

Chesterfield Council on Aging

November 2022 Newsletter



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

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

November Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	1 Chair Yoga Town Hall, 10am Mah-Jongg 1pm	2 Tai Chi 1pm	3 Grab' N' Go Meal 11:30am Watercolor Class 1pm	4 Smooth Moves 9am Strength for Life 10am
7 Tai Chi 9:30am Laptop Computer Class 2-4pm	8 State Election	9 Monthly Breakfast 9am Tai Chi 1pm	10 Brown Bag 10am Grab' N' Go Meal 11:30am Watercolor Class 1pm	11 Smooth Moves 9am Strength for Life 10am Sun. 11/13 2pm Sidetracked
14 Tai Chi 9:30am Laptop Computer Class 2-4pm	15 Chair Yoga Town Hall, 10am Mah-Jongg 1pm	16 Tai Chi 1pm	17 Grab' N' Go Meal 11:30am Watercolor Class 1pm	18 Smooth Moves 9am Strength for Life 10am iPhone Basics 2-4pm
21 Tai Chi 9:30am Laptop Computer Class 2-4pm	22 Mah-Jongg 1pm	23 Tai Chi 1pm	24 Thanksgiving 	25
28 Tai Chi 9:30am Laptop Computer Class 2-4pm	29 Mah-Jongg 1pm	30 Tai Chi 1pm		

Monthly Breakfast

Wednesday, November 9th at 9am
Chesterfield Community Center



Free!

Want to chat with your friends in person?
Come join us!

Guest Chefs Every Month

You're Invited...

Sidetracked Concert

Sunday, November 13th at 2pm
Chesterfield Community Center



*Funded in part by a grant from
Highland Valley Elder Services*

Chesterfield Volunteers Needed

We are wonderfully busy and planning more events at the Community Center but could use more helping hands. For instance, we are looking for people who would like to:

- ⇒ take a turn with teams cooking breakfast
- ⇒ bake cookies, pies or cakes
- ⇒ help with distributing Grab &Go meals on Thursdays 10:30-12:30
- ⇒ help with events by opening up, setting tables when needed and closing up after events

See something you'd like to do? Got questions?
Call or email **Jan** at **413-296-4007** or
coa@townofchestefiedma.com



Save On Gas!

Free Covid Home Test Kits and Masks Still Available



Chesterfield Community Center
Call Jan 296-4007

Free passes to area museums are still available at the Chesterfield Library. This is a great grandparent outing made more affordable through these passes. Take your family member or friend and visit: The Berkshire Museum in Pittsfield, MASS MoCA in North Adams, Magic Wings in Deerfield and the Springfield Museums (there are 10 different ones, including the outdoor Dr. Seuss sculpture garden). Call the library for details: 296-4735

Hitting the Fall Foliage Trail... First the Berkshires...then the Hoosac Valley Train

It was a great day for a group to ride the rails, catch the scenery and have fun.



*Carol Recore and
Pam Wrisley*



*Marianne Hoag,
Nancy Powers
et al*

Thanks to Sarah Prince: 20 years teaching Chair Yoga at Chesterfield Community Center



Many people in the hilltowns have learned how to breathe better, stretch more, relax, become stronger and stay healthy because of the 20 years Sarah Prince has devoted to weekly Chair Yoga sessions at the Community Center. Sarah's demonstrated over and over how important to have supports in life that are predictable, consistent and adapted to individual abilities. Chesterfield is fortunate to have her in our community.

Chesterfield Historical Commission Corner

The Strength of One Woman

As we work to recognize the previously ignored contributions made by women in this country it helps to pause and reflect on the depth of a mother's love. Mothers are often credited for being both strong and willing to sacrifice everything for their children. One mother from Chesterfield, Janet Russell, gave of herself in a very special way. Excerpts of an article written by Sandra Doucette describes one mother's journey in helping her son by physically giving of herself. It also tells a story of how people in the community also step up to give of themselves when needed. ~Jan Gibeau

Transplant patient said 'doing well'

By Sandra Doucette

The kidney Thomas Russell received yesterday from his mother-the third he has had to have implanted- started functioning just hours after the operation.

