

Chesterfield Council on Aging

March 2025 Newsletter



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

Kate Reid, Interim COA Coordinator
 coa@townofchesterfieldma.com
 413-296-4007
 Mon. & Fri. 9-11am or by appt.

March Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
3 Advanced Tai Chi 9:30am Grab'N'Go 11:30am	4 Chair Yoga 10am Tech Drop In 11am-2pm Mahjong 1pm	5 Gentle Yoga 11am-12pm Tai Chi 1pm	6 Blood Pressure Clinic 11:30am Grab' N' Go Meal 11:30am Art Meet Up 1-3pm	7 Smooth Moves 9am Strength for Life 10am Tech Class: Comp. Maint. 10:30-11:30 Tech Drop In 11:30-1:30 Mahjong 1pm
10 Advanced Tai Chi 9:30am Grab'N'Go 11:30am	11 Chair Yoga 10am Tech Drop In 11am-2pm Mahjong 1pm	12 Tai Chi 1pm	13 Brown Bag 11:30am Grab' N' Go Meal 11:30am Art Meet Up 1-3pm	14 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
17 St. Patrick's Day! Advanced Tai Chi 9:30am Grab'N'Go 11:30am	18 Chair Yoga 10am Tech Drop In 11am-2pm Mahjong 1pm	19 Gentle Yoga 11am-12pm Tai Chi 1pm	20 Grab' N' Go 11:30am Art Meet Up 1-3pm	21 Smooth Moves 9am Strength for Life 10am Tech Class: Misinfo & Scams 10:30-11:30 Tech Drop In 11:30-1:30 Mahjong 1pm
24 Advanced Tai Chi 9:30am Grab'N'Go 11:30am	25 Chair Yoga 10am Tech Drop In 11am-2pm Mahjong 1pm	26 Gentle Yoga 11am-12pm Tai Chi 1pm Fiber Friends 7pm	27 Grab' N' Go 11:30am Art Meet Up 1-3pm	28 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
31 Advanced Tai Chi 9:30am Grab'N'Go 11:30am				

March Classes & Events

Mondays:

Advanced Tai Chi: 9:30am
Grab and Go Meal: 11:30am

Tuesdays:

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

Wednesdays:

Gentle Yoga: 11am-12pm (no class 3/12)
Tai Chi: 1pm
Fiber Friends: 7pm (last Weds.)

Thursdays:

Grab and Go Meal: 11:30am
Blood Pressure: 11:30am (1st Thurs)
Brown Bag: 11:30am, (2nd Thurs.)
Art Meet Up (no instructor): 1-3pm

Fridays:

Smooth Moves: 9am
Strength For Life: 10am
Mahjong: 1pm

Special Events:

- 3/15 - Art with Lena: Mindful Doodling with Watercolor and Drawing
- 3/7 - 10:30-11:30, Computer Maintenance
- 3/21 - 10:30-11:30, Misinformation & Scams

Welcoming Kate Reid, Interim COA Director

The Chesterfield COA is thrilled to announce the appointment of Kate Reid as Interim Director of the Council on Aging. Kate brings a wealth of experience in social work, holding a Master's in Social Work from the Springfield School of Social Work and her Licensed Certified Social Worker (LCSW) credential. Her background includes hospital social work, mental health counseling, grant management, and extensive work with individuals, families, and community members. Kate's expertise in mental health services, program development, and resource coordination will be invaluable to the COA and the entire Chesterfield community. We are excited to welcome her leadership and look forward to the positive impact she will have on our seniors.

A note from Marianne Drake, Chair of COA Board of Directors:

"The Select board and COA board are happy to welcome Kate with her energy and diverse experience in social services. She will build on the excellent work done by Brooke and Jan. The Select

board and the COA is grateful to Brooke for stepping in for the last four months. Please join us in welcoming Kate!"

Calling All Lunchtime Heroes!

Want to make a difference in the lives of children at New Hingham Regional Elementary School? We're looking for enthusiastic volunteers to join our lunch supervision team!

Here's what you'll do:

- Help supervise students during recess and lunch (between 12 and 1pm on school days).
- Ensure a safe and fun environment for the kids.
- Maybe even play a game or two!

Why volunteer?

- It's a rewarding way to give back to your community.
- You'll get to interact with energetic and positive students.
- It's a flexible commitment of just one hour a day!

Ready to join the fun?

All volunteers must complete a CORI check, which can be easily facilitated through the school's Main Office. Contact Jess at **(413) 296-0000** or jliimatainen@hr-k12.org to get started!

COA Volunteers Needed

The Chesterfield COA is looking for volunteer greeters to help support our busy community center.



