

# Chesterfield Council on Aging

## November 2024 Newsletter



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

**Brooke Bullock, Director**  
 coa@townofchesterfieldma.com  
 413-296-4007  
 Mon. & Fri. 9-11am or by appt.

### November Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				<b>1</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am <b>Internet Basics</b> 10:30-11:30am <b>Mahjong</b> 1pm <b>Tech Drop In</b> 11:30-1:30
<b>4</b> <b>Advanced Tai Chi</b> 9:30am <b>Grab'N'Go</b> 11:30am <b>Watercolor Class</b> 1-3pm	<b>5</b> <i>State Election 7am-8pm</i> <b>Chair Yoga</b> (lower level of Comm. Ctr) 10am <b>Tech Drop In</b> 11am-2pm <b>Mahjong</b> 1pm (lower level)	<b>6</b> <b>Intermediate Windows Laptop Class</b> 10:30-12 <b>Yoga with Kris</b> 11:15am-12:15pm <b>Tai Chi</b> 1:30pm	<b>7</b> <b>Blood Pressure Clinic</b> 11:30am <b>Grab' N' Go Meal</b> 11:30am <b>Oil Painting</b> 1-3pm <b>Beginner's Laptop Class</b> 1-2:30pm	<b>8</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am <b>Mahjong</b> 1pm
<b>11</b> <b>Veterans Day</b> (Nov. 10th— <b>Veterans Day Breakfast, 10am</b> )	<b>12</b> <b>Chair Yoga</b> 10am <b>Tech Drop In</b> 11am-2pm <b>Mahjong</b> 1pm	<b>13</b> <b>Intermediate Windows Laptop Class</b> 10:30-12 <b>Yoga with Kris</b> 11:15am-12:15pm <b>Tai Chi</b> 1:30pm	<b>14</b> <b>Using Medical Portals &amp; Telehealth</b> 10am-12pm <b>Grab' N' Go</b> 11:30am <b>Brown Bag</b> 11:30am <b>Oil Painting</b> 1-3pm <b>Beginner's Laptop Class</b> 1-2:30pm	<b>15</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am <b>Microsoft Word</b> 10:30-11:30am <b>Mahjong</b> 1pm <b>Tech Drop In</b> 11:30-1:30
<b>18</b> <b>Advanced Tai Chi</b> 9:30am <b>Grab'N'Go</b> 11:30am <b>Watercolor</b> 1-3pm	<b>19</b> <b>Chair Yoga</b> 10am <b>Tech Drop In</b> 11-2 <b>Mahjong</b> 1pm	<b>20</b> <b>Intermediate Windows Laptop Class</b> 10:30-12 <b>Yoga with Kris</b> 11:15am-12:15pm <b>Tai Chi</b> 1:30pm <b>Fiber Friends</b> 7pm (date change)	<b>21</b> <b>Grab' N' Go</b> 11:30am <b>Oil Painting</b> 1-3pm <b>Beginner's Laptop Class</b> 1-2:30pm	<b>22</b> <b>Smooth Moves</b> 9am <b>Strength for Life</b> 10am <b>Mahjong</b> 1pm
<b>25</b> <b>Advanced Tai Chi</b> 9:30am <b>Grab'N'Go</b> 11:30am <b>Watercolor Class</b> 1-3pm	<b>26</b> <b>Chair Yoga</b> 10am <b>Tech Drop In</b> 11am-2pm <b>Mahjong</b> 1pm	<b>27</b> <b>Intermediate Windows Laptop Class</b> 10:30-12 <b>Tai Chi</b> 1:30pm	<b>28</b> <b>Thanksgiving</b>	<b>29</b> <b>Mahjong</b> 1pm

## November Classes & Events

### Mondays:

Advanced Tai Chi: 9:30am (no class 11/11)  
Grab and Go Meal: 11:30am (not on 11/11)  
Watercolor Class: 1-3pm (not on 11/11)

### Tuesdays:

Chair Yoga: 10am  
Tech Drop In: 11am-2pm  
Mahjong: 1pm

### Wednesdays:

Tai Chi: 1:30pm  
Fiber Friends: 7pm (date changed to 11/20)  
Intermediate Windows Laptop Class: 10:30-12  
Yoga with Kris: 11:15-12:15pm, last class 11/20

