

Chesterfield Council on Aging

December 2018 Newsletter



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

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

December Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3 Northern Hilltowns COAs Consortium 9:30am Advanced Tai Chi 9:30-11am Feldenkrais 7:00pm	4 Chair Yoga 10-11am Ho Ho Hoedown: Jimmy Mazz 10:30am New Hingham Concert 6:30pm	5 Coffee & Chat 9-11am Mah-Jongg 1-4pm	6 Holiday Bfast for men and women 10am Knitting Class 10am Beginner T'ai Chi 6:30-7:30pm	7 CFCE New Hingham Community Bfast 8:30am And lunch 12pm, 12:30pm
10 Advanced Tai Chi 9:30-11am Veterans Agent 11:30-1:30 Feldenkrais 7:00pm	11 Chair Yoga 10-11am	12 Coffee & Chat 9-11am Blood Pressure Clinic 10am Mah-Jongg 1-4pm	13 Brown Bag 10am Beginner T'ai Chi 6:30-7:30pm	14 CFCE
17 Advanced Tai Chi 9:30-11am COA Board 10am Feldenkrais 7:00pm	18 Chair Yoga 10-11am	19 Coffee & Chat 9-11am Mah-Jongg 1-4pm	20 New Hingham Holiday Bazaar Beginner T'ai Chi 6:30-7:30pm	21 Smith Voc Spa Day 9am and 10am <i>Call 413-587-1414 x3531 to make an appt.</i>
24 Christmas Eve	25 MERRY CHRISTMAS!	26 Coffee & Chat 9-11am	27 Beginner T'ai Chi 6:30-7:30pm	28
31 New Year's Eve	<p>Jan Gibeau, Director. Office hours: Tues. 11-2, Wed. 8-11, Thurs. 10-12. Lorrie Childs, Data & Accounting Manager. Bev Henrichsen, Publicity Assistant.</p> <p>Winter Weather Reminder: As we move into the wintry months, please note that the Chesterfield Community Center will be closed to all functions if the Hampshire Regional School District is closed due to inclement weather. Check Channel 22 or 40 (TV), WHMP (radio) or cancellations.com (web).</p>			

Happy Birthday in December!



Peter Scully, Sarah Donley, Nancy Papillon,
Mary Guilmette, Joseph Gazillo,
Stephen Liimatainen, Judith Lyons,
Donna Safford, Richard Blais, Justin West,
Sharon Imig, Deborah Curtis, Arthur Smith,
Kathy O'Neill, Kathleen Brisbois, Michael Kuzmeski,
Allan Lamere, Mary Bancroft, Luther Curtis,
Kirke Henshaw, Gail Judd, Marjorie Jasmin,
Marguerite Hewes, Bonnie Borst, Patricia Roberts,
Geraldine Rogers, Mary Leake, Judith Lyon,
William Coleman, Marilyn Davidson,
Norman Hathaway, Gaylon Donovan

Chesterfield Congregational Church News

Breakfast at the church is Sunday Dec. 9,
8:30-10:00am.

Christmas Eve Candlelight services are on Dec. 24
at 4:00pm and 9:00pm. The early service is short
and suitable for families with young children.

December Community Lunch at New Hingham Regional Elementary School

The Community Breakfast/Lunch
typically is on the 2nd Friday of
every month. In December, it
will be on Dec 7th as the other
Fridays are half days.



Please Join Us For Breakfast or Lunch!

Breakfast starts at 8:30am
1st Lunch Students K-3 12-12:30pm
2nd Lunch Students 4-6 12:30-1:00pm

Where? New Hingham Elementary School Cafe-
teria

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 Hing-
ham is nut-free.

Dec 4th- New Hingham Chorus Concert 6:30pm, Rehearsal at 2pm

All generations welcome!

Dec 20th- New Hingham Holiday Bazaar (Item donations are being accepted now until Dec 19th)

Good News: Spa Day for the Holiday!

Smith Vocational and Agricultural High School
Cosmetology Department is pleased to collaborate
again with the Chesterfield Council on Aging by
offering a "spa day" once a month to all seniors.
All work is done by students and is supervised by
licensed instructors. Students in the Cosmetology
program are offering the following: Haircuts
\$5.00; Manicure \$4.00; Pedicure \$8.00; Facial
\$8.00. Please call 413-587-1414 x3531 to make
an appointment. Each appointment takes about
an hour and are scheduled for 9am and 10am in
Room 124 of Building A at the school. Upcoming
additional spa days: Jan. 25th, March 1st, April
12th and May 17th.

