

Chesterfield Council on Aging

June 2023 Newsletter



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

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

June Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1 Grab' N' Go Meal 11:30am	2 Smooth Moves 9am Strength for Life 10am Tech Clinic 1pm
5 Advanced Tai Chi 9:30am Grab' N' Go Meal 11:30am	6 NO Chair Yoga Mah-Jongg 1pm	7 Consortium Mtg 10am Tai Chi 1:30pm	8 Brown Bag 10am Grab' N' Go Meal 11:30am	9 Smooth Moves 9am Strength for Life 10am
12 Advanced Tai Chi 9:30am Grab' N' Go Meal 11:30am	13 NO Chair Yoga Mah-Jongg 1pm	14 Tai Chi 1:30pm	15 Grab' N' Go Meal 11:30am	16 Smooth Moves 9am Strength for Life 10am
19 Advanced Tai Chi 9:30am Grab' N' Go Meal 11:30am	20 Chair Yoga 10am Mah-Jongg 1pm	21 Tai Chi 1:30pm	22 Memory Workshop 10am-3pm NO Grab' N' Go	23 Smooth Moves 9am Strength for Life 10am
26 Advanced Tai Chi 9:30am Grab' N' Go Meal 11:30am	27 COA Board Mtg 10am Chair Yoga 10am Mah-Jongg 1pm	28 Tai Chi 1:30pm	29 Grab' N' Go Meal 11:30am	30 Smooth Moves 9am Strength for Life 10am

Summer is here: Time for a Break



Pitch Takes the Summer off...

It's garden time.
We'll be back in the fall or after the first frost.

Monthly Breakfasts Return in the Fall

SAY WHAT?



It's hot in the kitchen.
The cooks need the summer off!

Note: Grab and Go Meals

We're now serving meals twice a week
Mondays and Thursdays 11:30am

Call now 413-296-4007 or email
coa@townofchesterfieldma.com

Those Were the Days

Remember the
"Good Ole Days "
before learning to live
in the Digital World?

Making connections
included living on a
Party line, which then
made it to the Grape-
vine. Before Broad-
band the Grapevine
was often faster than
using your computer
to get online.



1989 Press Photo Wayne
Chickering, AT&T Technician in
Chesterfield - sra12975

Summer Fun at the Library!



Saturday, June 10th, 10-12 at the library
The bunnies are back! The care and
keeping of rabbits with the Bowles
family of Worthington

Wednesday, July 5th, 10:30 at the old town hall
Interactive family concert with Roger Tincknell

Wednesday, July 12th, 10:30 at the old town hall
Tanglewood Marionettes perform Hansel and
Gretel

Wednesday, July 19th at the old town hall
(9:30 for 5 and under- 10:30 for 5 and up)
Ink block printing with local artist Lena Garcia.

Wednesday, July 26th at the library
(9:30 for 5 and under- 10:30 for 5 and up)
Summer fun and games -
weather permitting



Wednesday, August 2nd at the old town hall
(9:30 for 5 and under- 10:30 for 5 and up)
Folktale dancing with local artist
Ellie Goudie-Averill

* These events are supported by the library,
Chesterfield COA's multigenerational grant funds
and the Friends of the library.

New Hingham Elementary
25TH ANNIVERSARY
POTLUCK

FOOD - LIVE MUSIC - HOMEMADE ICE CREAM

June 2
5 PM

New Hingham
Elementary School
30 Smith Road Chesterfield

FREE
EVENT

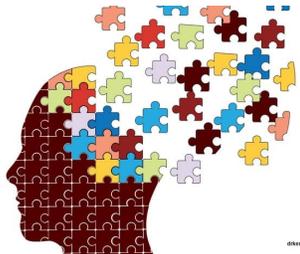
COA A PROGRAM MADE POSSIBLE BY THE
CHESTERFIELD COUNCIL ON AGING

Coming Soon...

Save the Date for this special program:

A CONVERSATION ABOUT MEMORY

**Thursday, June 22nd 10am-3pm
Chesterfield Community Center
400 Main Rd., Chesterfield**



**More info on pgs 5 & 6
Lunch and refreshments will be provided**

**RSVP BY JUNE 16:
coa@townofchesterfieldma.com or
413-296-4007**



The 4th of July Parade Committee is busy at work preparing for this year's festivities. We will follow tradition and have a pancake breakfast from 7-10 prepared by the Fire Department featuring live music by The Rolling Scones. There will be roaming entertainers, live music on the Town Hall lawn and exhibits to see inside the Hall as well as in and around the Museum (pending repairs). There will be a presentation at 10:00 in front of the podium for this year's honorees and then the parade will kick off at 10:30. If you would like to march or be on a float, please contact Leslie Kellogg by June 20 (296-4373) to register. Lots of food options will be available after the parade (and don't forget to ask if there are any chicken dinners left over for take-home dining from the Church).

We are having a pre-party Block Party on South Street on July 2nd from 4-7. We will close down South Street from Route 143 to Bryant and create a pedestrian walkway. There will be a band and 2 food trucks and a car show. This was a fun evening for Chesterfield residents last year. You can bring a chair or a blanket and visit with your neighbors.