Greeters will be responsible for assisting visitors in finding the activity and/or resource they are looking for. Greeters will be a valuable source of information on COA programs and services acting as a "first stop" for those seeking additional information. If you are interested in being a COA greeter please reach out to Kate Reid, Interim COA Director. Kate can be reached at **413-296-4007** or coa@townofchesterfieldma.com

TRIAD Medical Equipment for Loan

Looking to enhance your safety and well-being? TRIAD, a collaborative community policing initiative, brings together seniors, law enforcement, and service providers. Their mission? To keep our community strong and secure through education

and crime prevention.

One of TRIAD's impactful programs is the **Medical Equipment Lending Program.**

This program provides much-needed medical equipment, free of charge, to seniors in Chesterfield. TRIAD will deliver the equipment straight to your door, and pick it up when you've finished using it.

Interested in learning more?

Visit the Hampshire Sheriff's Office website at www.hampshiresheriffs.com/ or call TRIAD Director David Fenton directly at the Hampshire Sheriff's Office.

Together, we can build a safer, more vibrant community for all.

Important Information for Chesterfield Veterans

Need Assistance with VA Benefits?

Did you know that Chesterfield has a dedicated Veterans Service Officer (VSO) ready to help you? Our VSO, Dan Nye, is available to assist veterans and their families in obtaining benefits from the Department of Veterans Affairs (VA) and other government agencies.

VSOs can assist you with filing claims for disability compensation, pension, education benefits, and can provide information and guidance on VA programs.

Take advantage of this valuable resource!

Meet with Dan Nye on the **third Wednesday of each month from 1:30 PM to 3:00 PM** at the Chesterfield Town Offices, 422 Main Road, Chesterfield, MA 01012.

Don't wait – get the support you deserve!

Living Fully, Aging Gracefully, Befriending Death

The Living Fully group welcomes new participants. We meet monthly, on the second Tuesday at 1pm, on zoom, to share conversation and support. The emphasis is on staying fully alive as we navigate the aging process. We talk about everything from the practical to the spiritual and just about everything in between.

If you'd like a place to explore with others what

you're living through, to share companionship grounded in compassion and authenticity, to laugh, cry, and wonder, this might be the supportive community you're hoping for.

Email annieb@crocker.com or fandellaf@gmail.com to find out more and to be added to our list to receive the zoom link.

ART MEETUP

Practice with any art form 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 supplies

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 make art with your community

Local Food Systems: Healthier people, healthier economy, healthier environment

Our town of Chesterfield enjoys a deep-rooted agricultural heritage, with farming shaping its very foundation. Our fertile lands and bountiful water resources have nurtured a thriving agricultural and homesteading community for generations. Today, the importance of local food systems remains strong. Sourcing local produce, dairy, and meats supports local farmers, reduces environmental impact through decreased transportation, and ensures fresher, higher-quality food for residents.

For our older adult community, local food systems can provide crucial advantages: they reduce transportation barriers, improve affordability, offer enhanced nutrition, increase social interaction, and support our local economy.

• Enhanced Food Access:

Reduced Transportation Barriers: Farmers' markets, CSAs, & local food distribution programs minimize the need for extensive travel – a significant consideration for individuals with limited mobility.

Improved Affordability: Purchasing directly from local

farmers can be more cost-effective, especially for seasonal items, and many local food programs offer discounts or payment assistance to low-income seniors. (Example: Crabapple Farm accepts SNAP/HIP payments)

Enhanced Nutrition:

Locally grown produce is harvested at peak ripeness, resulting in superior flavor and higher nutrient content.

Access to fresh, seasonal foods promotes a more varied and nutritious diet.

Increased Social Connection:

Farmers' markets and other local food outlets provide opportunities for social interaction and community building, which are invaluable for older adults who may experience social isolation.

By supporting our local food systems, we not only strengthen our community but also ensure we have access to healthy, affordable, and delicious food.

Want to get involved with your local food system? Check out the Hilltown Food Council!

The Hilltown Food Council aims to support all Hilltown residents to consistently access fresh, healthy, local food regardless of their level of ability or mobility. The HFC works to:

- Increase advertising and outreach to encourage Hilltown residents to interact with the local Hilltown food system, including food access programs.
- Identify gaps in the food access network and increase partnership and collaboration among people, organizations, businesses, and groups to fill those gaps.
- Empower the community to build a resilient food system that fosters strong connections between Hilltown folks, their local food resources, and the health care system.