New Hingham Elementary School: Lifelong Learning for all generations

Veterans Day Breakfast and School assembly



Several generations of veterans, their families and
friends joined the students, their principal, Jesse
McMillan, teachers and staff to celebrate and
acknowledge the courage and contributions made
by the men and women who have served in the
Armed services. The students also displayed their
achievements in completing the Veteran Care
Package Drive. New Hingham students and staff
brought in 1,510 items for Troops overseas and
their families left at home. It was a school-wide
competition and 3rd grade won. They brought in
a total of 524 items!

New drawing class begins January 4th 2019

Alexandra (Boo) Cherau, a well known and highly
regarded artist from Chesterfield, will be teaching
a six week class on Thursdays from 10-12 at the

Chesterfield Community Center on 400 Main Road in Chesterfield.

The class is currently full but if you would like to hold a place, call the COA at 296-4007 and your request will be passed on to Boo. There may be room to expand the class.

The materials you will need include sketch pads, drawing pencils, and artist quality eraser.

December Gallery Show

For November and December, our upcoming exhibit in the COA Art Gallery is work done by Karie Neal's first grade art class at New Hingham School. Coordinating the art project with the student's science study, the first graders have been drawing sunflowers. We thank Karie for contributing to our gallery for the second time. I know the children's art will cheer us up through the cold and dark of the upcoming months.

Thought for the day: It's nice to be important, but it's more important to be nice.



The Pomeroy's and Lillian Bisbee cooking for men's breakfast.

Humor

How many dogs does it take to change a lightbulb?

Golden Retriever: The sun is shining, the day is young, we've got our whole lives ahead of us and you're inside worrying about a stupid burned out lightbulb?

Border Collie: Just one. And then I'll replace any wiring that's not up to code.

Dachshund: You know I can't reach that stupid lamp!

Rottweiler: Make me.

Boxer: Who cares? I can still play with my squeaky toys in the dark.

Lab: Oh, me, me!!!!!! Pleeeeeeeeze let me change the

light bulb! Can I? Can I? Huh? Huh? Can I? Pleeeeeeeeze, please, please, please!

German Shepard: I'll change it as soon as I've led these people from the dark, check to make sure I haven't missed any and make just one more perimeter patrol to see that no one has tried to take advantage of the situation.

Jack Russell Terrier: I'll just pop it in while I'm bouncing off the walls and furniture.

Old English Sheep Dog: Light bulb? I'm sorry, but I don't see a light bulb.

Cocker Spaniel: Why change it? I can still pee on the carpet in the dark.

Pointer: I see it, there it is, right there....

Greyhound: It isn't moving. Who cares?

Australian Shephard: First, I'll put all the light bulbs in a little circle....

Poodle: I'll just blow in the Border Collie's ear and he'll do it. By the time he finishes rewiring the house, my nails will be dry.

The Cat's Answer: Dogs don't change light bulbs. So, the real question is: How long will it be before I can expect some light, some dinner, and a massage?

Worried about memory changes?

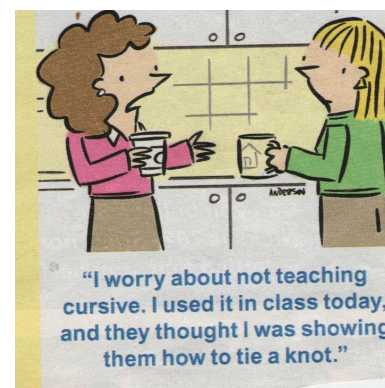
It's not uncommon to start to worry about lapses in memory as one grows older, but there are some general themes that provide a thumbnail sketch of how to assess the changes. For more information, visit the website for the Alzheimers Association: ALZ.org

Signs of Alzheimer's and Dementia

- Poor judgment and decision-making
- Inability to manage a budget
- Losing track of the date or the season
- Difficulty having a conversation
- Misplacing things and being unable to retrace steps to find them

Typical Age-Related Changes

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering it later
- Sometimes forgetting which word to use
- Losing things from time to time



Profile: Sue Labrie

I caught up with Sue Labrie in Boston where she had taken her youngest daughter, Hannah, to tour Simmons College.

