

# Chesterfield Council on Aging

## May 2023 Newsletter



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

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

### May Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>1</b> <b>Town Election</b>	<b>2</b> <b>Chair Yoga 10am</b> <b>Mah-Jongg 1pm</b>	<b>3</b> <b>Consortium Mtg 10am</b> <b>Tai Chi 1:30pm</b>	<b>4</b> <b>Grab' N' Go Meal 11:30am</b>	<b>5</b> <b>Smooth Moves 9am</b> <b>Strength for Life 10am</b> <b>Tech Clinic 1-3pm</b> Sat. 5/6 10am <b>Peg Whalen: Broadband for TV</b>
<b>8</b> <b>Advanced Tai Chi 9:30am</b> <b>Art Class 1pm</b> <b>Pitch 1pm</b> Sun. 5/7 2pm <b>Wildlife Cameras</b>	<b>9</b> <b>Chair Yoga 10am</b> <b>Mah-Jongg 1pm</b>	<b>10</b> <b>May Breakfast 9am</b> <b>Tai Chi 1:30pm</b> <b>Fiber Friends Mtg 5pm</b>	<b>11</b> <b>Brown Bag 10am</b> <b>Grab' N' Go Meal 11:30am</b>	<b>12</b> <b>Smooth Moves 9am</b> <b>Strength for Life 10am</b>
<b>15</b> <b>Advanced Tai Chi 9:30am</b> <b>Art Class 1pm</b> <b>Pitch 1pm</b>	<b>16</b> <b>Chair Yoga 10am</b> <b>Mah-Jongg 1pm</b>	<b>17</b> <b>Tai Chi 1:30pm</b>	<b>18</b> <b>Grab' N' Go Meal 11:30am</b>	<b>19</b> <b>Smooth Moves 9am</b> <b>Strength for Life 10am</b> Sat. 5/20 10am Shadow Puppets 4pm Worthy-Que BBQ
<b>22</b> <b>Advanced Tai Chi 9:30am</b> <b>Art Class 1pm</b> <b>Pitch 1pm</b>	<b>23</b> <b>Chair Yoga 10am</b> <b>Mah-Jongg 1pm</b>	<b>24</b> <b>Tai Chi 1:30pm</b>	<b>25</b> <b>Grab' N' Go Meal 11:30am</b>	<b>26</b> <b>Smooth Moves 9am</b> <b>Strength for Life 10am</b>
<b>29</b> <b>Memorial Day</b>	<b>30</b> <b>Chair Yoga 10am</b> <b>Mah-Jongg 1pm</b>	<b>31</b> <b>Tai Chi 1:30pm</b>		

## Merry Month of May Breakfast

*Join us for free!*

**Wednesday, May 10th at 9am**  
Chesterfield Community Center



**RSVP by May 8th:**

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

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### Stay Healthy:

**Exercise** with Joan Griswold, come to Sarah Prince's Chair Yoga, join Marty Quinney for Tai Chi. Check calendar for dates and times.

**Chesterfield Foot Clinic** with Piper Sagan on Wednesday, May 10th at 9am. If you'd like an appointment, email [pjsagan1@gmail.com](mailto:pjsagan1@gmail.com) or call 413-522-8432



### Enjoy Staying Connected:

**Free monthly technical support** is available with Peg Whalen between 1:00 and 3:00 on the first Friday every month at the Community Center in the Computer Nook in the lower level. Peg continues her work with the seven Hilltowns Councils on Aging by offering a broad spectrum of information about technology devices and their use, including smartphones, flip cell phones, iPads, tablets, ePhoto frames, smart TVs, printing, laptops, internet and many apps and software programs. Email [nhillcoastech@gmail.com](mailto:nhillcoastech@gmail.com) or call or text Peg at **413-404-4566** in advance to schedule enough time for help with your specific needs.



**In response to feedback from the surveys about Aging and Technology** we have added some new features at the Community Center. The Computer Nook downstairs will soon have several new laptops for use when Peg holds classes and for use if you want to practice using the tips you've picked up in the ongoing workshops or coaching sessions. A new Smart TV will soon be installed to make it easier for small groups to share presentations that are relevant, informative

and interesting to discuss. Of course, there will also be a range of showings that are entertaining. Our goal is to make it fun to live, learn and laugh.

