

Chesterfield Council on Aging

November 2021 Newsletter



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

Jan Gibeau, Director
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413-296-4007

November Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 Tai Chi 9:30-10:30am	2 Mah-Jongg 1-4pm	3 Beginner T'ai Chi 1pm	4	5
8 Tai Chi 9:30-10:30am Brown Bag 10am	9 Mah-Jongg 1-4pm	10 Beginner T'ai Chi 1pm	11 Veterans Day	12 iPhone Basics & Apps 9:30-12:30 Worthy-Que BBQ 4pm
15 Tai Chi 9:30-10:30am	16 Mah-Jongg 1-4pm	17 Beginner T'ai Chi 1pm	18 iPhone Photos 1:30-3:30	19
22 Tai Chi 9:30-10:30am COA Board Mtg 10am-12pm	23 Mah-Jongg 1-4pm	24 Beginner T'ai Chi 1pm	25 Thanksgiving 	26
29 Tai Chi 9:30-10:30am	30 Mah-Jongg 1-4pm			

ACT NOW!

BBQ truck coming to Chesterfield!

The Worthy-Que BBQ truck will be making a delicious meal for you on **November 12th**. It will include pulled pork, pulled chicken, smoked sweet beans, smoked mac & cheese and coleslaw. The meal costs \$15, but for Chesterfield residents 60 and over the cost is \$6.00. The rest will be covered by the COA. If you are interested, please contact the COA at 413-296-4007 to reserve your meal and leave a message with your name and phone number by **November 5th**. Pick up for this boxed meal will be at the parking lot next to the Community Center, starting at 4 p.m. on November 12th. We look forward to seeing you there!



Getting Smart about iPhones

In September over 25 seniors from multiple towns registered for the COA sponsored iPhone workshop at the Chesterfield Community Center. The level of interest was exciting to see but required scheduling two workshops due to social distancing and group size. Ultimately 10 people attended the first two hour workshop and 8 more came to the second. Both groups were excited to learn more about the basics of iPhone use and left with more confidence about using it.

The groups covered a variety of more advanced topics, such as getting more apps, using apps to set Reminders and changing Settings to make the iPhone more user friendly. Workshops are offered by Chesterfield volunteer, Peg Whalen, a local social worker with knowledge of technology and an ability to make complicated and confusing electronics understandable. We are adding a workshop for Android phone users after several expressed interest in having something similar. Watch for additional workshops being scheduled in the coming months.



In October, many of the September iPhone workshop participants came to a follow-up session to continue learning about their smartphones and get questions answered. Participants received visual handouts with pictures of iPhone screens to refer to at home after the sessions. People appreciated the opportunity for ongoing assistance and asked for additional iPhone and technology sessions in the coming months. Watch for workshops specific to iPhotos, organizing photos into Albums, sending and transferring photos to share or print from a home computer, printing wirelessly from smartphones, and advanced use of Phone, Text Messaging, Contacts, Camera, Notes, Clock and others. If you have an interest in learning how to use smartphones to get Library ebooks or emagazines, listen to Podcasts or Radio, or other topics,

please email Peg Whalen:
pegwhalenworkshops@gmail.com
or call **413-404-4566**.

Workshops for November are:

- Nov. 12th 9-12:30- iPhone basics & apps
- Nov. 18th 1:30-3:30- using your iPhone for photos.

Mystic Seaport trip

In October a group of seniors ventured down to Mystic Seaport. Chesterfield COA board member Tim McElroy suggested this trip, and it quickly filled up. Over thirty folks from many neighboring towns including Westhampton, Williamsburg, Worthington, Goshen, Plainfield, Cummington and Conway joined the Chesterfield seniors in enjoying a spectacular day weather-wise.

Some had a guided walking tour of the Seaport or chose to see it from the water aboard the Liberty. A few ventured over to the Aquarium, a short walk away. Lots to see and learn at the Seaport. Bus trips just whet your appetite so that you may want to return on your own.



*Nancy Powers and
Marianne Hoag,
sisters by the sea*

The Big E: 2021

What a glorious day to be at the Big E. Several folks from various hilltowns travelled by bus in September to partake in food galore including the famous cream puffs. Diane Lamontagne said, "My friend and I logged over five and a half miles" on their tracking devices. Wonderful quilt displays, craft shops and entertainment were enjoyed. Singer Rainere Martin in the Donna Summer Experience delighted a large crowd. A big thank you from all of the passengers to the Chesterfield COA for partially sponsoring the trip this year.



