

Chesterfield Council on Aging

October 2023 Newsletter



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

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

Month at a Glance: October Classes & Events

Mondays:

Tai-Chi 9:30am
Grab and Go 11:30am
Watercolor Class 1pm (*no class 10/9*)

Wednesdays:

Grab and Go 11:30am
Tai Chi 1:30pm
Fiber Friends 7-9pm 4th Wednesday

Fridays:

Smooth Moves 9am
Strength For Life 10am

Tuesdays:

Chair Yoga 10am
Mahjong 1pm



Thursdays:

Brown Bag 11:30am 2nd Thursday of month
Oil Painting Class 1-3pm

Sunday:

Oct. 22nd– Laura Wetzler at 2pm

Fall Foliage Mystery Ride

Wednesday, October 11th



Co-Pilots: Mary Jane Miller and Jan Gibeau
Mystery Lunch Spot* at End of Ride

Looking for drivers and passengers
Interested? Call **413-296-4007** or email
coa@townofchesterfieldma.com

Meet at Community Center at 10am

**Cost of lunch not included*

Laura Wetzler Concert

Sunday October 22nd at 3pm

Chesterfield Community Center
400 Main Road



Refreshments will be served

Sponsored by the Chesterfield COA with funding
from Highland Valley Elder Services

Monthly Tech Support and Classes with Peg Whalen

- Drop in Center 1st and 3rd Wednesday
- Laptop/computer classes 2nd & 4th Thursdays

Drop in center and classes are at the Chesterfield Community Center, 400 Main Rd. Email or call to register before coming to ensure enough available laptops. Tech support, class registration or other questions should go to our new tech support line, **413-296-5080** or email coaTechHelp@gmail.com See page 5 for more details.

Brown Bag Pick Up Time Is Changing

The Food bank, which has been searching for a much needed larger place, has relocated to a new facility in Chicopee, MA. We're pleased that delivery will continue for Chesterfield but unfortunately, there will be an adjustment in the delivery schedule. The new pickup time in Chesterfield will be 11:30 on the usual second Thursday of the month.

Important Notice:

Monthly Blood Pressure Clinic is Back!

1st Thursday 11:30 am



Chesterfield Community Center
Provided by Hilltown Community Health Center

*Friends of the Chesterfield Library & the
Chesterfield Council On Aging present:*



Sunday, October 8th at 2pm

Join the Friends of the Chesterfield Library and the Chesterfield Council on Aging for a special intergenerational screening of *Cycle of Memory*: the new award-winning documentary about two siblings' bicycle adventure to find the memories their grandfather lost to Alzheimer's.

Need Help with Fall Cleanup? Want to Give Kids Credits?



Help coming from
Hampshire Regional High School
Community Service Day

Friday, October 20th, 9am-1pm

Hello Chesterfield! Hampshire Regional High School is having their first community service day on October 20th, from 9am to 1pm. During this day, students from HRHS will be heading out to the community to help out in a variety of ways. One of those ways is to help out seniors with lawn cleanup. If you are interested in having some students come by and help out, please let the COA know (413-296-4007) so they can get you on the list. While we may not be able to get to everyone who requests on that day, we will make sure we get the information out so that students might be able to help on another day."

~ Alexander Seid, Assistant Principal

Open Space and Recreation Plan Update

Work on the Open Space and Recreation Plan (OSRP) continues. In March the student team from the Conway School of Landscape Design submitted a draft of the plan to the planning committee. The plan is a comprehensive one built on the input from the community from the public meetings, the town survey, and from meetings with the OSRP planning committee. The goals of the plan are broad and reflect the vision and wishes of the community. The next steps will be undertaken by the committee to review the text, the goals, and the action plan. Hopefully this work will be completed by early winter when we will be able to present the plan to the community for further input. In addition to our review, we will be working with other stakeholders in the community to gain further input. Stay tuned to this newsletter concerning upcoming dates of public meetings.

