

Chesterfield Council on Aging

April 2018 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>
2 Consortium 9:30am Advanced Tai Chi 9:30-11am Ball Workout 1-2pm Feldenkrais 7:00pm	3 Chair Yoga 10-11am Outreach Comm. 11am	4 Coffee & Chat 9-11am Mah-Jongg 1-4pm	5 Men's Breakfast 9am Knitting/ Crochet Group 10am Beginner Tai Chi 6:30-7:30pm	6 Smith Voc. Spa Day 9am, 10am <i>Call 413-296-4007 to make an appt.</i>
9 Advanced Tai Chi 9:30-11am Ball Workout 1-2pm Feldenkrais 7:00pm	10 Chair Yoga 10-11am	11 Coffee & Chat 9-11am Blood Pressure Clinic 10am Mah-Jongg 1-4pm	12 Brown Bag 10am Beginner Tai Chi 6:30-7:30pm	13 Smith Voc. Spa Day 9am, 10am <i>Call 413-296-4007 to make an appt.</i> Consortium Board Development 9:30am
16 COA Board 10am Advanced Tai Chi 9:30-11am Ball Workout 1-2pm Feldenkrais 7:00pm	17 Chair Yoga 10-11am "Cruisin' Thru the Fifties" trip	18 Coffee & Chat 9-11am Mah-Jongg 1-4pm	19 Beginner Tai Chi 6:30-7:30pm	<div style="border: 1px dashed black; padding: 5px;"> 20 Sun. 4/15 2pm Living Rural; Building Green </div> New Hingham Breakfast & Lunch 8:20am, 12 & 12:30
23 Advanced Tai Chi 9:30-11am Sugar Shack 10:30am Ball Workout 1-2pm Feldenkrais 7:00pm	24 Chair Yoga 10-11am	25 Coffee & Chat 9-11am Mah-Jongg 1-4pm	26 Beginner Tai Chi 6:30-7:30pm	27
30 Advanced Tai Chi 9:30-11am Ball Workout 1-2pm Feldenkrais 7:00pm	<div style="border: 1px solid black; padding: 5px;"> Jan Gibeau, Director. Office hours: Tues. 11-2, Wed. 8-11, Thurs. 10-12. Lorrie Childs, Data & Accounting Manager. Bev Henrichsen, Publicity Assistant. </div>			

April Highlights

Chesterfield Senior Housing Committee presents:

Kent Hicks
LIVING RURAL; BUILDING GREEN

Sunday, April 15th at 2pm
Chesterfield Community Center

Come hear about options in constructing environmentally- friendly new housing and/or remodeling your home as you face decisions about aging in your own community. See more info on page 6.

Spa Days at Smith Vocational

Just a reminder that students in the Cosmetology program are offering the following: Shampoo, cut & style \$5.00; Manicure \$4.00; Pedicure \$8.00; Basic Facial \$8.00.



Spa Days will be on the following Fridays: **April 6th (new date!), Apr. 13 and May 18**, in Room 124 of Building A at the school. To enable the students to prepare for the specific services, please call 413-296-4007 to make an appointment. Call early because there are only 10 slots per day. Each appointment takes about an hour and are scheduled for 9 am and 10 am. Following the Spa Day, enjoy lunch at the Oliver Smith Restaurant!

Exercise Classes in Chesterfield

Keep Your Ball Rolling: Stability Ball Workout. Mondays 1-2pm through April 16th. Join certified personal trainer, Angel Williams, as she leads this workout. Although it is lightweight, a stability ball can provide a strength-training workout that also emphasizes balance. Come to some or all 10 classes! *Angel has been a person trainer for over 10 years, working with all age groups and abilities.*

T'ai Chi classes: Advanced T'ai Chi with master T'ai Chi instructor Marty Phinney continues Mondays, 9:30-11am. Beginner T'ai Chi classes are also ongoing from 6:30-7:30pm. Drop-ins and new beginners welcome. T'ai Chi is a wonderful activity known to increase balance, centeredness within oneself, and an enhanced rela-

tionship with the natural world.