*"Did someone say
cream puffs?"*

The two ladies are
Nancy Grove,
formerly of Goshen
and her sister Yvonne
Swinington,
formerly of
Chesterfield.



Jack Figgie from W. Chesterfield and Nancy Boyle await the start of the Donna Summer show at the Court of Honor stage at the Big E.

Chesterfield Makes Walking Better

Walking back in history: Historical Commission Summer Historic Walking tours a great success

The Chesterfield Cultural Council and Mass Cultural Council supported four monthly guided historical walks through the Chesterfield Center National Historical District given by the Chesterfield Historical Commission. The walks were guided by Dee Cinner who entertained the crowd with her knowledge and stories from local lore. Everyone who attended the walk was given a Samuel Eddy booklet and a brochure containing a brief description of the sites. At the end of the walk, attendees gathered at the Chesterfield Veterans Park for a rendition of the "spellbinding tale" of Samuel Eddy's actions during the final few days of the Civil War. His heroic actions resulted in the award of the Medal of Honor to Mr. Eddy. He was the only person in Hampshire County to be awarded the Medal of Honor until 2019. The 33 people who attended came from as far away as Amherst and Connecticut and contributed to lively discussions by sharing their own facts or memories about Chesterfield.



Walking toward the future: Walk audit

If you saw a group of people walking around the center of town on September 23rd it was part of the walk audit, part of the "Walkability" grant awarded to the Hilltown CDC, taking us one step further (pun intended) toward improving the safety of walking in the center of town. The HCDC in partnership with WalkBoston, Healthy Hampshire, the Chesterfield COA, its AARP Age Friendly Community core team, the select board, and other key stakeholders in town completed the walk audit looking at the best options for moving toward a safer community. A report is in progress and will be shared with the Select Board and the community in the near future.

Access to Walking Trails

Another initiative led by Healthy Hampshire and the HCDC has helped Chesterfield provide better information about how to find the many trails in Chesterfield. A working group included representatives from the COA, volunteers, and people experienced in walking most of the trails for some time. After learning about the many ways and places people could walk through scenic trails in the community, a brochure was created, which includes a map that identifies the locations and provides a description of each area and its level

of difficulty. Copies are available at the COA, Chesterfield General Store and Post Office. Supplies are limited so availability may vary.



Happy Birthday in November!



Eileen Delano, Frances Breau, Marilyn Donovan,
Joyce Follet, Sarah Prince, William Robertson,
Peter Banister, Robert Aller, Sally Sites-Robertson,
Robin Bak, Paul Lampron, Joyce Harris,
Nancy Westgate, Gail Lucey, Sarah Hamilton,
Harold Laflam, Dennis Pittsinger, William Gessing,
John Cennamo, Michael Leff, Matt Barron,
Michael Mcneight, Roland Lebeau,
Christopher Landry, Fredrick Randall, Jo Root,
Therese Brigley, Cj Lammers, Edward Kolosewicz,
Colleen Wickland, Lori Phaneuf-Burns

A shot of health in the Hilltowns

Over 30 people rolled up their sleeves and drove through the town office parking lot to receive their annual flu vaccinations. Hosted by the Chesterfield COA, Walgreens successfully provided the clinic with the help of Larry Holmberg, Emergency Management Director and a team of volunteers. Many thanks to everyone.

Reading with Sarah

The buzz this month is about 21st century novels with bees as important characters. There is quite a number of books in this category and I am again sticking with titles that can be found in the Chesterfield library.

Published this year we have *The Music of Bees* by Eileen Garvin, a contemporary story that shows how serendipitous collisions, literal and figurative, can lead to hope and community when caring for bees and each other.

You can take a trip with bees in another country and culture through the pages of *The Ardent Swarm*, a novel by Yamen Manai of Tunisia, beautifully translated from the French by Lara Vergnaud. There is nature, mystery and global intrigue here with invasive murderous hornets threatening the local bees.

