

Chesterfield Council on Aging

June 2021 Newsletter



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

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



Chesterfield Community Center: **Open for limited events**

Access to building guidelines:

Access to food distribution will continue to be limited to the entrance door to the kitchen which will be blocked with a table to maintain social distancing. The large hall upstairs is open for meetings of the COA Board members, designated town committees such as the Board of Trustees, Age Friendly Core Teams, Northern Hilltown Consortium of Councils on Aging and Community Cupboard Support Team when it is not possible to meet outside.

Programs that are permitted to use the Community Center include: Tai Chi, Mahjong, Chair Yoga, Coffee and Chat, and other limited programs approved by the Director. Everyone attending programs at the Community Center will sign an attendance sheet. Changes, additions or cancellation of programs will be posted outside of the Center, on the town sign, and town website.

Limits for Attendance and Social Distancing:

All persons, including employees, customers, and volunteers remain at least six feet apart to the greatest extent possible. Attendance at programs held in the hall will be limited to 10. Programs and meetings held in the library at the Center and meeting room will be limited to 6. Use of the bathroom is limited to one person at a time.

Program leaders will be responsible for maintaining the attendance limits of people participating in programs/events, and meetings.

Six feet distancing instructions and graphics will be visible both outside of the entrance and in all rooms inside the building.

The Centers for Disease Control and Prevention's (CDC) new guidance says that people who are fully vaccinated can gather indoors with other fully vaccinated people without wearing a mask or by staying six feet apart. Face coverings are required for all persons entering the Center unless they have been vaccinated. Participation in selected groups will require having been vaccinated which will be noted in postings. Anyone who does not follow protocol may be asked to leave the facility. If anyone refuses to leave the facility, authorities may be contacted.

Hygiene Protocols

- Hand washing sinks are located in the kitchen for those handling food or supplies.
- All staff and volunteers are required to wash hands before beginning activities.
- Physical contact of any kind is not permitted.
- Prior to use of the kitchen, all surfaces and entrances will be disinfected with materials located at the site.
- Hand sanitizing stations will be placed both outside and inside of the Center.
- Gloves will be worn when distributing food.
- Fabric table cloths will not be used until further notice and any unnecessary items will be removed.
- When scheduling appointments for service providers such as SHINE counselors, give sufficient time in between appointments in order to clean and disinfect frequently touched surfaces.



Summer Program Schedule

under the tent or at the Community Center



- ⇒ **Mahjong: Starting June 10th. Tuesdays 1-4pm.** Community Center. *Vaccinations required.
- ⇒ **Coffee and Chat: Starting June 3rd. Wednesdays 10am-12pm.** Under the Tent, weather permitting, or at the Community Center
- ⇒ **Chair Yoga: Starting in July. Thursdays 11am-12pm.** Under the tent, weather permitting, or at the Community Center

In the Works

- ⇒ **Joan Griswold** is exploring how to simultaneously present **hybrid sessions for exercise** that participants can enjoy online, onsite, or outside at the same time.
- ⇒ **Cooking Classes with Joan:** Filmed at Chesterfield Community Center and available online.
- ⇒ **Monthly Music Under the Tent:** 1st Sunday each month from 4-6pm or at the Community Center.

We would love to hear what other presentations, classes or events you would look forward to. Call Jan Gibeau at 296-4467.

Chesterfield Community Cupboard Starts Transition

The Chesterfield Community Cupboard was created to respond to identified food needs as the Covid-19 Pandemic hit our community. The Council on Aging staff, town officials, and volunteers put it together in record time just about a year ago—a clear testament to good collaboration, creative thinking, Hilltown generosity, and rapid action. At this point in providing help to those struggling with being at risk, and those uncomfortable shopping in big box stores or facing financial difficulties, it seems like it's time to take stock (no pun intended) and looked at what's happening in the overall community related to food and the Pandemic. We've

