

# Chesterfield Council on Aging

## April 2023 Newsletter



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

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

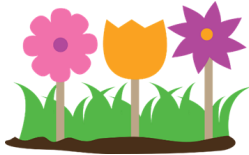
### April Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>3</b> <b>Advanced Tai Chi</b> 9:30am  <b>Oil Painting</b> 1pm  <b>Pitch</b> 1pm	<b>4</b> <b>Mah-Jongg</b> 1pm	<b>5</b> <b>Tai Chi</b> 1:30pm	<b>6</b> <b>Grab' N' Go Meal</b> 11:30am	<b>7</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am <b>Tech Clinic</b> 1-3pm
<b>10</b> <b>Advanced Tai Chi</b> 9:30am  <b>Oil Painting</b> 1pm  <b>Pitch</b> 1pm	<b>11</b> <b>Mah-Jongg</b> 1pm	<b>12</b> <b>Spring Breakfast</b> 9am  <b>Tai Chi</b> 1:30pm	<b>13</b> <b>Brown Bag</b> 10am  <b>Grab' N' Go Meal</b> 11:30am  <b>Family Game Night</b> 6:30-8:30pm	<b>14</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am  <div style="border: 1px dotted black; padding: 5px;">           Sat. 4/15 10am  <b>Broadband Presentation</b> </div>
<b>17</b> <b>Advanced Tai Chi</b> 9:30am  <b>Oil Painting</b> 1pm  <b>Pitch</b> 1pm	<b>18</b> <b>Mah-Jongg</b> 1pm	<b>19</b> <b>Tai Chi</b> 1:30pm	<b>20</b> <b>Grab' N' Go Meal</b> 11:30am  <b>Broadband Presentation</b> 6pm	<b>21</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am
<b>24</b> <b>Advanced Tai Chi</b> 9:30am  <b>Oil Painting</b> 1pm  <b>Pitch</b> 1pm	<b>25</b> <b>Mah-Jongg</b> 1pm	<b>26</b> <b>Tai Chi</b> 1:30pm	<b>27</b> <b>Grab' N' Go Meal</b> 11:30am  <b>Broadband Presentation</b> 6pm	<b>28</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am

## COA Spring Breakfast

*Join us for free!*

**Wednesday, April 12th at 9am**  
Chesterfield Community Center



**RSVP:**

413-296-4007, [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)

*Art with Lena Garcia*

### Oil Painting Class

**Mondays, April 3- June 12th 1-3pm**



This class is geared for beginners. Using provided materials, participants will create two paintings of simple still lifes. The goal is for participants to try something new and stretch their brains while having a good time! Made possible through Chesterfield, Cumington, Goshen and Worthington Cultural Council grants and Chesterfield COA.

**Class is full.**

**Register for wait-list: [www.lenagarcia.com](http://www.lenagarcia.com)**

### Farm Share: Good News!

We have just been notified that we will have 12 farm shares to use this season. The program will again run for 10 weeks, and the produce boxes will be prepared by Intervale Farm in Westhampton.

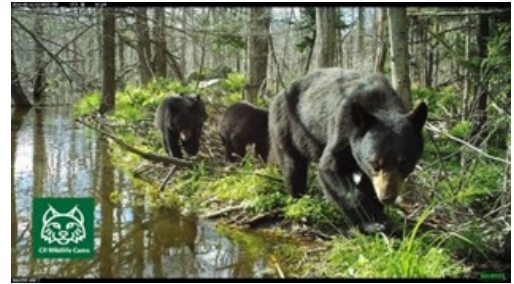
To qualify for the program, you must be 60 years of age or older. You must also be able to check at least ONE of these four boxes:

- I receive SNAP benefits (food stamps), Medicaid, SSI, AFDC, welfare, or veterans aid;
- I participate in the Food Bank's Brown Bag Program;
- I live alone and my income is below \$29,160; or,
- The total income of my household is below \$39,440 (only one share per household please).

If you are interested in participating in the CISA Farm Share program this year, please call us at **296-4007**. Applications will be available soon and CISA will automatically mail one to last year's participants.

