

Chesterfield Council on Aging

January 2025 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.

January Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1 New Year's Day (Comm. Ctr. Closed)	2 Blood Pressure Clinic 11:30am Grab' N' Go Meal 11:30am	3 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
6 Advanced Tai Chi 9:30am Grab'N'Go 11:30am Oil Painting 1-3pm	7 Tech Drop In 11am-2pm Mahjong 1pm	8 Intermediate Windows Laptop Class 10:30-12 Gentle Yoga 11am-12pm Tai Chi 1pm	9 Brown Bag 11:30am Grab' N' Go Meal 11:30am Beginner's Laptop Class 1-2:30pm Watercolor Meetup 1-3pm	10 Smooth Moves 9am Strength for Life 10am Misinformation 10:30-11:30am Mahjong 1pm Tech Drop In 11:30-1:30
13 Advanced Tai Chi 9:30am Grab'N'Go 11:30am Oil Painting 1-3pm	14 Tech Drop In 11am-2pm Mahjong 1pm	15 Intermediate Windows Laptop Class 10:30-12 Gentle Yoga 11am-12pm Self-Learning 12-1pm Tai Chi 1pm	16 Grab' N' Go 11:30am Beginner's Laptop Class 1-2:30pm Watercolor Meetup 1-3pm	17 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
20 MLK Jr. Day (Comm. Ctr. closed)	21 Tech Drop In 11am-2pm Mahjong 1pm	22 Intermediate Windows Laptop Class 10:30-12 Gentle Yoga 11am-12pm Tai Chi 1pm	23 Grab' N' Go 11:30am Watercolor Meetup 1-3pm	24 Google Suite 10:30-11:30am Tech Drop In 11:30-1:30 Ring in the New Year Potluck 11am-1pm
27 Advanced Tai Chi 9:30am Grab'N'Go 11:30am Oil Painting 1-3pm	28 Tech Drop In 11am-2pm Mahjong 1pm	29 iPhones 10:30-11:30 Gentle Yoga 11am-12pm Tai Chi 1pm Fiber Friends 7pm	30 Grab' N' Go 11:30am Watercolor Meetup 1-3pm	31 Smooth Moves 9am Strength for Life 10am Mahjong 1pm

January Classes & Events

Mondays:

Advanced Tai Chi: 9:30am
Grab and Go Meal: 11:30am
Oil Painting with Vanessa: 1-3pm



Tuesdays:

Chair Yoga (no classes in Jan. Will resume in Feb.)
Tech Drop In: 11am-2pm
Mahjong: 1pm

Wednesdays:

Gentle Yoga: 11am-12pm
Tai Chi: 1pm
Fiber Friends: 7pm (last Weds.)
Intermediate Windows Laptop Class: 10:30-12 (resumes 1/8)

Thursdays:

Grab and Go Meal: 11:30am
Blood Pressure: 11:30am (1st Thurs)
Brown Bag: 11:30am, (2nd Thurs.)
Beginner's Windows Laptop Class 1-2:30pm (resumes 1/9)

Fridays:

Smooth Moves: 9am (no class 1/24)
Strength For Life: 10am (no class 1/24)
Mahjong: 1pm (no event 1/24)
Tech Drop-In: 11:30-1:30 on 1/10 and 1/24

Special Events:

- 1/11- Art with Lena: 10am-12pm Using a Resist in Watercolor
- 1/24- Ring in the New Year Lunch 11-1pm
- TechConnect: 1/10, 10:30-11:30 Misinformation
- TechConnect: 1/15, 12-1:00 Self Learning
- TechConnect: 1/24, 10:30-11:30 Google Suite
- TechConnect: 1/29, 10-11:30 iPhones
- TechConnect: 1/29, 6-7:00 pm



Oil Painting

led by
Vanessa Chatwood Kerby

MONDAYS 8 WEEKS (1/6/25-2/24/25)

1:00PM - 3:00PM

CHESTERFIELD COMMUNITY CENTER (400 MAIN ROAD)

Thanks to the support of Highland Valley Elder Services (HVES), this is an **all-ages workshop series** open to **all residents of the Northern Hilltowns.**



No one will be denied for lack of funds, but we kindly request a **\$10 donation** to support future COA art programs.

REGISTER: To reserve your spot

- Email: lynn634hicks@gmail.com
- include name, address, and phone #



WATERCOLOR MEETUP

Practice with **watercolors** in a creative community. Explore new **techniques, experiment** with different styles, and **connect** with like-minded artists. **No teacher**, just a space to create and share your passion.