reviewed the diminishing number of people coming to the Cupboard and re-evaluated our plans. As a result, the Cupboard will be making some changes, just as many of us are transitioning in our own lives these days. We have had a successful year (more than a year, actually) providing much needed food for many of our neighbors, thanks to generous donors and willing volunteers. Now, as more people have received vaccinations and are feeling greater comfort in going into stores, and people are beginning to return to work (and an income), we are re-evaluating our role. An important factor is that our present location, the Community Center's kitchen, will soon no longer be available as it will be in demand for programs offered by the Council on Aging and other groups—which is really great for the community as a whole! The outdoor shed kindly loaned to us last summer is no longer available. Another important factor is that other food programs are available already or soon will be, such as the Hilltown Mobile Market, the CDC's Hilltown Bucks, the Goshen Food Pantry, and CISA's farm share program (see food map on page 7.)

While much decision-making is still in process, we have opted for now to cut back our open hours to one morning a week instead of two, starting in June. **We will be open at the Community Center Tuesday mornings only from 9-11am.** We will keep you updated in these pages as we decide how the Cupboard will work in July and thereafter. If you have suggestions and ideas, please let us know: 296-4007 or coa@townofchesterfieldma.com.

Community Cupboard Volunteers



Denise Cormier



Nancy Rich



Whatsit?

Be the first to correctly identify this object and win a \$10 gift certificate to Chesterfield General Store and Café.

Call Jan at 413-296-4007. Leave name and contact information.



June Update on Network Progress

As of May 10th, 335 customers have been activated. All FSAs have been released and installations are underway. As of this writing, a couple of areas (parts of Bray road, Farmhouse road, and the end of Mount road, for example) are still waiting on special issues that arose. Service is coming, but these issues need to be resolved first.

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.

This month's topic is: What Happens Now?

Now that the Chesterfield broadband network has been built and customers are enjoying faster, more reliable, and better internet service than ever, in addition to saving money by not having that Verizon and Direct TV bill every month, it is time to think of the future. This network is owned by the Town of Chesterfield – that's all of us. This means that the residents need to take a hand in running it. The running of the network is handled by the Municipal Light Plant (or MLP) under the direction of a MLP Board and MLP Manager and Assistant Manager. The Manager and Assistant Manager run the day-to-day operations of the MLP (paying the bills, working with Whip City (our internet service provider or ISP), staying in touch with other towns, preparing the budget, and a host of other duties). The MLP Board approves the budget and sets policy. They will also review rates to see if they need to be raised or lowered. All major actions (budget, rates, etc.) of the Board are then taken to Town Meeting for the approval of the Town. For example, at the 2021 Town Meeting, three articles are up for approval: formation of an Enterprise Fund (to handle finances), the approval of the FY22 operating budget, and the formation of a five-member MLP appointed board. If these pass, we will be needing residents to serve on the MLP Board. Please consider joining – the board meets only a couple of times a year and they have important decisions to make concerning the broadband network. **If you are interested– email: mlpmanager@townofchesterfieldma.com**

Also, consider becoming the Assistant MLP Manager. It carries a stipend and only involves about

three hours a week. This person works with the Manager to run the network and fills in when he or she is out of town. **If you are interested– email: mlpmanager@townofchesterfieldma.com**

Last, but not least, the issue of outages. There will be times when the network is down. It has happened in other towns and will happen in Chesterfield. Our communications center has a generator backup, but if lines are taken down in a storm, we will have to activate emergency repair teams to put the lines back up. Just like the electrical system, this can take time and will be accomplished as soon as possible. Whip City is working on a notification system (like Eversource has) to keep customers apprised of the progress of repairs.

As always, Whip City is there to help with any issues you have. As we enjoy the rewards of this long journey, remember that Chesterfield has state-of-the-art broadband. Only approximately 32% of the U.S. has fiber optic broadband. This means that Chesterfield has put itself at the cutting edge of communications for the 21st century!



whip city fiber
WESTFIELD GAS + ELECTRIC

Customer Service
☎ 1-413-485-1251
☎ 833-WCF-CALL (833-923-2255)
✉ customerservice@wgeld.org

Technical Support
☎ 1-413-485-1204
☎ 833-WCF-HELP (833-923-4357)
✉ techsupport@whipcityfiber.com

Happy Birthday in June!