Russell, 36, of Main Road, received the kidney at the Brigham and Women's Hospital in Boston. And both Russell and his mother, Janet Russell are reported to be doing well. For the past six months, after his second transplanted kidney failed, Russell has been kept alive with dialysis treatments. A special community blood drive was held in Russell's honor on May 28 and over 150 people came to donate blood. On the day of the

drive, Russell said, "This will certainly help me face the surgery. I'm overwhelmed that so many people have come out for me." Mrs. Russell, 59, of North Road, donated her kidney to save her son's life. Russell developed a kidney disease when he was 2. He received his first transplant when he was 21, and he had a second transplant operation six years ago when he was 30. Both of those kidneys were taken from deceased donors. Since this third transplanted kidney is from a blood relative, chances are higher that his body will accept it for a longer period of time. It had been expected that Mrs. Russell would be released a week earlier, but a research test she agreed to participate in spotted blood clots in her lungs, and she had to remain in the hospital for an additional week of bed rest.

"It was a shock but a blessing at the same time to find out about it before I left the hospital," Mrs. Russell said. The Russells said they were "deluged" with cards from friends and relatives back home while they were in the hospital. "You get homesick being in the hospital that long. The cards and phone calls really helped," Russell noted. Mrs. Russell added, "It helps to know the people at home are in back of you. I don't even miss the one (kidney) I gave away," she said. "I'm just glad I could do it for Tom and that the kidney is functioning and we're both getting along."

*Reprinted with permission from the
Daily Hampshire Gazette*



The Costs of Caregiving

Most people on the journey of living with dementia don't travel alone. Family members usually step up and help, but those who do become caregivers are usually women. They usually sacrifice those things that make life more livable; rest, leisure, and often their health. Their commitments are deep and longstanding.

In the mid 1980s, I chose to focus on how caregiving affected caregivers' work lives for my doctoral dissertation. After interviewing forty women who

were working full time while also being a caregiver, and caring for their own homes, it became clear that the costs of caregiving were extensive. The number of hours a week they spent as caregivers ranged from 9 to over 35. The times spent on chores at home ranged from 4 to 85 hours. When combined with their work hours some women were coping with three full time jobs. How did caregiving affect their work? Many gave up their vacation and /or sick time. Some lost promotions or raises. Some left their jobs. Some changed jobs and moved to be closer to the person they were helping. Most reported considerable stress and other health problems.



When asked to describe a typical day the responses included: "I get up at 5... fix lunches, put his breakfast on the table, call my mother. She has a telephone beside her bed. I tell her what time it is, that it's 6 o'clock and she can get up now; she has a habit of losing track of time and she didn't know day from night. I was worried sick....by the time he comes down (son), we chat and he's out the door. Then I'll leave around 6:30, on my way to my mother's, before I leave for work. I'll make sure that she's up and sitting by the stove watching TV. I leave for work by 7." Another caregiver reported: "I get up at 4am, work nine and a half hours every day. I get home at 3:30 and I don't dare sit down. I start dinner. I go do the cooking for everybody so when they come home everything is ready so they can eat. Sometimes I'm in bed by 7pm."

The reality we must now face now is that today's caregivers are also aging and the number of younger people ready to step up is dwindling. It's time to make long overdue changes in the social contract we have with each other by making our health, workplace and social supports stronger. Time to speak up.

~ Jan Gibeau

Happy Birthday in November!



Eileen Delano, Frances Breau, Steven Kellogg, Kelly Sweeney-Brown, Jean Burns, Robert Laroche, Dawn Liimatainen, Lori Phaneuf-Burns, Edward Kolosewicz, Colleen Wickland, Christopher Landry, Fredrick Randall, Therese Brigley, C J Lamers, Michael McNeight, Roland Lebeau, Dennis Pittsinger, Matt Barron, Michael Leff, William Gessing, John Cennamo, Harold Laflam, Gail Lucey, Sarah Hamilton, Nancy Westgate, Robin Bak, Paul Lampron, Joyce Harris, Sally Stites-Robertson, Robert Aller, Peter Banister, Sarah Prince, Marilyn Donovan, William Robertson, Joyce Follet

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!