Chair Yoga with Sarah Prince continues Tuesdays, 10-11am. Drop-ins welcome from all Hilltown seniors.

Feldenkrais to create flexibility, strength and balance, with trained instructor Michele Morales-Wolk: Monday evenings, open to all ages, each class stands on its own.

Chesterfield classes of Stability Ball Workout, T'ai Chi (beginning and advanced), Chair Yoga, and Feldenkrais are funded in part from a grant from Highland Valley Elder Services to the Chesterfield COA to support weekly fitness activities for seniors in our town and the surrounding hilltowns. Grant funds cover only a portion of instructors' fees for these year-round classes; your donations are crucial to make up the balance of instructors' compensation.

Chesterfield Congregational Church Events

Sun. April 1st, Easter Sunday.

Sunrise service at 6:15am,
regular service at 10:30am.

Sun. April 8th, 8:30-10am Breakfast.



Getting Hooked on Needles

Beginning in April, the knitting class is expanding to include crocheting or other types of needlework. Whether you're a beginner or have been doing it for awhile, you're invited to come join Judy Press, an experienced teacher, **on the first Thursday of the month at 10:00am.** It's a good way to learn, share and hang out with friends.



Join

New Hingham Elementary School For Breakfast or Lunch



When? Every 3rd Friday of the month.

- Breakfast starts at 8:20am
- 1st Lunch 12-12:30pm
- 2nd Lunch 12:30-1:00pm

Where? New Hingham Regional Elementary School Cafeteria

How? Reservations are due the Friday before the scheduled Breakfast/Lunch. Please call Rachel at 296-0000 to make your reservation!

Cost? Breakfast- \$2.00, Lunch- \$3.50 OR bring your own lunch.**

**Please remember that New Hingham Regional Elementary School is a Peanut Safe School.

Happy Birthday in April!



Richard Purrington, Nancy Huckins,
Richard Liimatainen, Janice Gibeau,
Claudia Barnas, Larry Cervelli,
Kester Warlow-Harry, Cheryl Nugent,
Daniel Benedisuk, Winston Bancroft,
Kenneth Sicard, Robert Palmer, Nancy Rich,
James Brisbois, Darlene Russo, Douglas Reed,
Merrill Wheeler, Carol Rhine, Joseph Desmarais,
Barbara Laroche, James Montgomery,
Jean Marra, Sharon Ryder, George Still,
Anne Wiktor, Edwin Matuszewicz, Peter Furnari,
Ann Pickrell, Thomas Janik, Michael Laroche,
Diane Lamontagne, Lawrence Holmberg,
Theresa Scott

On the Go!

The Chesterfield COA and the Huntington COA have arranged the following outings, and you are welcome to join!

April 20: Tour of Polish Center and lunch at Munich House in Springfield. If Chesterfield reserves 6 seats, bus will be at the Comm. Ctr at 10:30. If not, the bus will leave the Elks Lodge in Florence at 11am. Back by 5:30pm. Cost for tour \$36 pp; Chesterfield Residents: \$18 pp. Lunch prix fixe: \$18. For reservations, call Jan Gibeau at 296-4007.

May 2: 2018 Red Sox at Fenway. Huntington COA. 3rd Base Grandstand seats. Leaves St John's Lutheran Church in Westfield at 10am, back by 6pm. \$99 pp. Call Helen 413-512-5200 or Jen 413-512-5295.

Home Modification: How to Get It Done (from the Fall Prevention Center of Excellence)

The research is clear. People want to live independently in their own homes as they age. Making simple changes (home modifications) can help. So why don't more people make these changes? Consider these common myths... and the realities.

Myth: Home is the safest place to be.

REALITY: Homes can contain many safety hazards that, if not addressed, could cause a fall.

Myth: Making my home safer will cost too much.

REALITY: Many changes are inexpensive and easy, such as changing lighting and removing rugs.

Myth: Home modifications will make my home look like a hospital.

REALITY: There are many products designed to blend in with your home's style and decor.

Myth: Renters are not allowed to make changes to their homes.

REALITY: Under the Fair Housing Amendments Act, landlords must allow reasonable home modifications requests.