## Beyond Basics Smartphone Workshop

Friday May 19, 2023  
1:30 to 3:30 pm  
Chesterfield Community Center

*Presented by Peg Whalen*

Want to know how to find and listen to podcasts? Wondering 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: [nhillcoastech@gmail.com](mailto:nhillcoastech@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, which bank, and your home or cell phone number.

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### Last Chance!



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?" Peg Whalen ran three workshops in April, but there is one more in May:

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

Saturday May 6th at 10 am  
Chesterfield Community Center

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

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### Notice:

**Grab and Go Meal goes to two days a week, beginning in June**

Mondays and Thursdays  
11:30 am



Chesterfield Community Center  
Call 413-296-4007 or email  
[coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)

## Chesterfield Fiber Friends

Calling all fiber craft enthusiasts! Do you knit, crochet, needle point, embroider, cross-stitch, tat, rug hook, spin, weave, quilt, sew, felt, macrame? Join us for opportunities to learn from each other and build friendships. All levels of experience are welcome! Bring your current WIP (work in progress), or start something new!



Chesterfield Fiber Friends will hold an organizational meeting at the Community Center on **Wednesday, May 10 at 5 PM**. At that time, we'll choose a mutually agreeable meeting time and frequency. Please join us!

Questions?  
Email Jeane Anastas: [jwa1@nyu.edu](mailto:jwa1@nyu.edu) or  
Trish Colson-Montgomery: [trishcolson@gmail.com](mailto:trishcolson@gmail.com)

***There's Still Time: Sign Up Now!***



## Worthy-Que BBQ truck coming to Chesterfield!

**Saturday, May 20th. Pick up 4pm**  
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**.

## New Home for Hilltown Mobile Market: Sawyer Farm Stand

We are up and running! You can order online for pick up at the store right now:

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

or you can visit us Tuesday-Friday 8-7 and Saturday-

Monday 10-4. The free refrigerator is in the works and should be online any day now. This is meant for everyone, so be cool and take only what you will use. This grocery store is for everyone, but we



want to make sure that economics are not a barrier for shopping locally. So, if you or a loved one self-identify as food insecure please do reach out! We can help. [market@hilltowncdc.org](mailto:market@hilltowncdc.org)

\* See more information in regional section

## Haircuts and Manicures at Smith Vocational High School

*Tuesdays & Thursdays  
In 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.



## Shadow Puppetry Workshop

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

This 2 hour, 1 day workshop introduces multigenerational participants to shadow puppet construction. Using cardboard, wire and embroidery floss, participants will create their own unique designs. Lena will demonstrate how to construct. She will also share some history of shadow puppets. All materials provided. Participants need to be comfortable using an x-acto knife for cutting the cardboard. Participants need not live in Chesterfield. Made possible through a Chesterfield Cultural Council grant and a Highland Valley Elder Services Grant awarded to the Chesterfield COA.

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

## Pitch In the Nook

**Weekly  
Mondays  
1pm**



**Chesterfield Community Center  
Questions? Call 296-4007**

**Taking a look back:  
Chesterfield Gorge Developed Since 1910**

A recent land purchase has shed more light on the natural grandeur of one of several Massachusetts Reservations - on the Boston group trying to keep such reservations open and unaltered. A Harvard College canoeing party was forging its way down the east branch of the Westfield River in the spring of 1910 when it noticed extensive lumbering in the wooded land above the sheer-cliff walls of what is now the Chesterfield Gorge. The canoeists looked for a quick landing at the base of the rock cliffs and rushed to call the Trustees of Reservations in Boston. Negotiations were made immediately, and the 40 acres of river-worn gorge and surrounding woods were bought by the group.

Mrs. Clarence E. Swenson, South Street, Chesterfield, chairman of the Chesterfield Gorge Committee, explained the workings of the Boston Reservations committee. The group was organized in 1891, she said, by a number of well-known Boston men. Among them were names such as Forbes and Saltonstall. These men were, and are today, intent on preserving settings of natural beauty in Massachusetts.

She emphasized that the committee operates quite differently from official state conservation and park groups. Funds available to the trustees can be spent immediately, and appropriations need not take the months usually required for state clearance.

Mrs. Swenson reported that the trustees recently bought a 100 acre tract of the old Boston-Albany road running from a bridge across the Chesterfield Gorge up the hill to Rt 143, from George E. Gagnon, Worthington Rd, Chesterfield, a logger in the area.