### Thursdays:

Grab and Go: 11:30am  
Blood Pressure: 11:30am (1st Thurs)  
Brown Bag: 11:30am, (2nd Thurs.)  
Beginner's Windows Laptop Class 1-2:30pm  
Oil Painting Class: 1-3pm

### Fridays:

Smooth Moves: 9am (no class 11/29)  
Strength For Life: 10am (no class 11/29)  
Mahjong: 1pm  
Tech Drop-In: 11/1 and 11/15 from 11:30-1:30

### Special Events:

- November 1st: TechConnect: Internet Basics 10:30-11:30am
- November 10th: Veterans Day Breakfast at the Chesterfield General Store & Cafe- 10am
- November 14th: TechConnect: Using Medical Portals & Telehealth - 10:00-12:00 pm
- November 15th: TechConnect: Microsoft Word – 10:30-11:30am

## Special Thanks

We at the Chesterfield COA would like to express our sincere appreciation to our volunteers and community members for their invaluable contributions to the recent renovations of our Community Center. Your help in moving furniture and accommodating the installation of new floors was greatly appreciated. Thank you for your dedication and support.



## Welcome Brooke Bullock, New Chesterfield COA Director!

Please join the Chesterfield Council On Aging Advisory Board and the Select Board in welcoming Chesterfield resident Brooke Bullock as the new Director for the COA. Brooke has experience in managing non-profits, has worked extensively with populations living in rural areas and has a successful track record of writing and managing grants. Brooke will be transitioning into her new position in the next month.

## Equipment for Loan

Equipment available from COA storage area: wheelchair, walker with seat, commode, crutches canes, and bathroom seats with back. We are pleased that Chesterfield seniors have been steadily utilizing/borrowing what they need, and welcome others to do the same. Contact Brooke or come and take what you need (please sign out-date, name, item, and tel. #) any time the building is open.

## CHESTERFIELD COA VETERANS DAY BREAKFAST



**SUNDAY NOVEMBER 10TH, 10AM**



THE CHESTERFIELD GENERAL STORE & CAFE  
432 MAIN ROAD, CHESTERFIELD, MA 01012

JOIN US FOR A BREAKFAST  
HONORING THE VETERANS OF OUR  
COMMUNITY. WE WILL BE JOINED  
BY SPECIAL GUEST DAN NYE,  
VETERANS SERVICES OFFICER.

**RSVP: 413-296-4007**

[Brooke.coa.chesterfield@gmail.com](mailto:Brooke.coa.chesterfield@gmail.com)

## Veteran Services

When it comes to caring for our nation's military veterans, Massachusetts is unique in that it is the only state in the country which requires, by law, that every community employ its own veterans' agent. For smaller communities which may find it difficult to find/employ qualified agents, the state allows bordering communities to create districts with a central office. In the case of Chesterfield, the Central Hampshire Veterans' Services District (based in Northampton) provides this service. Our job is to assist veterans and their families with accessing available state and federal benefits, as well as to provide connection to food, housing, medical, legal, and educational/employment resources. In addition to Northampton and Chesterfield, the district serves 11 other communities across Hampshire County.

Steven Connor, District Director, is a Northampton native who served as a cook in the U.S. Navy from 1977-1979. He has served as the director of Veterans' Services for the city of Northampton, and subsequently the Central Hampshire Veterans Services' District since 2005.

Dan Nye, Veterans' Services Officer, grew up in Chesterfield and now resides in Williamsburg. He has served as a Military Intelligence and Civil Affairs Officer in the Massachusetts Army National Guard and U.S. Army Reserves since 2008, and is a veteran of the war in Afghanistan. Dan joined Central Hampshire Veterans Services' in 2022.

If you ever have any questions about available veterans' benefits, we hold **office hours at the Chesterfield town offices on the third Wednesday of the month from 1:30-3:00 PM**, or you can call or email us five days a week at the main office: [vetadmin@northamptonma.gov](mailto:vetadmin@northamptonma.gov), **(413) 522-8358**. You can also find more information on our office and available resources at: [www.northamptonma.gov/194/Veterans-Services](http://www.northamptonma.gov/194/Veterans-Services)

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### Maggie Kuhn Of The Gray Panthers

Maggie Kuhn, the founder of the Gray Panthers, once said, "A healthy community is one in which the elderly protect, care for, love, and assist the younger ones to provide continuity and hope." Chesterfield, Massachusetts, is a perfect example of such a community.