Sue is in her 8th year as Chesterfield's Town Administrator. She does everything from general administration of the Town to personnel, from procurement to building management. She explained that if you think of every aspect of a business office, it's all rolled into her job. She is the Select Board liaison to many of the Boards and Committees in Town and helps coordinate their needs. For example, the highway department needs a generator, she discusses this with the Select Board, and they agree that it is a necessity. Sue then prepares a warrant article to fund the purchase at a Town meeting. If the article is approved, Sue begins the procurement procedure by creating specifications and soliciting quotes or going out to bid. Summarized responses are presented to the Select Board for a final decision and then Sue follows through with the award and contract. Most of the larger procurement items go through her office.

Sue also plays an integral part in the hiring of key Town employees. She prepares job descriptions, advertises, reviews resumes, and prepares a summary of applicants for the Select Board. She also participates with the Select Board during the interviewing, decision making, and hiring process. Sue noted there is also in-house employee coordination and day to day contact with people who come into the office and need help. Sue was hired to work 32 hours a week in Chesterfield but often ends up doing more because there is so much to do.

In addition, Sue is also the Fire Chief in Goshen, a position she's held for 12 years. She was the first female Fire Chief in the State of Massachusetts. She and her husband, Bob, have served for the last 29 years with the Goshen Fire Department as volunteers. When they first moved to Goshen, they built their house and when the Fire Chief came to inspect it, he saw two able-bodied young people and asked if they would consider being volunteer firefighters. They said yes. It was a great way to get to know people in their new community. In 2006, she was selected as Fire Chief and took on additional responsibilities. As part of the Fire Department's fire prevention task, she goes into New Hingham School every other month during the school year to teach fire prevention and life safety.

Sue and her husband have 3 daughters. The youngest, Hannah, is a senior in high school and is currently touring colleges. Hannah plans to pursue a doctorate in Physical Therapy. Then there's Alyssa, who is pursuing her passion for theatre and art. She just returned from Serbia, where she performed in a theatre festival. Sue's oldest, Sarah, lives in Boston and is a music teacher in the Stoughton School District. Sarah was recently offered a position in the Tanglewood Festival Chorus in the Boston Symphony Orchestra's Chorus.

Sue loves to be outside: running, hiking, and sometimes gardening when time allows. She loves travel books, but her middle daughter has done more traveling than she or her husband combined. World Travel is still high on her bucket list. Her favorite movie is one she saw while in Australia, called "The Hunt for the Wilderpeople". She says, "It is the best movie I've ever seen in my life. We came back and watched it again at the Amherst Cinema."

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 Food Pantry

The Hilltown Food Pantry, run under the auspices of the Northampton Survival Center, is located on the bottom floor of the town office building in Goshen. The pantry is open to people in the towns of Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington. Hours are Wednesdays from 1pm-3pm, and, on the third Wednesday, there are extended hours: 1pm-6pm.

Diane Meehan is the director of the food pantry. If you have any questions, the pantry's phone number is 413-268-7578, and will be answered on Wednesdays, otherwise the call goes to the Northampton Survival Center.

Donations of non-perishable items, personal care items and paper products are always welcome and appreciated. In-season produce is also helpful. Someone is available at the food pantry after 10am on Wednesdays for donation drop-offs.



Update on the Healthy Incentives Program (HIP)

Last day to earn HIP benefits is Feb. 28, 2019

HIP announces updated seasonal schedule!



What does that mean for HIP?

HIP will be operating on an extended seasonal schedule. This means that clients may earn HIP dollar through February 28, 2019. We know HIP plays a crucial role in helping you buy healthy fruits and vegetables for your household, therefore HIP will resume in Spring 2019.

To find a location, go to www.mass.gov/massgown. Click on the map and choose SNAP, under nutrition programs.

For more information on DTA (Department of Transitional Assistance) programs, please visit mass.gov/dta.

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.

So Clever!

You know the scammers are good at spoofing where a phone call is coming from, e.g., the IRS or a friend. They are getting clever in other ways as well. At a TRIAD meeting the other day, Dave Fenton of the Sheriff's office told us about a really sophisticated scam that he encountered. The scammer was looking for female names in the phone book likely to belong to an older person (for instance they would ignore Beyonce)... and call the person. The caller would ask for the man of the house, sometimes finding out the man was dead. He makes sympathetic noises, gets more information such as the man's name (Harold, let's say), finds out he was a veteran, and hangs up.

A month or two later, he calls back and asks to speak to Harold "about his pledge". The caller learns, again, that Harold has passed away, and says something like "Oh gosh, we have a pledge from him, saying he would be willing to give \$100 to the Northeast Veteran's Association. I wonder if you, ma'am, would like to honor the pledge that Harold made?"