James Dawson, Barbara Smith, Gary Denno,
Colleen Graves, Susan Barrett-Jones,
Michael McMaster, James Kitchen, Scott Frenier,
Gary Graves, Kenneth Jones, James Matus,
Nancy Boyle, Michael Harris, Thomas Osborne, Robert Westgate, Peter Mikucki, Ronald Wozniak, Laura Figgie, Robert Lyon, Walter Stasz,
Kristin Healy, Robert Lovell, Mary Snape,
Nancy Henshaw, Thomas Boyle, Harold Jasmin,
Spencer Timm, Douglas Fraser,
Cynthia Dunbar-Randall, Robert Recos,
Nanette Clark, Jo Ann Smith, Steven Linscott,
Jens Sorensen

The Chesterfield Historic Commission has a Plan!

In January of 2019, the CHC put together a plan for performing the CHC's charge from the state which includes both a review of all town projects involving state or federal funds and recommendations to any town boards to further the purpose of historical preservation and protection.

Our plan is used by the Mass Historical Commission as a model for other small towns in the state. This plan is updated as things progress. Below is the preservation plan!

1. Solicit input from a list of preservation partners and stakeholders: municipal departments, boards, and commissions, local elected officials, residents, homeowners, business owners, other historic property owners, regional planning and economic development agencies.
2. Review previous planning documents and surveys: Master Plans, Open Space Plans, etc.
3. Review existing bylaws: Stone walls, zoning, wetlands, scenic roads, signage, parks and recreation (in progress).
4. List municipal properties which could benefit from a National Register listing (Mount Cemetery stone wall restoration is unlikely unless it is listed and a grant is obtained).
5. List municipal properties in need of maintenance or preservation:

A. West Chesterfield Post Office (Dunham Library): (in progress-assessment done and estimate obtained for trim painting)

B. Edwards Museum: (in progress)-assessment done, estimate obtained, Articles submitted for funding of appropriate repair on 2021 ATM)

C. Russell Park: Plantings overgrown at entrance

D. Town Hall: Electrical boxes on the front of the building should be replaced and preferably relocated to the rear of the building.

E. Town trees cut down and not replaced need to be inventoried

6. Based on input from above sources, develop recommendations for zoning or bylaw changes, scenic roads, a review of road construction plans to include bike lanes (in progress- article on 2021 ATM to amend bylaw for cell tower setback to protect National Register District)

7. Develop public awareness of historical resources with printed materials and publicity.

A. Make informational flyers available on website (done) and in public buildings and increase postings on website

B. Hire a professional actor/storyteller in Civil War costume to tell the story of Samuel Eddy, Chesterfield's Medal of Honor recipient.

C. Create a map of historic houses in the center of Chesterfield (done-2021- Cultural Council grant to conduct guided walks in Town Center)

D. Create Chesterfield road sign refrigerator magnets (done)

E. Hold a window conservation workshop in Chesterfield

F. Make up a welcome packet for new residents. (in progress)

8. Seek professional planning assistance to develop a 5-year work plan.

We welcome your comments.

Contact: Dee Cinner: 296-4337

Eileen McGowan: 296-4371

historic@townofchesterfieldma.com

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

June seems to be the beginning of the cooking outdoors season. Here are a few ways to barbecue safely. (Sorry, no special recipes will be shared here.)

- ⇒ Use all barbecue grills outdoors and at least 10 feet from the side of any building.
- ⇒ Never leave a burning grill unattended.
- ⇒ Children should never play near grills or propane cylinders.
- ⇒ Grills may only be used on first floor decks, patios, and balconies if there is an outdoor stairway to the ground, or if it is on the ground level.
- ⇒ Grills are prohibited from being used on any porch, deck or balcony that has a roof or an overhang.
- ⇒ Keep all LP gas outside and away from buildings. LP gas is heavier than air and is a real fire risk. Keep LP gas 10 feet from building openings such as doors, windows, dryer vents and 20 feet from air intakes and all ignition sources.
- ⇒ With charcoal grills, use only charcoal lighter fluid to start them. Once there are lit coals, NEVER add more lighter fluid. Flames do travel very quickly up the stream of fluid causing serious burns.
- ⇒ Dispose charcoal ashes in a metal container.

