

Chesterfield Council on Aging

December 2021 Newsletter



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

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

December Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1 Beginner T'ai Chi 1pm	2	3
6 Tai Chi 9:30-10:30am	7 Mah-Jongg 1-4pm	8 Beginner T'ai Chi 1pm	9 Brown Bag 10am	10
13 Tai Chi 9:30-10:30am Android Phone Basics & Apps 2:30-5:00pm	14 Mah-Jongg 1-4pm	15 Holiday Coffee & Chat 9am HRHS Concert (Zoom) 12:30pm Beginner T'ai Chi 1pm	16	17
20 Tai Chi 9:30-10:30am	21 Mah-Jongg 1-4pm	22 Beginner T'ai Chi 1pm	23	24
27 Tai Chi 9:30-10:30am COA Board Mtg 10am	28 Mah-Jongg 1-4pm	29 Beginner T'ai Chi 1pm	30	31

You're Invited



Council On Aging Holiday Coffee And Chat

Chesterfield Community Center
Wednesday, December 15th at 9am

Serving:
Coffee, Tea & Juice
Individually Wrapped Assorted Pastries

Social Distancing In Effect
Hand Sanitizer Provided
Masks Required When Not Dining

It's Important to us to keep people safe.

***We follow CDC Guidelines
We Welcome All Vaccinated Guests***

*Sponsored by
The Chesterfield Council On Aging*

*Funded by a grant from
Highland Valley Elder Services*

The Northern Hilltown Consortium of Councils on Aging "Makes the Hills Come Alive With the Sound of Music"



You're invited to an afternoon of songs with the Hampshire Regional High School Chorus—**Dec. 15th at 12:30pm.** More information in the regional

section. This is a Zoom program for all generations. Call the Chesterfield COA at 296-4007 or email us at coa@townofchesterfield.ma to get information about how to get connected.

They Went West!

*Group at
Colorado
Welcome Center*



*Group
holding
water from
Manitou
Springs
Colorado*

In October, thirty hardy souls boarded a motor-coach, with our trusty driver, Richard, and headed west to Colorado Springs for an eleven day adventure. Along the way we crossed eight states, visited Buffalo Bill's Ranch, the Des Moines Botanical Center and the Das Dutchman Essenhaus before our four-day stay in Colorado Springs. The Royal Gorge, Pike's Peak and the Garden of the Gods were all extraordinary attractions. The U.S. Olympic & Paralympic Museum was a delight. We had an unexpected visit to the Air Force Academy. On our return home, we made stops at the Joslyn Art Museum and the Studebaker National Museum. "The trip went by in the blink of an eye, maybe two," said trip leader, Francine Frenier. A ten-day trip to Memphis & Nashville, Tennessee with a stop at the Rock & Roll Hall of Fame is being planned for October 14-23, 2022.



Chesterfield Historical Commission Corner

Anyone remember Gramp's Cider?

"Gramps' Cider." You can't buy it: you just have to be a friend of Gramps.

Howard Goodermote, 74, known as "Gramps" in his adopted West Chesterfield neighborhood, presses his own apple cider every fall "the old-fashioned way." The operation is done by hand, using an iron and wooden cider press that has been in his family for a century.



The smell of freshly-pressed cider seems to capture the colors of autumn as Gramps turns the iron crank that squeezes the very last drop of summer from the frost-ripened apples. The cider will be poured into quart bottles and distributed to the many friends Goodermote has made since retiring here six years ago.

"I figure people need some about once a week," Goodermote explained, running through the list of neighbors he distributed his last batch among last week.

A native of Dalton, Goodermote recently received a gold watch for his 46 years of service at the Crane Paper Co. plant there. However, after his wife died, Goodermote came to live with his daughter, Jean Shaw, and her family. (One room of the Shaw home houses the West Chesterfield Post Office; Mrs. Shaw is the postmaster here.)