**You're invited!**

### Wildlife Connections: A Presentation on Wildlife Cameras



**Sunday, May 7th, 2-3:30pm**  
Chesterfield Community Center  
400 Main Road, Chesterfield

*Sponsored by  
The Friends of the Chesterfield Library*

**Free**

Spend an afternoon with wildlife camera specialist Sally Naser, of CR Wildlife Cams. Learn how trail cameras work and get tips on where to set them up to reveal the secret lives of our wildlife neighbors. See beautiful and compelling photos and videos of wildlife in western and central Massachusetts, and hear stories from the field along with tips on how you can get started in your own backyard.

Questions?

Contact Nancy Rich at **(413) 296-4323** or  
**[NancyLRich3@gmail.com](mailto:NancyLRich3@gmail.com)**.

*The New Hingham Students would like to extend an invitation to all New Hingham Regional Elementary School families, grandparents, and caregivers to a*

### Family Breakfast

The second Friday of the month  
April 14 and May 12  
7:30am-8:30am

Every month proceeds will go directly to a class to raise funds for class trips, field trips, or class projects.

\$5 suggested donation

*\*Please note, we are unable to provide change. If you would like to donate, please provide exact amount.*

Coffee and tea provided by the  
New Hingham Regional Elementary PTO



## Free Monthly Tech Support!

Friday, April 7th 1-3pm

On the first Friday of each month, technical support will be available at the Community Center. Peg Whalen will provide assistance with questions about technology devices and their use, including smartphones, mobile phones, iPads, tablets, ePhoto frames, smart TVs, printing, laptops, internet and many apps and software programs. She will be located in the new computer Nook. To schedule time, call or text Peg at **413-404- 4566** or email **nhillcoastech@gmail.com** in advance to schedule enough time for help with your specific needs.

## Chesterfield Foot Clinic

With Piper Sagan

Wednesday, May 10th at 9am

If you'd like an appointment, email **pjsagan1@gmail.com** or call **413-522-8432**



Art with Lena Garcia

## Shadow Puppetry Workshop

Saturday May 20th, 10am-12pm  
Chesterfield Community Center



This 2 hour, one day workshop introduces multi-generational participants to shadow puppet construction. Using cardboard, wire and embroidery floss, participants will create their own unique designs. Lena will demonstrate how to construct. In addition she will also share some history of shadow puppets. All materials provided. Participants need to be comfortable using an Exacto knife for cutting the cardboard. Participants need not live in Chesterfield. *Made possible through grant funds from the Chesterfield Cultural Council and Highland Valley Elder Services.*

Register at [www.lenagarcia.com](http://www.lenagarcia.com)

## Worthy-Que BBQ truck coming to Chesterfield!

Saturday, May 20th. Pick up 4-5pm  
Community Center Parking Lot  
400 Main Rd.

Price: \$15  
Chesterfield residents 60  
and over: \$6



Special meal includes pulled pork, pulled chicken, smoked sweet beans, smoked mac & cheese and

coleslaw. If you are interested, please call 296-4007 and leave a message with your name and phone number **by May 15th**.

*Community Center open if you prefer to eat onsite.*



## You asked – We Responded

In the survey we sent out last year, broadband subscribers asked for workshops on “What Else Can I Do With Broadband?” and “How Can I Use Broadband to Watch Television?”

So, we asked Peg Whalen, who offers wonderful workshops at the COA, to run these two workshops for the Broadband MLP. She agreed to run both, offering each on a weekday evening and on a weekend morning. She will cover video calling (like Facetime), and medical and library services, as well as online learning. The Streaming workshop will introduce you to how to watch TV and movies over broadband. If you would like to explore more of what our amazing broadband network in Chesterfield can offer, and/or if you want to learn about using Broadband to stream TV and movies (as an alternative to your present service) come on down to the Community Center on these dates to learn more.

### What Else Can I Do With Broadband?

Saturday, April 15th at 10am

Thursday, April 27th at 6 pm

### How Can I Use Broadband to Watch TV?

Thursday, April 20th at 6pm

Saturday May 6th at 10am

All workshops are at the Community Center, 400 Main Road, Chesterfield.