When my husband and I relocated from the bustling city of New Orleans to this rural New England town in the dead of winter, we were met with an overwhelming sense of warmth and welcome from community members, many of whom were older adults.



**with the Chesterfield COA!**

We are looking for a volunteer to help distribute our **Grab & Go lunches** on Thursdays from 11:20-12:30pm.

**INTERESTED?**

Call the Chesterfield COA (413) 296-4007	or Email us! <a href="mailto:coa@townofchesterfieldma.com">coa@townofchesterfieldma.com</a>
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As new farmers and Southern transplants, we sought guidance and assistance. The Gazillo family generously lent us their cider press and gifted us a set of antique dining room chairs. Sarah Prince graciously opened her home to me, sharing stories of her childhood on the farm (which happens to be where I live now), and treated me to delicious gluten-free scones. Kim Serafin helped us get our haying equipment up and running. Mary Jane Miller lent me her Chesterfield Town Cookbooks. The Parrotts gave us maple syrup and lent us tractor equipment. The Hicks employed my husband and bought veggies from our farm. The Roberston-Goldberg family mentored us in all things Hilltown farming. The Drakes gifted us an old trailer and toured us around their home. And the list goes on.

These acts of kindness and generosity are a testament to the spirit of Chesterfield.

I recently learned that Maggie Kuhn was my great grandmother's aunt. I shared this discovery with one of my mentors, our beloved former COA Director, Janice Gibeau, and she told me about the remarkable work that Maggie Kuhn did for the elderly in our country.

Maggie Kuhn was an American activist who fought tirelessly for the rights and welfare of the elderly. Kuhn founded The Gray Panthers, a multi-generational advocacy network. The Gray Panthers became known for their efforts to combat ageism, challenge mandatory retirement (*cont. on next page*)

(cont. from previous page) laws, and improve the quality of life for older adults. Kuhn's advocacy was instrumental in raising awareness of issues affecting the elderly, such as pension rights, affordable housing, and healthcare.

Throughout her life, Kuhn was a passionate advocate for social justice and human rights. She was involved in various causes, including women's rights, civil rights, and peace. Her work has had a lasting impact on the lives of older adults and continues to inspire others to fight for social change. I strive to emulate Maggie and her tireless, selfless leadership and activism. Kuhn believed that old age is testament to strength, survivorship, and triumph over life's challenges. We can all attest to that truth.

Chesterfield's residents embody Maggie's philosophy, demonstrating the power of community and intergenerational support. Their willingness to share their knowledge, skills, and resources has made our transition to this new way of life seamless and enriching. I feel lucky to be part of the neighborhood – and the COA community – with Maggie's spirit by my side.

-Brooke Bullock, Chesterfield COA Director



Join Kris Mose-Libon for an 8-week gentle yoga series at the Chesterfield COA.

All levels welcome.

Bring your own mat (or purchase one at the COA) & bring any props you might need.

Suggested donation to COA: \$5.00/class

PLEASE REGISTER TO RESERVE YOUR SPOT  
CALL: (413) 296-4007

To learn more about the instructor visit: [whirligigstudio.com](http://whirligigstudio.com)

<p>WEDNESDAYS (8 sessions) starting October 2nd 11:15 AM- 12:15 PM</p>	<p>Chesterfield Community Center 400 Main Rd, Chesterfield, MA 01012</p>
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### Happy Birthday in November!