Gramps' move here has brought many opportunities to make friends with people in the village over a cup of coffee. But, in the fall, Gramps serves cider to those who linger for some local gossip or to swap some fishing tales.

The process of cider making begins under the backyard apple tree. It's a MacIntosh. Goodermote collects the apples in five-gallon tubs. Alden Healy, from up the road, provides the proper dicer blend with some yellow Parker apples from his tree. One bushel of apples will be pressed into about three gallons of cider. The apples are washed, cut into chunks and piled into the iron grater-rotten spots, seeds and skins included (these add to the flavor, according to Gramps).

Goodermote's son-in-law, Lester Shaw, has built a motorized grinder which can "chop a bushel in no time at all," but somehow Goodermote doesn't seem to mind the extra hours the hand-grinding will take.

After the burlap-lined press tub is full of ground apples, Goodermote places the round maple plank on top and begins to turn the iron crank. A massive screw presses the juice from the pulp, and soon a stream of golden cider is flowing through the flannel filter and into a pail.

The job is not without its perils. A swarm of bees is quickly drawn as the sweet aroma is spread by a brisk breeze. "I get stung at least once a day," Goodermote said matter-of-factly.

The cider operation takes about three hours to complete. And Goodermote makes cider about three times a week on the sunny days during apple season. "I don't make more than I can give away," said Goodermote. "Here, this quart is for you."

*Reprinted with permission from the
Daily Hampshire Gazette.
Article by Sandra Doucett, 10/13/1983*



Happy Birthday in December!



Norman Hathaway, Marilyn Davidson,
William Coleman, Robert Muellner, Judith Lyon,
Mary Leake, Geraldine Rogers, Patricia Roberts,
Bonnie Borst, Marguerite Hewes, Marjorie Jasmin,
Gail Judd, Kirke Henshaw, Luther Curtis,
Mary Bancroft, Allan Lamere, Michael Kuzmeski,
Kathleen Brisbois, Kathy Oneill, Michael Lucey,
Arthur Smith, Deborah Curtis, Laura Dimmler,
Justin West, Richard Blais, Donna Safford,
Judith Lyons, Stephen Liimatainen, Joseph Gazillo,
Mary Guilmette, Nancy Papillon, Sarah Donley,
Peter Scully, Mark Puza, Mark Klitzke

Reading with Sarah

This month I have a couple of non-fiction books to recommend. I am writing this at the beginning of November and considering the history of the Indigenous Peoples who were at home here before my ancestors came over on boats. Robin Wall Kimmerer and Joy Harjo have indigenous ancestors. They write so well about the natural world and the cultures that were so connected to it when the Europeans arrived. Kimmerer's book, *Gathering Moss, a Natural and Cultural History of Mosses* is a wonderful wide-ranging exploration of the mosses that we in the hilltowns can see around us if we take time to look. The details of what is going on beneath our feet and before our eyes with mosses playing important roles in our ecosystem are explained here. The science is fascinating. The storytelling is beautiful. In *Poet Warrior*, Joy Harjo has penned a memoir that tells about her life journey in prose and verse. The oral tradition of her forebears is honored as she writes words about compassion and justice. Here is one of the poems from the book.

Perhaps the World Ends Here

The world begins at a kitchen table.
No matter what, we must eat to live.

The gifts of earth are brought and prepared, set
on the table. So it has
been since creation, and it will go on.

We chase chickens or dogs away from it. Babies
teethe at the corners.

They scrape their knees under it.

It is here that children are given instructions on
what it means to be human.

We make men at it, we make women.

At this table we gossip, recall enemies and the
ghosts of lovers.

Our dreams drink coffee with us as they put their
arms around our children.

They laugh with us at our poor falling-down selves
and as we put ourselves

back together once again at the table.

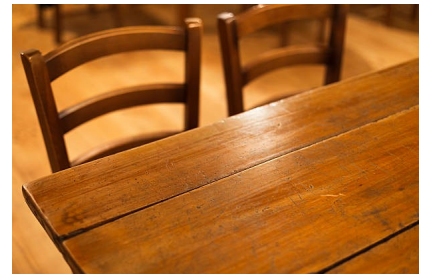
This table has been a house in the rain, an umbrella
in the sun.

