

Chesterfield Council on Aging

August 2021 Newsletter



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

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

August Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 Tai Chi 9:30-10:30am <div>Sun. 8/1 @ 4pm Ellen Prentiss <i>Frieda's Song</i> </div>	3 Mah-Jongg 1-4pm	4 Coffee & Chat 10am-12pm Beginner T'ai Chi 1pm	5 Chair Yoga 11am-12pm	6 Exercise Class w/ Joan Griswold 10:15-11:15am
9 Tai Chi 9:30-10:30am <div>Sun. 8/8 3-5pm Dave Christopolis Jazz Quartet </div>	10 Mah-Jongg 1-4pm	11 Coffee & Chat 10am-12pm Beginner T'ai Chi 1pm	12 Chair Yoga 11am-12pm	13 Exercise Class w/ Joan Griswold 10:15-11:15am
16 Tai Chi 9:30-10:30am <div>Sun. 8/15 3-5pm Sidetracked </div>	17 Mah-Jongg 1-4pm	18 Coffee & Chat 10am-12pm Beginner T'ai Chi 1pm	19 Chair Yoga 11am-12pm	20 Exercise Class w/ Joan Griswold 10:15-11:15am
23 Tai Chi 9:30-10:30am COA Board 9:30-11:30am <div>Sun. 8/22 3-5pm Laura Wetzler </div>	24 Mah-Jongg 1-4pm	25 Coffee & Chat 10am-12pm Beginner T'ai Chi 1pm	26 Chair Yoga 11am-12pm	27 Exercise Class w/ Joan Griswold 10:15-11:15am
30 Tai Chi 9:30-10:30am	31 Mah-Jongg 1-4pm			

Guess Who's Back?!

Tai Chi with Marty Phinney
Monday @ 9:30am
Beginner Tai Chi Wednesday @ 1pm



Coffee and Chat Wednesday 10-12



Chair Yoga with Sara Prince Thursday 11-12



Exercise with Joan Griswold

Friday 10:15-11:15am



Here's what's coming!

Sunday Concerts Under the Tent
3-5pm

August 8th
Dave Christopolos:
Jazz Quartet



August 15th: **Sidetracked**



August 22nd: **Laura Wetzler**



Plan on going to the BIG E? Sign up now!

September 20th. \$12 for Chesterfield residents, \$15 for out of towners. Free Entertainment: Rainer Martin in The Donna Summer Experience. Door to door service, 2 pickup locations COA & Elks Lots, no parking fee, driver tip included. Payment due

by September 1st. If you would like to share your email address with Francine so we can keep in touch, please send a short message to francine.frenier@gmail.com or call 413-296-4291. Please make your interest known 4-6 weeks prior to the trip so plans can be confirmed.

Take a look at the other fun trips in the Regional Section. The Chesterfield COA is offering a \$20 refund on any non-sponsored Chesterfield trips listed there to folks 60 years of age and older.

Friends of the Chesterfield Library presents

Author Ellen Prentiss Campbell in-person for a discussion of her new novel FRIEDA'S SONG

Sunday, August 1, 2021 at 4:00 pm
Chesterfield Community Center
400 Main Road, Chesterfield, MA

Join us as author Ellen Prentiss Campbell discusses her new novel, *Frieda's Song*, inspired by the life and work of renowned psychiatrist Frieda Fromm-Reichmann who fled Nazi Germany in 1935 and lived and worked at the Lodge in Rockville, Maryland, establishing its reputation for innovative treatment of mental illness, dying in her custom-built cottage on the grounds in 1957 (see more in Regional Section.)



More Than One Way to Solve a Problem: New Hingham PTO and Teachers Know How!

The New Hingham PTO planned to offer two separate multigenerational, virtual events featuring Roger Williams Zoo on June 7, 2021 but a power outage in Chesterfield "cancelled" it. Not to be deterred, the PTO and teachers at New Hingham presented a wonderful and engaging 29 minute video about the lives of animals and amphibians at the Zoo and how they take care of them; presented by "Miss Andrea," a graduate student from Providence, working as an educator at the Zoo. You can see the video by going to:

<https://vimeo.com/560991285/d994abef08>

It's worth taking a charming break.

