

# Chesterfield Council on Aging

## October 2022 Newsletter



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

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

### October Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>3</b> <b>Tai Chi</b> 9:30am	<b>4</b> <b>Chair Yoga</b> Town Hall, 10am  <b>Mah-Jongg</b> 1pm	<b>5</b> <b>Tai Chi</b> 1pm	<b>6</b> <b>Grab' N' Go Meal</b> 11:30am  <b>Watercolor Class</b> 1pm	<b>7</b> <b>Smooth Moves</b> 9am  <b>Strength for Life</b> 10am
<b>10</b> <b>Columbus Day</b>  <b>Tai Chi</b> 9:30am	<b>11</b> <b>Mah-Jongg</b> 1pm	<b>12</b> <b>Tai Chi</b> 1pm	<b>13</b> <b>Brown Bag</b> 10am  <b>Grab' N' Go Meal</b> 11:30am  <b>Watercolor Class</b> 1pm	<b>14</b> <b>Smooth Moves</b> 9am  <b>Strength for Life</b> 10am  Sun. 10/16 2pm Laura Wetzler Concert
<b>17</b> <b>Tai Chi</b> 9:30am  <b>Android Workshop</b> 2-4pm	<b>18</b> <b>Mah-Jongg</b> 1pm	<b>19</b> <b>Tai Chi</b> 1pm	<b>20</b> <b>Grab' N' Go Meal</b> 11:30am  <b>Watercolor Class</b> 1pm  <b>Zoom and FaceTime Workshop</b> 6:30-8pm	<b>21</b> <b>Smooth Moves</b> 9am  <b>Strength for Life</b> 10am
<b>24</b> <b>Tai Chi</b> 9:30am	<b>25</b> <b>Mah-Jongg</b> 1pm	<b>26</b> <b>Tai Chi</b> 1pm	<b>27</b> <b>Grab' N' Go Meal</b> 11:30am  <b>Watercolor Class</b> 1pm	<b>28</b> <b>Smooth Moves</b> 9am  <b>Strength for Life</b> 10am
<b>31</b> <b>Tai Chi</b> 9:30am  <b>Windows 10/11 Computer/Laptop Class Session 1</b> 2-4pm				



Over 40 volunteers were honored at a special breakfast on September 14th to acknowledge their work in making lives better for people in Chesterfield. Given that there are 474 people age 60 or older in town, getting help from this many volunteers is so gratifying, particularly because most them are also 60 or older. It reminds us that we are a robust bunch. Representative Lindsay Sabadosa attended, and noted the vital role volunteers play in having a strong community and presented a special citation from the legislature to each participant.



## Reading with Sarah

If you are like me you learned a lot more about the US and Europe when you were in school and this Northern Hemisphere bias continues today in news coverage in many popular outlets. My efforts to balance this leads me to seeking out books set in Africa, Asia, and Central and South America. Such different lives and perspectives offer an opportunity to turn one's worldview upside down.

*The Fallen Stones, Chasing Butterflies, Discovering Mayan Secrets and Looking For Hope Along the Way*, a memoir by Diana Marcum, is set mainly in the Central American country of Belize, although the author travels widely and, before the pandemic, often. So we go from CA, OR and FL to England and even to our area and climate which are not appreciated at all during her stint at Harvard. I enjoyed the history of butterfly collecting and farming, after all we have Magic Wings nearby. There is cultural and economic history to understand and adventure! Chapter headings include: The Jungle House, One Toucan, Tsunamis and Spiders and The Mitchell-Hedges Crystal Skull. The final chapter is by Diana's friend, horticulturalist Janet Sluis, titled: "How to Plant a Butterfly Garden."

*The President and The Frog*, a novel by Carolina DeRobertis, is set further South in Uruguay. It is playful and profound starting with "Once upon a time, in a near forgotten country... ." The story echoes the real life and legacy of Jose Mujica "El Pepe" president of Uruguay from 2010-2015, a farmer and revolutionary who was tortured for 14 years under the dictatorships of the 1970s. The resilience of the human spirit in the face of such cruelty is profound. The author has given us the conversations with the frog as a path out of crushing despair. We are left with hope for the possibility of peace as we sit in his garden with the "So called Poorest President in the World" as he is interviewed by a young journalist. ~Sarah Prince



## Hilltown Firefighters Practice Unique Rescue

*John B. Howard adjusts ropes before rappelling during a simulated airplane crash rescue yesterday in Chesterfield.*



The hulk of a small Piper aircraft lay smoldering in the woods above a near-vertical cliff on Route 143. The pilot was trapped inside, unconscious and bleeding from multiple injuries. A purse and a trail of blood out the smashed nose of the plane were the only hints of a missing passenger.