If you missed it and the movie made from it, you have a treat in store with the fully imagined world of a trio of black, bee-keeping sisters in Sue Monk Kidd's *The Secret Life of Bees*. Published in 2002, the story takes place in 1964 South Carolina but it surely resonates with human issues in today's headlines.

The library has a few novels by Nancy Means Wright (don't you love that name?) whose contemporary mysteries are set in rural Vermont. Gwen, a main character in her novel, *Stolen Honey*, has inherited Woodleaf Apiaries from her beekeeper father-- at least two hundred hives scattered about the New England countryside, requir-

ing skill and attention if the honey crop is to bring in any money. Gwen is also the subject of gossip because she grows marijuana and belladonna for medicinal purposes. Her husband, Russell, is part Abenaki and an actor who gets himself up in full Native American regalia and plays an eighteenth-century brave in frequent Revolutionary War reenactments. When someone is murdered, they become suspects.

Music For a Sunday Afternoon with Laura Wetzler

Laura Wetzler's concert on Oct 10th was a welcomed antidote to the rain that just keeps coming. Originally scheduled for August, "Under the White Tent", the concert had to be postponed because of a potential hurricane making its way north. The tent was taken down. Looking forward to the October concert we hoped to put the tent up again. Rain was forecast again so the tent stayed down and the concert was scheduled to move to the Community Center. The venue changed again because of concerns about COVID and social distancing. Thanks to the Board of Trustees of the Congregational Church, the concert could move across the parking lot and into the church. Then the music began and everyone enjoyed the musical buffet of songs that rang through the wonderful

acoustics in the room. Laura, an accomplished vocalist, guitarist and composer had an enthusiastic audience joining in with singing and rhythmic clapping. Many thanks to everyone who helped to make the event a success.



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

Hear A Beep.
Get On Your Feet!

Hear A Chirp
Make A Change!

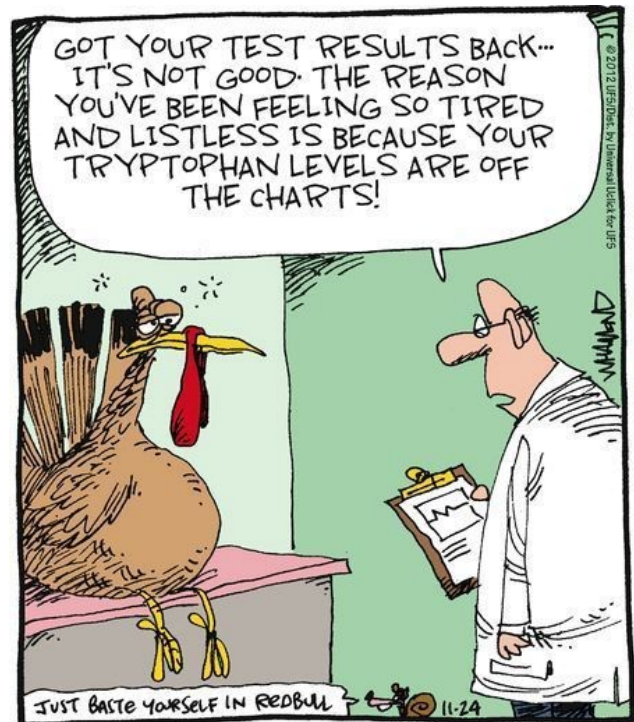
Last month's topic was the "Sound You Can Live With," your smoke detector. Remember? This month's topic is Carbon Monoxide (CO) alarms:

- Carbon Monoxide is a colorless gas that you cannot see or smell and it takes away the ability of your body to get and use the oxygen your body needs to survive.
- The CO alarm gives off a continuous set of four loud beeps to let you know you have dangerous amount of CO in your house.
- When you hear the continuous beep, beep, beep, beep, go outside, then call 911 and stay out of the house.
- A single chirp every 30 to 60 seconds means the battery is low and must be replaced.
- CO alarms also have "end of life" sounds that vary by manufacturer. Check their instructions.
- Chirping that continues after replacing the battery means the alarm needs to be replaced.

Have a SAFE November!

--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!

ROBO CALLS!!! Note 1

More frustration - right next to spam text messages, phone calls from who knows who for you know what. You know I would love to give you a single source or option or program or Something, to stop phone calls you don't want. Sadly, it is complicated so I can't do that.