If you need to hire someone to make the changes, consider taking these steps:

Get recommendations from friends who have made changes. Hire a licensed and bonded contractor/remodeler. Be specific about work to be done in advance. Ask for a written agreement with a small down payment. Make the final payment only after the project is completed. Check the local Better Business Bureau for a specific provider's reliability and performance record.

Senior Profile: Kent Hicks

Kent Hicks was born in 1959 in the Oklahoma Panhandle. His favorite childhood memory is working on their 1000-acre farm where his family raised wheat and cattle. After his high school graduation, Kent wanted to see something different than the wide-open plains he grew up on. He decided to move east to continue his education. "There are trees out here," he said. For several years, Hicks studied with a master furniture builder. From there he went on to build his own furniture and cabinets, eventually opening his own shop in Easthampton. One thing led to another and he started building homes, renovating old buildings, followed by another specialty: historic restorations. "We've restored a number of 18th and 19th century homes" he says.

About 25 years ago, Kent, owner of Kent Hicks Construction Company, became interested in building energy efficient, Green buildings. "We go in and upgrade all of the insulation at once or, sometimes, we do a phased approach. If the homeowner is getting ready to redo the roof, we'll do a super insulation and seal it before the roofing goes on. Maybe add solar panels. That way there aren't utility bills, which means it doesn't take much to heat or cool the building, which is where most of the consumption is."

Kent and his wife Lynn live in Chesterfield in the Old Healy Mill on the banks of the Westfield River. "We did what's called a deep energy retrofit on the building. We have also kept the business there

and have a small living space." When not building, you may find Kent teaching Tracking, not of animals, but of missing persons. He used to teach law enforcement exclusively, but since he's retired, he and his friends at Walnut Hill Nature and Tracking run a course or two out of the Healy Mill location for anyone interested in learning.

His ideal day would be doing a little work in the morning, then spending the afternoon in the Westfield River swimming with his wife or fly fishing. Are they proficient in fly fishing? "No, we just started, but we have fun."

His favorite book is, "On Walden Pond," by Henry David Thoreau, which he read years ago but often goes back to. He'd like to travel to Italy, not so much for the sightseeing, but to experience a different culture.

Kent is a member of the Chesterfield COA Senior Housing Committee. Join us for his public presentation on "Living Rural; Building Green", Sunday, April 15th, at the Chesterfield Community Center at 2pm. The public is invited!



Thank You for Your Donations! Thank you for supporting our Council on Aging programs when you attend fitness, Mah Jongg, Men's Breakfast, Coffee & Chat, basket and gourd classes, and COA monthly events! We greatly appreciate your donations, which make it possible for us to continue offering a wide array of activities and to create new events and programs that respond to your needs and interests. We also offer our continuing gratitude to Chesterfield residents who have given so generously to the Senior Housing Fund. Please use the form below to make a donation to the Chesterfield COA or Chesterfield Senior Housing Fund!
~ Jan Gibeau

The Chesterfield Council on Aging and the Chesterfield Senior Housing Initiative benefit from your support for our programs and to create in-town housing for Chesterfield seniors!

I would like to contribute to the Chesterfield COA _____ Chesterfield Senior Housing Fund _____

(Please make out your check to "Town of Chesterfield" and designate "Senior Housing Fund" or "COA programs" on the check; mail to Janice Gibeau, Director, Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)

Name _____ Telephone _____

Address _____

Email _____

Thank you for helping support Chesterfield seniors!

Regional News

Hilltown Easy Ride Regular Schedule:

Monday – medical rides prioritized

Tuesday – Big Y in Northampton
(we still do medical rides whenever possible on this day)

Wednesday – medical rides prioritized

Thursday – shopping in Pittsfield
(we still do medical rides whenever possible on this day)

Friday – best day to schedule group social outings (we still do medical rides whenever possible on this day)

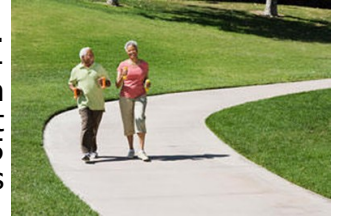
You must be 60+ to be eligible for the van and fill out a Demand Respond Application with FRTA. We would gladly help you with that process, or you may go on the FRTA website and download an application. It takes about a week to process, and once you get the acceptance letter you can start booking rides.