Marilyn Donovan, Eileen Delano, Sarah Prince, Steven Kellogg, Kelley Sweeney-Brown, Sean Burns, Robert Laroche, Dawn Liimatainen, Coleen Wickland, Lori Phaneuf-Burns, Edward Kolosewicz, C J Lamers, Christopher Landry, Therese Brigley, Fredrick Randall, Roland Lebeau, Michael McNeight, Matt Baron, Michael Leff, William Gessing, John Cennamo, Harold Laflam, Dennis Pittsinger, Sarah Hamilton, Gail Lucey, Nancy Westgate, Robin Bak, Paul Lampron, Joyce Harris, Sally Stites-Robertson, Rober Aller, Peter Banister, William Robertson, Joyce Follet, Frances Breau



***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 Brooke Bullock, Director, Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)*

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

## Seniors Aware of Fire Education

The big cool down of fall has already started and folks are firing up their wood and pellet stoves and plugging in their space heaters. Here are some things to consider as you prepare to use them.



### For fireplace and solid fuel (coal, wood, pellet) stoves:

- ~ Have your chimney professionally inspected and cleaned.
- ~ Burn only dry, well seasoned hardwood to reduce creosote accumulation.
- ~ Do not use flammable liquid to start the fire.
- ~ Make sure the damper is open before starting the fire.
- ~ Keep any flammable material at least three feet away from the stove.
- ~ Always use a fireplace screen to keep flying embers and sparks in the fireplace.
- ~ Shovel ashes into a METAL BUCKET with a METAL LID, and place it on the ground well outside the house and away from the porch. Ashes and embers can stay hot for days and ignite combustibles.

### If you must use a space heater, here are a few ways to use it safely:

- ~ Do not use a space heater as your number one heating source.
- ~ Keep any flammable material at least three feet from the heater.
- ~ Plug the heater directly into the wall outlet. Do NOT use extension chords or power strips with the heater.
- ~ Always turn off the heater when going to bed or leaving the room.
- ~ Remember, it is illegal to use portable kerosene and propane heaters inside your home because they create carbon monoxide.

### One more consideration:

- ~ Make sure you have working carbon monoxide detectors in your house. CO is a colorless, odorless gas, and is absolutely lethal.

Stay warm, SAFELY!

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

*The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. of Fire Services.*

## Emergency Room Advice

Personal experience can be a terrific teacher. This is what I learned in the last 8 months or so. For this note, I will assume you are helping a family member or friend.

If it is necessary to send someone to the hospital emergency room, look at the transportation options, e.g., driving the future patient, or calling 911 and going in an ambulance. If the latter, the patient will be seen initially quicker than if he/she walked in. Plus, if there is a life-threatening issue or the patient is not capable of moving themselves, then obviously you want them to be in EMT care ASAP. Bless those folks.

Follow the ambulance safely – don't rush. It will take a little time for the ambulance to get there and into the hospital and for them to put the patient somewhere that you can see him/her. Take the time to get Necessary Stuff.

And what on earth is Necessary Stuff? This is a technical term (well, maybe not...) meaning identification, medicines, medicine list and schedule, paperwork, phone numbers, and things to do.

**Identification** – you may need the Medicare card or other insurance.

**Medicines** – toss (yes, carefully) the pill containers into a plastic bag. Include non-prescription items such as supplements. The hospital pharmacy is well-stocked but there may be meds that they don't have. In this case, they will package them and have you keep them safe. And, remember only the hospital staff is to give medicines while you are there.

**Medicine list** - Of course you already have this, right? Brand name, generic name, dose, and how many times a day and when the pill is taken.

**Paperwork** – the MOLST or POLST and a copy of the healthcare proxy. The hospital may already have these but you need to be sure. The default option, if they don't, is to label the patient Full Code and pull out ALL stops if the patient stops breathing. The health care proxy of course lets you ask questions and get answers, and make decisions to the benefit of the patient if they are unable to speak for themselves.

**Phone numbers** – You will need to call those who need to know, e.g., children, other family members, friends. You should have the number for the primary doctor, any consultants, or case managers. You may need to (*cont. on next page*)

## Tech. Help and Training for November



### Tech Support Available by Appointment

Receive technology help by email, phone, drop-in or appointment: [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com), phone or text msg **413-296-5080**. Response within a day.

### Still Available: Internet Hotspots, PC laptops, refurbished Chromebooks and iPad and Android tablets

Our staff member, Ky Martus, is distributing devices. Please remind us if you requested one and are still waiting. We have more PC laptops, refurbished Chromebooks and iPad and Android tablets. If you need or are waiting for a device to connect to the internet, have something so old it is not working effectively, or need a different type of device, please contact us: [coatechconnect@gmail.com](mailto:coatechconnect@gmail.com), **413-296-5080**, or use online request form on our website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### Need affordable internet access?