Enjoy barbecue season SAFELY,

--Worth Noyes, SAFE Educator
Williamsburg & Cumington 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!

Oh, Those Scammers

They are so clever, always alert to what will work. I have two topics for you. One is vaccination cards, a prized commodity for many of us. The other is an example of a scam, or not...

Vaccination cards – those little white cards with your full name and birthdate and vaccination info. There are also official records of your shots but this card is the record you can control. I read that you should leave the original in a safe place (maybe with your Social Security card?) and carry a copy or a photo of the card for if you need it. At this point, we don't know when the card might be needed again, so keep it safe. Some recommend laminating it but that could make the ink run, and would keep you from adding information, e.g., about a booster shot. Of course, you know to not take a picture with your birthdate showing and post it online...

The second topic is based on a mailing a friend received. It is a "Prayer by Letters" from Saint Matthew's Churches in Tulsa. They sent a letter, two flyers, and a prayer rug. They will pray for you if you return the prayer rug and perhaps a donation. The Church is a 501(c)(3) organization, a registered charity, but Charity Navigator has no ratings for it. Some folks have written heartfelt complaints about being taken for large sums of money. I could not, however, determine if it is or is not a scam. What struck me was how well they played to many different triggers to solicit money, offering the possibility that their prayers could bring prosperity, increased wisdom, a secure future, physical healing, peace, and other desirable things. Watch out - they can touch us all!

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



June's Good News

By Deborah Hollingworth

Governor Baker has extended the "freeze" on MassHealth benefits again... this time until the end of the year, December 31st. Anyone who has MassHealth coverage now, will not lose it. This is part of an effort to make sure that people don't lose their health insurance coverage during the pandemic. Also, remember that MassHealth pays caregivers for the care they are providing if the recipient is a MassHealth beneficiary. If you are frail enough to need daily in home care in order to avoid a nursing home placement, your income can be as much as \$2,380/month and still qualify for MassHealth. If you have questions about how to go about getting MassHealth, you can call your senior center and ask for a SHINE appointment.



Have you ever wondered what SHINE is? SHINE stands for Serving the Health Insurance Needs of Everyone and is a program which trains thousands of volunteers in all 50 States. Volunteers learn about Medicare and other insurance coverage, and become consultants for anyone with questions about their health insurance. You can find SHINE volunteers by contacting your senior center or in our area, by calling Highland Valley Elder Care, 586-2000.

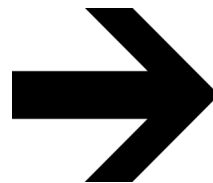
More good news: the Soldiers' Home will potentially begin admissions this Fall. If you've been on their wait list, you may receive a call. If you don't feel ready, or refuse the bed, you may be dropped from the wait list and need to submit a new application in the future. To check on your wait list status, or to get more information about the Soldiers' Home, you would call your VSO, Tom Geryk: 413-587-1299. If he doesn't cover your town, he will connect you with the Veterans Service Officer who does. Tom is also a great resource for other benefits, including home care that the VA offers.

Next month, I look forward to sharing more resources on how to reduce the cost of your Prescriptions!

Find your food sources on the map!

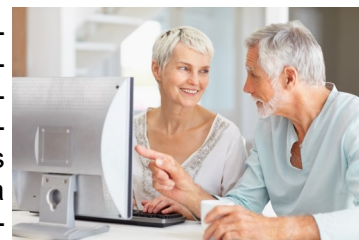


Thanks to the Smith Students in the Landscape Studies program and Caitlin Marquis from the Collaborative for Educational Services, we now have a map showing all the locations for access to food in the Hilltowns. It's one of those gifts that "keeps on giving" and is set up to change as locations and terms of programs change. To see more, just go to the Northern Hilltowns on Aging website: northernhilltownscos.org