~ John Follet, Chair,
Open Space and Recreation Plan Committee

Bisbee Museum makes the National Register of Historical Spaces Designation

How great that the Bisbee Museum is now on the National Register of Historic Places. In looking further into its history, I came upon an article written by Nan Clark, from Chesterfield, and learned that the stories inside the museum go beyond its being a grist mill. The Bisbee's history includes running a grist mill, a sawmill, woodworking, hardware store, and providing blocks of ice for dairy farming. The excerpts below make it clear that the Mill is only one of many faces of the Bisbee family enterprises over time.



The Bisbee Mill Museum; Diversity Supreme
by Nan Clark of Chesterfield, MA

“The Bisbee Mill Museum is to educate the larger public, especially young people, concerning the history of Chesterfield’s Industrial and Agricultural past, through exhibits, demonstrations, pictures, mock-up models and other methods of presentation as the Board of Directors and membership deem appropriate.” The following is my attempt to make the above mouthful more palatable.

Although the history of this interesting building dates back to 1823, I have chosen to write about what I have gleaned from conversations with three living generations of the Bisbee/Brisbois families, now closely involved with the museum. The memories I am about to share are from folks age 35 to 85. Hearing from each of them brings this museum into focus as an important part of the agricultural/industrial history of Chesterfield, Massachusetts. Their stories connect, their memories offer clarity and humor, their hopes inspire. The Time Line, so carefully researched by Kathie Brisbois, establishes an unbroken thread spanning nearly 200 years. I hope my story will entice readers to visit this museum in Chesterfield or on the Internet where you can learn so much more than from this sneak peek I am offering.

Bill Bisbee reconnects with history:

“The museum has gone through several names: Gristmill, Shop and now Museum. The Hardware Store across the road was once referred to as the Storehouse. It was a building in which to store the grain, nails in kegs, roofing shingles and barbed wire. In the 1880’s my grandfather, Horatio Bisbee, was operating a gristmill and a sawmill in

Chesterfield. He was advised to diversify – buy up land and go into farming – because all the trees were being cut off.... Farming would give him something to fall back on, besides operating a sawmill. The clear cutting had left many pastures for the 1000 to 1200 sheep in town.

Farming

Mary Lou and Bill: “Over the years, the farm was a large percentage of the Bisbee Brothers. We grew carrots, beets, lettuce, tomatoes, and cucumbers. During World War II, mother and Mary Lou did a lot of canning, but ours was not actually a self-sufficient farm. Mother bought some groceries at Baker’s Store, such as molasses from the store barrel for our own gallon jug. Saturday nights we usually had baked beans and graham bread for supper with applesauce.

Selling Milk

There were about 20 milking cows, mostly Holstein, in one part of the barn. In another area were the calving pens and also a section for the young heifers. Sometimes we kids would sit on a stone curbing and drink fresh, warm milk out of a quart milk cup. Yum! There were no pigs on the farm then, because we were selling milk. At one time Henry had a goat named Easter. And once he had a little lamb for a couple of years. Bill had chickens, which he kept in Uncle Homer’s barn. The day-old peeps came to the post office and one year Bill had to keep them in the kitchen by the stove to keep them warm.

Harvesting Ice

Russell Bisbee: “Before electricity came to Chesterfield, there was a necessity for ice. Lots of it! Especially to cool milk. Lester LeDuc cut the ice and hired someone to truck it to the different farms. Lester had a little Chevy truck that he would back out on the frozen pond. The ice would be cut in the middle of winter from the millpond. Lester LeDuc cut the ice and hired someone to truck it to the different farms. Lester had a little Chevy truck that he would back out on the frozen pond. He then used a chute with a pulley and tongs to load about six cakes of ice up onto the truck. Lester had made a saw rig to cut halfway down the block of ice that was about 18 inches thick. Then he would use his saw rig on runners and follow that score mark, cutting halfway through. A gasoline engine powered the saw rig. Before that, people used a handsaw that is now in the museum. In fact, all the ice-cutting tools are in the museum. Ice Houses were old, dilapidated buildings where ice blocks were packed tightly and then covered with sawdust. This insulated the ice so that it didn’t melt in the summertime. People had to think ahead about how much ice was needed for the year – not only for cooling the milk

on farms but also for cooling groceries in the homes in Ice Boxes. Ice was an important part of everyday life before electricity came along.”