Learn how to play Mah-Jongg: Sign Up Now

When: Saturday mornings from 9/11-10/2

Time: 11am-1pm

Place: Chesterfield Community Center
400 Main Rd. Chesterfield MA

We have spots for up to 16 people but need to know soon if there is enough interest to offer this class.



You will need to purchase a required paperback text for homework and in-class participation: "The Beginner's Guide to American Mah-Jongg" by Elaine Sandberg, available at Barnes and Noble, and Amazon.

To sign up please contact the Chesterfield COA at 413-296-4007 or coa@townofchesterfieldma.com Let us know by August 10th.

Writing Class Returns: Save your place now



Valerie Bowlby will be offering classes in September on Tuesdays from 11am -1pm. Class size is limited so sign up soon: 296-4007 or coa@townofchesterfieldma.com. Deadline for enrollment is August 23rd.

This Land is your Land, this Land was their Land: Indigenous tribes in Chesterfield

It is well known that the Center of Chesterfield has been designated as a historic district in Massachusetts. The history of Chesterfield is a rich one with many discussions about early colonial times. The focus is generally on historic buildings and the industries that thrived here, particularly lumber mills,

Happy Birthday in August!



Janet Scully, Richard Konopka, Thomas Daggett,
Robert Keyes, Jan Sullivan, Karen Henell,
Christopher Ryan, Timothy Mcelroy,
Debra Cleveland, Richard Powers, June Hinton,
Joseph Russo, Michael Labarre, Robert Moore,
Lesley Spokas, Patricia Sicard,
Elizabeth Fondakowski, Naomi Sturtevant,
Paul Marcinczyk, Virginia Kaeser,
Timothy Gorham, Ruth Timm, Douglas Fisher,
Robert Macleod, Maryann Coleman, Nancy Hewes,
George Wade, John Taillon, Raven Hannah,
Dan Jarvis, Sharon Higgins, Donna Ensor,
David Lovelace

milk farms, woolen goods and other crafts such as basket making. Genealogy reports describe the ancestry lines that clearly point to some of most common family names that are still with us today.

Hearing about those out who lived here before the arrival of colonists is not common. Granted, there were not many historians or anthropologists settling among or overtaking the land of the many tribes of native Americans. Nevertheless, what is known and written about indigenous populations makes for great reading. Even more, it enriches our understanding of how the various tribes of indigenous people moved throughout New England and evolved to become a tapestry of our earliest history.

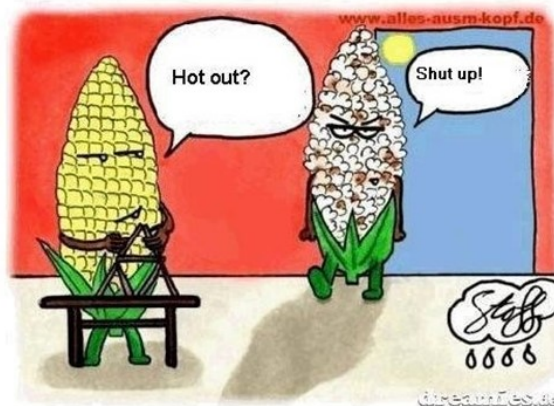
As Rebecca Beatrice Brooks writes in *Native American Tribes in Massachusetts*, "Indigenous people have lived in Massachusetts for 12,000 years. The first known inhabitants of Massachusetts were Paleoindians who moved into New England just as the glaciers were retreating at the end of the last ice age. Over thousands of years, the population of indigenous people greatly increased and became more widespread throughout the region. These indigenous people formed distinct tribes and bands that we now recognize as Native American tribes. By the 16th century, New England was home to 100,000 Native people, with many residing in Massachusetts. Even today, there are still 37,000 Native-Americans living in Massachusetts, according to the 2010 Federal Census. "The tribes in the area included, at various times, the Pucumtucs from Deerfield, possibly the Norotucks of Northampton/Hadley, and the Mahicans located in Western