Interested in joining the Hilltown Food Council? Fill out the interest form by visiting:

<https://bit.ly/hilltownfpc>

Recipe Of The Month:

Frittata with Potatoes, Scallions, and Greens

Total time: 35 min., serves 4-6

Ingredients

- 2 tbsp olive oil, divided
- 1 bunch scallions rough chopped
- 8-10 oz fingerling or baby potatoes thinly sliced
- 2-4 cups hearty greens (spinach, kale, radish tops, chard etc.) rough chopped
- 2 cloves garlic minced
- 1/4 cup fresh herbs (parsley, basil, thyme, oregano, etc.) minced (optional)
- 8 eggs lightly beaten
- 1/4 cup milk, preferably whole
- 1 cup feta cheese crumbled
- freshly ground salt to taste
- freshly ground black pepper to taste



*Recipe by Perkins
Good Earth Farm*

Directions:

1. Heat 1 Tbsp olive oil in a skillet on medium heat. Once oil is shimmering, add chopped scallions and a sprinkling of freshly ground sea salt. Saute for 3 minutes, stirring occasionally.
2. Remove scallions from skillet and add to beaten eggs. Add remaining 1 Tbsp olive oil to skillet and heat until shimmering. Add potatoes in a single layer to the skillet. Lightly sprinkle with freshly ground sea salt. Cook potatoes undisturbed for 4-5 minutes, or until golden brown. Flip potatoes and cook for another 4-5 minutes, until both sides are golden brown.
3. Add the greens, garlic, and herbs and cook for another two minutes, stirring often to prevent sticking, until the greens have wilted.
4. Preheat the broiler to high. Add a touch of freshly ground salt and pepper to beaten eggs. Pour eggs evenly over top potatoes. Sprinkle crumbled feta over the eggs. Cook for 5-6 minutes, until eggs are just beginning to set.
5. Place the skillet under the broiler and cook the top for 1-2 minutes, checking every minute to prevent burning. Broil until eggs are set and the top is lightly golden.
6. Serve frittata warm, at room temperature, or cold, cut into wedges.

***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 Kate Reid, Interim COA Director, Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)

Name _____ Telephone _____

Address _____

Email _____



PLEASE do your Power of Attorney now!

For more information, please revisit
page 5 of the June 2022 newsletter:

<https://northernhilltownscoas.org/files>

For financial safety,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com, 413-268-2228

Seniors Aware of Fire Education

This month our focus is what to do
and not to do treating burns and
scalds.



1. First of all, remove the patient from the source of the burn.
2. Call 911 if the burn is deep and/or covering a large area.
3. Run COOL (not cold) water over the burn. This will cool down and stop the boiling fluid under the skin.
4. Do NOT put butter, grease or ointment on the burn.
5. Flush a chemical burn continuously with cool water.
6. Remove watches and jewelry from the burn area.
7. If possible, remove clothing from the burn area.
8. If clothing is stuck to the burn, leave it in place and cut away the clothing around the burn.
9. Again, do not hesitate to call 911 and seek medical attention for serious, deep, large area burn treatment.

Have a burn-free and sweet sugar season!

--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.*



Please join us!

"Sharing Stories, Creating Change" Hilltown Exhibit Opening & Community Gathering

The Hampshire County Community Story Archive
presents a collection of food stories sharing
community wisdom for a better future.

Saturday, March 8th

1:30 to 3:30pm

Join in conversation with storytellers at 2pm

Meekins Library, Community Room
2 Williams Street, Williamsburg

Free & open to the public.
Refreshments will be served!

Visit hcfpc.collaborative.org to learn more

*Funded by Mass in Motion, an initiative of MA Dept. of Public
Health & Williamsburg Cultural Council, a local agency
supported by MA Cultural Council.*



Tech. Help and Training for March



GREAT NEWS!

TechConnect will continue providing services. Although we have fewer trainings going forward, drop-ins and tech support will continue. Please take advantage of ongoing service.

DELIVERING NOW AND ACCEPTING NEW REQUESTS: Internet Hotspots

It's not too late if you need affordable internet access! We have a solution that may work for you. Hotspots are small cellular devices you can use to access the internet, and they work in most areas in the hilltowns. If you are interested in learning more, please contact us by phone or email. Calls to **413-296-5080** are now returned and emailing **coatechconnect@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** or check the website, **www.northernhilltownscoas.org**, for locations and time. You can attend drop-in at all locations, except Nash Hill.

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

There is still time to join the Digital World. 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
Two Fridays, 11:30-1:30 (3/7 and 3/21)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (3/12)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (3/20)

- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (3/20)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (3/27)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 3/11 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 3/11 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 two days 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**

Tech Workshops, March through August:

*On Fridays twice a month from 10:30–11:30 at
Chesterfield Community Center*

- 3/7 - Computer Maintenance
- 3/21 - Misinformation
- 4/4 - Social Media
- 4/18 - Cloud Basics
- 5/2 - Intro to Google Suite
- 5/16- Microsoft Word
- 6/6 - Microsoft Excel
- 6/20 - Canva
- 7/18 - Windows Basics
- 8/1 - Google Drive

Computer Classes:

No ongoing computer classes are scheduled. An alternate online resource for basic training can be accessed, with help from us, at **www.digitalliteracyassessment.org/login/?location=17640-MG8N-techconnect**

We can set up your access to this website and help you begin to train yourself for very basic to more advanced beginner digital literacy.



