

# Chesterfield Council on Aging

## September 2022 Newsletter



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

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

### September Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			<b>1</b> <b>Grab' N' Go Meal</b> 11:30am	<b>2</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am
<b>5</b> <b>Tai Chi</b> 9:30am	<b>6</b> <b>Election Day</b> <b>Chair Yoga</b> Town Hall, 10am <b>Mah-Jongg</b> 1pm	<b>7</b> <b>Consortium Meeting</b> 9am <b>Tai Chi</b> 1pm	<b>8</b> <b>Brown Bag</b> 10am <b>Grab' N' Go Meal</b> 11:30am	<b>9</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am
<b>12</b> <b>Tai Chi</b> 9:30am	<b>13</b> <b>Mah-Jongg</b> 1pm	<b>14</b> <b>Volunteer Recognition Breakfast</b> 9am <b>Tai Chi</b> 1pm	<b>15</b> <b>Little Roots</b> 10am <b>Grab' N' Go Meal</b> 11:30am <b>Watercolor Class</b> 1pm	<b>16</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am  Sun. 9/18 2pm Life in the Artic
<b>19</b> <b>Tai Chi</b> 9:30am <b>iPhone Workshop</b> 2pm	<b>20</b> <b>Chair Yoga</b> 10am <b>Mah-Jongg</b> 1pm	<b>21</b> <b>Tai Chi</b> 1pm	<b>22</b> <b>Watercolor Class</b> 1pm	<b>23</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am  Sun. 9/25 2pm Journey in Music
<b>26</b> <b>Foot Clinic</b> 9am <b>Tai Chi</b> 9:30am	<b>27</b> <b>Chair Yoga</b> 10am <b>Mah-Jongg</b> 1pm	<b>28</b> <b>Tai Chi</b> 1pm	<b>29</b> <b>Little Roots</b> 10am <b>Flu Clinic</b> 10-12 Town Offices <b>Grab' N' Go Meal</b> 11:30am <b>Watercolor Class</b> 1pm	<b>30</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am

**NOTE:**

**Changes in activities at the Community Center**

- ⇒ The town election is scheduled for September 6th; Chair Yoga will be offered at the town hall.
- ⇒ The replacement of the kitchen tiles begins the week of September 19 so there will be no Grab and Go meals on September 22.

**JOIN US!**

**Volunteer Recognition Breakfast**

**Wednesday September 14, 2022**

**9am**

Chesterfield Community Center  
400 Main Road

Let us know if you're coming  
Call COA 296-4007 or  
email: [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)

Volunteers are the backbone of community service. It's impossible to measure how essential they are to the life of a town. Without them, the Chesterfield Council on Aging would not be able to offer the programs, events and information older adults and their families rely on. One way to recognize all their achievements is to join together at the Community Center and thank them personally and enjoy a great breakfast. Please join us for this FREE event.



**Watercolor Class with Lena Garcia**

Come and play with Watercolor! Each class will have a demonstration time, and then will dive into a new project. Participants will learn techniques like wet into wet, wet on dry, dry brushing and washes. Geared toward beginners, the goal of the class is to explore this medium and try something new! People from all communities are welcome to attend.



**Sept. 15 - Nov 17 (10 classes)**  
**Thursdays 1pm-3pm**

Suggested Donation of \$10 per class  
Chesterfield Community Center  
400 Main Rd., Chesterfield, MA 01012  
Supply list provided upon registration  
**Register at [www.lenagarcia.com](http://www.lenagarcia.com)**

*Sponsored by Chesterfield COA.  
Partially funded by grant from  
Highland Valley Elder Services*

*Shake Off This Summer's Heat!*

**Life in the Artic National Wildlife Refuge  
By Fran Ryan**

**Sunday, September 18, 2022**  
**2pm**

All Ages Welcome  
Chesterfield Community Center  
400 Main Rd.

Fran Ryan, well known for her captivating and educational programs on the lives and habits of wildlife, will discuss the wildlife that inhabit ARTIC WILDLIFE REFUGE, how they adapt to their surroundings and the importance of the ANWR.



Refreshments will be served.  
*Sponsored by the Chesterfield Council on Aging  
Partially funded by grant from Highland Valley  
Elder Services*

**iPhone Workshop  
By Peg Whalen**

**Monday, September 19, 2022**  
**2pm**

Chesterfield Community Center  
400 Main Rd.