Kathie talks about cleaning the shop: The beginnings of making a museum: “Cleaning out the old building was dirty, difficult, surprising, exciting, and even sometimes funny. Usually it was we women doing the cleaning, because the men were busy with the heavy lifting and moving of tools, etc. I could remember some of the men who had worked in the building during my childhood and I would start laughing. I could just hear those workmen saying, ‘what are these women doing? Why are they dusting in our workplace? You don’t dust the workplace!’ We were finding stuff that we had no clue what it was. We did have some books in which we could look up some of the equipment and discover what it was and how to use it. It was exciting to get items together. We felt like anthropologists discovering things in our dig. Pieces might be in five different places in the building but, slowly, we found them all.”

There isn’t enough space in this issue to include the richness of Nan’s full story but it can be found on the Small Farmer’s Journal website:

<https://smallfarmersjournal.com/the-bisbee-mill-museum/>

Don’t Miss the Last Open House of the Fall!
Sunday, October 8th, 1-4pm



Happy Birthday in October!

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



Happy Halloween!



“Halloween was confusing. All my life my parents said, “Never take candy from strangers.’ And then they dressed me up and said, ‘Go beg for it.’ I didn’t know what to do! I’d knock on people’s doors and go, ‘Trick or treat...No, thank you.’”

– Rita Rudner

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 _____

Seniors Aware of Fire Education



October is "Fire Safety Month" and this year's theme is "Cooking Safety." Cooking fires are the number one cause of home fires. Here are a few safety tips to consider when cooking:

- **STAND BY YOUR PAN!** Do not leave food, grease or oil cooking on the stove unattended.
- Keep combustible items like pot holders, towels, paper, and plastic away from the burners.
- Do not put anything metal in the microwave.
- If you have a fire in a pan or pot, **PUT A LID ON IT.** If you have a grease fire, put a lid or a cookie sheet over the pot or pan. Do not move a burning pan, cover it. Do not use water to try to extinguish it; water will not put a grease fire out, but will likely spread the fire.
- In the case of a microwave or oven fire, keep the door closed, turn off the appliance, and call the fire department (911).

Have S.A.F.E cooking experiences!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.

The Good News about Triad

By Deb Hollingworth

Last week Hampshire County Deputy David Fenton and his partner John Denuco from Triad came to visit us at our Consortium meeting. Amazing what I had forgotten about all the resources Triad provides for seniors. And good to get a refresher, and to be brought up to date on how their programs are flourishing. Triad is a community policing initiative connecting seniors, law enforcement and services providers to increase safety through education and crime prevention. The District Attorney's office, Sheriff's Department and local police and fire departments all provide liaisons to each local SALT Council and attend their monthly meetings. Councils are able to collaborate on programs and initiatives that help

seniors by working together and sharing resources. The results are pretty amazing. The list includes: house numbering, community shred events, safe entry program/lock boxes, distribution of the File of Life, sand for seniors, Rx take back events, educational programs on scams, fire safety, in-home safety, prescription abuse, ways to obtain your credit report(s) and their medical equipment loan program.

Some details on this last item: If you have medical equipment that you no longer need, or if you need medical equipment, especially things that your health insurance doesn't cover, you should **call Dave Fenton at 413-584-5911**. They pick up and deliver. I'll say that again: they pick up and deliver....at no cost! This amazing program alone has been a life saver for thousands of seniors over the past couple decades.