When: Thursdays, starting 1/9, 1-3pm

What to Bring: Your own watercolors, brushes, etc.

Suggested Donation: \$1

Why Attend:

- Connect with other artists and discover new ideas.
- Learn at your own pace: No pressure
- Build community

Where:

The Chesterfield Community Center- 400 Main Road

Who:

All Northern Hilltowns residents, all ages, all experience levels!

Don't miss this opportunity to paint alongside others who share your love of watercolors!

A Passing of the Torch



Left: Jan Gibeau & Lorrie Childs, Outgoing Director and Finance Assistant pose for a celebratory photo.



Right: their successors, Brooke Bullock and Jennifer Peotter receive a warm Handoff

A new chapter begins

Join us in welcoming Brooke Bullock (she/her), Director, and Jennifer Peotter (she/her), Finance Assistant to the Chesterfield Council on Aging. Here's a message from Jen & Brooke: We're thrilled to embark on this new journey with the Chesterfield Council on Aging! As we step into our roles, we're eager to connect with our community's older adults, offering a helping hand and a listening ear. Whether it's organizing engaging activities, providing essential resources, or simply offering friendly companionship, we're committed to enhancing the lives of our seniors. We can't wait to make a positive impact and contribute to the vibrant spirit of Chesterfield.

Please see our office hours below:

Brooke: Mondays & Fridays from 8:30am-12pm

Jennifer: Mondays, Wednesdays, Thursdays
11am-2pm



GENTLE YOGA
WITH KRIS MOSE-LIBON
OF WHIRLIGIG STUDIO

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

EMAIL: coa@townofchesterfieldma.com

To learn more about the instructor visit: whirligigstudio.com

WEDNESDAYS (8 sessions)
starting January 8th
11:00 AM- 12:00 PM

Chesterfield Community Center
400 Main Rd,
Chesterfield, MA 01012



RING IN THE NEW YEAR

COMMUNITY
BRUNCH

FRIDAY, 1/24 11-1PM

CHESTERFIELD COMMUNITY CENTER
400 MAIN ROAD

CATERED BY THE CHESTERFIELD
GENERAL STORE. PLEASE RSVP
AND LET US KNOW IF YOU HAVE
ANY DIETARY RESTRICTIONS.

OPEN TO ALL AGES & ALL
CHESTERFIELD RESIDENTS



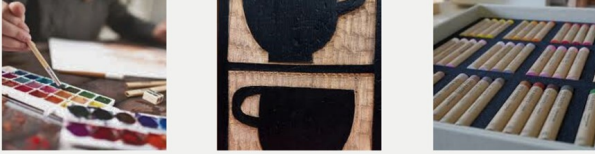
RSVP

413-296-4007
OR EMAIL

COA@TOWNOFCHESTERFIELDMA.COM

LENA GARCIA'S

SATURDAY ART WORKSHOPS



WORKSHOP SCHEDULE:

- JANUARY 11: USING A RESIST IN WATERCOLOR:**
CREATE 2-3 PAINTINGS USING WAX RESIST IN DIFFERENT WAYS
- FEBRUARY 8: WINTER LANDSCAPE - TEA AND PAINT:**
ACRYLIC GUIDED PAINTING WITH DIRECTION FOR EACH STEP OF PAINTING
- MARCH 15: MINDFUL DOODLING WITH WATERCOLOR AND DRAWING:**
MAKING ABSTRACT DRAWINGS/PAINTINGS WITH INK AND WATERCOLOR
- APRIL 5: SPRINGTIME LANDSCAPE - TEA AND PAINT:**
ACRYLIC GUIDED PAINTING WITH DIRECTION FOR EACH STEP OF PAINTING
- MAY 3: DRAWING WITH OIL PASTELS:**
CREATE DRAWINGS USING DIFFERENT TECHNIQUES WITH OIL PASTEL

WORKSHOP DETAILS:

- 2 HR WORKSHOPS FOR BEGINNERS OR THOSE WANT TO TRY A NEW MEDIUM.
- ALL AGES WELCOME, BUT 12 AND YOUNGER MUST HAVE AN ADULT WITH THEM.
- ART SUPPLIES WILL BE PROVIDED, BUT FEEL FREE TO BRING YOUR OWN.
- SUGGESTED DONATION TO THE CHESTERFIELD COA: \$10-\$20 PER CLASS.