This was the scenario for a simulated drill held yesterday by the Chesterfield, Goshen and Williamsburg fire departments under the Tri-Town Mutual Aid Training Program. About 20 firefighters and emergency medical technicians from the Goshen ambulance service participated. "It's something that could actually happen and we would be the ones called in to respond," explained Lt. Tom Osborne, one of the group of training officers who planned the drill.

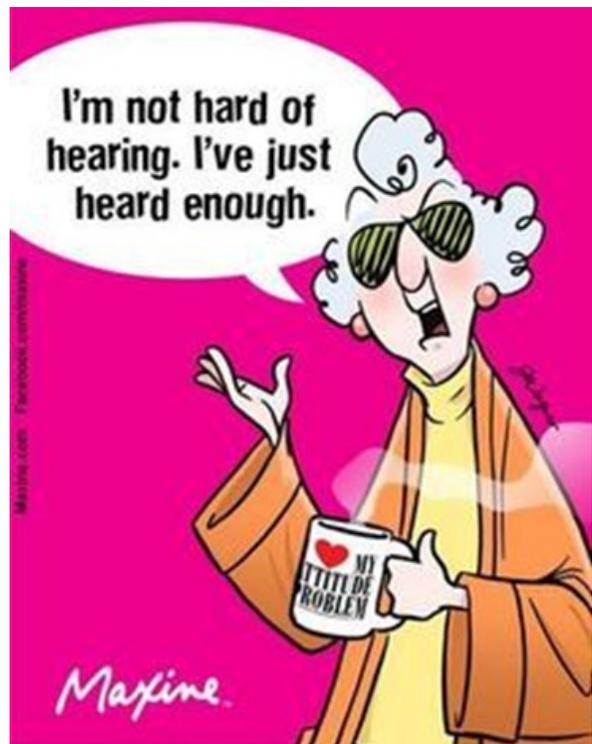
The simulated crash was the culmination of over six months of training and exercises. It was also the first drill of its kind organized by a volunteer fire department in this part of the state, Osborne said. The fuselage of a real Piper aircraft, on loan from the Northampton Airport, was hauled up the steep bank and planted in a heavily forested area near a sheer rock cliff. Firefighters were told that a witness had heard the plane crash near the West Chesterfield bridge. They had to locate the crash site, extinguish an engine fire, treat and remove the pilot from the plane and lower him over the cliff in a litter using mountain rescue techniques, and find and transport the injured female passenger.

To prepare for the drill, John Tumblin, a Haydenville firefighter and a U.S. Army Airborne Ranger, taught two sessions on map and compass readings to help the firefighters search for a lost victim, and bring supplies to the accident scene. Fire Chief Rodney Reinhold and Safety Officer Captain James Irish of the 10th Tactical Fighter group from Barnes Airport in Westfield also spoke to the group about procedures that would be followed in the event of a military plane crash.

According to Osborne, the firemen were told that statistically there is a high probability that an A-10 ground support plane "will go down in the next three to five years in the Hilltowns."

Cummington firefighter Preston Horton played the part of the injured pilot. Chesterfield firefighter Deborah pretended to be a pregnant passenger who had wandered from the scene in shock and gone into labor. The Tri-Town Mutual Aid Training Committee, which includes Osborne and John B. Howard of Chesterfield, Frederick Clark of Goshen and Deputy Chief Robert Heald of Haydenville, served as referees for the drill. Howard said that a simulated fire did not create enough smoke to attract the firefighters to the right spot at first but that a piece of a plane wing planted near the road was a more effective clue. The firemen and EMTs were able to remove the "victims" from the scene in about one and a half hours. The firefighters are planning to continue the crash training with a session at Barnes Airport where they will be able to board a military plane and become familiar with the cockpit section. In the event of an actual civilian crash, the Federal Aviation Authority (FAA) and the National Transportation Safety Board (NTSB) would have been called to the scene and once there assumed authority over the local five departments.

