth, the coming warmth of spring. But I fail. It's been too long. A year that we've probably all handled really well, but now close to the end, March has teased us. In like a lion and out like a bigger lion. Deceitfully pleasant days of brilliant, brilliantly blue skies, the warmth of a stronger sun—dappling and skittering across lakes, along snow-melt filled streams, skimming leaves, light, and dashing, wind-gripped ripples flourishing into gasping beauty. I do still see all of this because in search of a semblance of sanity, I continue to walk, a great deal. I've become rather strong and am reveling in that power. But those sun-drenched March days are teasers; we continue to be teased, at times beyond patience, beyond what seems kind, or generous, or neighborly. Ground remained mostly frozen, winds howled, the weather forecasters say at 60 to 80 mph gusts, we lose electricity, trees fall over, we slip on newly formed ice and fall over too. We might all fall over. We might all forget our past experiences of March; if we remember they relate a history of trickiness of a sun and warmth enough for a picnic lunch, juxtaposed with a return of the brutal, chilling, icy cold winds, snow, ice. But it's all been a long, really a too long year, and I for one was lulled by March and fell, glumly into that shadow of despond. I wonder if anyone else in Chesterfield falls down there sometimes. Many of us know what it feels like. How you might never see that dangling pulley that you can grab that will lift you safely into April.

April is another one of those months though that plays the devil with your emotions. From my vantage I still feel a filthy cold wind, I see snow flurries, I freeze, I take hot water bottles to bed and snuggle under the duvet. The difference with April is we know it really will get better...but when. For a start it's my birthday month, surely a month to celebrate. I can gratefully, happily, excitedly celebrate. My arm has received two shots, without troubles, and a further two weeks of isolation, and now I can say I am protected. I can celebrate that on April 1st, I received a call from Whip City Fiber, no joke, and as of April 5th, a Monday, I am connected to high speed 1000 mg fiber optic internet. This is a WOW FEELING. Apart from the super high speed—working from home I've noticed a huge difference in connectivity. Really huge. I know this sounds strange, but I also feel a sense of stability...now where does that come from, but it's there. This Whip City connection is worth every monthly dollar. A further lift came when I cancelled my Verizon service and realized that my Broadband will cost me only an extra \$15.00 a month! Worth every penny. It also brings Chesterfield well into the middle of the 21st century and makes Chesterfield a leader in this one service, ahead of towns like Northampton and Springfield! Our house values will rise. We will be sought after as "the place to live". With that position, we also have responsibility, and I'm glad I live in a town

that respects its landscape, its farming heritage, its open lands, the natural beauty, our Gorge, our rivers, lakes and ponds, it's small-town New England center, and its neighborliness. All those intangibles that have helped me survive, perhaps with some grace, certainly with much pleasure, this past year of lockdown. We will have to work hard to maintain those values as we whip forward into our new post-Covid world with our hearts and spirits lifting a little as the sun rises higher in the sky.

Short stories, such as the ones about Nan Clark's grandmother, Lyda Andre, help make us smile. Others help us reconsider our views, both literally and figuratively, about what we've been facing every day. Thanks to the Historic Commission and Historical Society we've also have had the opportunity to look back through the window of history to reflect on the buildings, business and artifacts that make Chesterfield the unique town that it is.

We hope that the personal touch of writing about life as we experience it will remain. Please share your thoughts on the matter by dropping a line to the COA or calling Jan Gibeau at 296-4007.

Your views help make the newsletter something you look forward to reading even more.

Chesterfield Historical Commission Corner

This month the Historical Commission collaborated on this article with both Sarah Prince and Kim Montague, who with her husband Joe Gazillo, lives in the house at:

**444 Main Road
Clapp, Cudworth, LeDuc, Curtis, Preston,
Montague/Gazillo House**



*Joe Gazillo, Kim Montague, Sarah Prince,
Nancy Curtis and Mary Jane Miller*

The property which now contains this house was at one time 60 acres and the history begins in 1764. The first tavern in town was built on this original property just to the west of the present house in about 1764 by Benjamin Tupper who became one of Chesterfield's distinguished citizens. He had previously served in the French and Indian wars. In 1775, he entered the American Army with the rank of Major. He was with Washington at Valley Forge and returned after the war with the rank of Brigadier General. He was active locally in putting down manifestations of Shay's Rebellion and also served as Selectman and Representative to the General Court. Observing the poverty of returned soldiers, he helped Gen. Rufus Putnam organize the Ohio Company to acquire land in the west which could be purchased with government scrip. He headed a group of local families in a move to Marietta, Ohio in 1788 and died there in 1792.

