

Chesterfield Council on Aging

May 2022 Newsletter



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

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

May Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 Advanced Tai Chi 9:30am Consortium of COAs 10:20am	3 Chair Yoga 10am Mah-Jongg 1pm	4 Beginner T'ai Chi 1pm	5 COA Monthly Breakfast 9am Grab' N' Go Meal 11:30am Drawing & Watercolor Class 1pm	6 Smooth Moves 9am Strength for Life 10am
9 Advanced Tai Chi 9:30am	10 Chair Yoga 10am Mah-Jongg 1pm	11 Beginner T'ai Chi 1pm	12 Brown Bag 10am Grab' N' Go Meal 11:30am Drawing & Watercolor Class 1pm	13 Smooth Moves 9am Strength for Life 10am
16 Advanced Tai Chi 9:30am <i>Sun. 5/15 2pm</i> Music of the Highwaymen	17 Chair Yoga 10am Mah-Jongg 1pm	18 Beginner T'ai Chi 1pm	19 Grab' N' Go Meal 11:30am Drawing & Watercolor Class 1pm	20 Smooth Moves 9am Strength for Life 10am
23 Advanced Tai Chi 9:30am COA Board Mtg 10:30am	24 Chair Yoga 10am Mah-Jongg 1pm	25 Beginner T'ai Chi 1pm	26 Grab' N' Go Meal 11:30am Drawing & Watercolor Class 1pm	27 Smooth Moves 9am Strength for Life 10am
30 Advanced Tai Chi 9:30am	31 Chair Yoga 10am Mah-Jongg 1pm			

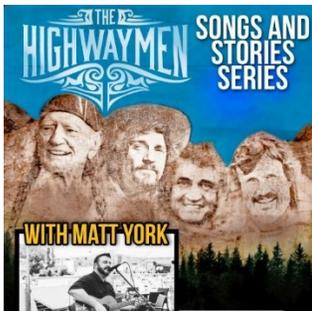
Grab and Go Meals a Success

Twenty five people signed up for the first delivery of hot meals on April 14th and there's room for more. Want to join up? It's easy. Just call 413-296-4007. Hot meals are provided by HVES and distributed at 11:30am **every Thursday** at the Community Center

Notice: By Popular Demand!
WEEKLY Grab and Go Meals Now Available!



Music Of The Highwaymen



Matt York

Sunday, May 15th at 2pm
Chesterfield Community Center

Save the Date



**Summertime Worthy-Que Smoke N' BBQ
Truck Returns!**

Saturday, June 11th

1-4pm

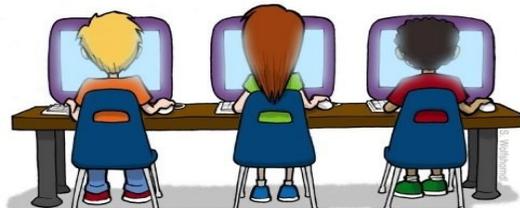
Chesterfield Community Center

400 Main Road

Chesterfield Ma

Sign Up Now!

Computer Class Series with Peg Whalen



June 6, 13, 20, 27

2:30-4pm

Chesterfield Community Center

Each week will cover new content:

- ⇒ Introduction to Computers & Windows, jargon and getting help
- ⇒ Writing, reading, saving, organizing documents & photos
- ⇒ Email, file attachments, Internet and websites
- ⇒ Google and other searching, Youtube, and online safety

The COA has 5 desktop computers available for class use. Class size is limited and small enough to provide "Hands on Coaching". **Contact Peg at 296-0314 or pwhalen05@gmail.com.**

**Funded by a Grant from
Highland Valley Elder Services*

I used to think I
was indecisive...

...but now I'm
not too sure.