**This is your Broadband Network at work for you!**

## Chesterfield Open Space and Recreation Plan

A snowy weekend and a postponed date didn't stop over thirty enthusiastic Chesterfield residents from attending the second workshop for updating the Town's Open Space and Recreation Plan. There were many familiar faces from the February 4th workshop and some newcomers. Led by the Conway School students, participants reviewed three major open space and recreation rough draft goals for the town that emerged from the first meeting. During the lively activities, residents discussed and reflected on how to amend the goals, considered additional goals, and shared innovative ideas about how the goals might be achieved. Next steps in the Open Space and Recreation Plan process include additional community engagement workshops and developing a draft of the plan.

## Self-described 'fighter' seeks access for handicapped

Karen O'Neill cannot get inside the post office to collect her own mail. She cannot get inside the Town Hall to vote or participate at a Town Meeting. She cannot get inside the Town Office to see the Town Clerk or Tax Collector. She is unable to attend programs at her child's school, or to check a book out of the library, or to attend a community meeting at the church or Grange Hall. And even if she were to get inside, restroom facilities would be impossible for her to use.



Curbs, narrow doors and stairways block all of these activities to Ms. O'Neill because she is a paraplegic restricted to a wheelchair.

Ms. O'Neil, 26, and her children Jessie, 8, and Todd, 4, moved to a farmhouse in Chesterfield in August. Soon after she moved to town, Ms. O'Neill contacted local officials advising them of her need and her right to enter public buildings. Her request comes at a time when federal mandates are also demanding communities end discrimination against the handicapped by making their buildings and services accessible to all.

Paralyzed from the neck down at age 15 from a diving accident in her family's Springfield backyard pool, Ms. O'Neill says she has learned to be a "fighter." Seeing that this town makes its services accessible to her and to other handicapped individuals is one more hurdle that she is determined to surmount. Following her accident, she was hospitalized for an entire year, kept alive by a respirator with a broken neck and back and a permanently damaged spinal cord.

"I spent two whole years totally dependent on others. I could have let go and died so many times. But I'm a fighter. My first words after the accident were, 'Thank God I'm alive,'" Ms. O'Neill recalled, the emotional trauma still very evident in her voice.

Mr. O'Neill endured a series of operations and several near-fatal bouts of pneumonia. Through hard physical therapy, a strict diet and sheer willpower she recovered to the point that she was able to return to high school for her senior year. But the only classroom that was

accessible to her in the building was her English class and if she had to use the bathroom, she had to go home. Eight years later, Ms. O'Neill has had two children through natural childbirth, attended college classes in music and holistic health, recorded her own original musical compositions and learned to drive.

"Before I learned to drive, I stayed home all the time and so did my kids," she explained. Her therapy now includes swimming, exercises, a macrobiotic diet and singing, which strengthens her damaged lungs. Music, she says is also a creative and emotional release and she plans to someday make it her profession. She has a battery-powered wheelchair and drives a van equipped with a lift. Yet these mechanical aids still place severe restrictions on her freedom.

As a parent, Ms. O'Neill explained she is even more strongly motivated to gain access to community life because "what restricts me also restricts my children's freedom." Ms. O'Neill and her family are still living out of cardboard boxes while their two-story house undergoes extensive renovations. A ramp and a staircase chair slide have been installed. Doors have been widened to accommodate her wheelchair. She will have a custom-built shower that she can get in and out of without assistance. The entire kitchen must also be rebuilt with lowered counters and accessible cabinets.

Following her contact with town officials, Ms. O'Neill was offered the position of handicapped coordinator by the selectmen. But Ms. O'Neill has declined the position, saying that her priority right now is getting settled in her own house and that it is the town's responsibility and not hers, to see that the law is applied. "Right now, I can't even get into my own shower. I've already given so much of my time," she explained. "Right now, I have to concentrate on my kids' and my own needs."

Once she is able to, O'Neill says she looks forward to participating in community life and "giving her energy to others." She plans to volunteer at the local elementary school, as she did in Amherst, because she believes that it is important for children to feel comfortable around handicapped people.

"So many people are afraid of the handicapped, I'll honestly answer any question a child asks," she remarked.

*Gazette article & photo by Sandra Doucett 11/6/84. Reprinted with permission from Daily Hamp. Gazette*

### ***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 \_\_\_\_\_





**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!

### Writers Workshop in Goshen

If you have ever been told: "You really should write that down!" you might consider this workshop. It will be taught by a local writer and former psychologist who knows how paralyzing apprehension can be. We will do easy exercises to get past our reluctance to commit thoughts to paper. And we will select stories that offend nobody and bring smiles to our readers' faces.