What I can do is ask you to read a very complete and mostly straight-forward website from the Federal Trade Commission. It starts with making sure you have done what you can with the national Do No Call list. Just a reminder, if you have added a phone or changed numbers, make sure you sign up the new phone. You can also call their number to check your status. **"You can register your numbers on the national Do Not Call list at no cost by calling 1-888-382-1222 (voice) or 1-866-290-4236 (TTY). You must call from the phone number you wish to register. You can also register at donotcall.gov."**

The Federal Trade Commission site goes over landlines and cell phones and some options. Go to consumer.ftc.gov, then click on "Privacy, Identity & Online Security" and read under "How To Block Unwanted Calls."

Actions –

Check your Do No Call status.

If you want me to print the FTC pages and get them to you, just holler.

If you need help with interpretation of those pages, just holler.

If you need a grandchild or other young person to help you with this, good luck. I don't have one.

Your town's Senior Center or COA may also have someone to help you with this.

Keep Smiling,

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

November's Good News

By Deborah Hollingworth

What is Open Enrollment...and why do we go through this every year? Good question, so let's see if I can shed a little light on the subject.

Open Enrollment is this time of year (October 15th through December 7th) when we can change our health insurance coverage. We get inundated with a lot of advertising from insurance carriers like AARP, BlueCross, Health NewEngland, who want us to enroll in their plans. Their insurance plans sound great. But are they better than what we already have? And why do plans change...why can't they stay the same every year? Some of you do not have to change plans. So you can ignore all this advertising.



1. If you have MassHealth as well as Medicare, you do not have to consider changing plans.
2. If you get your health services through the VA, you don't have to change or pay attention to any of this advertising.
3. If your health insurance is part of your retirement/pension, you don't have to change.
4. If you are still working and have health insurance through your employer, or your spouse's employer, you don't have to change.
5. And finally, if you are satisfied with your current health insurance coverage, you don't have to change.

That leaves the rest of us. Here's when it makes sense to check out other insurance options.

- ⇒ This year my Rx plan decided to almost double the monthly premium. This happens. And when it does, there might be a better option.
- ⇒ This year my doctor prescribes a new medication that my current plan doesn't cover...or it's covered, but the co-pay is expensive.
- ⇒ This year we're going to spend the winter in Florida and I'm not sure my Medicare Advantage plan works there?
- ⇒ This year I'd like to get a knee replacement and anticipate needing PT after. My plan has some pretty high co-pays, maybe there's a better plan for me?

I heard that some Rx plans are offering much lower co-pays on the type of insulin I have to use. Which plans might work better for me?

Each year the Federal government allows insur-

ance carriers to make changes to their plans so they can maintain their profit margins. The cost of Rx increases, new medications are always coming on the market, hospital costs increase, and insurance providers are allowed to modify their plans accordingly. As consumers, we get to stay with our plans....or opt out and change. It can be confusing and overwhelming. So call your senior center and book your SHINE appointment early!



HMLP: Home Modification Loan Program

Home Modification Loan Program (HMLP) is a state-funded loan program, providing loans to homeowners and small landlords to fund necessary changes to keep disabled or elderly family members in their own homes and communities. This is not a home repair program and is not a resource to repair roofs, windows, or heating and septic systems. Work must be completed by contractors who are licensed and insured.

Loan Information:

- \$1,000 to \$50,000 loans to property owners
- 0% interest
- No monthly payments or interest
- Repayment is required when property is sold or transferred
- \$1,000 to \$30,000 loans to owners of manufactured or mobile homes
- Landlords with fewer than 10 units may be eligible for a 3% loan for a tenant

Possible Home Modifications:

- Bathroom & kitchen modifications
- Ramps
- Stair-lifts, and/or platform lifts
- Sensory or therapy spaces
- Hard-wired alarm systems
- Fences
- Accessory dwelling units

Eligibility is based on:

- Income
- Documentation of need from professional
- Proposed home modifications

(Continued on next page)

2021 Income Guidelines

Household Size Eligible with Gross Income up to:

1	\$188,000
2	\$214,800
3	\$241,600
4	\$268,400
5	\$290,400
6	\$311,400
7	\$333,000
8	\$354,400



For more information call Susan Gillam at
1-866-500-5599 or visit cedac.org/hmlp

From Alzheimers Society: It's Time to Open the Cognitive Impairment Door Wider

Reprinted below are excerpts from the Alzheimer Society's website (www.alzheimers.org.uk) that offers information as you cross the threshold to the topic of dementia.