If you would like to volunteer either behind the scenes before the 4th or sign up for a task before, during or after the parade, please let Leslie know. Many tasks only take an hour or two.

Broadband Workshops Well Received

In late April and early May, Broadband Chesterfield / MLP, offered two workshops. One covered what residents can do with broadband service. The second discussed streaming television, movies, music, and explained different streaming services. Internet is bringing convenience and access to information we have never had until now. From telehealth medical appointments to medical portals that allow patients to access their doctor's offices, we can make appointments easily, get lab test results, see and pay bills. It is clear Chesterfield's high speed internet service truly is a necessary digital resource in our current and increasingly internet dependent world.

Make your TV fast, fun, customized, and less expensive. You don't need an expensive Smart TV. Did you know you can make a traditional, flat screen TV SMART using relatively inexpensive items plugged into the back or side of your television? These small devices can decode broadband WIFI into television programs you want to watch, movies you enjoy, and music you love to hear. You no longer need DirectTV or DISH. Less expensive, no contract, streaming services allow you to choose more of what you want to watch. And there are even free options for streaming.

It's easy to get help with using your broadband or getting broadband if you do not have it already. Our town MLP, BroadBandChesterfield, continues to provide subsidy toward installation of broadband to unconnected residences. There are multiple sources of information and help going beyond email and searching the internet. Whip City Fiber's website has several webpages with information to help with getting started with "cutting the cord": whipcityfiber.com/pages/cut-the-cord/

YouTube is a great source of videos that also explain and guide viewers through streaming. thestreamable.com; and <https://cordcutting.com/compare/live-tv-streaming-service-channels/>. The COAs continue to offer technical support for many technology questions. [see contact info below] Give it a try! There are many ways to use streaming services for free for a short time. And you can continue to use your current TV service while you decide.

If you missed the workshops, watch for announcements about forthcoming videos of the same con-

tent. Videos will be posted on the Town of Chesterfield MLP/Broadband website. Or, you are welcome to attend the same workshops in neighboring towns in the coming months. If you know you want to stream or learn other ways to use broadband you're urged to attend the monthly tech support hours, in Chesterfield Community Center, on the first Friday of each month. Call Peg Whalen to arrange a time slot so you are sure to get the time you need for your questions. In home tech support may be available if in-town technical assistance is not accessible. Reach us by email at nhillcoastech@gmail.com or by calling **413-404-4566** for more information.

BEYOND EMAIL

WHAT CAN YOU DO WITH BROADBAND?

- Telemedicine / Health Portals 
- Order Prescriptions 
- Libraries and online learning 
- Information & Research 
- Banking & Bill paying 
- Shopping / Groceries 
- File taxes 
- Social Media 

What is streaming?

Delivers programming over the internet rather than over the airwaves or from a satellite or copper cable. Streaming is one of the real advantages of having a high-speed fiber optic network like we have in Chesterfield. It isn't affected by the weather or your location. It IS the wave of the future!

How Does it Work?

With high-speed internet connection with WIFI, provided by Broadband Chesterfield, and a flat screen TV with a streaming device or a "Smart" TV with built in ability to decipher streamed signals, you then sign up for a streaming service. You can get a paid service that bundles channels OR you choose the channels you want and sub-

scribe to them.

Help Is Here

Whip City Fiber – Cutting the Cord URL
whipcityfiber.com/pages/cut-the-cord/

Websites and YouTube videos with instructions
thestreamable.com
cordcutting.com/compare/live-tv-streaming-service-channels/

www.youtube.com/watch?v=z77K59s31AU&list=WL&index=3&t=99s

Councils on Aging Technical Support
 email: nhillcoastech@gmail.com
 text: 413-404-4566

Happy Birthday in June!

Nancy Boyle, Kristin Healy, JoAnn Smith, Steven Linscott, Ronald Tadiello, Marla Brodsky, John Kislo, Gary Denno, James Dawson, Patricia Murphy, Barbara Smith, Colleen Graves, Susan Barrett-Jones, Scott Frenier, James Kitchen, Michael McMaster, James Matus, Sally Crowther, Gary Graves, Thomas Osborne, Michael Harris, Thomas Boyle, Robert Westgate, Peter Mickucki, Robert Lyon, Laura Figgie, Ronald Wozniak, Walter Stasz, Robert Lovell, Mary Ann Snape, Nancy Henshaw, Douglas Fraser, Harold Jasmin, Nan Clark, Cynthia Dunbar-Randall



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 _____

You're invited to
A CONVERSATION ABOUT MEMORY



Thursday, June 22nd 10am-3pm

**Chesterfield Community Center
400 Main Rd., Chesterfield**

- ⇒ *Ever forget where you left your keys or phone ?*
- ⇒ *Recognize someone's face but can't recall their name?*
- ⇒ *Forget what you were looking for?*
- ⇒ *Love old memories but can't hold on to new ones?*
- ⇒ *Can't remember how to do something that you've done many times?*
- ⇒ *Do you ever get lost driving?*

