

Chesterfield Council on Aging

August 2022 Newsletter



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

Jan Gibeau, Director
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413-296-4007

August Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 Tai Chi 9:30am	2 Chair Yoga 10am Mah-Jongg 1pm	3 Tai Chi 1pm	4 Grab' N' Go Meal 11:30am	5 Smooth Moves 9am Strength for Life 10am
8 Tai Chi 9:30am	9 Chair Yoga 10am Mah-Jongg 1pm	10 Tai Chi 1pm	11 Brown Bag 10am Grab' N' Go Meal 11:30am	12 Smooth Moves 9am Strength for Life 10am
15 Tai Chi 9:30am	16 Chair Yoga 10am Mah-Jongg 1pm	17 Tai Chi 1pm	18 Grab' N' Go Meal 11:30am	19 Smooth Moves 9am Strength for Life 10am
22 Tai Chi 9:30am	23 Chair Yoga 10am Mah-Jongg 1pm	24 COA Board Mtg 10am Tai Chi 1pm	25 Grab' N' Go Meal 11:30am	26 Smooth Moves 9am Strength for Life 10am
29 Tai Chi 9:30am	30 Chair Yoga 10am Mah-Jongg 1pm	31 Tai Chi 1pm		

Smooth Moves

The Smooth Moves group keeps stretching every week and the group is growing. Call Joan if you want to join them on Fridays from 9-10am: 413-537-8337

Note: The Chesterfield Community Center has air conditioning so hot summer mornings are no problem!

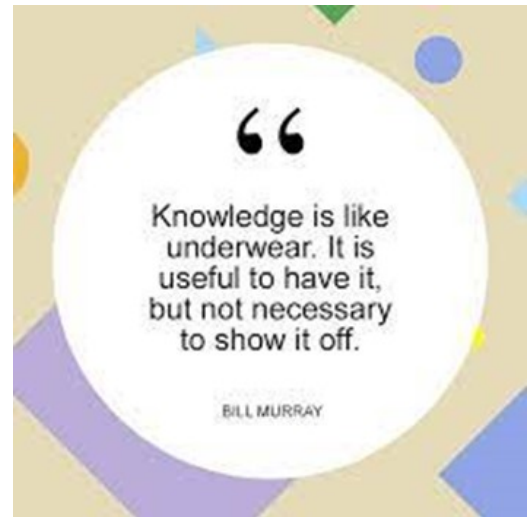


Walking Burns Calories

A brisk walk for 30 minutes can burn up to 200 calories. That doesn't sound like much, but over time that can really add up and lead to weight loss. If you walked 30 minutes a day, every day for a year, then you'd end up burning 70,000 calories over that time. That enough calories to burn off 20 pounds of extra weight.

COA Staff and volunteers attend LGBTQ training session

Many older members of the LGBTQ (Gay, Lesbian, Bisexual, Transgender, Queer) community suffer from isolation, discrimination, homophobia and inequities in services. This often occurs whether someone is living at home, receiving care at home, living in elderly housing, or residing in long term care settings. People living in rural areas can feel even more isolated. Although there may be no direct or public signs of discrimination, isolation may be made invisible through the lack of inclusion in community or other social events, shared discomfort in having open discussions about one's personal life and risking "coming out". These and other points were discussed when over 14 volunteers and staff viewed an informative training video prepared by the Boston University CADER (Center Aging and Disabilities Education Center) program in collaboration with the Executive Office of Elders Affairs. A good discussion followed and suggestions were made about future programs that could reduce the persisting inequities and inequalities in the lives of everyone.



July 3rd brought new event: Car Show, Food, Music and Friends



Kessie Warlow Harry, Carol Jolly, Denise Cormier and Eileen McGowan

July 4th Parade returned after 2 years of COVID restrictions to celebrate its 75th anniversary!