What is dementia and what are the symptoms?

Dementia is the term for a group of symptoms that occur when the brain is damaged by diseases. This includes Alzheimer's disease or diseases of the blood vessels that can cause a stroke. These diseases can cause a significant decline in a person's mental abilities or 'cognitive function' - our capacity for things like memory, thinking and reasoning.

For a doctor to diagnose dementia, a person's symptoms must have become bad enough to significantly affect their daily life, not just be an occasional minor irritation. This means having new problems with everyday activities about the house, in the community or at work. For example, starting to have problems paying household bills, using the phone, managing medicines, driving safely or meeting up with friends.

If a person has symptoms that are worse than would normally be expected for a healthy person their age, but are not severe enough to significantly affect their daily life, a doctor may diagnose mild cognitive impairment (MCI). This is not a type of dementia, though some people who have MCI will go on to develop dementia.

The signs of normal aging and dementia

In the next column are some of the possible changes due to both normal aging and early dementia. However, it is important to remember that everyone is different and not everyone with dementia will have all of these changes.'

Other conditions may also account for some of them. For example, a person with depression can have problems making decisions, get confused easily and appear withdrawn or irritable.

Ability	Possible changes due to normal aging	Possible changes due to dementia
'Short-term' memory and learning new info	Sometimes forgetting people's names or appts, but remembering them later	Forgetting the names of close friends or family, or forgetting recent events - i.e. visitors you had that day
	Occasionally forgetting something you were told	Asking for the same info over and over - for example, 'where are my keys?'
	Misplacing things from time to time, i.e. your mobile phone, glasses, but retracing steps to find them	Putting objects in unusual places, i.e. putting your house keys in the bathroom cabinet
Planning, problem-solving and decision-making	Getting less able to juggle multiple tasks, esp. when distracted	Having a lot of difficulty concentrating
	Making a bad decision once in a while	Frequently poor judgement when dealing with money or when assessing risks
	Occasionally making a mistake when doing family finances	Having trouble keeping track of monthly bills
Language	Having a bit of trouble finding the right word sometimes	Having frequent problems finding the right word or frequently referring to objects as 'that thing'
	Needing to concentrate harder to keep up with a conversation	Having trouble following or joining a conversation
	Losing the thread if distracted or many people speaking at once	Regularly losing the thread of what someone is saying
Orientation	Getting confused about the day or the week but figuring it out later	Losing track of the date, season and the passage of time
	Going into a room and forgetting why you went there, but remembering again quite quickly	Getting lost or not knowing where you are in a familiar place
Visual perceptual skills	Vision changes related to cataracts or other changes in the eyes, such as misty or cloudy vision	Problems interpreting visual information. For example, having difficulty judging distances on stairs, or misinterpreting patterns, such as a carpet, or reflections

Chesterfield Council on Aging
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Vaccine Booster Information

The Centers for Disease Control and Prevention (CDC) and the federal Food and Drug Administration (FDA), as well as the Advisory Committee on Immunization Practices (ACIP) have authorized the Pfizer COVID-19 Booster for individuals 65 years of age and older, individuals 18-64 years of age at risk for severe COVID-19 due to underlying medical conditions, and individuals 18-64 years of age who are at increased risk for COVID-19 because of occupational or institutional settings who have previously received the Pfizer vaccine. These residents are eligible to receive their booster shot at least 6 months after their second dose of the Pfizer COVID-19 vaccine.

You can get help with making an appointment or finding a walk-in clinic through the Northampton Senior Center. Go to:

northamptonma.gov/2219/Vaccine-Clinics#weeklyschedule.

If you cannot find what you need on the website, you can call their vaccine line at 413-587-1219. Walgreens and CVS (as well as other locations) also have booster shots available—appointments are encouraged.

Daylight Savings Time ends
this weekend and we're
supposed to "fall back."



Fortunately that's my specialty!

Visit Jim Hunt at facebook.com/huntcartoons