*Adapted from a Daily Hampshire Gazette article by Sandra Doucett, 6/9/86. Reprinted with permission from the Daily Hampshire Gazette*



**Feeling like you have the blues?  
Could it be something more?**



“Having the blues” usually refers to feeling melancholy or sad. Most of us have had the blues at one or more points in our lives. But how can you tell if it’s more than that? When these feelings hang on for more than a few weeks or months it could be a sign of depression. For many people it’s hard to even open the door to consider the possibility; but it’s important to check it out because it is often successfully treated.

What prevents us from doing so? It’s not uncommon to think depression is just part of getting older. It isn’t. Being depressed is not a character flaw or sign of weakness, so “pulling yourself up by your bootstraps” is not the answer; not that it ever was useful advice. It’s true that life changes when you retire, lose someone you love, find yourself living alone or struggle with poor health. These changes can trigger depression but with appropriate treatment, feeling happy and hopeful can come back. What signals should you look for? The scale below can help take your emotional temperature.

NOTE: Do not use this scale to diagnose yourself. The next step is to contact your Primary Care Provider.

Geriatric Depression Scale (GDS) Scoring Instructions: Score 1 point for each question you say Yes to. A score of 5 or more suggests depression.

- Are you basically satisfied with your life?
- Have you dropped many of your activities and interests?
- Do you feel that your life is empty?
- Do you often get bored?
- Are you in good spirits most of the time?
- Are you afraid that something bad is going to happen to you?

- Do you feel happy most of the time?
- Do you often feel helpless?
- Do you prefer to stay at home, rather than going out and doing things?
- Do you feel that you have more problems with memory than most?
- Do you think it is wonderful to be alive now?
- Do you feel worthless the way you are now?
- Do you feel full of energy?
- Do you feel that your situation is hopeless?
- Do you think that most people are better off than you are?

*\*Clinical Memory Assessment of Older Adults, American Psychological Association, 1986  
2 Tools may be copied without permission*

**Happy Birthday in October!**



Michael Metzger, Lillian Bisbee, Bonnie Kellogg, Ruth Wade, John Follet, Mary Wickland, Lois Hripak, Michael O’Neill, Francis Keefe III, David Boyer, Daphne Thompson-Addabbo, Susan Fuller, Gerald Randall, Maryann Young, Christine Coderre, Thomas Kress, Beverly Clarity, Amy Gavalis, Cheryl Kress, Maryellen Blais, Ralph Driver, John Lyons, Karl Wickland, Elizabeth Sloan, Daniel Lamontagne, Patrick Bray, Laura Clark, Sarah Rauber, Krislyn Lequin, Matthew McColgan, Frank Snape

***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!***

### Fuel Assistance

Community Action assists income-eligible participants with home heating expenses. Eligibility is determined by family size and annual household income. Contact the program at **413-774-2310** or **800-370-0940** to make an appointment. More info at: [www.communityaction.us/fuel-assistance](http://www.communityaction.us/fuel-assistance)



**The Hilltown Food Pantry**, a program of Northampton Survival Center, is open for food distribution **every Wednesday from 1-3pm at 40 Main St. in Goshen**. Residents of all 10 Hilltowns who are having difficulty accessing enough groceries for their household are welcome to use the pantry. Free, prepacked bags of shelf-stable food items along with fresh produce, frozen meat, and dairy products are available for drive by pick up in the town hall parking lot.

Staff and volunteers will load the food supplies into your car. We ask that you stay in your car, if possible, and prefer that you wear a mask when interacting with volunteers and staff.

If you wish to arrange for home delivery, please contact Diane Drohan, Pantry Director: **413-586-6564**.



*"They never phone, they never visit, they never text message..."*

**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 Final Piece

If, scratch that, *when* I leave this world, I will no longer care about my house, car, bank accounts, or other earthly matters. But someone will! That person is my executor or personal representative, the person to settle my estate which is a fancy way of saying close the door when I'm gone.

The executor will file my will with probate court, notify various entities of my death, inventory and keep safe my assets, pay my final bills, dispose of my property, and distribute the assets according to my will. She/he will deal with bank and retirement accounts, investment companies, insurance companies, credit cards, taxes at all levels, contents of the house (oh brother...), and the house itself. Good records need to be kept.