Wars have begun and ended at this table. It is a
place to hide in the shadow of terror. A place to
celebrate the terrible victory.

We have given birth on this table, and have prepared
our parents for burial here.

At this table we sing with joy, with sorrow. We
pray of suffering and remorse. We give thanks.

Perhaps the world will end at the kitchen table,
while we are laughing and crying, eating of the last
sweet bite.



The Chesterfield Council on Aging benefits from your support for our programs for Chesterfield seniors!

I would like to contribute to the Chesterfield COA. My contribution of \$_____ is attached.

*(Please make out your check to "Town of Chesterfield" and write "COA programs" in the memo line;
mail to Janice Gibeau, Director, Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)*

Name _____ Telephone _____

Address _____

Email _____

Thank you for helping support Chesterfield seniors!

Seniors Aware of Fire Education

The holiday season is almost here and everyone is busy getting ready to celebrate them with family and friends. It is time to get all those outside lights in place. Here are some tips on how to use them safely:

Senior 
SAFE

- Be sure to use only lights rated for outdoor use.
- Consider replacing older lights with new LED lights that are cooler and use less electricity.
- Anchor securely outdoor lights and decorations against storms and wind with insulated hooks or holders.
- Do NOT overload circuits.
 - 15 amp circuits support 1,800 watts.
 - 20 amp circuits support 2,400 watts.
- Do NOT drive nails, staples or tacks through wiring insulation.
- Use electrical connection protectors to keep water out.
- Outdoor electrical decorations should be plugged into a ground-fault circuit interrupter (GFCI) -- either portable or permanently installed by an electrician.
- Store the electric displays inside after the holidays to prevent hazards and to extend their life.

Celebrate the holidays SAFELY!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

*The Senior SAFE program is sponsored by many of
your fire departments and the
Massachusetts Department of Fire Services.*

Regional News



Would you like to receive your newsletter, in color, by email instead of snail mail?

If so, please email Kristen at
regionalcoanews@gmail.com to be put on
the email list. Include your address so I will know
which mailing list to take you off of. Thanks!

ROBO CALLS!!! Note 2 and last for now

I really need to find topics that are easier to write about. Frustration – it is not clear that we can do much to stop these dratted calls without making more issues. I contacted the DA's office to see if there is a review of the many listed options, e.g., commercial programs or apps. Their advice, other than not answering the phone, is to contact your phone carrier and see what they might offer. I'm on AT&T, so I started there and looked at the top three in our area, which are AT&T, Verizon, and T-Mobile.

All three have gone to bat to combat text and phone spams. Each has a collection of tools, many free to subscribers but not all, that let you block callers. Reviews of those apps are mixed: mostly positive but the negatives include sometimes blocking calls you want. Some require you to report each individual unwanted call or text.

Commercial programs such as RoboKiller, Nomorobo, and Hiya, are available to anyone though there are often costs. These links are a good resource for comparing programs including those from the carriers: www.pcmag.com/how-to/how-to-block-robocalls-and-spam-calls and www.cnet.com/tech/mobile/how-to-stop-spam-calls/

Actions –

- ⇒ Check your Do Not Call status if you didn't after Note 1, or if you get a new number.
- ⇒ Make sure your password(s) – notice the plural there? – are strong.
- ⇒ Get used to checking for voicemail after you don't answer a call you don't recognize.
- ⇒ Do check out your carrier's offerings – go to their main website and search for "spam blockers" or call your carrier.
- ⇒ Tell me if you find the magic bullet somewhere.