Massachusetts, Connecticut and parts of New York. Locally, Indian Hollow has been described as a summer camp used by native Americans because of the availability of fishing and hunting in the area. It's interesting to imagine because Indian Hollow is also the site of old foundations from earlier colonial days. One can't help but wish for genealogy reports showing the locations and history of the families of indigenous people. It's such an important part of the core of our history in the Hilltowns. If you would like to learn more, go online to find the MHC Reconnaissance Survey Town Report Chesterfield Report Date: 1982 Associated Regional Report: Connecticut Valley Reconnaissance survey: www.sec.state.ma.us/mhc/mhcpdf/townreports/CT-Valley/csf.pdf



"They think they're accidents."



***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!



THE ANGEL PARK CONCERT SERIES 2021

Angel Park in Williamsburg Center
Wednesday Evenings • 6pm to 7:30pm
July 7th through August 18th

Louise Mosrie - July 7th

Katie Clarke and Larry Leblanc - July 14th

Annie Guthrie - July 21st

The Group DeVillie Trio - July 28th

Tom Shields and Barely Standing - Aug. 4th

Lonesome Brothers - August 11th

Christa Joy and the Honeybees - August 18th

Please join us for seven wonderful evenings of entertainment!

Sponsored by Florence Savings Bank,
The Williamsburg and Massachusetts Cultural Councils,
and contributions from area music lovers.



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!

How do WE do it?

So how and why do we fall victim to these scammers? We're thinking adults, not inexperienced children. What goes wrong for us?

Well, when we lose our wallet, we may lose the carefully stored Social Security card and vaccination card. We might even lose our Medicare card that allows a scammer to hack our account and ruin our medical reputation. (No, I don't expect you to memorize that entire number. But you can make a copy of the card, cut it to shape, block out four characters, and memorize them. You shouldn't need the full number until you go to a new medical provider.) I should note - now that our SSN is not our Medicare number, this is not as large an issue as it used to be.

We enjoy posting online and playing social media games, playing with known friends, and we let our guard down. We tend to forget that someone besides our good friends may be watching the screen and picking up answers to our security questions or otherwise adding to the online profile they are generating. We also may still have an inclination to pick up the phone when it rings, whether or not we know the caller.

Then there's the collection of poor passwords we have. What's that? You only have ONE password?! Yikes! Watch for a password note in this newsletter next month.

One final thought for now. As we age, we lose some ability to feel doubt or to assess risk. We show increased optimism and positivity, and are more likely to assess someone as trustworthy based on a face or voice quality. We miss the warning signs. What to do about that? All I can say right now is "Let's be careful out there!" Thanks, Sgt Esterhaus of NYPD Blue.

Again, carefully,

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

August's Good News

By Deborah Hollingworth

The good news this month is about housing options. From time to time AARP does surveys asking older adults where they prefer to live. The answer never changes, 85%-90% of us want to stay in our own homes for as long as possible. (And sometimes longer). Being able to do that depends on our keeping fit, not developing any medical conditions that limit our ability to take care of ourselves.....and having enough retirement income to keep up with increases in the cost of our household overhead. Property taxes, homeowners insurance and utility costs are never going to go down, so this can be a challenge if we have changes in our income, from a loss of life partner, or we outlive our assets.

If we have to consider moving, leaving our home, the best strategy is to move to a place where we will be able to stay regardless of how infirm we become or regardless of our shrinking financial resources.

So what are the possibilities?