Additionally, here are some of the "lesser" tasks that may be applicable:

- Close out credit bureau records – minimize chances for identity theft
- Secure and review phones and computers with photos, contacts, financial files
- Shut down social media e.g., Facebook. Again, trying to prevent identity theft and nuisance scams
- Stop magazine and newspaper subscriptions
- Inform medical professionals
- Check unclaimed property files to make sure no assets are missed
- Find and empty safety deposit box
- Locate any storage sheds or real estate other than the living quarters
- Find new and good! homes for pets
- Follow wishes for burial and funeral or memorials.

And Fini,  
Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## October's Good News

By Deb Hollingworth

### Time to shop!

It's Open Enrollment time again (October through December 7th each year), so those of us who have Medicare supplement plans or Medicare D plans for our Rx can change our coverage if we don't like our current plan. This is the time to see if there's a better option, better coverage that will cost less, because regulations allow these insurance plans to change their prices and change their coverage any time. Which means the Medicare supplement plan or Medicare D plan you have this year, might not be the best choice for next year.

Some of you don't need to read this article any further. If you have health insurance through your employer, or your spouse's employer, or you get your medical care through the VA, or if you have health insurance benefits through your pension, you can STOP reading now.

But for the rest of us who want to supplement our Medicare coverage or wonder if there's a better plan to cover our Rx, this is the time, each year, (as President George W. Bush said) to go shopping for our insurance coverage.

We should expect an uptick in advertising for Medicare Advantage plans that promise additional benefits at minimal, or in some cases, no cost. Caution is advised when considering a Medicare Advantage plan because they have "networks of providers" and you have to be sure that your doctor, or your preferred hospital is "in network", meaning your doctor will take that insurance. It's always good to ask before making a switch.

Also during Open Enrollment you can check to see if your Rx coverage is going to be the best choice for next year. Both Advantage plans and Medicare D plans have formularie (that is a list of Rx that they cover) which can change anytime during the year. Maybe last year's plan won't work as well for you next year. Or perhaps you have been prescribed a new medication and need to see which Plan will have the lowest co-pay. Maybe you have a new medical condition, or perhaps you plan to travel next year. All reasons to have a SHINE counselors review the options for you.

To find a SHINE counselor nearest you, call your Senior Center and make an appointment. It's helpful to have a list of your Rx and if you want to compare costs, it's helpful to know what your current plan costs now. Since Covid, most appointments are by phone, or Zoom. Shopping sooner, rather than later, is the best strategy since appointments fill up quickly and that December 7th deadline comes faster than you think.

## Tech Talk with Peg Whalen

You may have heard it is unsafe to use the same password for everything. I am regularly asked how to keep track of multiple passwords. Your phone, computer or tablet often can "remember" and fill in passwords, however, you still need a record from the point you create it. This month I describe three ways to manage passwords using electronic apps and paper methods.

**Method 1: Index card box or Rolodex.** Cards can be kept alphabetically. Use one card for every website that requires you to make a username/login id and password. Note the website or account, e.g. GMAIL, "login id" or "username" and password. Edit as needed.

**Method 2: Blank address book.** Record the website/account alphabetically by name, including account "login id" or "username" followed by your password. Edit as needed.

Protect passwords by writing in shorthand so only you will understand. For example instead of your fifth cat's actual name, "FluffBall5", write Cats-Name#, using underline for capital letters. Store your paper method in a secure place. Make sure one family member or friend knows where to find your paper system.

**Method 3: Password manager apps for tracking and securing passwords.** If you are not comfortable trusting the phone/computer itself to fill-in passwords, you can search online for "best free password manager apps". Or, PCMag.com is a website to search for "free password manager app" ratings. The "best" choice for you is the one you find understandable and easy to use. Make sure to edit the app entry whenever you have a password change.



## On the Road Again...



### 2022 & 2023 Upcoming Trips

Contact Francine Frenier to reserve your seat **before** mailing any payments: 413-296-4291 or francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

**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 April 23-29, 2023. Myrtle Beach Show Trip.** Five shows—including Legends in Concert, Carolina Opry Show, The Man of a Thousand Voices, Anthems of Rock and an evening show at the Alabama Theater. There will be a stop at the Airborne and Special Operations Museum in N.C. Includes bus transportation, driver gratuities, all hotels and most meals for this seven day trip for \$829. Take a \$25 discount if paid by 1/30/23. Contact Francine to reserve your seat now.