Lunch and Refreshments will be provided

*Sponsored by the
Northern Hilltowns Consortium of Councils on Aging*

**RSVP BY JUNE 16:
413-296-4007 or coa@townofchesterfieldma.com**

Northern Hilltowns Consortium of Councils on Aging

presents:

A Conversation About Memory

- 10:00am: **Check in & Coffee**
- 10:30am: **Welcome and Program Overview**
Jan Gibeau, R.N. PhD. Director, Chesterfield COA
- 11:00am: **Understanding Memory Impairments**
Dr Rebecca Starr, MD, AGSF, Medical Director, Geriatrics,
Cooley Dickinson Healthcare

Sharon Asher, RN,BSN, MBA, Program Director
Pioneer Valley Memory Care Initiative

How does memory work?
What is normal for memory in older adults?
Types and range of memory changes
Evaluation and treatment of memory impairments
Getting help: resources available
Pioneer Valley Memory Care Initiative
- 12:00pm: **Group Discussion: Sharing the Journey**
- 12:30pm: **Lunch**
- 1:15 pm: **Impact of Dementia on Personal and Family Life**
Deb Hollingworth, LCSW, Regional Connections Facilitator
Adjusting to the impact of learning about your diagnosis
What it's like to be a caregiver or being the one who needs help
Common challenges for both care recipients and caregivers
Tips for better communication
- 2:00pm: **Tools for improving memory**
- 2:30pm: **Closing remarks**
What's Next? Suggestions for additional programs and supports

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 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 NOW. **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 24. **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. **NOTE DATE CORRECTION.**

*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. **WAIT LIST ONLY.**

*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.

June's Good News

By Deb Hollingworth

The Bucket List

When my kids were growing up, teenagers, I used to be on their case to clean up their rooms. Pretty much constantly. And they would assure me they were working on it. To which I would reply, "Will it happen in my lifetime?"

I have a "Will it happen in my lifetime? bucket list. First item on that list is changing eligibility rules so that when we turn 65 MassHealth doesn't count our assets. They don't count our assets when we're younger, just when we hit 65.

In Massachusetts if we are low income, or disabled, we can get affordable (subsidized) health insurance, with premiums determined by our income. The lower our income, the lower our monthly premiums. Until we reach 65. Then the eligibility rules change, and our assets count. So if we saved for retirement, or have a life insurance policy with a cash surrender value, or any savings, then we lose our affordable health insurance.

We become eligible for Medicare at 65, but Medicare has monthly premium(s), and if we want to purchase a supplement to our Medicare, then that's another monthly cost.

So as a SHINE counselor, the question I get quite frequently is: why do I lose my subsidized health insurance when I turn 65 and might need it most? And the Good News is: Mass Senior Action Council is working on changing that. Last month I wrote about the income eligibility changes to the Senior Buy-in Program where income and asset limits were raised so that more seniors (an estimated 60,000 of us) will now be eligible to have the Buy-in Program pay our Medicare B monthly premium, and get our Rx co-pays subsidized. We can thank Mass Senior Action Council for lobbying our legislators to get that change. Now they are working at doing away with the asset eligibility limit altogether! This would mean Massachusetts would join eleven other States to offer subsidy for low income seniors 65 and older. **This is Huge.** If you qualified, your co-pay for brand name Rx...like Eliquis...would be \$10. And at the risk of being too optimistic, it looks like this could become a reality in the near future. Mass Senior Action Council could use our help; have our voices join their effort.

You can Google Mass Senior Action Council to learn more and join. There is no membership fee and they are working hard for us and getting results!

Chesterfield COA

Lillian Bisbee, Chair
Bev Henrichsen, Vice Chair
Francine Frenier, Secretary &
Treasurer
Laura Dimmler
Marianne Drake
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
Kristen Estelle,
Newsletter Designer

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

If I die

at home, what should happen? Triad is all about making elders more secure, and while that usually includes avoiding scams and bad financial situations, there are other issues in our lives. For example, a reader asked "What do you do if someone dies at home, maybe at night, maybe unexpectedly, who do you call? What do you have to do? And remember we are in the hilltowns."

Good question, so here is what I learned for three scenarios.

- **For an expected death, if hospice has been caring for the person**, call the hospice nurse who will know what to do. They will be able to pronounce death and facilitate transporting the body.
- **For an expected death, but hospice has not been involved**, call 911. Emergency personnel will know what to do to obtain a legal pronouncement of death that is needed for a death certificate. Survivors should not move the body.
- **For any unexpected death**, call 911.

Two Comments:

⇒ Every person should have a MOLST (MA Medi-

cal Orders for Life Sustaining Treatment) or CC/DNR (Comfort Care / Do Not Resuscitate Order Verification) form on file to handle the question of whether cardiac resuscitation attempts should be made by emergency personnel. Other forms such as Living Wills may be prepared and address other emergency care options. Designation of a Health Care Proxy is also very desirable.

⇒ Even though we are a bit distanced in the hilltowns, we have terrific emergency response teams who know what to do and will do it with respect.

Take care,

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

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!