SATURDAYS

ALL WORKSHOPS RUN FROM:
10AM-12PM

ALL WORKSHOPS LOCATED AT:
CHESTERFIELD COMMUNITY CENTER
400 MAIN ROAD, CHESTERFIELD

REGISTRATION REQUIRED:

PLEASE VISIT WWW.LENAGARCIA.COM
TO REGISTER FOR EACH WORKSHOP

SPECIAL THANKS TO THE CHESTERFIELD CULTURAL COUNCIL, THE CHESTERFIELD COUNCIL ON AGING, AND HIGHLAND VALLEY ELDER SERVICES FOR SPONSORING THESE PROGRAMS.

- Reduces risk of chronic diseases: Staying active can lower the risk of heart disease, stroke, diabetes, and certain types of cancer.

So, how can we stay active during the winter months? Here are a few indoor ideas:

- Join a Fitness Class: check out one of the yoga, tai chi, smooth moves, or strength for life classes offered by the COA, participate in a pilates class on youtube, or join your local YMCA.
- Home Workouts: There are countless online resources and workout videos available for home workouts, catering to all fitness levels. Did you know you can access Joan's classes online? Reach out to Joan Griswold to join virtually on zoom: joan@bybhealth.com
- Dance: Try an in-person or online dance class, check out the contra & square dances offered in local granges or community centers.
- Indoor Swimming: Indoor swimming pools are a great option for low-impact exercise. Try taking a water aerobics class at your local YMCA.

Winter Blues, Be Gone! Staying Active as We Age By Brooke Bullock

Winter can be a tough time to stay motivated to move our bodies. The days are shorter, the weather is colder, and it's easy to want to hibernate. But staying active is crucial for our physical and mental health, especially as we age. Why is it important to stay active in the winter?

- Boosts mood: Exercise releases endorphins, which can help alleviate symptoms of depression and anxiety.
- Improves sleep: Regular physical activity can lead to better sleep quality.
- Strengthens bones and muscles: Weight-bearing exercises help to maintain bone density and muscle mass.

Happy Birthday in January!

Martha Liimatainen, Judith Press, Noel Rogers, Eunice Dauterman Maguire, Charles Nugent, Lee Bray, William Michalowski, Jeanne Anastas, Beverley Henrichson, Mary Ellen Frye, Pierre Brisson, Joseph Bartus, George Anne Michalowski, William McVeigh, Brook Ryder, Thomas Dawson, Carl Cignoni, Deborah Thibault, Russell Peotter, Rose Khalsa, Christine Ciccarelli, Debra Blanchard, Eileen McGowan, Mary Heon, Geoffrey Hitzig, Lynn Hicks, Janet McCann, William Miller, Sally Kolodzie, Marianne Hoag, Kent Hicks, Beverly Pomeroy, Heidi Pruzynski, Bert Church, Jr., Kevin Cotnoir, Lisa Martineau, Sarah Carlstrom, Mark Thompson, Sharon Powers, William Nugent, Pamela Cimnera, Aron Flores, Richard Barnas, Christopher Lar



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 _____

True Story – the Grandparent Scam

So we have an educated and intelligent friend, no one's fool, who is also a grandparent. He got a call from a man saying he was a public defender in California and the grandson is at fault in a really bad car accident.



He needs \$10,000 for an appearance bond or he will go to jail – please call back immediately. Our friend used to work in the correctional system and the thought of his grandson in jail was too awful. Our friend also knew that his grandson and son were on a camping trip, so it was possible that he had gotten into a scrape but couldn't be reached by phone to verify this; he tried anyway, no answer. When our friend called the man back and said that much money was a problem, the man said he could manage the situation with \$5,000. Bingo - lost money.

So what do we do to avoid this particular scam?

You know I'm going to say don't answer the call if you don't know the caller, but if you do answer, have a plan. The scammer says "This is your grandson" and you say "Billy?" They say, "Yes, it's Billy." (You don't have a grandson named Billy). You say "But where is his Mom Marian?" They will probably hang up at this point and you have verified that this is a scam.

Limit personal information on social media. For instance, telling others – you never know who is listening – that you are so proud of Carl for making the soccer team on his 15th birthday, which was just yesterday. That gives the scammer four pieces of solid information to make his story real to you.