Broadband Discounts

Whip City Fiber is participating in the Emergency Broadband Benefit Program. For eligible households, this program will provide a discount of \$50.00 toward monthly broadband service (one credit per household). Since this is a limited time program which will end when funding runs out, we encourage you to apply promptly. APPLICATIONS WILL BE ACCEPTED ONLINE STARTING May 12, 2021. A household is eligible for a monthly \$50 credit if one member of the household meets at least one of the following criteria:



- ⇒ Has an income that is at or below 135% of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid or FCC's Lifeline program;
- ⇒ Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision, in the 2019-2020 or 2020-2021 school year;
- ⇒ Received a Federal Pell Grant during the current award year;
- ⇒ Experienced a substantial loss of income through job loss or furlough since February 29, 2020 and the household had a total income in 2020 at or below \$99,000 for single filers or \$198,000 for joint filers.

For more info: getemergencybroadband.org

Western Mass Hilltowns Food Access

Developed in partnership w/ Healthy Hampshire & Northern Hilltowns Consortium of Councils on Aging, Spring 2021

1. Old Creamery Co-Op

445 Berkshire Tr, Cummington
(413) 634-5560
Daily 7am-7pm
SNAP, Hilltown Food Bucks, Plainfield Mutual Support Network Benefits, ♿

2. Hilltown Mobile Market Cummington

41 Main St, Cummington
(413) 824-1840
Thurs 4:30-6pm
SNAP, WIC, HIP, Sr Farmers Market, ♿

3. Northern Hilltown Food Pantry

40 Main St, Goshen
(413) 268-7578
Wed 1-3pm, ♿

4. Sawyer Farm

19 Sawyer Rd, Worthington
(718) 594-6612
Mon-Sat 2-6pm
SNAP, Hilltown Food Bucks, ♿

5. Williamsburg Market

3 Main St, Williamsburg
(413) 268-3006
Mon-Sat 9am-6pm, Sun 9am-2pm
SNAP, WIC, Hilltown Food Bucks, ♿

6. Four Corners Farm

27 Old North Rd, Worthington
(413) 238-4441
Daily 8am-5pm
Hilltown Food Bucks, ♿

7. Corners Grocery

2 Packard Pk, Worthington
(413) 238-5531
Mon-Sat 10am-7pm; Sun 9am-5pm
SNAP, Hilltown Food Bucks, ♿

8. Chesterfield General Store

423 Main Rd, Chesterfield
(413) 296-4354
Thurs-Sat 7am-7pm; Sun 7am-3pm
Hilltown Food Bucks, ♿

9. Chesterfield Brown Bag

40 Main Rd, Chesterfield
(413) 296-4007
2nd Thurs 11am-12pm, ♿

10. Hilltown Mobile Market Worthington

156 Huntington Rd, Worthington
(413) 824-1840
Thurs 2pm-3:30pm
SNAP, WIC, HIP, Sr Farmers Market, ♿

11. Crabapple Farm

100 Bryant St, Chesterfield
(413) 296-0310
Sat 10am-2pm
SNAP, WIC, HIP, Hilltown Food Bucks, Sr Farmers Market, ♿
Call beforehand for EBT