Interested in coming?  
**Please reserve a spot by September 14th**

Call Peg Whalen at 413-404-4566. Leave a voicemail or text with your name, email address, cellphone version (e.g. iPhone 7, iPhone SE, iPhone 12) and your home or cell phone number.

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.

*Partially funded by grant from Highland Valley  
Elder Services*



## Chesterfield Historical Commission

### Discovering New Histories: A Journey in Music

The Assai String Quartet will bring old and new classical music to Chesterfield on **Sunday, September 25, at 2pm**. We begin with the joyous and familiar “Lark” Quartet (1790) by Franz Josef Haydn, prolific composer with 68 string quartets to his name, who inspired many later composers to write for this combination of instruments. Among the composers so inspired were women and people of color, many of whose quartets have unfortunately remained little known despite being of high quality. Partly in response to Black Lives Matter, an increasing number of classical concerts are now including works by these accomplished composers. We join this effort by playing movements from several works we really enjoy, composed by Fanny Mendelssohn Hensel (beloved sister of Felix Mendelssohn) and Black American composers Florence Price, Dorothy Rudd Moore, and William Grant Still. We celebrate the ongoing vitality of quartet writing with “Lullabies” by contemporary Vermont composer Zeke Hecker, written in honor of two grandsons born just before the pandemic.

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.



### Chesterfield Flu and Pfizer Booster Clinic

Thursday September 29th, 10-12 PM  
Davenport Town Offices Parking Lot

Walgreens Pharmacy in Florence is once again providing a drive up flu shot clinic but is combining it with offering Pfizer COVID boosters. Preregister online: [wagsoutreach.com/ss/COU389038](https://wagsoutreach.com/ss/COU389038)

If you are unable to register online, the pharmacist can enter your information on his/her iPad.

\* COVID-19 vaccines can be co-administered with the flu vaccine in the same visit.

Even if you cannot come to the onsite clinic, don't forget to get your Covid Boosters. Despite reports of people having a recurrence of COVID infections, it's still very important to stay up to date with the recommended booster doses. The lower risk of having more severe symptoms makes it worth the effort. To be most effective it's important to receive the booster doses as soon you become eligible.

## CHESTERFIELD CULTURAL COUNCIL

is seeking proposals for community-oriented science, arts, and humanities programs for 2023.

Apply online at:  
[www.mass-culture.org](http://www.mass-culture.org)  
September 1– October 17



For questions regarding the Chesterfield Cultural Council, please email:  
[culturalcouncil@townofchesterfieldma.com](mailto:culturalcouncil@townofchesterfieldma.com)

### Staying Healthy: Free COVID Tests and Masks Available at Chesterfield Community Center

Thanks to the Hilltown Community Health Center, we have received 90 free test kits which can be picked up in three ways: they will be available every Thursday between 11-1 or you can contact the COA by calling 413-296-4007 or emailing [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com). Free masks are also available on site.

### Reading With Sarah

A few years ago (Ha, it could have been a decade, how time flies these days) when Reese Witherspoon's book club began, I found the first title worth reading and the next couple were disappointing-not worth my time. So I didn't keep following her picks. It's funny that the two books in this month's column both have her book club seal on them. Both are also in the collection at our library. *The Island of Missing Trees* by Elif Shafak caught my eye as it sat in a display of books about trees that Cindy had made. I was excited to see that it was set in Cyprus, an island divided by Greek and Turkish factions. Shafak is of Turkish heritage living and writing in England. I opened the book and saw that a fig tree is one of the voices narrating the story and was hooked! This tree was carried in the luggage of its cultivator for a new life in England away from the strife.



We travel back and forth in time and place in this complex novel told from different viewpoints. Shafak writes clearly and beautifully even as she tells of conflict and death. We also find the contemporary trend to incorporate things other than simple typed text here: restaurant menus, signage, and even instructions for overwintering the fig tree. This is a love story at

heart. I hope you enjoy it as much as I did. In *True Biz* by Sara Novic, there are many pages containing illustrations of another language, American Sign Language. The reader gets to understand how Sign is a separate language alive and evolving. Maybe you saw last year's award winning movie CODA? I hope so. That acronym for Children Of Deaf Adults is germane to this book. Here you will be taken further into contemporary deaf culture and the politics of medical interventions (cochlear implants) and school closings. We come to understand that Sign is both subtle and accessible, expressing so much without a sound made. "True biz" in Sign means "sure enough" or "no bullshit". Maybe you have observed parents teaching Sign to their babies to help them communicate their needs when they are preverbal? Imagine if at the other end of life we had Sign to help us when hearing becomes impaired or gone completely, we might not feel so sidelined. *True Biz* is also a coming of age story and a family saga. Novic is a deaf rights activist. Reading her work will expand your cultural awareness as you enjoy a good story. ~Sarah Prince

### Free Guided Walks through Historic Chesterfield Center

JOIN US!  
EXPLORE THE  
PAST!