Silly Thanksgiving Jokes for both young and old

Q: If pilgrims travel on the Mayflower, then what do college students travel on?

A: The Scholar Ships.

Q: Where did they take the Mayflower when it was sick?

A: The nearest doc.

Q: How did Mayflower sailors say hello to each other

A: They waved.

Q: What kind of music did the Pilgrims like to listen to

A: Plymouth Rock.

Q: What kind of cars would pilgrims drive today?

A: Plymouth.

Q: What do you use to make Thanksgiving bread?

A: May flour.



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!

Charitably thinking

It's the time of year when we sometimes consider charitable giving, knowing that the cold is coming, there are celebrations coming up, and we often see more "good will to men" and to women and children and pets. And April 15th will be here soon. Some of the items below may need some further research on your part. Tax consequences will be based on your situation and on current tax law, which is WAY beyond me. I'm just putting out some ideas. There are more options, a bit more complex. For instance, there are some planned gifts to a charity that will pay income. I can give you something to read on that.

Annuity – if you have some funds THAT YOU ARE SURE YOU WILL NOT BE NEEDING, buy an annuity from a legitimate source and make your grandchild or other favored person the beneficiary. You may also identify him or her as the beneficiary of your retirement plan or life insurance.

Bequest – this goes in your will and may be called a planned or deferred gift. This is a donation planned now and realized after your death by payment from your estate.

Note – we assume that the recipients of the above will not be bumping you off to get the money; I think that would pretty well negate your good will aspect.

Contributions –

- One-time donation. Write a check the first of December, that's it. Then if you and the charity qualify, add it to your tax deduction column for next April.
- Recurring Gifts. You can set up a bank withdrawal every month to a favorite charity, knowing if you have to you can put a hold on that. Again, maybe a tax benefit.
- Stock Donations. If you give stocks you held over a year to a charity, you may avoid paying capital gains on the taxes on the stock's appreciated value.
- In-kind Donations. This is not monetary, but goods and services, your time, your expertise. No tax break for you, just satisfaction.

Gratefully yours,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

Future Funding for Our Newsletter... To Be Continued?

Do you value the COA newsletter? Does it help you stay connected and informed? How would you feel about not having COA news at your fingertips?



These are questions to ponder while considering that the funding for this benefit may not be permanent.

Seven years ago, in the Fall of 2015, our first regional newsletter for seniors was mailed. It went out to over 2,000 Hilltown households reaching seniors in Plainfield, Cummington, Goshen, Worthington, Chesterfield, Williamsburg, and Westhampton. The early newsletters carried a few pages of regional news, but in 2016 we embarked on our present format of 2-4 pages of news specific to each town followed by a 4 page regional section. Every month, you've received printed or digital information about events and activities in your town as well as important news concerning senior benefits, health, law, and food security regionally. Over six years, totaling 84 issues, and in all 168,000 mailed copies, news about what seniors are doing in the Hilltowns has been provided by a Service Incentive Grant from the Executive Office of Elder Affairs. This gift of over \$32,000 a year is going to end in 2023.

The newsletter has been our modern-day town crier and a way to bring us together, feel less isolated, and to let us know about important developments that may impact us. We are happy to be able to continue delivering it to you...but for how much longer? Your regional COA consortium has been pondering this question. We have many ideas for securing long term funding that we'd like to share with you in future newsletters. Your feedback about these ideas would be most valued.

In the meantime, any donations of support to sustain our town crier long term are most welcome! Donations can be made out to the "Northern Hilltown Consortium/Town of Chesterfield" and sent to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012. A donation form is at the bottom of this page for your convenience. **Thank you for your support!**



November's Good News

By Deb Hollingworth

This month's good news is short and sweet. If you haven't heard yet...it's looking like our social security benefit could be increasing by 8.7% this January. And the cost of our Medicare B premium is decreasing! Yes, it's going down from \$170/month coming out of our social security benefit, to \$165/month. This means a significant increase in our social security checks. Other benefit programs are also increasing. October 1st SNAP (food stamps) awards increased 12%. And the Governor's budget included an increase in the Circuit Breaker benefit, up to \$2,400 for those who qualify. Fingers crossed..... there's anticipation that fuel assistance will also be more generous this year.