Protect your contact information, e.g., don't include your phone number and mailing address and email in your signature line in emails. Again, more information for them.

Check their messages to you, their email addresses and web page addresses to see if they are plausible. If the caller says they are from the government and gives a web address, is the suffix a .com instead of .gov or .MA?

Hang up after the first call and contact someone, anyone, who might know if your grandson could possibly be wherever the scammer says.

Listen to the teller when you go to the bank to withdraw cash! If they say something like "Are you sure this is safe?" think about it for a minute. Tellers are now trained to spot the actions that lead to these calls and loss of money.

Be safe, y'all.

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com, 413-268-2228

Seniors Aware of Fire Education

Winter is here and people and many people will be out there in the cold and on or near very cold water. They will be skating, ice fishing, and driving their snowmobiles on lakes, ponds and even rivers.



Accidents do happen and a lot of people experience cold water emergencies resulting in HYPOTHERMIA — the extreme loss of body heat. If your core body temperature gets below 95 degrees, it can be fatal if untreated. Hypothermia caused by cold water draws away body heat 20-30 times faster than cold air.

So here are a few things to consider about avoiding or dealing with cold water emergencies:

- Dress properly for cold weather activities. Wool insulates better when dry or wet than man-made fabrics do.
- Keep your feet warm and dry by wearing snow boots and heavy-duty socks.
- Keep your head covered, because you can lose your body heat 50% faster through your head.

If someone falls through the ice or into cold water:

- Call 911 immediately. Many of our fire departments are trained for and have special equipment for cold water rescues. Our ambulances are staffed and equipped to care for a hypothermic patient. So, do not hesitate to call 911.
- Do NOT go out on the ice. You do not want to chance being a victim.
- REACH...THROW...or ROW.
Try to REACH the person with a stick.
Try to THROW something like a rope, life jacket or any thing that can float to the person.
If a boat is available, ROW to the victim to the shore.
- Send someone out to the nearest access point to guide the emergency responders to the cold water victim.

We do have a multitude of lakes, ponds and rivers in our hilltowns. Moving water can change the thickness of ice without you seeing it. The only really safe place to skate is at a skating rink. Be SAFE out on the cold water!

--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.

Tech. Help and Training for January



We Are Still Alive!

Tech Connect continues providing services through January and February. We have trainings this month and tech support will continue through February. Please take advantage of continuing service while we remain active. And we haven't given up looking for ways to extend services. We will know more by February.

PLEASE READ! Delivering now: Internet Hotspots

Need affordable internet access? Have you already requested affordable internet? We have a solution that may work for you. Hotspots are small cellular devices you can use to access internet. Hotspots work in most areas in the hilltowns. If you are interested in learning more, please contact us by phone or email. If you requested affordable internet and were not contacted, please reach out to us again. Calls to **413-296-5080** are now returned and email to coatechhelp@gmail.com is also a great way to reach us.

Tech Support Available by appointment

Receive technology help by email, phone, drop-in, or by appointment: coaTechHelp@gmail.com, phone or text msg **413-296-5080**.

Devices for you: PC laptops, refurbished Chromebooks, iPads and Android tablets

There is still time to join the Digital World. Ky Martus continues 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. Email coatechconnect@gmail.com, leave message at **413-296-5080**, or use online request form on our website, www.northernhilltownscoas.org

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
Three Fridays, 11:30-1:30 (1/10 and 1/24)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (1/8)

- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (1/16)
- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (1/16)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (1/23)
- Williamsburg Meekins Library Drop-In tech support 2nd Tuesday 1/14 from 10 to Noon
Nash Hill Place Resident Drop-In tech support 2nd Tuesday 1/14 from 10 to Noon
- Worthington: drop-in tech support at COA office. 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 coaTechTrainer@gmail.com, call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Computer Classes:

Beginner's Windows Laptop Class will continue on Thursdays on January 9 and 16 from 1:00 - 2:30.

Intermediate Windows Laptop Class continues over three more Wednesdays: January 8, 15, and 22, 10:30-Noon.

Tech Workshops:

- 1/10, 10:30 - 11:30 Misinformation
- 1/15, 12- 1:00 Self Learning
- 1/24, 10:30 -11:30 Google Suite
- 1/29, 10- 11:30 iPhones
- 1/29, 6 - 7:00 pm Learn & Watch: YouTube, Libby, Kanopy



On the Road Again...