The Historical Commission guided walks will start at the Town Offices (422 Main Road), proceed down South Street, then go back to the Vet Park beside the Town Hall for a short presentation about Samuel Eddy, Chesterfield's Medal of Honor recipient.

### Dates

Sat. Oct. 1, 10am

Sat. Oct. 22, 10am

### Rain Dates

Sun. Oct. 2 12 Noon

Sun. Oct. 23 12 Noon

Walk participants limited to 15.  
Children under 12 must bring an adult.  
Pre-registration required.

### Contact:

Dee Cinner 413-296-4337,  
Eileen McGowan 413-296-4371, or  
Dee Ursia 413-296-0136  
or email including your contact info:  
historic@townofchesterfieldma.com

### Happy Birthday in September!



Sharon Dunfield, Kevin Ladd, Sharon Whitmore,  
Julia Freedgood, Wendy Emerson-Sysko,  
David Vilbon, Linda Baranowski,  
Mary Severance-Rys, Denise Leduc,  
Marianne Ryan, George Dastous, Francine Frenier,  
Roger Fuller, June Carter, Roslyn Malkin,  
Thomas Donnelly, George Hinton,  
Marianne Drake, John Lynch, Daniel Kirouac,  
Mark Castro, Stephen Vaznis, Daniel Burrows,  
Paul Sarafin, William Blanchard, Carol Jolly,  
William Celatka, John Cherry, Thomas Hinton,  
Jean Weller, Janet Mathison, Mary Regan,  
Cynthia Squier, Dawn Bisbee, Emily Holmberg,  
Duane Cennamo, Lori Hathaway, Diane Douville,  
Susan Jarrett, Henry Snape, Jennifer Peotter,  
Gordon Beebe

### ***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!***

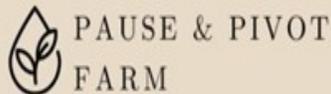
# Oliver's and Friends Season Celebration

A BENEFIT FOR THE GOSHEN LIBRARY

11 AM-3 PM  
SATURDAY, SEPTEMBER 17TH  
36 MAIN STREET, GOSHEN, MA

- HILLTOWN ARTISANS AND MAKERS
- "GRAZE BOXES" LOCAL FOODS SAMPLERS
- FARMS FROM AROUND THE REGION

This event brought to you by:



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

If so, please email Kristen at [regionalcoanews@gmail.com](mailto: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!

## The Living Will - MOLST – Which?

You may read that Massachusetts does not recognize the legality of a living will. So why on earth did I say last month you should do one? Can't I just do the Medical Orders for Life-Sustaining Treatment form (MOLST) and be done with all this? Well, yeah, but the living will is kind of a conversation, while the MOLST is an order. The conversation, including talks with your health care proxy, helps make decisions on what is documented in the MOLST.

A MOLST form is a binding medical order in our state that you fill out with your medical provider. It is intended for adults with serious illness and speaks to the use of life-sustaining treatments, generally in an immediate situation. The MOLST should be followed by care providers in all treatment settings, including emergency and ambulance transport.

In addition to being a medical order, the MOLST is part of a person's long-term planning and preferences. It is a personal document and can be changed if the situation or personal feelings change.

It is a good idea to post your MOLST where emergency personnel can find it. The usual bright pink form is bright and pink so it is easily findable. Your doctor will also have a copy.

MOLST and similar forms from other states are not considered valid medical orders in Massachusetts, though they are still considered as evidence of a patient's preferences. People who regularly spend time in another state should discuss these forms with their medical professionals in both states.

Still thinking for the future,  
Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## September's Good News

By Deb Hollingworth

With the cost of everything going up, and for many of us, our income not keeping up, it's good news when we see a change that will actually save us money!

The Governor recently signed the Budget for next year which includes an increase for the MassHealth Buy-in programs. This translates to an increase in the amount of income allowed to be eligible for the Buy-in. This is the program that pays your Medicare B premium. We sometimes forget that our Medicare B premium comes out of our social security benefit before it's direct deposited in our bank account. This year that's \$170 per month. If we qualify, the MassHealth Buy-in program will pay our \$170 per month premium and social security puts that money back in our check. (That would be a little over \$2,000 for the year!)