FUNNY QUOTES - WWW.FUNNYME

New Board members

Bev Henrichsen and Marianne Drake, two longstanding volunteers with the COA, have been appointed to the COA Advisory Board. Both have helped with many programs and services, including the Community Food Cupboard, setting up for events, helping with both COVID and Flu clinics, delivering medical equipment and many other "behind the scenes" activities. The Board now has 10 members.

Spring Fling Brings Music to Community Center

James Kitchen and Josh Wachtel kicked off the first in a series of concerts to be held at the Center. It was great to see the turnout of over 16 people as spring programs bloom and blossoms of people pop up to join the fun. Small beginning, but large dose of optimism.



programs as well as the purchase of needed equipment.

It is easy to become a Friend of the Chesterfield Library, simply add your contact information to our clipboard at the library where you can also make suggestions for future activities. Friends help the library and have fun and make friends while at it. Our meetings are short and few, usually just an annual meeting with project groups getting together as needed. You can also get any questions answered and join by reaching out to FOL president Sarah Prince: 296-9201 or sarahj0261@gmail.com.

Reading with Sarah

Have you been introduced to the whodunnits by Archer Mayor? I enjoy his books which are set in and around Brattleboro and often include action that spills over into other New England states. His latest, *Marked Man*, involves a former Rhode Island mobster living under a new name who has transformed an old mill in Brattleboro into a sort of family compound business center where deaths bring the attention of Joe Gunther, Mayor's main character. Well developed characters are another reason why I enjoy the series. I suppose they are of the police procedural genre but offer enough good writing to avoid being formulaic.

I happened to come across another unusual whodunnit which can also be put in the ghost story genre. I found it clever and entertaining, *Tuesday Mooney Talks to Ghosts* by Kate Racculia. This (continued on next page)

Love Our Library? Become a Friend!



The Friends of the Chesterfield Library are excited to be funding the purchase of 4 museum passes for this coming season that the Library will offer town residents at no cost beginning in May: Pittsfield's Berkshire Museum, Springfield Museums (home of the Dr. Seuss sculpture garden), Magic Wings Butterfly Museum in Deerfield and Mass MoCa in North Adams. The library also offers a pass for one adult admission to the Clark Museum and 2 admissions to DCR Mass Parks. There is interest in a book group and a new edition of the popular phone book is planned for 2023. The Friends are open to suggestions for other activities and initiatives for fun, friendship and education. Library lovers are invited to join the group that has sponsored author talks, the popular town phone book and has sponsored Summer reading

Happy Birthday in May!



Jean Shaw, Roland Curtis, Robert Hewes, Ronald Lavigne, Robert Judd, Joseph Lingg, John Figgie, Charlene Baiardi, Miriam Kaye, Susan Brisson, Richard Donath, Donna Lynde, Kenneth Adams, Alexandra Cherau, Sandra Wickland, Geoffrey Crowther, Frederick Drake, Patricia Colson-Montgomery, John Larue, Denise Cormier, Alexander Lapinski, Marie Kirk, Michael Burgess, Laila Salins, Pauline Judd, Eileen Wright, John Childs, Ione Cherry, Kevin McQuaid, Mariann Furnari, Gary Theroux, Kimberley Gray, Tod Robertson, Daniel Hewins, Steven Root, Edward Severance, Barbara Tobias, Donald Bisbee, Paul Cronin, Lenore Pittsinger, Carmen Barrett, Darryl Weyant, David Marshall, Margaret Whalen, Timothy Scott

one is local to Boston, giving details that place the reader moving along the city streets and some exurban areas. There is a clever game involved that intrigued me as the main character, eponymous Tuesday, invoked childrens' novels that I love like The Westing Game and From the Mixed Up Files of Mrs Basil E. Frankweiler.

Archer Mayor's book is at the Chesterfield library and Kate Racculia's is in the CWMars system and can be easily requested through interlibrary loan at no charge. Speaking of which, I recently accepted the position of president of the Friends of the Chesterfield Library, the group that facilitated joining CWMARS, publishes the local phone directory and supports programing for adults and children. The Friends need more members to continue these projects. Not a huge commitment and you could be part of an organization that supports the wonderful world of library services. You can call me at 296-9201 for more information. There are also clipboards with sign up sheets at the library.