There are many aspects of planning for future housing, but today we'll focus on Assisted Living facilities. First, let's dispel some myths. Assisted Living is



not a nursing home. Far from it. I describe it like "a cruise ship that never leaves the dock". Meals, housekeeping and if needed, help with personal care and Rx management. In addition, most ALFs have a myriad of activities that include arts, crafts, music, day trips, book clubs and exercise classes. In fact, socialization is often the most important aspect of assisted living residences. Next myth, ALFs are only for people with significant financial resources, "I could never afford it". If you calculate what your monthly household overhead is...and then realize that when you move to an ALF you no longer have property taxes, utility bills, homeowners insurance, and home repairs....then the monthly rent begins to sound more reasonable. Still, rent at an ALF can range between \$3,000-\$5,000 per month depending on what kind of support services you need.

How is this affordable? Many people sell their homes when they move to an ALF and use the proceeds from the sale to pay their rent for a couple years. If you are planning ahead, it's a good idea to know about ALFs that have rent subsidy programs for low income residents who exhaust their assets. We are fortunate to have several in

our area: The Arbors Assisted Living residences in Westfield, Chicopee, Greenfield, and Amherst, Landmark at Monastery Heights in West Springfield, Heritage Hall in Westfield to name a few. To get more information about the possibility of your moving to an Assisted Living, you can call Highland Valley, LifePath, WestMass Elder Care, or Greater Springfield Senior Services and ask for their Information department, who should be able to refer you to an Options Counselor to talk about your situation and possible housing options.

Wanted: Part Time Administrative Assistant Chesterfield Council on Aging

Position responsibilities include preparing schedules and documents, assistance with office functions and services to older adults. Flexible hours available for 5 hrs/week at \$18 hr. Great position for someone looking to balance work and family life. Preference is for someone with experience and background working with older people in service or business settings. The goal is to have someone join the team who likes working with older adults, is goal-oriented, interested in learning new skills and working in a welcoming environment. Send letter of application to Jan Gibeau, Director of Council on Aging, Box 7, Chesterfield MA 01012.

Farmers' Market Coupons



Farmers' Market Coupons are available through your town's COA. Each booklet contains \$25 worth of coupons that can be used at various local farmers' markets.

The eligibility criteria are:

- ⇒ 60 years old
- ⇒ household income at or below 185% of the federal poverty level
- ⇒ disabled, under the age of 60, live in elder housing and receive nutrition program benefits and income at or below 185% of the federal poverty level.
- ⇒ For a household of one, 185% of the federal poverty level is \$23,828 per year. For a household of two, it is \$32,227 per year.

If you are interested, contact your town's COA.

On the Road Again..



Here is a brief outline of future bus trips for 2021. Please know nothing is written in stone and things can change. Some trips are originating from the Southampton Council on Aging, but Francine will be the contact person for all trips mentioned below. All trips include taxes and tips.

The Chesterfield COA is offering a \$20 refund on any non-sponsored Chesterfield trips listed here (*) to folks 60 years of age and older.

If you would like to share your email address with Francine so we can keep in touch, please send a short message to francine.frenier@gmail.com or call 413-296-4291. Please make your interest known 4-6 weeks prior to the trips so plans can be confirmed.

- ⇒ **September 20.** Big E, \$12 for Chesterfield residents, \$15 for out of towners. Entertainment: Rainer Martin in ***The Donna Summer Experience***. Door to door service, 2 pickup locations COA & Elks Lots, no parking fee, driver tip included. Payment due by September 1st.
- ⇒ **September 21.** Guided tour of **Quabbin Reservoir** & Lunch at Salem Cross Inn, shopping stop at Oakwood Farm Christmas Barn- \$67 due by August 10th.*
- ⇒ **October 8-18.** 11 day bus trip to **Colorado Springs**. Sit back, relax and enjoy the beautiful scenery. Activities almost every day. Many meals included. \$1,190 due **now**. Only 4 seats left.*
- ⇒ **November 4.** **Plymouth 400th Anniversary** program & Thanksgiving buffet luncheon \$133 *if paid in full by 9/30/21*. *Seating is limited*.*
- ⇒ **December 9.** Pizza & Salad lunch prior to tour of **Bright Nights**, Springfield, MA. Cost to be determined.*



Part Time Work Available:

Hilltown Elder Network (HEN Program)

Help Williamsburg area elders with housework, occasional transportation to appointments, and various household chores.