This class will start with two sessions in May with the option to continue. People from all towns are encouraged to attend. It will be held at the Goshen Town Hall, upstairs dining room. **The classes will be on Friday May 12th and May 26th from 1-2:30.** Please call or email Kerry Normandin by May 8 to register for this great workshop: **413-268-8236 x118, [coa@goshen-ma.us](mailto:coa@goshen-ma.us)**

### Your State Representatives

#### State Senator Paul Mark

Email: [paul.mark@masenate.gov](mailto:paul.mark@masenate.gov)

Phone: 413-464-5635

Mail: 773 Tyler Street  
Pittsfield, MA 01201

Nearby local office hours:  
Williamsburg Town Hall  
2nd and 4th Tuesdays from 1-3pm

#### State Representative Lindsay Sabadosa

Email: [Lindsay.Sabadosa@mahouse.gov](mailto:Lindsay.Sabadosa@mahouse.gov)

Phone: 413-270-1166.

Mail: 76 Gothic Street  
Northampton, MA 01060

### Caregivers Part 2: Banking

More thoughts on keeping your care recipient financially safe. Last month was credit cards, now we give attention to banking.

Again, this is all easier if you have a robust durable Power of Attorney (POA) that allows banking functions. With this, you can talk to bank officials, go online to check deposits and balances, make deposits and withdrawals, balance the checkbook, and request the settings below. Different banks have different policies, so check with your particular bank on the specifics but this should give you good questions to ask. For instance, even without a POA the bank might allow you to monitor another person's bank statement, after clearing you.

**Create alerts.** Get a message from the bank when a withdrawal goes over a set amount, or a balance falls lower than you want. You may also be able to get an email every day showing the available balance on the account.

**Set transaction limits.** If a withdrawal is requested that goes over a set amount, the transaction can be halted.

**Stop payment.** If something does go awry, you can request that the bank stop the payment.

**Check overdraft status.** Banks offer protection against the account going into the red, but you should choose how or if you want that protection. This is a not one-size-fits-all decision.

Take care,

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

### Help Wanted: Part Two

Finding home care help in the hilltowns can be a challenge. There's a shortage of available workers and Medicare certified home care agencies often can't fill requests for help. Many of us rely on family and friends or programs through our senior center which may work for short term solutions, but what if you anticipate needing help for an extended period of time? Did you know that there are programs that let you hire your own worker? That worker can be a family member or friend (not spouse).

MassHealth has two different programs that pay family caregivers for the care they provide. You must meet financial eligibility requirements for MassHealth. Many folks assume they "won't be eligible because I have money in the bank". But there are ways to qualify and you should check with your SHINE counselor. Income has to be less than \$2,742/month with limited assets. But, you can transfer assets without a 5 year look back period if you are intending to remain at home instead of entering a nursing home. Also, for those of you who are not going to qualify for MassHealth, Highland Valley has a program called "self-directed care" which allows you to hire your own worker. If you are a veteran, you might qualify for some home care help. And while it's less common, if you are one of those folks with a Long Term Care Insurance policy, that policy will also pay for home care help. Need help sorting through all the options? Check with your senior center and ask to speak to the SHINE counselor.



### Haircuts and Manicures at Smith Vocational High School

Tuesdays & Thursdays,  
April & May



Cost is \$5.00 for a cut or a manicure for men and women. The Smith Vocational Cosmetology students provide the services with their teacher alongside. Simply call 413-587-1414 ext. 3531 for an appointment. The Salon is located in Room 124 of Building A at Smith Vocational High School, 80 Locust St., Northampton.

**All Are Welcome!**

### Beyond Basics Smartphone Workshop

Friday, May 19th  
1:30-3:30pm

**Chesterfield Community Center**

*Presented by Peg Whalen*

Want to know how to find and listen to podcasts? Wondered how to make a mobile deposit with your banking app? Desperate to block unwanted calls and text messages? This workshop will help you do things you have wondered about but have not figured out how to do. Sign up for Beyond Smartphone Basics. If you have an iPhone OR an Android smartphone this workshop is for you.