Chesterfield Gorge now comprises about 150 acres of natural woodland and breathtaking river gorge. There is a picnic are atop one portion of the gorge, protected by a fence, so that children may enjoy the wide-open scenery without the danger of mishap. For more surefooted and adventurous, there is an opening where one may make his way down narrow ledges to the rock floor below. Beautiful pools and

foaming spillways attract those who enjoy nature for its raw beauty. Gorge chairman Swenson encourages those who appreciate outdoor recreation to hike the Boston-Albany Road and picnic in the many areas around the gorge.

Barthlomew's Cobble on the Housatonic River and the Bryant Homestead near Cummington are among the other Reservations. Occasionally a sister organization in England, The National Trust, has worked closely with the Boston group.

*Source: Pete Banister, Chesterfield Historical Society Facebook post of Gazette article by Dorothy Potter.*



**Happy Birthday in May!**

- Darryl Weyant, David Marshall, Timothy Scott, Margaret Whalen, Carmen Barrett, Paul Cronin, Lenore Pittsinger, Edward Severance, Barbara Tobias, Donald Bisbee, Kimberley Gray, Tod Robertson, Daniel Hewins, Lone Cherry, Gary Theroux, Marianne Furnari, Laila Salins, Pauline Judd, Eileen Wright, John Childs, Alexander Lapinski, Marie Kirk, Michael Burgess, Denise Cormier, John Larue, Patricia Colson-Montgomery, Geoffrey Crowther, Fred Drake, Donna Lynde, Sandra Wickland, Richard Donath, Kenneth Adams, Miriam Kaye, John Figgie, Charlene Baiardi, Susan Brisson, Robert Judd, Roland Curtis, Robert Hewes, Jean Shaw, Ronald Lavigne



***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!

### 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 3, Electronics

The last in this installment... like I'm writing a serialized short story here... we turn to electronics and keeping your care recipient financially safe.

Our cell phones and internet access are both a major benefit and potential bugaboo all in one! There are many ways to get into trouble but also steps to take to avoid issues. I don't have room to completely describe all the tips here so call me if you need more info.

1. **Passwords.** They should be strong, they should be unique, they should be safeguarded. PAGES have been written on managing passwords.

2. **Two-factor authentication.** This means you put in a password, then get an email or phone text with a second password which is required to continue.

3. **Privacy settings.** Require a code or photo or fingerprint to activate a device. Turn off location tracking. For GPS directions, don't use the real home address; fudge it by giving a park or address close by. On social media, read that media's instructions to learn how to limit who can see a post, meaning just close friends or the entire world.

4. **Security.** Use anti-virus software and keep it up to date. Keep the operating system up to date to take advantage of their security improvements. Activate the firewall. Learn how to erase personal data from a lost phone. Use an authenticator app that will connect to the elder's accounts and alert you when somebody tries to log on (Thanks, Peg Whalen).

If you are working with an elder with diminished capabilities, consider some of the steps that parents can take with their children to provide safety. See <https://connectsafely.org/controls/>. This will help you block an online site that the elder repeatedly accesses to order unneeded merchandise, for instance.

Take care,

Jean O'Neil

TRIAD Committee member

[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## May's Good News

By Deb Hollingworth

There may be help paying for your Medicare B premium if your income is less than \$2,734/month or less than \$3,123/month if married. Countable assets need to be less \$18,180 or \$27,260 married. This is a significant increase in the financial eligibility limits for this program, and one of the ways the State is helping residents with their health insurance costs.

We often forget about the Medicare B premium because it's deducted from our social security benefit before the remaining benefit is auto deposited in our checking account. So we never get a bill, just a reminder at the end of the year from social security saying this is your benefit, this is what we took out for your Medicare B premium. This year it's \$165/month. So if you do the math that's \$1,980 for the year. If you qualify, you get a letter from social security saying they are putting that \$165/month back in your check.

This benefit is called the Medical Savings benefit or the Senior Buy-in benefit or the MassHealth Buy-in benefit. Frustrating? Confusing enough without giving a benefit multiple names, but who am I to argue?

Better news: if your income is less than \$2,309/month, this Senior Buy-in acts like a Medex plan. Meaning, it supplements your Medicare, so when you have a doctor visit, or any medical service, Medicare pays about 80% of the bill and this Senior Buy-in pays the rest. You have no co-pays.