Currently the income limits are \$1,869 per month or \$2,518 if married. Your assets need to be less than \$16,800 or less than \$25,200 married. The asset limit will stay the same, but next year the income limit will change. You will be able to have as much as \$2,548 per month, or \$3,433 if married. This welcome income increase could effect about 60,000 Massachusetts residents. If you think you might be one of them, you should give your senior center a call and ask to speak with a SHINE counselor. We expect this change to go into effect January 1st 2023.

Keep tuned next month for more good news in Governor Baker's budget for 2023.

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### September is Falls Awareness Month: Why is this important?

- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- One in four Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk.

Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

To promote greater awareness and understanding here are 5 common myths—and the reality—about older adult falls.

#### **Myth 1: Falling happens to other people, not to me.**

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

#### **Myth 2: Falling is something normal that happens as you get older.**

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

#### **Myth 3: If I limit my activity, I won't fall.**

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

#### **Myth 4: Muscle strength and flexibility can't be regained.**

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

#### **Myth 5: Using a walker or cane will make me more dependent.**

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility

*Source: National Council on Aging National Falls Prevention Resource Center*



## On the Road Again...



### 2022 & 2023 Upcoming Trips

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.

*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 NOW. Payable to Landmark Tours. Mail to address above.

*Day Trip Sept. 19. The Eastern States Exposition— Big E.* Free Performance by Young at Heart Chorus at the Court of Honor Stage. Cost \$10 for Chesterfield Seniors and \$17 for all others. Check payable to Chesterfield COA and mail to address above by September 6th. NO REFUNDS due to bargain price. Pick up locations in Chesterfield or Northampton.

*Day Trip Oct 1. Hoosac Train Excursion.* 10 mile round-trip train excursion in Adams. Luncheon at Lakeside Bar & Grill in Cheshire. Cost \$20 for Chesterfield seniors 60 and over and \$30 for all others. Check payable to Chesterfield COA and mail to address above by September 6th. NO REFUNDS due to bargain price. Pick up locations in Northampton and Chesterfield.

*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.

*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 FNCS for \$68, \$10 discount if paid by October 12th. Mail to address above.

### 2023

*Multi Day Late April 2023. Myrtle Beach Show Trip.* Legends in concert, Carolina Opry, "One the Show." 7 days. Cost \$TBD, \$25 discount if paid early. Contact Francine to reserve your seat.

*Day Trip May 22, 2023. Staying Alive - A Tribute to The Bee Gees.* Five course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNCS for \$TBD due by February 1st,

so we can get good seats. Mail to address above.

*Multi Day September 29 through October 9, 2023. 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. Contact Francine to reserve your seat.



## The BIG E – West Springfield, MA

Monday, September 19<sup>th</sup>



Cost Includes: round trip bus transportation, gratuities & entrance fee to the Exposition

### Young at Heart Chorus Performs @ at the Court of Honor Stage 2pm--FREE

Chesterfield Seniors (age 60 or over) **\$10**  
Open to all ages and all communities for **\$17**

Meet the Bus : 8:45 A.M.  
COA parking lot, 400 Main Rd, Chesterfield, MA

Bus Leaves: approx. 4:45 P.M. from the BIG E  
Cash or checks payable to Chesterfield COA due by September 6th.

Scooter or wheel chair assistance available at the entrance for a fee.

Reserve your seat, call Francine Frenier 296-4291  
or call the COA 296-4007

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

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Chesterfield COA

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Bev Henrichson  
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James Martin  
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*Financial Advisor: Nancy Hewes*  
*Librarian: Dee Cinner*  
*HVES Rep: Jan Gibeau*  
*Art Com: Gigi Kaeser, Chair;*  
*Dee Cinner*  
*Travel Group:*  
*Mary Ann Coleman,*  
*Francine Frenier*



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.

**LITTLE ROOTS**



**FAMILY MUSIC**

*SING TOGETHER ACROSS THE GENERATIONS*

*Funded by Highland Valley Elder Services*

Two Thursdays in September from 10 - 10:30 am

-SEPTEMBER 15 with Annie Stevenson

-SEPTEMBER 29 with Maggie Shar

at the Chesterfield Community Center

free and open to all!