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 May 6. One day at **Encore Casino in Everett, MA.** Free Slot play. Lunch on your own. Restaurants on site. Cost \$40. I need 15 to sign up to make this trip affordable. Make check payable to Francine Frenier and mail to the address above by March 6.

Day Trip May 19. **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 \$144. Make check payable to Landmark Tours and mail to the address above by March 24. **Waitlist only.**

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 by April 8. **Waitlist only.**

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. Make the check payable to Diamond Tours and mail to the address above. **A few seats remain.**

Day Trip July 16. **FDR Homestead & Library and Hudson River Cruise.** Take a scenic cruise on the Hudson River. Enjoy a boxed lunch on board. Tour the home of Franklin D. Roosevelt and the first Presidential Library. Price \$140. Make check payable to Landmark Tours and mail to the address above by May 28.

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 ballpark-fare buffet are included. Cost \$90.00. Make check payable to Francine Frenier and mail to address above by June 1.

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. Center Orchestra seating. Lunch at The Gelston House. Price \$177. Make a check payable to Landmark Tours and mail to the address above by August 1. **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. Make the check payable to Diamond Tours and mail to the address above. **As of March 2025, Diamond Tours**

is expecting this trip to go, despite the hurricane damage around the area. 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 March 2025

Being a caregiver is usually not something you imagine, or plan for. It just happens. It could be your parents needing help, or your child becomes disabled, or your life partner's medical problems become debilitating. Your caregiver responsibilities can happen in an instant due to accident and/or injury. Or they can grow slowly, when the person you are helping begins needing more and more support. It can become overwhelming, and isolating where you focus on what needs to be done day by day.

How do you manage? What help is available?

We usually look to our health insurance because caregiver tasks include helping with personal care, meals, cleaning, grocery shopping, managing Rx, and keeping track of doctor appointments. For those of us over 65 who have Medicare as our primary health insurance, we are surprised and disappointed to discover that Medicare doesn't cover home care services or nursing home costs except for short periods of rehab, or after a hospitalization when your doctor can write orders for the VNA to deliver limited home care help.

In Massachusetts, we also have the State Home Care program which can provide ongoing home care services for residents over 60. These services include help with meals, housekeeping, personal care, transportation to medical appointments, lifeline services and a program called Options counseling to help understand other resources. Unfortunately, availability of workers for home care is limited, especially here in the hill towns. Highland Valley is the agency who oversees and pays for these home care services. Often authorized hours go unfilled because there aren't available workers.

So while Medicare and Highland Valley may pay for some home care, when our caregiver needs are greater, MassHealth is the resource that can help caregivers pay for the help they need.

MassHealth is medical insurance for those with limited financial resources. However, MassHealth has different income and asset eligibility limits for different programs. For caregivers, there are a couple of programs that help.

The PCA (Personal Care Attendant) program lets you hire your own worker, and Mass Health pays for a number of hours determined by a nursing assessment. So those who have significant medical problems, would qualify for more hours than those with less need. The worker you hire can be anyone (*cont. on next pg*)

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

Chesterfield COA

Marianne Drake, Chair
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Francine Frenier, Secretary
Lillian Bisbee
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Lynn Hicks
Marianne Hoag
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Dee Cinner



Kate Reid, Interim Director
Jen Peotter, Data/Financial
Accounting Manager
Kristen Estelle,
Newsletter Designer

(cont. from previous pg) who is not married to the MassHealth member. The PCA program has higher income eligibility limits, and “excess” assets can be transferred before applying. This program pays for care at home, not nursing home. MassHealth also pays for the Adult Family Care Program, like the foster care system, a caregiver can be paid for managing the Mass Health member’s care at home. AFC pays the caregiver a tax free stipend for managing and coordinating services. The program also provides a RN and social worker to help the caregiver access other resources and services.

To enroll in either of these programs, the person needing help must be eligible for Mass Health.

You might contact your senior center or SHINE counselor to ask about Mass Health eligibility. Don’t assume you’re not eligible- it’s worth a conversation to explore the options.



Spring/ Summer Clothing Exchange

Saturday, April 26th, 9am-3pm

Goshen Congregational Church
45 Main St. Goshen



Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men’s, women’s and children’s spring/summer clothing and accessories at the church on Wednesday 4/23 from 6-8pm or Friday 4/25 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 26th from 9am-3pm! All are invited to participate whether you donate clothes or not.