Jeane Anastas & Jan Gibeau

**William Bisbee:
Nuts, bolts and musical notes**

From a Hampshire Gazette article by Sandra Doucett 12/2/81. Reprinted with permission from the Daily Hampshire Gazette

Most local folks think of William Bisbee as the cheerful, building supply expert who greets his customers by first name when they stop in at this family's lumber and hardware store on East Street. However, there is another side to the man. As the days begin to shorten and the temperatures fall, Bisbee's thoughts turn to an important part of his life for almost 25 years-singing in the Hilltown Choral Society Christmas Concert. "I've always liked to sing," Bisbee said this week in anticipation of this weekend's 25th Jubilee Christmas Concerts at the Village Church in Cummington. "My mother tells me (it) began when I was about as tall as a piano bench, pounding out a tune and singing along. In school I joined the Boy's glee club. I guess I was born at the right time when boys were encouraged to participate in things like that," says the 55-year-old tenor. Bisbee has been singing with the Hilltown group for 23 years. And although he admits that classical music of the type performed by the Hilltown Choral Society is not his "first love," preferring more popular music such as show tunes, Bisbee says that the challenge of learning a difficult classical piece keeps him involved and learning.

"Some of the music that we've performed grows on you after you work on it and you realize why it has been sung for so many years."

This year Bisbee will be performing a solo-duet with fellow Chesterfield resident Carol Decker. The pair will sing a traditional Christmas carol, *Joseph Dearest, Joseph Mine*. Their selection was one of the carols included in the Society's first concert in December of 1957. Other selections included in this weekend's program which were sung at the group's very first concert include the *Messe de Minuit pour Noel*, a midnight mass for Christmas Eve written in the 17th century by Marc-Antoine Charpentier.

Bisbee's musical talents are not limited to the annual Christmas concert, but rather are honed year-round by performing regularly in the choir of the Chesterfield First Congregational Church. He has been a member of the group with his brother Russell Bisbee, the Church's organist, for 35 years.

With no formal music training to fall back on, Bisbee admits he has to go over his music several times to pick-up the melody and get the notes

right. Time is also spent by the group to learn the proper pronunciation of the often-foreign lyrics.

"For example, being a Yankee, I have a terrible time with my R's. Our director Roberta Cowell likes to poke fun at me by telling everyone, "Don't pronounce your R's like Bill Bisbee."

"I don't fit the mode of a classical singer," Bisbee remarked. "I don't even think of myself that way but I guess I do sing classical music."

In addition to singing this year, Bisbee was elected as treasurer of the choral group and has been involved in the fundraising efforts aimed toward receiving a matching-funds grant from the Massachusetts Arts Council.

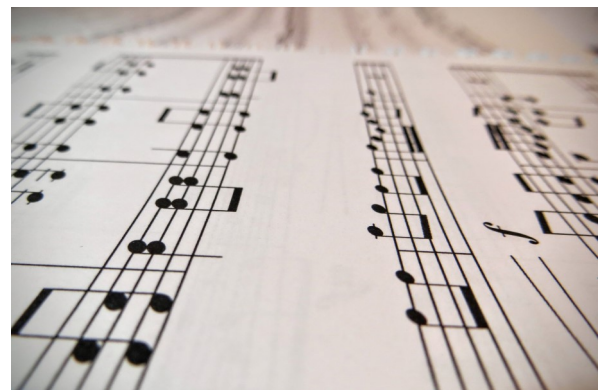
Participating in both the choral Society and the church choir offers Bisbee an outlet from the pressures of his business day and spiritual fulfillment.

Bisbee adds that he often concentrates so hard on his parts in a music piece that he completely forgets to worry about his work-day troubles. And perhaps one of the most rewarding parts of performing for Bisbee is a moment he describes as "hair-raising" for him and the audience.

"You know it at the point where the crowd gets on their feet to cheer even before the last note. It's part of the exhilaration of performing that makes the effort worthwhile."



James Kitchen & Bill Bisbee



Save the Date:

Assai String Quartet

Chesterfield Town Hall

Sunday, September 25th at 3pm

The Chesterfield Historical Commission
is sponsoring this free concert.

Please come and enjoy!

Quartet members are Mari Gottdiener and Linda Hecker, violins; Diana Cole, viola; and Nancy Rich, cello. Our lengthy rehearsals are punctuated by delicious lunches with laughter and stories. The music helps us, and we hope to pass on that pleasure to you.