**Profile: Larry Holmberg:
Emergency Management Director**

Chesterfield has relied on Larry in more ways than one. When emergencies arise due to snow, ice storms, rain storms, or power outages, he's made it possible to use the Community Center, which has a generator, as both a cooling center and shelter site when there's a bad cold snap and people have needed a place to stay warm. During the last two years of the Covid pandemic, Larry has worked directly with the COA in offering both Flu and Covid Vaccine Clinics and has kept the Community Center well supplied with sanitizing supplies and masks.

Larry was born in Middletown, CT where he lived his first eighteen years. His parents worked at Conn. Valley Hospital where his father was Director of Transportation and his mother was the Director of the Occupational Therapy department. Larry started his public safety "career" when he was 13 by joining

the Middletown Forest Fire crew where his father served as the Deputy Fire Warden. It sparked a longstanding interest in fire departments and the management of emergencies.

While attending SUNY (State University of New York) College of Environmental Science & Forestry with a major in Resource Management, he met his wife, Emily. They married in 1981 and have a son and daughter, Lars (33) and Kirsten (31). Larry's career has included interesting occupations including working in Maine as a veneer log buyer and as a property manager and consulting forester in the Catskill, NY area.

Both Larry and Emily have pursued their careers as surveyors and in 1987 they moved to Chesterfield and in 1992 Emily and Larry formed E. B. Holmberg & Associates, now called Holmberg & Howe Inc. which provides professional land surveying and land planning services.

Larry has been an active part of the community. Besides currently serving as the Chesterfield Emergency Management Director for 25+ years and the Goshen Emergency Management Director for 15 years, he also serves as the Floodplain Administrator for the two towns, and serves on the Public Safety Building Committee. He is a retired volunteer from the Fire Department and a former member and chair of the Planning Board.

Larry is also active in emergency management on the regional and state level. He is a member of and has served as vice chair of the Hampshire Regional Emergency Planning Committee, a member of the Western Region Homeland Security Advisory Council representing emergency management for the 102 communities of Western Massachusetts, the founder and director of the Hampshire Emergency Animal Response Team that provides care and shelter to owners and their pets displaced during disasters, and a member of the Northwest Massachusetts Incident Management Team that provides support to help manage disasters. The Team has been deployed by the State to NYC for T.S. Irene, Florida for Hurricane Michael in 2018, and Puerto Rico in 2017 for Hurricane Maria.

***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

Regional News

This year has seen a significant increase in violent storms in the southern United States. I hope this is not an indication that we will have tornados in the months to come, but here are a important survival tips in case of a violent storm:



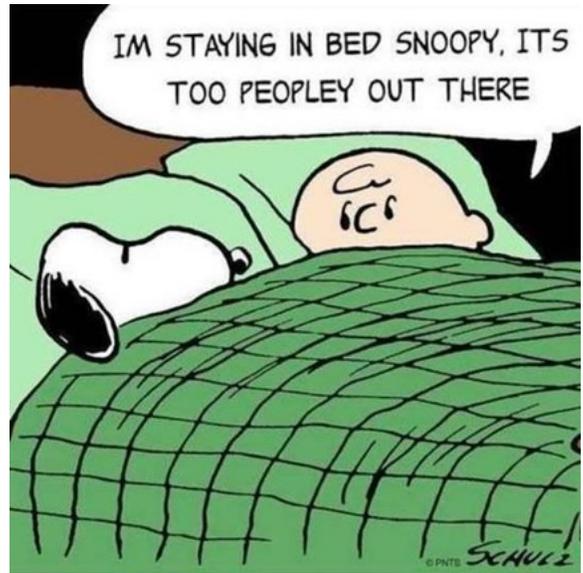
- ⇒ GET INSIDE. If you are outside, get inside. When you are inside, get as far inside the middle as you can away from windows and doors.
- ⇒ GET DOWN. Get underground if possible. If you do not have a basement, go to the lowest floor possible.
- ⇒ COVER UP. Flying debris and glass in a violent storm are the number one killer. Stay under the stairs or in a room or space without windows. Use pillows, blankets, coats, or anything else to cover up, protecting your head and body from flying debris.
- ⇒ TO GO. Have a TO GO bag with you in which you have your medicines, clothing, documents, cell phone, credit cards, any thing you may need for an extended time away from home.