We are happy to answer questions:
413-296-4536 or ride@hilltowncdc.org.

Strength in Numbers: Preventing Falls Among Older Adults

Thurs. April 5th, 1-2pm
Westhampton Congregational Church
1 Tobbs Hill Rd., Westhampton

Unintentional falls are a threat to the lives, independence and health of adults ages 65 and older. Every 18 seconds, an older adult is treated in an emergency department for a fall, and every 35 minutes someone dies as a result of their injuries.



Although one in three older adults fall each year in the United States, falls are not an inevitable part of aging. Falls are often preventable through increasing activity and exercise, balance training, education, and home safety assessment. These proven strategies can reduce falls and help older adults live longer and more independently. Cooley Dickinson VNA & Hospice, in cooperation with the Westhampton COA, invite you to participate in a special "Falls Prevention" presentation. John Yount, PT, Falls Prevention Coordinator from Cooley Dickinson VNA & Hospice will present the program.

Would you like to receive your newsletter by email instead of snail mail?

If so, please email Kristen at regionalcoanews@gmail.com to be put on the email list.

You Aren't Just a Number!

You are a valued individual. However, your Social Security number is pretty important in your life! It's really not good to carry your SS card with you because if someone gets ahold of it, they are on the way to stealing your identity. A crook will know that the first three digits tell where and when the card / number was issued and they may be able to get these if they know your birthdate and hometown. The two digits in the middle are a book-keeping identifier. The last four digits are unique and what the crook really needs.

So, I say: "Don't carry your card!" And you say: "But I don't know my number! What if I need it?"

Here's some suggestions:

- Write down the number, accurately, for heaven's sake, on two or three pieces of paper and carry them in different places in your wallet.
- Even better, write them in a different order, e.g., backwards. Recording them backwards will help disguise the last four. Say your number is 567 – 50 – 1234. Write it down as 432105 in one place, and 765 in another.
- Even better than that: learn your last four and don't write them down.
- And you guessed it, the best idea is to learn the entire number so you don't carry it in any way, shape, or form.

If you have any better suggestions, send them and I'll consider giving you a prize.

Numerically speaking,
Jean O'Neil, TRIAD Committee Member
413-268-2228, jeanoneilmass@gmail.com

Chesterfield's Outreach Team is active and growing

By Peg Whalen
Regional Outreach Coordinator for the
Northern Hilltowns Consortium of COAs

In 2018, the Chesterfield Council on Aging is reaching out to over 382 older adults turning 60 or better in 2018. Chesterfield's outreach is multi-faceted and growing rapidly.

- COA board members have continued doing outreach individually.
- Traditional activities continue and are combined with informational phone contacts and concrete assistance through home visits and food deliveries.
- Intergenerational COA activities are a common feature of Chesterfield events including square dances, breakfast/lunch at New Hingham Elementary School, among others.

The Chesterfield COA board created an Outreach Team. The team meets monthly to identify older adults known to be isolated or potentially isolated and those with specific needs. Chesterfield's Outreach Team is a diverse group of town residents. The team includes four COA board members, the UCC minister, a church deacon, and the HEN (Hilltown Elder Network) Coordinator for Chesterfield, Helen Pelletier. The team also plans to have others join them including Fire, Police, Emergency Management, and Library.

Chesterfield's Outreach Team is creating a network of volunteers to assist older adults in need. Their goal is to have neighbors giving rides, doing tasks and providing supports needed by the town's older adults.

Rides by volunteer drivers take older adults not only to medical visits, but also grocery shopping, entertainment, errands, banking and haircuts. Tasks could include short-term help following illness or rehabilitation, regular or periodic cooking, regular phone calls, or help getting information. Support may include regular social visits, sharing a common interest, playing cards or games, or simply keeping someone company so their caregiver gets a break.

Did you know?

Your COA has a list of volunteer opportunities and needs.