Why is this Good News now? It used to be that you couldn't have more than \$7,000 in countable assets, and your income had to be much lower. So many more people could qualify now and see \$165/month put back in their social security check.

Curious? You can contact a SHINE counselor through your senior center to see if you qualify.

## Massachusetts will end its COVID-19 Emergency status on May 11

**1. What does that mean for our residents?**  
The COVID-19 public health emergency in Massachusetts and the vaccine mandate for more than 40,000 state workers will both end on May 11, in conjunction with the federal government's end date for the public health emergency

**2. So what happens going forward?**  
Three years after the onset of the pandemic, the state, and much of the world, is shifting towards treating COVID-19 less like a pandemic and more like a respiratory illness.

**2. So COVID-19 is over?**  
No, we will continue living with COVID-19. We can now incorporate the tools to manage this virus into our standing response to respiratory illness within our communities and healthcare system.

**3. No More vaccine mandates then?**  
Certain workers will still be subject to vaccine mandates under rules from the state Executive Office of Health and Human Services and the federal Centers for Medicare and Medicaid Services.

**4. Does this mean nobody is getting COVID-19?**  
No, on March 30th Massachusetts health officials reported 2,023 new COVID-19 cases and 59 new deaths in the last week. So for those with weakened immune systems, masking, social distancing, hand washing, and monitoring yourself for systems remains important.

**5. What should I do if I'm having symptoms?**  
As always, if you're not feeling well, stay home! Your local Boards of Health, through the Foothills Health District will continue to provide free COVID19 test kits as long as they're available. If symptoms are mild, use over the counter measures. If severe, feel free to reach out to your Public Health Nurse (contact info below), your Primary Care Provider, or if life threatening call 911.

**FootHills Health District: Michael Archbald, RN**  
**413-268-8408 (office)**  
**413-522-7112 (cell)**

### ***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 June 20. **Encore Casino.*** Boston Harbor casino trip. **Free \$20 slot play.** Make payment to Francine Frenier for \$42 due **NOW.** *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 1/2 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. **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 4. **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.



## Hilltown Mobile Market

**Support the Hilltowns' first year-round  
local farm market**

Order locally produced goods online or visit our storefront located at:

**19 Sawyer Road in Worthington, MA**

Storefront hours: Tuesday - Friday: 8 AM - 7 PM  
Saturday - Monday: 10 AM - 4 PM

**Coming soon:**

Free delivery to a pick up location near you and door delivery service available for a small fee

Check us out at:

**[www.hilltownmobilemarket.com](http://www.hilltownmobilemarket.com)**

## 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 at 42 Main Street, in the upstairs dining room. The classes will be on two Fridays: May 12 and May 26 from 1pm-2:30pm. Please call or email Kerry Normandin (**268-8236 x118** or **coa@goshen-ma.us**) by May 8 to register for this great workshop.

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

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### Chesterfield COA

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

## **Elder Law Education Program - 2023**

Local seniors can learn about elder law issues at a free event (in person) hosted by the Williamsburg Senior Center on **May 17<sup>th</sup> at 3:00 pm at the Town Office building, 141 Main St., Haydenville.** The presentation is part of the statewide Elder Law Education Program sponsored by the Massachusetts Bar Association.

Among the topics this year are Veteran's Affairs Financial Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes, and alternatives to nursing home care.



Please register in advance for this event by calling the senior center at **413-268-8410** or emailing [seniorcenterdirector@burgy.org](mailto:seniorcenterdirector@burgy.org).

## **ATTENTION MASSHEALTH CONSUMERS**

If you receive MassHealth you may have noticed that since March 2020 you haven't gotten a recertification review. These are usually sent out every year to recertify your eligibility for MassHealth. Covid changed that. Anyone who was on MassHealth before March 2020 did not lose benefits during the Public Health Emergency. This coverage protection ended April 1st 2023. MassHealth has begun to review eligibility for over a million MassHealth members. If you have MassHealth you will be receiving a Big Blue envelope with a recertification application and letter explaining how to fill it out and return it. Until this happens, your MassHealth coverage will remain in place.



MassHealth expects to take a year getting everyone recertified. So you may receive your Big Blue envelope next month, or in October, or next February. Until then, your coverage remains in place. If you have questions when you get your Big Blue envelope, you can call your senior center to speak with a SHINE counselor.