I sincerely hope that you will not need it, but it never hurts to be prepared.

Stay S.A.F.E.!

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

The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. 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!

MediCARE uh oh

Says the caller, I CARE that you are eligible to get a new Medicare card with a security chip, and I just want to verify your number so we can send it. And, he says, if you give me your social security number I can see what additional benefits you may be able to receive. Or she says, I would like to send you a new knee brace and it won't cost you a penny! Just give me a credit card number so you can easily pay the minimal shipping costs.

The caller may be sweet as pie offering things as above, or you may get threats: If you don't verify your social security number, we will have to cancel your Medicare coverage. You have a medical bill that must be paid now or you will not be able to fill your next prescription. There has been suspicious activity on your account and we need to verify your identity or you will be liable for charges.

Phooey on those callers! You know how much medical care can cost, it's a big business. If a scammer can rip off your information, they can turn your good name into lots of dollars. They may also spend your benefits on actual care for themselves, so when you make a claim you find your benefits are already used. Medicare reminds us that:

1. Our Medicare number needs to be kept secure, just like a credit card number.
2. Medicare will never call you. You will get a letter if they need to contact you.
3. No Medicare person will make a house call.
4. Medicare cannot enroll you over the phone unless you called first.
5. Medicare cards do not expire, so there is no need to send you a new one.

If you suspect a Medicare card scam, report it to Medicare at 800-633-4227. I tried the number – you will need to say "Report a fraud" and give your date of birth, then get transferred to a person. They will ask for your Medicare number to continue.

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

May's Good News

By Deb Hollingworth

Lately I've been getting questions about Lifelines, also called "personal emergency response" systems. So here's some information on what they are, how they work, what they cost and who pays, along with a list of providers.

These medical alert systems have advanced far beyond the basic pendant you wear around your neck. These days the range of options include wrist bands, belt accessories, phone apps, and can be part of a home security system. Features include: wellness checks, medication reminders, remote control for answering the phone. And they can come with a GPS tracking device. Or, you can still get a pendant that you wear around your neck, with a button to push if you fall and can't get up.

If you push that button, or if you fall and the pendant registers that impact, the Call Center comes on line and will begin to ask if you are all right. If you respond, you can have a conversation with the Call Center to let them know how best to help. For instance, one of their first questions will be, do you want us to call an ambulance? Or should we contact your neighbor, family, friend who you have listed as someone who helps in an emergency? If you are not able to respond, the Call Center will call 911 emergency services and give them details you listed in your personal information.

I remember receiving a call at work one afternoon from the Call Center saying my Mom had fallen and she agreed to be transported to the hospital. We had set up the Call Center procedure to notify family when an event occurred, whether or not Mom agreed to hospital transport. The Call Center will have necessary emergency information to help EMT responders and/or they will contact whoever you have indicated as your emergency contacts.

What does a Lifeline cost? Prices range, depending on what features you choose. The basic pendant ranges from \$20 - \$35 per month depending on provider. Lifelines that also act as medication dispensers start at \$70 per month and up.

Who pays? Medicare does not pay. MassHealth does. If you are a State Home Care client with Highland Valley, Lifeline can be one of the services you receive. To qualify, you would need to have a medical condition that makes you prone to falls, or need help managing your Rx, or have dementia and be at risk of wandering. In these cases, Highland Valley might pay for your Life Line.