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 or overnight April TBD. One dat at **Encore Casino** or an overnight at **Turning Stone Casino in Verona, NY**. Please email me which casino you'd like.

Day Trip May TBD. **Isabella Stewart Gardner Museum & Maggiano's Little Italy.** Enjoy a delicious family-style lunch at Maggiano's. Tour three floors of galleries at the Isabella Stewart Gardner Museum on your own. Price TBD.

Day Trip June 8. **Winnepesaukee Railroad.** Enjoy a complete turkey dinner, prepared by Hart's Turkey Farm Restaurant, aboard the train while touring the shores of Lake Winnepesaukee. Price \$137. Make check payable to Landmark Tours and mail to the address above.

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. Only a few seats left.

Day Trip July TBD. **FDR Homestead & Library and Hudson River Cruise.** Take a scenic cruise on the Hudson River. Enjoy lunch at Mahoney's Irish Pub & Steakhouse (TBD.) Tour the home of Franklin D. Roosevelt and the first Presidential Library. Price TBD.

Day Trip August 3. Triple A affiliates, **Boston Red Sox vs Philadelphia Phillies** **Lehigh Valley IronPigs** at Polar Park, Worcester, MA. A pre-game tour of Polar Park and a ball-park-fare buffet for our group are included. Cost \$90.00. Make check payable to Francine Frenier and mail to address above.

Day Trip Sept. TBD. **The BIG E**, an annual favorite, with free entertainment at The Court of Honor Stage.

Day Trip Oct. 9. **A Chorus Line.** Center orchestra seating for the 50th Anniversary Production on stage at the Goodspeed Opera House in East Haddam, CT. Lunch at The Gelston House. Price \$177. Make a check payable to Landmark Tours and mail to the address above. Note date change.

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 January 2025, Diamond Tours is expecting this trip to go, despite the hurricane damage. Please stay tuned.**

Day Trip Nov-Dec. **A Holiday Event in Waltham, MA.** Reagle Music Theater Players beloved Christmas extravaganza--100 performers, live orchestra, dancers, living nativity, and yuletide tunes. Pre-show lunch at The Chateau Restaurant. Price TBD. Sundays.

Good News for January

By Deborah Hollingworth

Let's talk about buyer's remorse: when you've made a decision, or done something and now you're having second thoughts. Wished you hadn't done that... If it's a health insurance decision that you regret, because you've made a change in your coverage and now you wish you hadn't, then there's good news because even though the deadline for Open Enrollment has passed and now it's January 2025, **YOU CAN MAKE CHANGES IN YOUR HEALTH INSURANCE COVERAGE** if you want to regardless that the deadline's past, regardless if you've enrolled in a new Rx plan, regardless if you've chosen a Medicare Advantage plan. You can change your mind.

Why would you change your mind?

Well, you could have been swayed by advertising you saw on tv saying you could get additional benefits so you enrolled in a Medicare Advantage plan and found out that your doctor, or hospital isn't in network. Or you could have missed the Open enrollment deadline of December 7th to sign up for different Rx coverage- you "meant" to, but you didn't. Where does the time go? Or you could have gotten a new medical diagnosis and you wonder if you should change your insurance coverage as a result because you have all these co-pays whenever you see a medical provider. Or you went to the pharmacy to pick up your Rx and were unpleasantly surprised at the co-pay cost. I still remember the pharmacist looking at me and asking: "Do you know how much this is going to cost you?" before letting me know that my blood thinner had a \$600 co-pay (and that was last year...it's gone up for 2025)

But regardless the reason or the worry, regardless of how confusing or complex our health insurance coverage seems, the good news is that there is usually a way to change your coverage. Our SHINE counselor, Caroline Solan, can take a look at your coverage, determine if it's the best option and help you change it if you need to. You can contact Caroline by calling Highland Valley at **586-2000** and asking for a SHINE appointment.

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

Chesterfield COA

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Dee Cinner



Brooke Bullock, Director
Jen Peotter, Data/Financial
Accounting Manager
Kristen Estelle,
Newsletter Designer

SCAM ALERT!



*You get a call or message saying that **your Social Security number has been linked to a crime** and you need to **act now**.*

- They may tell you to move your money to protect it.
- They may tell you to take out cash and drop it off.
- They may tell you to buy gold and give it to a courier.

What should you do?

- Hang up!** It's a scam.
- Do not give out or confirm your Social Security number to anyone who calls you.
- Do not make payments or move money.

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.