If we're not
meant to
have
midnight
snacks, why
is there a
light in the
fridge?

You won't be bored on SGAG.COM



Happy Birthday in August!



George Wade, Nancy Hewes, Maryanne Coleman,
Robert McLeod, Douglas Fisher, Ruth Timm,
Timothy Gorham, Virginia Kaeser,
Naomi Sturtevant, Betty Fondakowski,
Patrcia Sicard, Kathryn Marcinczyk, Lesley Spokas,
Robert Moore, Michal Labarrie, June Hinton,
Debra Cleveland, Christopher Ryan, Karen Henell,
Jill Hillenbrand, Robert Keyes, Thoms Daggett,
Richard Konopka, Maria Stenzel, Janet Scully,
David Jarrett, Marisa Lentner, Susan Puza,
Kim Sarafin, Sharon Higgins, Donn Ensor,
John Tailon, Raven Hanna, Lynn Martus,
Michael Brown

***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 _____

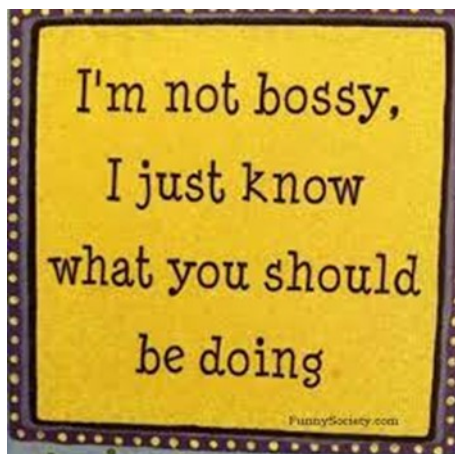
Email _____

Thank you for helping support Chesterfield seniors!



**Looking for:
Part Time Administrative Assistant
Chesterfield Council on Aging**

Position responsibilities include preparing schedules and documents, organizing events including coordination of publicity activities and materials and assistance with office functions. Flexible hours available for 5 hours/week. Preference is for someone with experience in areas of publicity and communications, coordinating schedules, and assisting with other office tasks. The goal is to have someone join the team who likes working with people, is goal-oriented, interested in learning new skills and working in a welcoming environment.



I've decided to sell
my vacuum
cleaner



Its just been
collecting dust..

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!

Next– the Living Will

First let me explain how one should NOT do a living will. In the late 70's I had not encountered such an animal. I lived in one state, my parents in another. In the mail came two copies of "A Living Will" signed by my parents, with no note. The will called for no unnecessary measures to prolong life, among other things. So I called home. No answer for two days. I called our neighbor. "Oh yes, your folks drove to the west coast. In case something bad happens, they thought you should know their wishes." Yikes.

So how should we do this important document? First, we should predict the future. *Right...* We are trying to give health care directions before they are needed and to cover a large variety of possible situations. But think it through. Consider family history and what could happen to your health. Think about limits on your activities and how unpleasant you would find them. Consider the "artificial procedures" we read about, such as ventilators, feeding tubes, and pain management. Do some reading – I can give you some good sources.

Second, we should talk to the people most involved in our lives, those who would be most affected by our serious illness and possible death. This is an enormously personal document to prepare, but that does not mean it is private. You need others, especially your Health Care Proxy, to know your wishes and help make sure they are followed. Talk it through.

Thinking for the future,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

August's Good News

By Deb Hollingworth

Today's best price for fuel oil in our zip code is \$5.61 a gallon. So...why am I checking fuel oil prices today, when the temperature is expected to hit 90 degrees? Because a West Chesterfield resident had to fill her oil tank last month and is still recovering after writing that check. She gave me a call, looking for help, because she was thinking ahead to winter when filling the oil tank might be necessary every month.

Did we ever imagine paying over \$5 a gallon, closer to \$6 a gallon for fuel oil? Especially when we got off so easy last winter when prices were as low as \$2.85 a gallon. So what can we do to get ready for the cold weather and calls to our oil dealer?