Call Fran Goebel: 413-268-7411

\$15.00 per hour

A Hilltown CDC Program

Friends of the Chesterfield Library presents

**Author Ellen Prentiss Campbell in-person
for a discussion of her new novel
FRIEDA'S SONG**

Sunday, August 1st at 4pm

**Chesterfield Community Center
400 Main Rd.**

Join us as author Ellen Prentiss Campbell discusses her new novel *Frieda's Song*, inspired by the life and work of renowned psychiatrist Frieda Fromm-Reichmann who fled Nazi Germany in 1935 and lived and worked at the Lodge in Rockville, Maryland, establishing its reputation for innovative treatment of mental illness, dying in her custom-built cottage on the grounds in 1957.

ELLEN PRENTISS CAMPBELL



Campbell's riveting novel explores the lives of the remarkable Frieda Fromm-Reichmann and current day psychotherapist Eliza Kline who—decades after Frieda's death—lives in the Cottage. Eliza, a struggling clinician and single mother, seeks inspiration in Frieda's work and finds surprising ways Frieda still inhabits the Cottage. The novel is a tale of how history and chance, and the work and people we love, shape our lives—and how the past remains present.

Campbell, a Smith College alum and award-winning author of the historical novel *The Bowl with Gold Seams*, worked as a psychotherapist in Rockville for many years. She lived so close to the Lodge she awoke to the smell of smoke the day the hospital, empty for several years, burned to the ground. Frieda's Cottage survived the blaze and has been recently restored and designated a National Historic Landmark. For more about *Frieda's Song* and Ellen Prentiss Campbell, visit www.ellencampbell.net

Chesterfield COA

Lillian Bisbee, Chair
Francine Frenier, Vice Chair
Bev Pomeroy, Secretary
Carole Bergeron
Jim Brisbois
Marianne Hoag
Gail Lucey
Tim McElroy
Deborah Thibault



Financial Advisor: Nancy Hewes

Librarian: Dee Cinner

HVES Rep: Jan Gibeau

*Art Com: Gigi Kaeser, Chair;
Dee Cinner*

*Travel Group: Carole Bergeron,
Mary Ann Coleman,
Francine Frenier, Gail Lucey*



Newsletter Designer:
Kristen Estelle

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

Monday, Sept. 13th 1-3pm at the Chesterfield Community Center

Peg Whalen presents: iPhone Workshop

Want to catch up with your grandchildren who tell you using an iPhone is simple and easy? The fact is, figuring how to use all of the features of an iPhone is often not obvious at all. Join us at the workshop, hang out with friends and have fun "learning the ropes".

- Understand some basics of getting your phone to do what you want it to do.
- Learn things you have been told it can do but you have not figured out how.
- Understand your phone enough to feel comfortable with using it for new tasks and activities.
- Understand what you should be wary of.
- Identify ways to find out more about your phone

Some of the issues to be covered include how to:

- Get your pictures off your phone and onto your computer.
- Use it as a flashlight, compass or level.
- Set it up for printing to a wireless printer.
- Find and install apps.
- Determine whether you can use it for banking, bill paying, accessing medical records and reaching your doctor's office or pharmacy.



Interested in attending?

Please call the Chesterfield COA, **413-296-4007**, or send an email to **coa@townofchesterfieldma.com** to register by August 30th. It would be helpful to include information about how long you have used a cell phone, what make and model of cell/smart phone you currently have, and what questions you would like answered. Can't join us but want to learn more? If you can't attend this workshop on the scheduled date and time but would be interested if it is repeated in the future, let us know. This information will help us determine whether additional workshops should be scheduled.

** Please note: This workshop will not cover how to troubleshoot an ongoing problem with your phone or how to fix broken parts of your phone.*