While it doesn't wipe out the increases in prices we see at the grocery store, the gas pump, or the fuel oil prices, it still is welcome news in a year when stretching the budget is on our minds.

For information on any benefit programs, including how to apply, you can contact your senior center, and look for future articles in the Regional Section of your newsletter.

The Regional COA Newsletter benefits from your support!

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

(Please make out your check to "Northern Hilltown Consortium/ Town of Chesterfield" and mail to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)

Name _____ Telephone _____

Address _____

Email _____

Thank you for helping support this vital resource for our seniors!

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.

2023

Multi Day April 23-29, 2023. Myrtle Beach Show Trip. Five shows—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 Fayetteville, NC. Includes bus transportation, driver gratuities, all hotels and most meals for this seven day trip for \$829. Take a \$25 discount if paid in full by 1/30/23. Contact Francine to reserve your seat.

Day Trip May 18. Beatles Ticket to Ride - A 4-piece band that plays high quality, exacting renditions of songs written by the Beatles spanning their entire decade together. Self-Drive to the Log Cabin. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNCS for \$TBD by February 1st, so we can get good seats. Mail to address above.

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.



Workshops for Working the Digital World



Peg Whalen continues to offer free workshops on how to use iPhones, Androids, computers, tablets, internet etc. through December. If you would like to sign up, **contact Peg at 413-296-0314 or pegwhalenworkshops@gmail.com**

Fall 2022 Computer Class Schedule October 31 -December 5

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. All sessions held at the Chesterfield Community Center, 400 Main Rd, Chesterfield, MA 01012.

CHOICES: Managing your Medicare online

If you are a Medicare beneficiary, you should have a secure, online account to manage your Medicare information. It's quick and easy to create an account. Simply go to [medicare.gov](https://www.medicare.gov) and click on create my account. Have your Medicare card handy. Once you have an account you can use it to: save your prescriptions and pharmacies; sign up to go digital; get your yearly "Medicare & You" handbook electronically, instead of by mail; and view and print a copy of your official Medicare card.

Don't be concerned about losing access to the account if you forget your password. You can click on the "forgot my password" link and they'll instantly send you a code that will let you reset the password.

Having your Medicare information organized in one digital file will save you time and frustration when you have to produce a list of your medications; or you've misplaced the Medicare card and can't locate it the day you're visiting a new health care provider. Just think about the piles of paper that pile up around you that can be reduced or even eliminated by going digital. Reminder: Open enrollment runs from October 15-December 7. This is your opportunity to review your plan and make sure it still is the right fit. *Shared by the Southern Connecticut Area Agency on Aging.*

Chesterfield COA

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Francine Frenier, Secretary &
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Lorrie Childs, Data/Financial
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Kristen Estelle,
Newsletter Designer

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

Need Help With Your Housing Repairs?
The Housing Rehab Program may be able to help!

Eligible homeowners will receive a deferred payment loan with zero interest and no monthly payments, and all repair work is done by a licensed contractor. Please don't delay, funding is available and you may be surprised to find out you qualify.

Household Income Guidelines/Limits:

Household Size Maximum Gross Annual Income

1	\$52,750.
2	\$60,250.
3	\$67,800.
4	\$75,300.
5	\$81,350.



Work that may be performed under the Housing Rehab Program:

Septic Repairs
Sewer Tie-in
Accessibility Work New Wells Drilled;
Pumps Repaired
Windows Replaced
Roof Repairs
Heating System Repairs
Plumbing & Electrical Repairs
Lead Paint & Asbestos Removal

Hilltown CDC is accepting applications from homeowners who live in: **Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg and Worthington**. Please contact the Program Manager, Marjorie Liscombe, for more information: **(413) 296-4536, ext. 109** or email **marjoriel@hilltowncdc.org**. You can also visit our website: **www.hilltowncdc.org**

Funding is provided by the US Dept. of HUD/DHCD and MA CDBG Programs.