The present Montague/Gazillo home at 444 Main Road was built in the 1850s, a typical Greek revival style, side-hall colonial of the times. Ira Clapp was the original owner. Subsequent owners were Ambrose Cudworth, and later, his daughter and son-in-law, Nellie and Ulric LeDuc. By the time the property was inherited by Lester LeDuc, it was a 60 acre dairy farm. In the 1950s, the farm, known as Elmbrook Farm, was owned and operated by Forrest and Anna B. Curtis. In the early 1970s the farm was sold to Charles Preston. At this time the 60 acre farm was divided, and only 17 acres remained with the house. The western part of the farm became the Houghton home (now Boo Cherau's). Kim Montague and Joseph Gazillo bought the house at 444 Main Rd. in 1986. It has been their family home for over 35 years. Kim loves the connection that Mrs. Anna B. Curtis, a former owner, was her English teacher at Williamsburg Junior High. Mrs. Curtis visited the new owners when they moved into the property, and the entire Curtis family has shared many memories of the home.

Selected memories from Sarah (Curtis) Prince whose family farmed the land 1948-1972: Some

of my earliest memories at Elmbrook Farm are of having bread and butter and a bowl of home canned blueberries for lunch with my father who was at home on the farm with the children to manage while our mother was up the street at the new Davenport Grammar School where she taught grades 5-8 and was the principal. After lunch we were supposed to take a nap and Dad would lie down with us on the parental bed and tell us a story. As he had gotten up at dawn to milk the cows, he often fell asleep in the middle of a sentence—and the second little pig met a man with a load of...ZZZZZZ.

So many smells and textures in the barn: hay, and the sawdust we got from Bisbee's mill to use for bedding, grain that we got in Burgy in the wooden bins, manure, and sometimes the gentian violet that Dad put on the cows' udders or legs or necks where they had scratches from briars or reaching through barbed wire.

There was a bedroom directly above the kitchen with a register in the floor that you could open or close with a lever. When we slept there because our bedroom had been given over to visiting relatives or boarders, we could listen to the grownups talking or playing pinochle around the table below as we fell asleep. The wood burning Home Comfort cook stove was below and you could stand over the register and let the heat warm and puff out your nightgown.

Happy Birthday in May!

Charlene Baiardi, Miriam Kaye, Susan Brisson, Richard Donath, Donna Lynde, Robert Judd, Pauline Judd, Roland Curtis, John Figgie, Richard Ladd, Sandra Wickland, John Larue, Eileen Wright, Frederick Drake, Donald Bisbee, Lalla Salins, Denise Cormier, Alexander Lapinski, John Childs, Ione Cherry, Kevin Mcquaid, Mariann Furnari, Gary Theroux, Kimberly Gray, Todd Robertson, Daniel Hewins, Patricia Colson-Montgomery, Jean Shaw, Robert Hewes, Joseph Lingg, Kenneth Adams

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!



Senior SAFE

As you take the winter sand off your lawn along with your other spring projects, here is an easy one for you to do. Check and see if your house number is visible from the street. If your house is not visible from the street, is your driveway clearly marked with a house number? Here are a few things you should consider:

- ⇒ Numbers must be at least 4 inches in height (larger would be even better) and facing the street.
- ⇒ Put numbers under lighting.
- ⇒ Use numbers with a contrasting background so they are visible at night.
- ⇒ If your driveway is long, post your house number on both sides of your mail box or on a sign pole at the end of the driveway near the road.
- ⇒ Be sure to keep the numbers visible by trimming bushes, tall weeds and trees.
- ⇒ Remember, emergency personnel from a neighboring community may not be familiar with your area. Paramedics, firefighters and police officers find you faster when your home is clearly marked.

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.*

When I don't need it:
I see it everywhere



When I actually need it:
I can't find it anywhere

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 – Can We Change?

Last month I said we are all products of our upbringing. We are the result of genetics and life experiences, including seeing how our parents and peers handle money. From all this, we develop our habits and attitudes. From habits and attitudes, we move to how we manage our money, if and how we invest, how/why/when we spend or save, how easily we fall prey to a scammer, even on to the mechanisms and practices we use to pay our bills.

If we have habits and attitudes about money, can we change those to improve our lot in life? This is a huge topic, but bear with me as I share a little of what I read this month about one avenue of change. Some interesting research on traumatic stress (e.g., from abuse, serious health issues, and believe it, pandemics!) shows that stress can change parts of the brain, for instance, physically shrinking an area that allows us to reason logically and to assess risk. Another region of the brain that can physically change is responsible for working memory, mental flexibility, and self-control, what they call "executive function", all of which may impact our financial practices and skills.