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

December's Good News

By Deborah Hollingworth

A couple decades ago, my parents and I decided to sell our homes and buy a house big enough to live together. Dad had been diagnosed with Alzheimer's several years prior and Mom was having more difficulty taking care of him. Too many weepy long distance phone calls where she was having a bad day. It was an hour and a half drive to get to her and I was working full time. We had to have a better plan. Sometimes miracles happen. We found our new home and, despite a depressed housing market, both their condo in Vermont and my home in Chester sold in a matter of weeks. Mom and Pop moved into our new home while construction was underway, making it into a space that would work for both of us. The Chester house had sold, but I was clearing out 25 years worth of accumulated stuff. Three dumpsters later, I was able to joint them. The contractor was a saint. And with the exception of a wayward electrician who held up the sheet rocking, we kept to schedule on renovations.

For my Dad, moving back to Williamsburg worked like a time machine. This had been his home for 50 years before moving to Vermont. His short term memory was sketchy at best, but his long term memory recognized all the landmarks. It was familiar. He felt at home.

Dad had been taking Aricept which was the only Rx on the market for Alzheimer's back then. It was remarkably effective. His conversation improved, he remembered his grandchildren's names again, and better still, he remembered the punch lines for a number of jokes. But Aricept had side effects which he couldn't tolerate. He had to discontinue it and the result was profound and discouraging. He said he felt his mind slipping away. I found a Rx trial program at Southern Vermont Medical Center in Bennington. He was accepted and once a month for a year and a half we went to Bennington where he got to work with a neurologist, Dr. William Pendlebury (who became Medical Director for the University of Vermont's Memory Center) and he got to take a new Rx, not yet FDA approved, called Galantamine. While the results were not as dramatic as Aricept, it did seem to help. He was not oriented to time, but he still knew where he was (because this was his home for many years) and the greatest gift....he remained oriented to person.

I need to emphasize that every Alzheimer's journey is unique to the individual. While there are common factors, each person's experience can be different.

The Good News this month is that we are plan-

ning a series of articles for upcoming newsletters that will give suggestions, information and resources for families dealing with dementia care issues.

My Dad died of end stage Alzheimer's in 2001. Until almost the end, we were able to keep him home with support services that included a Day Program with Hawthorne Services and some home care help through Highland Valley. We were lucky. My job as a social worker meant I was familiar with a lot of the resources available for Alzheimer's patients and their family caregivers. Still.....if I knew then (25 years ago) what I've learned since then.....it could have been a great deal less stressful. It's not an easy journey, but it can be made less difficult if you know what help is available. Next month we'll talk about where the journey starts: getting an accurate, thorough diagnosis.

Peg Whalen presents:

Free Android Smartphone Workshop

Mon. December 13th, 2:30-5:00

Want to catch up with your grandchildren who tell you using a smartphone is simple and easy? The fact is, figuring how to use all of the features of an Android smartphone 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.
- Do 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
- 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 coming? Please call the workshop facilitator, Peg Whalen, at **413-404-4566** or email **pegwhalenworkshops@gmail.com** to register by December 10, 2021. It would be helpful to know your cell/smartphone number and your email address. You will receive a short set of questions that help the organizer prepare to make the workshop most useful for your skills and interested. * 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.

On the Road Again..



2022 Trip Lineup

These are some of the bus trip destinations in different stages of planning with various travel groups. Most trips are limited to 36 passengers. Contact Francine Frenier if interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com. More information to come in future newsletters.

⇒ **Day Trip Jan/Feb. Ice Castles** is an award-winning frozen attraction in Lincoln, NH. The attractions are built using hundreds of thousands of icicles hand-placed by professional ice artists. The castles include breathtaking LED-lit sculptures, frozen thrones, ice-carved tunnels, fountains and much more. Warm clothing and good footwear recommended. We make a stop for a bite to eat along the way. Date and cost to be determined. Anticipated date is a Thursday in late January/early February when the weather conditions are cold enough. Approx. cost \$110, \$10 discount if paid early. Lunch is on your own. Taking interest list NOW.

⇒ **Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame—10 days.** \$1,205, \$25 discount if paid early. Flyer available. Taking interest list NOW.