12. Westhampton Congregational Church Food Pantry

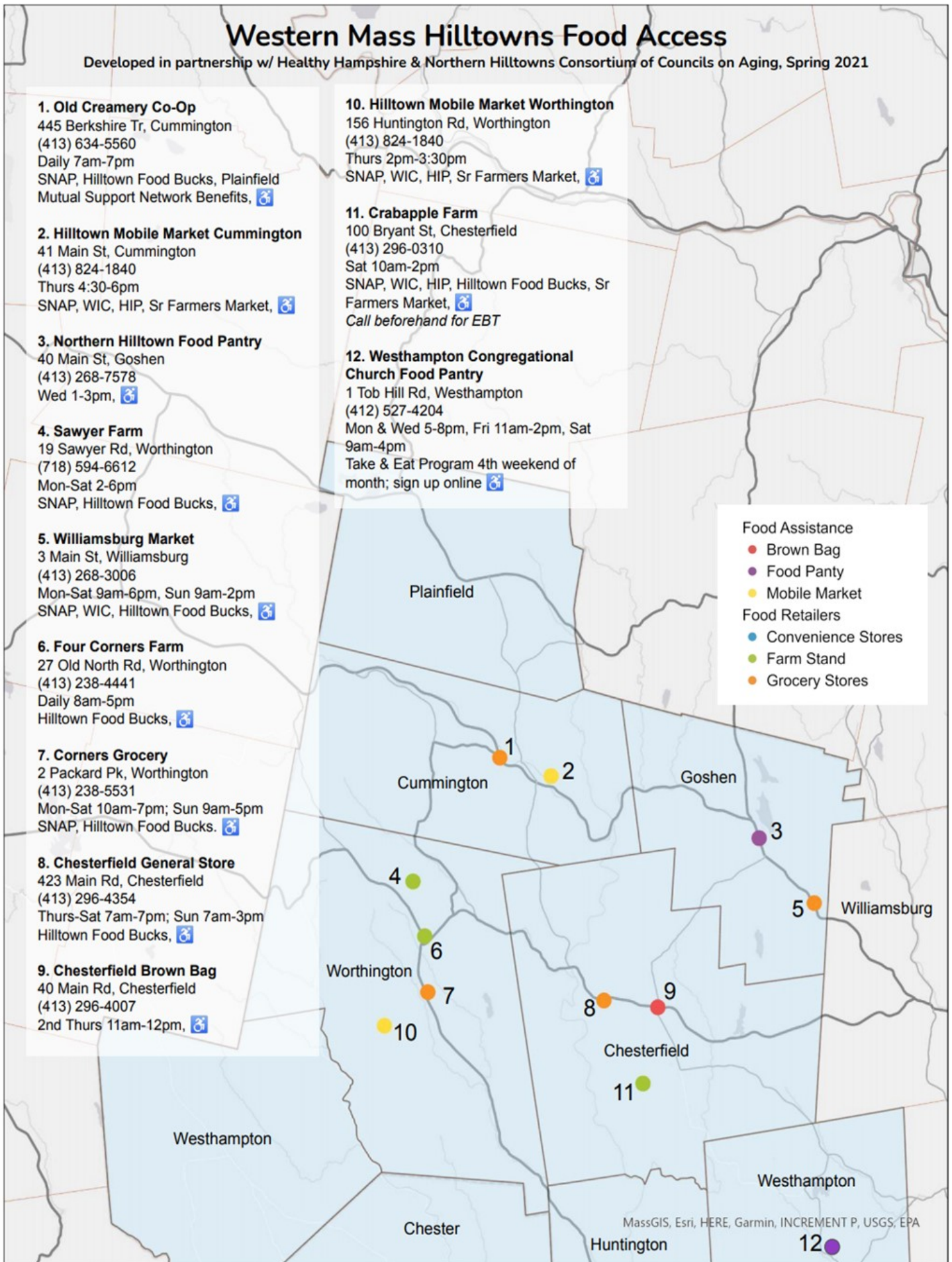
1 Tob Hill Rd, Westhampton
(412) 527-4204
Mon & Wed 5-8pm, Fri 11am-2pm, Sat 9am-4pm
Take & Eat Program 4th weekend of month; sign up online ♿

Food Assistance

- Brown Bag
- Food Pantry
- Mobile Market

Food Retailers

- Convenience Stores
- Farm Stand
- Grocery Stores



MassGIS, Esri, HERE, Garmin, INCREMENT P, USGS, EPA

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

PRSRT STD
US POSTAGE
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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.

DOOR-to-DOOR SALES



Hire me
NOW!

**If you're considering hiring someone
who knocks on your door and offers
home improvement services...**

- Don't rush or feel pressured into making an immediate decision;
- Get a written estimate and tell them you will get back to them;
- Ask for and check their references before agreeing to have the work done;
- Get bids from established, local companies and compare prices;
- Check with your town hall to see if they need a license or permit to solicit door-to-door;
- Check with your local consumer protection program or police department.

**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**