So can we change? Yes! All the things *They* keep telling us that are good for our overall health (physical exercise, reasonable diet, socialization, mindfulness, etc.) can work in our favor to reduce stress and so improve our brain function. We may even bring about physical changes in the brain that result in improved memory, more rational thinking, better planning, and better decisions. Thus a person may move from being an impulsive spender to being a saver, or a denier may decide to jump into the shallow end of the investing pool.

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

Foot Care from Highland Valley Elder Services (HVES)



If you are a client of HVES, you may be eligible for in-home foot care. Call your Care Advisor to see if you're eligible. If you don't have a Care Advisor, call Highland Valley's main number (413-586-2000) to ask about eligibility.

May's Good News

By Deborah Hollingworth

At last the long-awaited spring has arrived with tulips, apple blossoms and time to plant our vegetable gardens! Many more of us have had our



Covid vaccine shots and are beginning to make those postponed medical appointments: trips to the dentist, the eye doctor, and perhaps time to schedule knee or hip surgery. If you find the rehab process from surgery requires some medical equipment that is not covered by your health insurance, you might call your senior center to ask about their "loan closet". If your town doesn't have a senior center because they share space in a town building, call them anyway because there is a regional loan closet for our Northern Hilltowns in Cummington. If you need a walker, wheelchair, raised toilet seat, commode, crutches or quad cane, you can give your senior center a call and they will check out the Cummington "closet" to see if that item is available for loan. Likewise, if you have items to donate, the Cummington loan closet can take them.

Many items, like hospital beds or wheelchairs can be rented on a short term or extended time basis. And some health insurances, like Hospice, will cover the cost of these rentals.

It is always a good idea to speak to someone at your senior center to see if you might get other support services, like meals, help grocery shopping, or a friendly visitor, as you rehab from surgery. And if you've had your Covid shots, you may be able to help if someone needs a ride to a medical appointment or help with grocery shopping.

It's time to reconnect and lend a helping hand to a neighbor as we come out of a long winter.

Senior Farm Share



2021 Enrollment begins May 1!

If you're over the age of 60 and meet income eligibility requirements, you are eligible to apply for a Senior Farm Share!

What it is: Ten weeks of fresh, local produce delivered to participating Senior Centers and Councils on Aging. Shares are valued at \$135, and participants pay a one-time fee of \$10 during enrollment. Many sites accept SNAP/HIP payments for this \$10 fee. If you participated last year, an application will be mailed to you from CISA. If you would like to participate this year, please contact us at 413-296-4007, email coa@townofchesterfieldma.com or write to COA, Box 7, Chesterfield MA, 01012, and we will mail you a new application. **Applications will be accepted until June 1st.**

**THIS TOO
SHALL PASS.**

**IT MIGHT PASS
LIKE A KIDNEY
STONE.**

but it will pass.

**I'VE LEARNED
SO MUCH FROM
MY MISTAKES,
I'M THINKING
OF MAKING
A FEW MORE.**

**"The world's favorite season is the spring.
All things seem possible in May."**

- Edwin Way Teale



**"The sun was warm but the wind was chill.
You know how it is with an April day.
When the sun is out and the wind is still,
You're one month on in the middle of May.
But if you so much as dare to speak,
a cloud come over the sunlit arch,
And wind comes off a frozen peak,
And you're two months back in the middle of March."**

- Robert Frost



**"The country ever has a lagging Spring,
Waiting for May to call its violets forth,
And June its roses--showers and sunshine bring,
Slowly, the deepening verdure o'er the earth;
To put their foliage out, the woods are slack,
And one by one the singing-birds come back.**

**Within the city's bounds the time of flowers
Comes earlier. Let a mild and sunny day,
Such as full often, for a few bright hours,
Breathes through the sky of March the airs of May,
Shine on our roofs and chase the wintry gloom--
And lo! our borders glow with sudden bloom."**

- William Cullen Bryant, *Spring in Town*, 1850

"Never yet was a springtime, when the buds forgot to bloom."

- Margaret Elizabeth Sangster

**"It's spring fever.... You don't quite know what it is
you do want, but it just fairly makes your heart ache,
you want it so!"**

- Mark Twain

**"Every spring is the only spring - a perpetual astonish-
ment."**

- Ellis Peters



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.*



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

PRSRT STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

Chesterfield COA

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HOME IMPROVEMENT



If you're going to hire a Home Improvement Contractor...

- Make sure they're registered or licensed with the state
888-283-3757 www.mass.gov/consumer;
- Make sure the payment schedule is broken into 3 payments: 1/3rd at the start of the project, 1/3rd in the middle and 1/3rd when the work is complete;
- Make sure the contractor takes out the building permit in their name;
- Make sure you check the contractor's references;
- Make sure you have a written contract;
- Make sure you have a copy of the contractor's insurance;
- Make sure you check to be sure there are no complaints against the contractor.

***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
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