There are at least a dozen Lifeline providers who service our area. Here are a few:

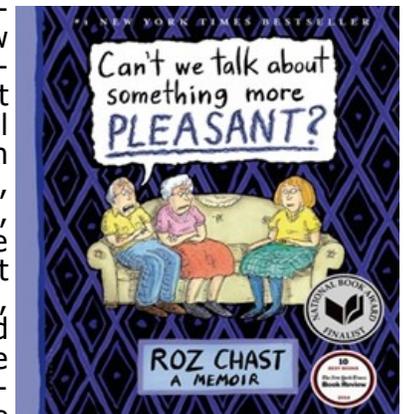
- ⇒ Bay Alarm Medical 844-805-7647
- ⇒ Medical Guardian 800-487-7415
- ⇒ Medical Alert 800-833-0850
- ⇒ Phillips Lifeline 855-651-7015
- ⇒ Link to Life 888-544-4462
- ⇒ Ready Home Medical Alarms LLC 413-535-3035
- ⇒ SafetyNet by LoJack 877-434-6384

For more information on their specific products you can Google them and check out their websites. Or you can find Lifeline products through retailers like Walmart, CVS or through national cell phone carriers like Verizon or AT&T.

Being a Caregiver: Can't we talk about something more pleasant?

Sometimes portrayals of caregivers are based on an embedded assumption that the caring is based on existing loving and supportive relationships within a the family, a notion that, for some, seems too good to be true. The life of a caregiver is often far more complicated and stressful, especially when it comes to caring for parents. Not every family is a replica of the "Waltons". Messages like "We don't share family business and you shouldn't complain" are often internalized and pop up when the child becomes an adult. Getting through this can be tough unless there are chances to vent.

Sometimes it's necessary to face the tougher topics in life by softening them with humor. Roz Chast, a cartoonist for the New Yorker, has achieved this in talking about what it's like to help aging parents as they reach the end of their lives and also deal with the complex nature of longstanding personal and family dynamics. Her memoir is a mix of text and special cartoons. If you've seen her cartoons in the New Yorker, you'll recognize her style. Not everyone can pull off telling a story in a way that is honest, touching, engaging, sad and funny at the same time. It's not full of clinical lingo, facts, directions and advice. It's a more down to earth portrayal of one of the most difficult rites of passage we face. It's available through CWMARS at the library or if you go online there are several other very affordable sources. *Published by Bloomsbury Press 2014.*



On the Road Again...

2022 Trip Lineup



These are the bus trips being planned for 2022 with various travel groups. Most trips are limited to 36 passengers. *Friends of Northampton Senior Center* is helping with the cost of some trips. Contact Francine Frenier if interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com.

Updates on the following:

Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour. 3 days. Cost \$359, \$25 discount if paid by 5/8/2022. Flyer available. Need a few more passengers.

Day Trip September 10. Thomaston, Connecticut. **Naugy Scenic Train Ride.** Stop at Fascia's Chocolate Factory. \$120.00. \$10 discount if paid by July 30. Lunch entrée choices: Chicken Marsala, Salmon or Pork Tenderloin at Black Rock Tavern. New Date Saturday, 9/10/22.

Taking interest lists on the following:

Day Trip May 18: Dancing Dream Abba Tribute Band at Aqua Turf in Plantsville, CT. Includes Chicken & Salmon lunch. Cost \$113. Due NOW. Join us to experience the glitz and glamour of the 70s! Flyer Available. Make payment to FNSC and mail to: Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096.

Day Trip. Encore Boston Harbor Casino. June 15, 2022. Cost is \$37 which includes \$20 free slot play. Meals on your own. Meet the bus at Sheldon Field, Old Ferry Rd, Northampton at 7 a.m. *time subject to change. Make payment to Francine Frenier and mail to: Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096 by May 8th.

Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame—10 days. \$1,205, \$25 discount if paid by 7/2/22. Flyer available. Only a few seats remain.

Day Trip July/August. Minor league baseball game. Red Sox Triple A minor league team, **Woo Sox** in Worcester, MA. Date and cost to be determined.

Day Trip Aug 10. The Jersey Tenors, a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes lunch: Chicken Parmesan & Broiled Scrod. Cost \$114, \$10 discount if paid by 6/30/22. Flyer Available.

Day Trip Sept. The Big E
Day Trip Late Sept. Wareham, MA. **Cranberry Bog Tour.**

Day Trip Oct 4. Oktoberfest! The Schnitnel

Brothers perform. Self Drive to the Log Cabin. Meal choice and cost to be determined.

Multi Day April 24-30. Myrtle Beach Show Trip. 7 days. Cost \$TBD, \$25 discount if paid early. Flyer available. This will be rescheduled for 2023.

Food News: Hilltown Mobile Market, HIP and Snap

The Hilltown Mobile Market is making a big transition and moving online! The new marketplace will allow customers to order directly from Hilltown farms, with over a dozen pickup locations available throughout the Hilltowns. Door delivery in the Hilltowns will be available at Westhampton Woods and The Maples. Customers can sign up for a farm share or shop freely as often as they like. SNAP/HIP, WIC and Senior Coupons will be happily accepted at select locations. **The Market will be open from July 16 – November 18, 2022.** Alternative ordering options will be available for those without internet and several pre-season training sessions will be offered to get folks signed up and familiar with the online market. Visit www.hilltownmobilemarket.info for more information and to sign up today or call Hunt Chase at (413) 296-4536 ex. 116. Stay tuned for training session dates.

Open HIP Locations: Hampshire County

What is HIP?

The Healthy Incentives Program (HIP) is a Massachusetts state program where SNAP recipients get at least \$40 of extra SNAP money every month to spend on local fruits and vegetables. That means if you have SNAP, you automatically have HIP! Shop at the eligible farm locations with your SNAP/EBT card, and get at least \$40 extra to spend through the HIP program. Note: you must have at least \$1 on your SNAP/EBT card when you go and shop; in other words, you need to have a balance on your EBT card in order to earn the HIP incentive.



How to find a HIP location near you: Locations are organized by county. Addresses are listed for each location, including zip codes. To search by zip code and find the location closest to you, visit buylocalfood.org/hip-map to view our new map! Visit the delivery service websites to see if they offer delivery or pickup near your home! For up-to-date information on locations, as well as other locations in the rest of the Pioneer Valley, see www.facebook.com/HIP.PioneerValley or contact Ellery at ellery@buylocalfood.org.

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PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

Chesterfield COA

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Travel Group:
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.

Saturday, May 21st 9am-3pm

Spring Clothing Exchange



Goshen Congregational Church
45 Main St., Goshen

Outfit your family for the spring without spending a cent! Drop off your washed, gently-used men's, women's and children's spring clothing and accessories at the church in the vestibule on Wednesdays from 6-8pm and Fridays from 9am-3pm, or call Laura Barrus at 268-7005 to set up a specific time. Then come back to shop on Saturday the 21st from 9am-3pm! All are invited to participate whether you donate clothes or not.

Why do I need Prescription Advantage?

"Why do I need Prescription Advantage?" This question is often asked. Many say, "I don't need it. I already have a Medicare Part D plan" or "I have coverage from my former employer." Even with Part D or other coverage, **there are many reasons to join Prescription Advantage, including:**

- It does not replace your existing coverage, it supplements it;
- It can lower your co-pays if you reach that coverage gap, also known as the "donut hole";
- It allows you to change your Medicare plan outside of Medicare's open enrollment;
- At certain income levels it's FREE!

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability.

Find out how Prescription Advantage can help you by calling **1 (800) 243-4636** or visiting prescriptionadvantagemma.org *Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.*