You see what happened here. The caller is clever about getting personal information, then doesn't act on it until time has passed and the original call is forgotten. The caller then plays on the feelings of the widow, giving an expectation that she will send money. So – we don't answer in the first place, right? If we do answer, we don't give out any personal information. And we don't let anyone play on our sympathies or patriotism.

Safely,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

Developing Rural Age and Dementia Friendly Communities in the Hilltowns

Many communities across the country are looking at what it takes to help people age in their own homes. It's an important issue for all ages, not just older adults. The Northern Hilltowns Consortium of Councils on Aging recently completed a pilot program to explore the readiness and interests of towns in becoming age friendly communities. Surveys were sent to each resident 60 years and older in Plainfield, Cummington and Chesterfield. Results showed that of all the issues related to having age friendly and/or livable communities, the most commonly shared concerns included the importance of transportation, housing, accessibility to town facilities and other sites, traffic safety and sidewalks. Having a central source of complete information about community events, supports, programs and services was one of the highlights people shared in the second phase of the pilot program.

When folks were asked about the importance of remaining in their own homes, **87%** said that it was **Very Important**. When asked about reasons they might move, the most common reasons included: looking for a home that will help you to live independently as you age (54%); looking for a different home size that better meets their needs, concern about the expense of maintaining the current home,

and needing more access to public transportation.

Now the rest of the Northern Hilltowns: Goshen, Williamsburg, Worthington and Westhampton, are launching both the distribution of surveys to everyone over sixty and conducting public forums about what people would like to do about moving toward becoming Age Friendly Communities. Because the return rates were so high in the first three towns, it's anticipated that the voices of folks from the remaining towns will be equally clear and compelling. Please let us know what's important to you and what improvements you would like to see in your communities. If you have other thoughts you would like to share, please contact: Jan Gibeau, Chair, Northern Hilltowns Consortium of Councils on Aging: 413-296-4007 or coa@townofchesterfieldma.com.



Need help with your housing repairs?

Hilltown CDC received funding for the FY18 Housing Rehab Program, and we're currently applying for the FY19 Housing Rehab Grant. We're accepting applications from homeowners who live in **Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington** who need help with their housing repairs. Here's a sample of some the work that can be performed under the Housing Rehab Program:

Possible Repairs:

Siding	Roofs and Chimneys
Windows and Doors	Floor Joists, Flooring
Insulation, Walls, Ceilings	Foundation Work
Septic Systems and Sewer Tie-in's	
Handicap Accessibility Work	
Plumbing and Electrical Updates	
Wells, Pumps, and Hot Water Tanks	
Lead Paint Removal	
Asbestos Removal	



HOUSEHOLD INCOME GUIDELINES/ LIMITS:

<u>Household Size</u>	<u>Gross Annual Income</u>
1	\$45,200
2	\$51,650
3	\$58,100
4	\$64,550
5	\$69,750
6	\$74,900
7	\$80,050

Funding is provided by the US Dept. of HUD/ DHCD and MA CDBG Programs.

These are **NO interest/NO payment loans** which are forgiven over 15 years, and all work is completed by licensed contractors. Please don't delay! Funding is available right now, and you may be surprised to find out you qualify! Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email paulab@hilltowncdc.org for more information and an application.

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.**

2019

April 13: MGM & Majestic Theater Combo. Spend the morning at the MGM casino. Receive a \$10 free bet. Following lunch on your own, spend the afternoon at the Majestic Theater and receive a \$3 snack coupon. Enjoy the musical "The Marvelous Wonderettes." Cost is \$61. There is a \$10 discount if paid in full by February 1st.

April 27-May 5: Memphis-Home of the Blues & Tunica-Casino Capital of the South. Cost is \$798 per double. There is a \$25 discount if paid in full by Jan. 15. This 9 day trip includes: 8 nights lodging including 4 consecutive nights at a Tunica area Casino Resort. 14 meals including: 8 breakfasts and 6 dinners. Admission to the Tunica Museum, free time on Beale Street in Memphis. Guided tour of Memphis. Admission to Memphis Rock N' Soul Museum. Mansion Tour of Home of Elvis Presley – 'Graceland' . . . and Sun Studio.

May 21: Mamma Mia, the musical with Abba's greatest hits woven into the story, is performed at Warner Theatre in Torrington, CT. Pre-show lunch at La Cupola Ristorante & Inn is included. Cost is \$109. There is a \$10 discount if paid in full by March 1.