**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.



## Upcoming Technology Classes

Peg Whalen will be offering numerous technology trainings from October through December. If you would like to sign up, **contact Peg at [pegwhalen-workshops@gmail.com](mailto:pegwhalen-workshops@gmail.com)** or call 413-296-9314.

### Fall 2022 Computer Class Schedule October 31 -December 5

#### Android basics workshop

Monday, October 17, 2-4pm

#### How to use Zoom and FaceTime

Thursday, October 20, 6:30-8:00pm

#### Windows 10/11 Computer/Laptop Class,

**6 Sessions** - Mondays, Oct 31 to Dec 5, 2-4pm

#### iPhone basics workshop

Friday, November 18, 12-2pm

#### How to use Telehealth and Zoom

Saturday, December 3, 10-11:30am

#### Android basics workshop

Monday, December 12, 2-4pm

*Computer class participants may bring their own Windows 10/11 laptop to learn on or use one of the four COA computers.*



**LAURA WETZLER**

Top 10 World Music Charts NYC & Toronto

"Vastly impressive...superb performances."  
Bob Sherman, New York Times

"Great voice, great writing" WBAL NYC

"Laura is one of the very best"  
Pete Seeger

Ascaph Award Winning  
Singer, Songwriter & Ethnic Folklorist

**LAURA WETZLER**  
150 concerts & lectures each year  
Over 25 different shows

▲ Original Story Songs ▲  
▲ Worldbeat Jewish Music ▲  
▲ The Great American Songbook ▲

[laurawetzler.com](http://laurawetzler.com)

## Laura Wetzler

Hilltown Singer Songwriter Guitarist

**Sunday, Oct. 16 at 2pm**  
**Chesterfield Community Center**  
400 Main Rd. Chesterfield 01012

**This is a free COA Event and we'd love to see  
our neighbors!**

*Sponsored by a grant from  
Highland Valley Elder Services.*

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

PRSR STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

### Chesterfield COA

Lillian Bisbee, Chair  
Marianne Drake, Vice Chair  
Francine Frenier, Secretary &  
Treasurer  
Jim Brisbois  
Bev Henrichson  
Marianne Hoag  
Jim Martin  
Tim McElroy



*Financial Advisor: Nancy Hewes*  
*Librarian: Dee Cinner*  
*HVES Rep: Jan Gibeau*  
*Art Com: Gigi Kaeser, Chair;*  
*Dee Cinner*



Jan Gibeau, Director  
Lorrie Childs, Data/Financial  
Accounting Manager  
Eileen Theroux,  
Administrative Assistant  
Kristen Estelle,  
Newsletter Designer

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

## **New Covid-19 Bivalent Boosters Available**

As of September 1, 2022, updated Pfizer and Moderna COVID-19 boosters are now authorized by the FDA and recommended by the CDC. **These updated boosters are now available in Massachusetts.** The Massachusetts Department of Public Health (DPH) has developed the following FAQ which will also be posted on [mass.gov](https://www.mass.gov).

### **What are the updated boosters?**

The new COVID-19 booster vaccines from Moderna and Pfizer are updated versions of the original vaccines. The updated boosters were recently authorized by the FDA and recommended by the CDC.

### **Who should get the new booster?**

Anyone age 12 or older who completed a primary COVID-19 vaccination series or received a booster dose at least two months ago should get the updated booster as soon as possible.

### **Why do I need a booster?**

Staying up to date on vaccines, including boosters, is the most effective way to prevent serious illness, hospitalization, and death from COVID-19. While vaccine protection decreases over time, boosters restimulate the immune system and increase vaccine efficacy again. Boosters are an important defense, even if you've already had COVID.

### **When and where can I get a booster?**

Updated boosters are currently available in Massachusetts. You can get a booster at many locations across the Commonwealth, including where you received previous vaccines. Locations include doctor's offices, hospitals, pharmacies, and community health clinics.

**Where can I get more information?** You can visit [www.mass.gov/covidbooster](https://www.mass.gov/covidbooster) for the latest info.