For more details on any of the programs mentioned, you can get in touch with your senior center. Thanks to Triad for all their hard work on behalf of seniors!

Ongoing Tech Support & Computer Classes Starting with Peg Whalen

We're offering Drop-In Center Tech Support at the Chesterfield Community Center on the first and third Wednesdays of each month. **In October the Drop-In Center is open Wed., 10/4 and 10/18 from 10am to 3pm.** You can just stop in, or, to save a time slot, email coaTechHelp@gmail.com or leave a message at **413-296-5080**. Don't hesitate to stop by, especially if you "know nothing". We continue doing individual tech support for all the towns. Please call or email for assistance so we can decide together on the best way and place to get you the help you want.

Peg Whalen is starting a laptop/computer class on the second and fourth Thursdays each month. Sessions are open to every skill level. Join any time, starting **Thursday 10/12, continuing 10/26, 11/9, 12/7, 12/21**. Email or call to register before coming to ensure enough available laptops. Tech support, class registration or other questions should be made to our new tech support line, **413-296-5080**, or email coaTechHelp@gmail.com.

The Book- Part 2. Assets & Liabilities

By Jean O' Neil and Deb Hollingworth

There, Part 1 wasn't so bad, was it? We always mean to collect that information for emergencies, and now we've done it. And we hope you that you never have to use it!

Next we will tackle making an inventory of Assets and Liabilities.

Start with your **income**. Income is anything the IRS might consider income. This would include a copy of your social security benefit statement, a copy of your pension statement, and any other income generated from annuities or other investments. A drawdown or Required Minimum Distribution from an IRA would count. Perhaps you have rental income, in which case you could include a copy of your tenant's lease, or a note indicating the amount of rent charged. If you are still employed, include a copy of your W-2 or 1099. **IMPORTANCE:** these are all documents you might need for a bank loan, car loan, or to verify income for public benefits like fuel assistance, SNAP, or subsidized health insurance.

Next we can look at **assets**. Include a copy of your deed if you own your home or any other property. Make a copy of the title for your vehicle. Include a copy of savings account statements, CDs, life insurance, investment accounts, and a copy of the most recent bank statement. Other assets might include jewelry, antiques, books, art work, and other collections like tools, or equipment, even your prepaid burial contract. **IMPORTANCE:** If you are surprised at your net worth, you might take another look at your home owner's insurance to see if you have enough to cover replacement value. You might also revisit your will and make sure assets are going where you want them to.

Move on to **liabilities**, meaning what you owe. Please take a deep breath, this is a long list. Include any outstanding loans, mortgages, car loans, student loans, or equity lines of credit. NOTE: don't forget to include mortgages or loans where you are a co-signer for someone else. Add on the ongoing household overhead bills: utilities like phone and cable, electric, water/sewer, oil or propane, snow removal and mowing. If you have recurring bills like for a credit card or medical payment plan, include the latest statement. Show health insurance like your Medicare supplement, or Rx insurance plan. Other insurance documentation may include home owners or rental insurance, life insurance, and long-term care insurance. Include taxes, both property and potential income tax responsibilities. You might include a copy of your most recent IRS and state return in this section. You may want to list recurring donations. **IMPORTANCE:** Having a copy or sample of your bills can be a tremendous help for anyone who might have to take care of things for you in the event you are incapacitated.

OK, you've done it! You've made a profit and loss statement of your personal business. If you update this information annually or whenever things change, you will always be able to put your hands on what you need, e.g., the title to your car, last quarter's water/sewer bill, or last year's home owner's insurance.

There can be a pay off for becoming more organized! A case in point... when Deb received her home owner's insurance bill this year, she compared it with last year. This resulted in a call to her agent and subsequent reduction of several hundred dollars! And then there was the accountant who billed her twice for doing her income tax return.....and so it goes. And does anyone still do a budget? Does anyone still think that is a useful document? You need all the above information to do a budget.

But wait, what do I do with these things?