We now have a way for you to affordably connect to the internet using an internet "Hotspot" device. They work like WIFI without cable or fiber service. If you are interested in learning more about how these devices work and how they could benefit you, please contact us by phone or email.

### Drop in Centers: All are Welcome at Any Location! (no appointment needed)

- Chesterfield Community Center, 400 Main Rd.  
Weekly on all Tuesdays from 11:00 to 2:00  
Bi-Weekly on Fridays, 11:30-1:30 (11/1 and 11/15)
- Cummington Community House, 33 Main St.  
Drop-In tech support, 2nd Weds. 10-12 (11/13)
- Goshen Free Public Library, 42 Main St.  
Drop-in tech support, 3rd Thurs. 12-2 (11/21)
- Plainfield Shaw Memorial Library, 312 Main St.  
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (11/21)
- Westhampton Public Library, 1 North Rd.  
Drop-In tech support, 4th Thurs. 2-4pm (11/22)
- Williamsburg  
Meekins Library Drop-In tech support  
2nd Tuesday 11/12 from 10 to Noon  
Nash Hill Place Resident Drop-In tech support  
2nd Tuesday 11/12 from 10 to Noon

- Worthington Library, 1 Huntington Rd.  
Call COA for date & time: 413-238-5962.

### Tech Training:

Must pre-register for training no later than one week before the scheduled training date. All classes held at the Chesterfield Community Center, 400 Main Rd, lower level. To register, email [coaTechConnect@gmail.com](mailto:coaTechConnect@gmail.com); call or text **413-296-5080**, or sign up through the website [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### Computer Classes:

Beginner's Windows Laptop Class will restart on Thursdays November 7- December 5 for four-weeks, 1:00- 2:30. Repeats on December 12, 19 and January 9, 16 from 1:00 - 2:30.

Intermediate Windows Laptop Class starts Wednesdays on October 23- November 27 for 6 weeks, 10:30-Noon. Repeats on December 4, 11, 18 and Jan 8, 15, 22, 10:30-Noon.

### Tech Workshops:

- Internet Basics– Fri. 11/1, 10:30-11:30am
- Using Medical Portals & Telehealth- Thurs. 11/14, 10:00-12:00pm
- Microsoft Word– Fri. 11/15, 10:30-11:30
- Computer Maintenance– Fri. 12/6, 10:30-11:30
- Organizing, Storing, & Moving Digital Photos (ONLINE CLASS) - Mon. 12/9, 1-2:30pm
- Windows Accessibility– Fri. 12/13, 10:30-11:30
- Android Phones– Tues. 12/17, 1-2:30pm



**(ER Advice, cont. from previous page)** call a friend who has a key and can take care of pets.

**Things to do** – there will be some down time so reading or handwork might be appreciated. That's of course in addition to the worrying which I know you can handle.

Yours in health,  
Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)  
413-268-2228