May 21: Enjoy a carousel ride and tour the **New England Carousel Museum** in Bristol, Ct. Bring your own lunch from home. Dessert and beverage will be provided at the Carousel Museum. Then on to the **Hill-Stead Museum** in Farmington, CT for an art tour with time to explore the gardens and grounds on your own. Time for shopping and/or catch a quick bite to eat at West Farms Mall. Cost is \$77. There is a \$10 discount if paid in full by March 4.

May 29-31: Ogunquit, Maine. Two night getaway at the Meadowmere, city tour of Portland, Nubble Lighthouse Cruise, time to stroll Perkins Cove, and much more. Cost is \$460 per double. There is a \$25 discount if paid in full by Feb. 11. Sign up early; only 22 seats available.

June 11-13: Island Hopping. Stay in Hyannis for two nights. Take the high speed ferry over to Nantucket one day and Martha's Vineyard on the other. Enjoy the free time, lunch on each island.

Stop in Edgartown. Includes 2 breakfasts. Cost is \$550 per double. There is a \$25 discount if paid in full by Feb. 25.

Sept. 4-12: Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Cost is \$1,070 per double. There is a \$25 discount if paid in full by June 1. This 9 day trip includes: 8 nights lodging including 5 nights in Canada, 14 meals, guided tour of Acadia National Park, guided tour of Halifax, and more. Guided Tour of Prince Edward Island. Admission to the natural wonder: "Hopewell Rocks".

Nov. 9-24: Panama Canal Cruise— 16 days. Starting at \$1,999 per double. Bus to NY Pier. Return home from Tampa airport to Bradley, then bus to Northampton. Escorted cruise on Norwegian Dawn. Lots of daily activities. Includes all meals on board, free style dining. Limited seats. Sign up by Sept. 1, 2019. Passport required.

Highland Valley Elder Services joins Meals on Wheels America and Subaru of America in Sharing the Love this Holiday Season!

The eleventh annual Subaru Share the Love® Event will help deliver nutritious meals and compassion to the seniors of Hampshire and Hampden County.

Highland Valley Elder Services continues to participate in the 2018 Subaru Share the Love Event as a member of Meals on Wheels America through January 2, 2019. Subaru of America donates \$250 for every new Subaru vehicle sold or leased to the customer's choice of participating charities.

Participating Meals on Wheels America members, like Highland Valley Elder Services (HVES), will receive a share of the donation raised by Subaru in their state. HVES has partnered with Steve Lewis Subaru in Hadley, MA to raise awareness for the popular year-end sales and giving event, and drive support for Meals on Wheels through meal deliveries for consumers.

Over the last 10 years, Subaru of America and its participating retailers have donated more than \$118 million to its charity partners. This year's event is on track to bring that total to over \$140 million, proving there's no limit to the amount of love we can all share.

By purchasing or leasing a new Subaru during the Subaru Share the Love Event and selecting Meals on Wheels as your charity of choice, you can help deliver nutritious meals and other important services to seniors right here in Hampshire and Hampden County.

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

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Publicity Assistant:
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 December

Sun. December 2nd & 9th from 2-4pm
Sat. December 29th from 1-4pm
10th Annual Parade of Trees
Clark Chapman House, 234 College Hwy, Southampton
This is a free event featuring traditional, contemporary, and whimsically decorated trees for the holiday season. Santa will be available for pictures on the 2nd and 9th. Holiday refreshments served. Vote for your favorite tree!

Sun. December 9th at 3pm
Christmas Carol Sing at Goshen Cong. Church
45 Main St. Goshen

Fri. December 21st, 9am & 10am
Spa Day at Smith Vocational
80 Locust St. Northampton
Students in the Cosmetology program are offering the following: Haircuts \$5.00; Manicure \$4.00; Pedicure \$8.00; Facial \$8.00. Please call 413-587-1414 x3531 to make an appointment. Each appointment takes about an hour and are scheduled for 9am and 10am in Room 124 of Building A at the school. Upcoming additional spa days: Jan. 25th, March 1st, April 12th and May 17th.

Save the Date

Ring in the New Year!
International Food Potluck and music by
James Kitchen & Friends

Sunday, January 13, 2019 from 2-4pm
New Hingham Regional Elementary School
30 Smith Rd., Chesterfield, MA

This community event brings the Hilltowns together with all generations enjoying warmth, friendship and great food. Bring your favorite international dish to share!

This event is a benefit for the Hilltown Food Pantry: all honoraria and donations received will go to them. Sponsored by the Chesterfield COA.