Good question. Everyone thinks differently, and approaches problems from a different background. Deb and Jean have tackled their versions of The Book in two different ways.

Jean works with file folders (labeled, dontcha know) and finds them easy to use and store. The downsides? One really needs to do the labels in a clear and consistent manner for this to work. In an emergency, like a fire, it would not be possible to gather all the folders that are needed. She also uses computer files for many papers and her instructions to her durable power of attorney and executor describe where to find the relevant files. She has also started taking a photo of documents and filing them.

Deb has a 3-ring binder, a big one, with plastic sheets that hold the papers. She adds sheets as she adds information. The Goshen COA has started a similar project for Goshen seniors with their Critical Information Binders. This is a practical way to gather up important documents, and in a portable format.

Other options include putting papers in labeled magazine boxes or plastic storage boxes that you can buy at an office supply store. In the end, use whatever works for you.

What you don't want to do is store all this information in a safety deposit box, UNLESS you have another person who is authorized to open the box in your absence. Otherwise, the bank will have to drill the lock out and will charge you. There will also be a delay in getting the documents out.

In the next chapter we'll tackle "Personal Documents", in case you want to get a jump on finding your Medicare card and other insurance documents, your Health Care Proxy, birth certificate, passport, etc. Wouldn't it be nice to have those handy in one place?



On the Road Again... 2023 and 2024 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 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 \$259 payment to First Choice **NOW**. Mail to the address above. A few seats remain.*

~~COMING IN 2024~~

*Multi Day Trip May 29– June 6, 2024.
Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Check your expiration date.
Cost \$1,644 per person dbl. occupancy, \$25 discount if paid in full by **February 20th**.*

This 9 day trip includes: 8 nights lodging including 5 nights in Canada, two night stay in Maine. 15 meals including: 8 breakfasts, 6 dinners, 1 lunch. Guided Tour of Acadia National Park, Halifax, Peggy's Cove & Prince Edward Island

~If you have called in the past and are on the list for this trip, please call or email Francine again to confirm you are still interested.~

~~Since Lake George and Lake Sunapee were so popular and sold out in 2023, I will run these two trips in 2024.~~

Looking for day trip ideas for 2024. Please email Francine at address above.

“
AND ALL AT ONCE,
SUMMER COLLAPSED
INTO FALL.
-OSCAR WILDE ”

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!

Your State Representatives

State Senator Paul Mark

Email: 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 Sadosa

Email: Lindsay.Sadosa@mahouse.gov

Phone: 413-270-1166.

Mail: 76 Gothic Street
Northampton, MA 01060



Last week, we took a moment to celebrate the fact that funding for the Newsletter for the upcoming year has been secured! Thanks in no small part to the efforts of **Paul Mark and Lindsay Sadosa** who persevered in their advocacy on our behalf to get funds earmarked in this year's budget and then took time to visit with us to celebrate.

Thank you, thank you, thank you!

*Thank
You!*

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

PRSR STD
US POSTAGE
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PERMIT 183
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Kristen Estelle,
Newsletter Designer

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

Fundraiser Craft Fair

Sunday, October 22nd, 10am-3pm

40 Main St., Goshen
Behind the Goshen Town Offices



Please join us for a fall fundraiser craft / vendor fair to raise money for the Chesterfield-Goshen Children's Fund and support some amazing local vendors and crafters! This will be an outdoor event behind the Goshen town offices building.

For more information, please contact
Amy Wickland at amyw55@hotmail.com or
413-231-3682 (text preferred).

What makes a community
healthy & strong?

Your voice.

When you take the MA
Community Health Equity
Survey, you're sharing valuable
experience that can help build
a healthier community.
The survey is available in
11 languages, easy to take,
and anonymous.



Take the survey now at
[Mass.gov/Healthsurvey](https://www.mass.gov/Healthsurvey)



This survey is part of the Community Health Equity Initiative of the
Massachusetts Department of Public Health.



Scan to take survey