Where to start

Getting an energy audit with MassSave might be a good investment of your time....and it's free! (Actually we pay for it every month a few cents on our electric bill.) If you make an appointment with MassSave, they make a house call and look over any/all ways to reduce your energy costs.

Have you ever wondered if you are eligible for fuel assistance, weatherization programs, replacement of your furnace, or swapping out your older appliances for a new energy efficient refrigerator or stove? Do you know if you are eligible for a discount on your electric bill?

Besides giving you a report on where insulation, replacement windows or doors might reduce your heating costs, MassSave will let you know if you are eligible for any benefit programs that might help make those changes.

They have a great website, **masssave.com** or you can call them at 1-866-527-7283. Meanwhile

we hope that the price of oil (and gasoline) will shift in the other direction and we can see prices fall. It might also be good to investigate the process of installing solar panels on our barn roof, or



in a sunny pasture so we can generate our own energy.

A Nurse's Note

By Jan Gibeau

It seems that I always wanted to be a nurse. I recently saw a group photo from what must have been when I was in the 2nd grade. There I was, white dress, cap and cloak. Maybe because it was during World War II, as I was standing beside little sailors and soldiers. Maybe it was because in those days, every little girl learned you could grow up to be a wife (and mother), a teacher, a nurse or a nun with other professions often not even mentioned. My parents were descendants of French Canadian Catholics, so no surprise about the nun bit. Nevertheless, I started working at a wonderful nursing home while I was in high school owned by Mrs. Mary McKerly, LPN. Then I met Marion Nudd R.N, the head nurse, who, upon hearing that I planned to become a nurse, took me under her wing and became my mentor, although we didn't use such words then.

That's when I fell in love with the elders. Everyone was treated as an individual person known by their name and never called a patient or other such labels. Marion taught me that everyone had their own histories and stories to tell. I learned how to listen, an art that seems to have been fractured by the need to "take care of" medical devices, not so much the person who is attached to them. I was not yet 17 when I went into the room of Mary, a very old woman, as she had just died. I was very fond of her and Mrs. Nudd sat on the side of the bed with me as I took in the finality of death. She helped me learn what "loving care" meant and the importance of learning how to say goodbye. Then together, we carefully bathed and prepared her to leave the nursing home. I learned how to feel empty and full at the same time.

Other important things I learned from Mrs. McKerly, Mrs. Nudd, the cook and all the folks who lived and worked there was the importance of trust and honesty but a kind of honesty that is softened a bit before it's delivered; how to laugh with people, not at them; giving yourself permission to cry without blubbering and feeling embarrassed, among other things. When I went on to the Mary Hitchcock School of Nursing in Hanover, New Hampshire, I knew that Marion Nudd had been and was my first and best role model and I hoped I could become as good a nurse as she was. Her skills, strengths and guidance in confronting the intimacies of caring provided a great primer for a young nursing student. Those feelings have stayed with me for over 67 years.

Now that I'm an elder myself and running some bumps and potholes in my road I'm keeping my eyes peeled for a descendant of Marion Nudd.

Aren't we all?

On the Road Again...

2022 Trip Lineup & Upcoming in 2023



Contact Francine Frenier if you are interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

Aug 12 at Noon. Lady Bea River Boat Excursion. A Lady Bea narrated river boat excursion on the Connecticut River is happening! Lunch will be provided on board (included in ticket price). A bar is also available on board (at your own expense). We will board at Brunelle's Marina, 1 Alvord Street, South Hadley, MA. Hilltown Easy Ride will transport up to 12 passengers and 1 wheelchair rider. Cost is \$5/per person round trip from Plainfield Town Hall (10:30 am departure time). Donations will be accepted towards the overall cost of the excursion (to be collected the day of the event). Maximum donation is \$30/person.

Boat capacity is 49. For reservations (or questions) contact Polly at 413-212-1581 or pryan@town.plainfield.ma.us. Plainfield residents get first dibs.

Day Trip September 22. Norman Rockwell Museum & Studio tour with Lunch at Red Lion Inn. Lunch choice: Chicken Pot Pie or Jack's Meatloaf or Fish & Chips. \$100 due by August 23rd. Payable to Landmark Tours. Mail to address above.