Day Trip Feb/Mar. Everett, MA. Encore Boston Harbor Casino.

Multi Day April 24-30. Myrtle Beach Show Trip.

Day Trip May. Country Shopping in Southern Vermont Trip.

Day Trip May 18: Dancing Dream Abba Tribute Band at Aqua Turf in Plantsville, CT.

Multi Day May 23-27. Lancaster, PA. Sight & Sound Theater presents David.

The Road to Evaluating Dementia: What does having an evaluation involve?

By Jan Gibeau

When I wrote about my journey in living with MCI (mild cognitive impairment) in October, I mentioned that once I was worried about the changes in my memory, I arranged to have a complete evaluation to find out "What's going on". It's the first step to take to avoid living with fear and anxiety about the unknown. I thought it might be helpful to share more information about what a

thorough evaluation entails.

To begin the evaluation, your PCP (primary care provider) will take your complete medical history. It's important to bring someone with you, preferably someone who knows you well, so that all of the information is as detailed as possible and you have someone to take notes for you. It also makes it easier to focus solely on your interactions and asking questions without trying to write things down at the same time. Lastly, having a family member or someone close to you there helps to fill in the gaps and ask questions they may have, especially if they will be the ones helping you as you cope with changes as they come up. This is not the time to "go it alone" or "tough it out". It's been said that accepting help is harder than helping others but it's important to remember that the person(s) helping you needs a lot of information and support.

Tests that follow a physical exam usually include neurological tests that evaluate your balance, sensory responses, reflexes, memory and thinking skills. Based on those findings, the PCP may order brain scans, blood tests, genetic tests, and a mental health evaluation to help determine a diagnosis. There are a number of different types of dementia but it isn't easy to determine which type you have because the symptoms are often similar across the spectrum of cognitive impairments. To learn more, you may be referred to other specialists such as a neurologist, or to someone who can evaluate and treat symptoms of depression, which can also present itself at the same time. The symptoms can be very similar which makes the identification of which type of dementia is present difficult. Depression is not uncommon but often overlooked. It's important that it be considered.



Successful treatment of depression can help a great deal in reducing symptoms and improving daily life. Once treated, there is a clearer picture of who are and what other steps need to be considered. Completing all of the tests can take a few weeks depending on the results that emerge. However, it also gives you time to think about questions you may have during this period. A thorough report should be shared with you and other family or friends you want to include.

Personally, I found that the results of the evaluation answered most of my questions and it was helpful to review the probabilities of what I would face in the future. It's been over 22 years and I'm slower... but still headed in the right direction. Next month we'll provide more information about options in our region for getting an evaluation, the impact of having cognitive deficits, how it progresses and what resources are available for managing the changes that begin to unfold.

Chesterfield Council on Aging
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Newsletter Designer:
Kristen Estelle

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Music and Merriment

**An Afternoon of Songs and Connection
with the Hampshire Regional
High School Chorus**

Weds. December 15th at 12:30pm



Join the Hampshire Regional High School Chorus and their director Aidan Linden via Zoom for an afternoon performance of songs ranging from holiday songs, to pop music, oldies and more! Solo and small group songs will be mixed with full group chorus songs. There will be an opportunity for Q&A with the students after the performance as well. Participants are encouraged to join the Zoom session early (by 12:25pm). **For the Zoom link, please contact your COA Director or Coordinator.**

The Cummington Fair 150 year History Book
is now for sale!



It can be purchased online
at www.cummingtonfair.com
under online merchandise on the homepage.

The cost is \$20 plus \$5 shipping and handling.

Any questions? Email April Judd at
it.cummingtonfair@gmail.com

Need a haircut? Manicure? Facial?

Smith Voc. Cosmetology Program returns
December 10th Reserve your spot today!

Cosmetology Training Center
80 Locust St. Northampton, MA
01060-2094

Offering facials, lip waxing, make up
applications, and beard trims at this
time. Call (413)-587-1414 ext. 3531.