**Interested in coming?**

**Reserve a spot by Tuesday, May 16th.** To register, contact workshop presenter Peg Whalen, at [pegwhalenworkshops@gmail.com](mailto:pegwhalenworkshops@gmail.com) or 413-404-4566. Email, leave a voicemail or text including your name, email address, what type of smartphone you have (iPhone or Android), whether you use mobile banking and your home or cell phone number.

### ***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 \_\_\_\_\_

## On the Road Again...

### 2023 Trips



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

*Day Trip May 18. Beatles Show- 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. Arrive 11:15am. Luncheon will include whole steamed LOBSTER, chicken & ribs. Make payment to FNSC for **\$78. WAIT LIST ONLY.**

*Day Trip June 20. Encore Casino.* Boston Harbor casino trip. **Free \$20 slot play.** Make payment to Francine Frenier for \$42 by **April 21st.** *Special \$22 discount for Chesterfield seniors aged 60 and over.* Lunch on your own, options available on site. Mail to the address above.

*Day Trip July 20. Lake George Cruise-* Take a 2 ½ hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. Danny Lombardo performs on the keyboard. Make payment to Landmark Tours for \$113 due **April 1st. WAIT LIST ONLY.**

*Day Trip August 10. Garden in the Woods-* This trip includes a walking guided tour of the Garden in the Woods in Framingham followed by a luncheon at the Longfellow's Wayside Inn. Entrée choices are Breast of chicken, Baked Salmon, or Yankee Pot Roast. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$122 due **June 10th.** Mail to the address above.

*Day Trip August 23. Saratoga Racetrack,* Saratoga Springs, NY. This trip includes lunch at the Inn at Saratoga. Entrée choices are Chicken Normandy or Pasta a la Saratoga. After lunch, spend time at the racetrack in our reserved grandstand seats. Over 60 concession stands on the grounds. Make payment to Landmark Tours for \$130 due **June 10th.** Mail to the address above.

*Multi Day Trip September 10-12. Nantucket Island.* Three days to two nights. Includes ferry to and from the island, guided tour of the island and all access pass to historical sites. Make payment to First Choice for \$748 p/p double occupancy due **June 21st.** Mail to the address above.

*Day Trip September 14. Lake Sunapee Luncheon Cruise- Vermont Country Store.* A two hour luncheon cruise on Lake Sunapee in New Hampshire. This trip includes Luncheon buffet and

a stop at the Vermont Country Store. Make payment to Landmark Tours for \$111 due **July 10th.** Mail to the address above.

*Multi Day Trip September 29-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.

*Day Trip November. Elvis- A Musical Revolution- North Shore Theater.* An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make payment to First Choice for \$259 by **July 21st.** Mail to the address above. A few seats available.



Saturday, April 29th, 9-3pm

### Spring / Summer Clothing Exchange



Goshen Congregational Church  
45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Wednesday 4/26 from 9am-3pm or Friday 4/28 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 29th from 9am-3pm! All are invited to participate whether you donate clothes or not.

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

PRSRT STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

Chesterfield COA

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Bev Henrichsen, Vice Chair  
Francine Frenier, Secretary &  
Treasurer  
Laura Dimmler  
Marianne Drake  
Marianne Hoag  
Jim Martin  
Tim McElroy



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



Jan Gibeau, Director  
Lorrie Childs, Data/Financial  
Accounting Manager  
Kristen Estelle,  
Newsletter Designer

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

## **Encore Boston Harbor Casino Day Trip**

**Tuesday, June 20, 2023**

### **\$42.00 cost includes:**

- round trip bus transportation
- driver gratuity
- \$20 in free slot play!

Meals on your own

*\$22.00 special discount for Chesterfield seniors  
age 60 and over*

Meet the bus: Sheldon Field, Old Ferry Rd.  
Northampton. 7:00 A.M, subject to change  
Bus leaves casino: 3:30 P.M.

Cash or checks payable to Francine Frenier **due April 21, 2023**

Only 30 seats available ~NO REFUNDS due to bargain price~

**Contact: Francine Frenier 413-296-4291 or [Francine.frenier@gmail.com](mailto:Francine.frenier@gmail.com)**