Day Trip Sept. The Big E— Eastern States Exposition. Free Entertainment at the Court of Honor Stage. Date TBD. Cost \$15 for Northampton Seniors and \$17 for others and all out of town folks. Mail your check payable to FNSC to Francine Frenier 11 Stage Rd, Williamsburg, Ma 01096 by August 31st. NO REFUNDS due to bargain price.

Day Trip Oct 1. Hoosac Train Excursion. 10 mile round-trip train excursion in Adams. Luncheon at Lakeside Bar & Grill in Cheshire. Cost TBD for Chesterfield seniors 60 and over and TBD for other seniors. Mail your check payable to Chesterfield COA to Francine Frenier, 11 Stage Rd., Williamsburg, MA 01096 by September 1st. NO REFUNDS due to bargain price.

Day Trip Oct 6. Mystic Aquarium and Luncheon. This trip is being planned by Worthington Council on Aging. Includes admission to Mystic Aquarium, a delicious luncheon at the Griswold Inn, bus transportation and gratuities. Worthington residents 60 and over contact Phyllis for special pricing and for all other seniors the cost is \$148. Call Phyllis at 413-238-5962 and leave a clear message by September 20th. Seating is limited and Worthington residents get priority.

Multi Day Oct 14-23. Nashville, Memphis and Rock & Roll Hall of Fame—10 days. Graceland, Grand Ole Opry, Madame Tussauds Wax Museum, Two shows. \$1,205 due NOW. Flyer available. WAIT LIST Only.

Day Trip Dec 8. Yesterday Once More - A Tribute to The Carpenters captures The Carpenters' concert experience. Self-Drive to the Log Cabin. Luncheon will include Gorgonzola Sirloin & Stuffed Haddock. Make payment to FNSC for \$68, \$10 discount if paid by October 12th. Mail to Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096.

2023

Multi Day Late April. Myrtle Beach Show Trip. Legends in concert, Carolina Opry, "One the Show." 7 days. Cost \$TBD, \$25 discount if paid early.

Multi Day September 29 through October 9. Mt. Rushmore— Crazy Horse - S. Dakota & Devils Tower - Wyoming. 11 days. Stops at Corn Palace, Wall Drug, National Museum of Great Lakes, Iowa Museum of Natural History, Des Moines Art Center, and Eck Visitors Center at Univ. of Notre Dame. Cost \$1,178, \$25 discount if paid in full by June 22, 2023.

Tech Talk with Peg Whalen

I have been doing smartphone workshops and providing individual technical support through the COAs. This column offers easy tips for resolving vexing issues. This month I am offering a tip for iPhones. Does your iPhone screen go dark or gray or ask again for your Passcode after a very short time? This problem is caused by an adjustable setting called Auto Lock. To lengthen the time before your phone fades out on you do the following.

Open your **Settings** App using the icon that



looks like this:

Follow the list of settings down to **Display & Brightness** and tap, scroll down the list to **Auto-Lock** and tap, the Auto-Lock screen will give you a list of time options from 30 seconds to Never. Tap on the time length you want your screen to stay active before going to lock screen, getting dark, or asking again for a Passcode.

That's all there is to it!

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

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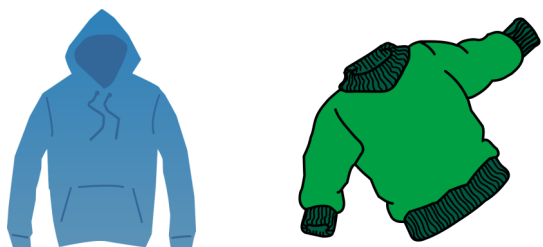
Newsletter Designer:
Kristen Estelle

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

Saturday, September 24th, 9-3pm

Fall / Winter Clothing Exchange

Goshen Congregational Church
45 Main St., Goshen



Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/21 from 6-8pm or Friday 9/23 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 24th from 9am-3pm! All are invited to participate whether you donate clothes or not.

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the “**donut hole**” If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit prescriptionadvantagemma.org.