If you have some time, please speak with your COA to find out how you can help!



Expert Builder Kent Hicks to present: Going Green and Aging in Place in Chesterfield



**Sunday, April 15th at 2pm
Chesterfield Community Center
400 Main Rd.**

The ability and desire to remain in our home and our community long-term can often become a major dilemma in life. When making the decision about whether we or our extended families can personally manage health and finances, important questions are faced:

- * Can we physically stay in our homes?
- * Can we afford to either retrofit our existing home or build a new house that allows us to "age in place?"
- * Should we move into senior housing?

Rural life presents challenges to creating homes that are energy efficient and environmentally friendly. Zoning laws vary and septic requirements are different than those in urban areas. The upfront higher construction costs to build or renovate a green, efficient home can seem hard to balance with the future benefit of not having to face the usual, higher utility costs in retirement. Out of a sense of responsibility and respect for our beautiful community, more community members want to create homes that contribute to the sustainability of the environment.

The Chesterfield Council on Aging Senior Housing Committee has been discussing these same questions as we look to progress towards a more integrated, age-friendly community. Our wish is to provide a range of options for people of all ages who are hoping to stay in their home town.

Kent Hicks, a member of the Building Committee and owner of Kent Hicks Construction Co., has generously volunteered to present a program that will shed light on the most common questions about "going green," and also describe new approaches in dealing with rural housing, living in a healthy home and building small. A Chesterfield resident and expert in the construction of energy efficient homes, Kent is more than familiar with the nuances of living in our unique Hilltowns.

Please join us for Kent's presentation on April 15th at 2pm at the Chesterfield Community Center, 400 Main St, Chesterfield Ma. It is certain to be an informational and interesting approach to "aging in place" in our homes in the hilltowns.

On the Go!

The Northampton Senior Center has arranged the following outings, and you are welcome to join!



Please make your reservations early as these trips fill up fast! **Call Francine Frenier at the Northampton Senior Center: 413-587-1228.**

April 20– Friday: Polish Center of Discovery & Learning, a unique museum filled with 10 rooms of Polish history, emigration and culture. Located in Chicopee. Enjoy a German-fare lunch on your own at the Munich House prior to the museum stop. Sign up early, seats are limited. Cost is \$36.

June 21–Thursday: The Gilded Age of the Berkshires. Tour Ventfort Hall and The Mount. Buffet lunch on terrace at The Mount. Cost is \$112. There is a \$10 discount if paid in full by May 7.

June 26-28: Three Day Tour to Lancaster, PA. Two shows, *Jesus* at Sight & Sound Theater (reserved orchestra seats) and *The Wizard of Oz* at Dutch Apple Dinner Theater. 2 nights at the Best Western Hotel, 2 full breakfasts at the hotel, family style dinner at an actual Amish home. Price includes baggage handling, tax and driver gratuities. \$434 with double occupancy. **Pay in installments (balance due May 18th) or pay in full by April 5th and receive a \$25 discount.** \$50 Deposit. Trip insurance available.

July 10 – Tuesday: Tour of Mark Twain Home and Wickham Gardens. Lunch at Promenade Shops on your own. Cost is \$74. There is a \$10 discount if paid in full by June 1.

July 24 – Tuesday: Best of Boston. Duck Boat Tour, lunch on your own at Quincy Market and New England Aquarium. Cost is \$109. There is a \$10 discount if paid in full by June 12.

August 7 –Tuesday: Tour of Fenway Park and Lunch at Cheers. Enjoy some free time in Boston. Cost is \$123. There is a \$10 discount if paid in full by July 1.

Sept. 7-11: Washington D.C., 5 days, via bus, \$540 with double occupancy. Full day at the Smithsonian. Pay in installments or pay in full by June 1 and receive a \$25 discount. \$100 Deposit. Trip insurance available.

Oct. 21– Sunday: Halloween in Salem. Enjoy

the Salem Street festivities and a tour of the House of Seven Gables. Lunch is on your own in downtown Salem. Cost is \$82. There is a \$10 discount if paid in full by September 7.