## On the Road Again... 2024 & 2025 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 Friday, December 13. Festival of Trees and Red Rose Lunch.* Enjoy the uniquely decorated Christmas Trees at the Mass Mutual Center in Springfield. Enter a chance to win a tree and associated gifts. Some are worth hundreds of dollars. Then walk over to the Red Rose Italian Restaurant for lunch: pizza, salad and bread. The \$30 Payment to Francine Frenier is due NOW. Please mail a check to the address above. NO REFUNDS due to bargain price. Waitlist available.

~~~~~2025~~~~~

*Multi Day Trip June 22-26. Montreal & Ottawa. Passports required.* Visit the Biodome, Notre Dame Basilica, Montreal's Underground City, Parliament Hill, Cruise on the St. Lawrence River. Price \$1,052. Discount of \$25 if paid in full by March 26, 2025. Make the check payable to Diamond Tours and mail to the address above.

*Day Trip TBD. Winnepesaukee Railroad.* Enjoy a delicious turkey dinner, prepared by Hart's Turkey Farm Restaurant, aboard the train. Tour the shores of Lake Winnepesaukee. Price TBD.

*Multi Day Trip October 12-18. Biltmore Estate & Smoky Mountains, Asheville, NC.* Seven days, six nights. Visit the Biltmore Estate, the St. Lawrence Basilica, historic Gatlinburg, TN & Asheville, NC. Guided tour of the Smoky Mountains National Park. Price \$1,099. Discount of \$25 if paid in full by July 18, 2025. Make the check payable to Diamond Tours and mail to the address above. **As of November 2024, Diamond Tours is expecting this trip to go, despite the hurricane damage. Please stay tuned.**

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More day trips to come! Any new ideas or special events are always welcome. Please email Francine at francine.frenier@gmail.com. Any interest in a Woosox game? Please email me.

THANK YOU to all the passengers who joined the trips. I hope you enjoy travelling to various places and meeting new friends as much as I do.

~ Francine



**Haircuts, manicures, colors, facials, and other hair care options** are being offered at Smith Vocational High School on every other Wednesday, starting **October 12 through mid May**.

The cost is \$5.00 for a haircut (please call for other prices.) The Smith Vocational Cosmetology students provide the services with their teacher Ms. Daniels alongside. Simply call 413-587-1414 ext. 3531 for an appointment.

The Salon is located in Room 124 of Building A at Smith Vocational High School, 80 Locust St. Northampton.

**All are welcome!**

### Local chorus invites the public to sing along

Heart of the Valley Chorus, a women's voices barbershop a cappella group, is inviting members of the community to sing along with them at several open rehearsals this holiday season. Anyone aged 8 to 108 who enjoys singing in the "treble" range – soprano, alto, mezzo, and high men's parts – are encouraged to come learn a few holiday songs, with an option to perform along with the chorus at the Bombyx Center for Arts and Equity in Northampton on December 14. Singers under 16 are welcome with an adult.

Heart of the Valley Chorus has been bringing its unique blend of barbershop harmonies to the Pioneer Valley for 40 years. Members come from Longmeadow, Holyoke, Easthampton, Hadley, South Hadley, Leeds, Florence, and Goshen, and range in age from their 20s to their 70s! Singing a variety of music – jazz, Broadway, contemporary, and inspirational – all in four-part barbershop style, the group is dedicated to sharing their music with underserved populations and creating a safe and welcoming space for all singers.

**The group's open holiday rehearsals are scheduled for Wednesdays 11/13, 11/20, 12/4, and 12/11 at 6:30pm at the Christ United Methodist Church on Rocky Hill Rd in Northampton.** Anyone interested in joining this special holiday program should contact Stephanie at [heartofthevalleychorus@gmail.com](mailto:heartofthevalleychorus@gmail.com) or visit [www.heartofthevalleychorus.org](http://www.heartofthevalleychorus.org) for a registration form.

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

Chesterfield COA

Marianne Drake, Chair  
Bev Henrichsen, Vice Chair  
Bev Pomeroy, Treasurer  
Francine Frenier, Secretary  
Lillian Bisbee  
Laura Dimmler  
Lynn Hicks  
Marianne Hoag  
Jim Martin  
Tim McElroy  
Eileen Theroux



*Financial Advisor: Nancy Hewes*  
*Librarian: Dee Cinner*  
*HVES Rep: Jan Gibeau*  
*Art Com: Gigi Kaeser, Chair;*  
*Dee Cinner*



Brooke Bullock, Director  
Lorrie Childs, Data/Financial  
Accounting Manager  
Kristen Estelle,  
Newsletter Designer

# SCAM ALERT!



***You get a call or message from a charity looking for donations. Should you donate?***

***Scammers try to fool you into giving them money.***

- They rush you into giving out your credit card number over the phone.
- They use names that sound like a real charity.
- They change the caller ID to make you think it's a local caller.

***What to do:***

-Research before donating. Look up the charity online & read what others are saying about it.

-Ask the caller to send you more information.

-Don't feel obligated to donate to someone who calls you.

***If you have a consumer problem or question, contact the***

**Northwestern  
District  
Attorney's  
Consumer  
Protection Unit**

**Greenfield  
(413) 774-3186  
Northampton  
(413) 586-9225**

**Working in cooperation  
with the Office of the MA  
Attorney General.**