Strengthening Networks of Existing Community Supports

Is your town safe? Affordable? Walkable? Healthy? Inclusive? Does it meet your needs? Is it a great place to grow up and grow old? In short, is it “age-friendly?” In 2015, the Northern Hilltowns Consortium of COAs received a Service Incentive Grant from the state’s Executive Office of Elder Affairs. With these funds, the Consortium has been part of strengthening coordinated networks of community-based supports. Across the hilltowns, there are long-time community systems that support older adults. These supports include fire, police, and others.

On February 28th, Peg Whalen, the Consortium’s Regional Outreach Coordinator, sat down with Bernie Forgea, Cummington Fire Chief; Mike Perkins, Cummington Police Chief; and fire chiefs from 10 other hilltowns to discuss mutual concerns. Together the group talked about ways the COAs can work more closely with town departments. Fire chiefs expressed strong interest in having their COAs help engage residents about many issues:

- Goshen fire chief, Sue Labrie, commented about the usefulness of COAs accounting for and access to information about many older adult residents. For example, COAs are better able to know which older adults are living alone and where.
- Chesterfield fire chief, David Hewes, shared his department’s concern about the under use of emergency alert systems among adults, especially those living alone.
- Several participants cited instances in which their departments have been called to check on a resident. They reported often finding people who had fallen, were unable to get up and laid for *as long as 24 to 48 hours* before help arrived.
- Whalen shared information about the grant, purpose of COAs and their goal of developing supportive, age-friendly communities.

Fire chiefs agreed that working together on these important issues was helpful. Watch for more updates on ways COAs are working with other town departments. Coordination can make your town a more age-friendly community for residents!

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

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Newsletter Editor:
Bev Henrichsen

Newsletter Designer:
Kristen Estelle

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

Out and About in April

Fri. April 6th @ 6pm, April 7th @6pm, April 8th @ 2pm
Tales of the 1000 Nights

*Worthington Town Hall, 160 Huntington Rd.
Worthington, MA*

Directed and adapted by Maureen Shea, Musical Direction by Meg Breyman and presented by Hilltown Playing, it's a tale where Scheherazade weaves stories to save her head, and to heal the King's heart. Seating is limited. Tickets are available at the Corners Grocery Store in Worthington, The Old Creamery in Cumington, or by calling 413-386-7576. *Sponsored by the Worthington Rec. Committee and a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA. Supported in part by a grant from the local cultural councils of Chesterfield, Cumington, Plainfield and Worthington, who are supported by the Mass. Cultural Council, a state agency.*

Fri. April 6th & 13th, 9am & 10am
Spa Day at Smith Vocational
80 Locust St. Northampton, MA

Students in the Cosmetology program are offering the following: Shampoo, cut & style \$5.00; Manicure \$4.00; Pedicure \$8.00; Basic Facial \$8.00. Please call 413-296-4007 to make an appointment. There are only 10 spots per day, so reserve early. Each appointment takes about an hour and are scheduled for 9 am and 10 am in Room 124 of Building A at the school. Following the Spa Day,



enjoy lunch at the Oliver Smith Restaurant!

Sun. April 22nd, 2pm
Old Country Road

*Goshen Town Hall, 42 Main St.
Goshen, MA*

Old Country Road is dedicated to keeping the sound of "true" or vintage country music alive, featuring songs from the 1950s and 60s. FREE and open to the public! All ages welcome! Refreshments provided by the Goshen COA. *Sponsored by: the Goshen COA, the Goshen Cultural Council and the Mass Cultural Council.*



Sat. April 28th, 9am-3pm
Clothing Exchange

*Goshen Congregational Church, 45 Main St.
Goshen, MA*

Get a new spring wardrobe for your family without spending a cent and clean out your closet at the same time! Please drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Thurs. 4/26 5-9pm and Fri. 4/27 9-3, then come back to shop on Sat. the 28th from 9am-3pm! Please no swimwear, socks or undergarments. If you need an alternate drop-off time, please call the church: 268-7427. All are invited to participate whether you donate clothes or not. Leftover clothing will be donated to local charities unless otherwise specified.