

Chesterfield Council on Aging

April 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.

April Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	1 Tech Drop In 11am-2pm COA Community Brunch 11am Mahjong 1pm	2 Tai Chi 1pm	3 Blood Pressure Clinic 11:30am Grab' N' Go Meal 11:30am Art Meet Up 1-3pm	4 Smooth Moves 9am Strength for Life 10am Tech Class: Social Media 10:30-11:30 Tech Drop In 11:30-1:30 Mahjong 1pm
7 Advanced Tai Chi 9:30am Grab'N'Go 11:30am	8 Chair Yoga 10am Tech Drop In 11am-2pm Mahjong 1pm	9 Tai Chi 1pm	10 Brown Bag 11:30am Grab' N' Go Meal 11:30am Art Meet Up 1-3pm	11 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
14 Advanced Tai Chi 9:30am Grab'N'Go 11:30am	15 Chair Yoga 10am Tech Drop In 11am-2pm Mahjong 1pm	16 Gentle Yoga 11am-12pm Tai Chi 1pm	17 Grab' N' Go 11:30am Art Meet Up 1-3pm	18 Smooth Moves 9am Strength for Life 10am Tech Class: Cloud Basics 10:30-11:30 Tech Drop In 11:30-1:30 Mahjong 1pm
21 Advanced Tai Chi 9:30am Grab'N'Go 11:30am	22 Chair Yoga 10am Tech Drop In 11am-2pm Mahjong 1pm	23 Gentle Yoga 11am-12pm Tai Chi 1pm Fiber Friends 7pm	24 Grab' N' Go 11:30am Art Meet Up 1-3pm	25 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
28 Advanced Tai Chi 9:30am Grab'N'Go 11:30am	29 Chair Yoga 10am Tech Drop In 11am-2pm Mahjong 1pm	30 Gentle Yoga 11am-12pm Tai Chi 1pm		

April Classes & Events

Mondays:

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

Tuesdays:

Chair Yoga: 10am (no class April 1st)
Tech Drop In: 11am-2pm
Mahjong: 1pm

Wednesdays:

Gentle Yoga: 11am-12pm (no class April 2nd)
Tai Chi: 1pm
Fiber Friends: 7pm (4th 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:

- 4/1 COA Community Brunch 11:00-1:00
- 4/27 Documentary Screening Not On This Land 4:00

If you have never visited **Arcadia Wildlife Sanctuary in Easthampton** you may want to plan a visit with warmer weather on the horizon. I was lucky enough to attend an event there last year and hope to return soon to take in all the beauty this place has to offer. Check out two of their spring programs listed below and reach out to the Arcadia Wildlife Sanctuary if you wish to attend. Please note that both these programs have a fee and I recommend asking about the terrain when you reach out to them to ensure you will be comfortable with the activity. You can call **413-584-3009** or email **arcadia@massaudubon.org** for event registration.

- **Wednesday, April 16th- Spring Wildflowers at Arcadia.** Walk the trails and keep an eye out for wildflowers including red trillium, wild anemone and blue cohosh. This is a wonderful opportunity to learn more about our local wildflowers. Registration is required for this event along with a participation fee of \$15-\$20.
- **Saturday, April 19th- Amphibians of Massachusetts: Frogs and Salamanders.** Visit the sanctuary's vernal pools and check out if these creatures have made their debut for the season. Registration is required for this event along with a participation fee of \$15-\$20.

CHESTERFIELD COA COMMUNITY BRUNCH

TUESDAY, APRIL 1ST AT 11:00AM - 1:00PM
LOCATED AT THE CHESTERFIELD GENERAL STORE

TO RESERVE YOUR SEAT
CALL (413) 296-4007 OR EMAIL
COA@TOWNOFCHESTERFIELDMA.COM
SEATS FOR THIS EVENT ARE LIMITED



COME LEARN MORE ABOUT
LOCAL RESOURCES OFFERED
BY THE HILLTOWN CDC AND
MEET OUR COMMUNITY
CONNECTOR

FUNDED BY HIGHLAND VALLEY TITLE III GRANT

A Word From Our Community Connector

Hello all,
My name is Jennifer O'Connell and I am working for the Hilltown COAs as the Community Connector. I am here to help Hilltown residents that are having issues and need assistance.

Some examples are:

- Obtaining benefits such as Fuel Assistance, SNAP, Social Security, etc.
- Help you continue to live independently in your home.
- Repairs
- Connection to local groups / activities to prevent isolation and have fun with community members.
- Transportation assistance

All inquiries are welcome. I look forward to working with you! Call me at **413-296-4536 ext.110** or email **communityconnectjo@gmail.com**.

*Please note: I do not assist with medical insurance, Medicare, or Medicaid issues. For:

Mass Health help, call Buliah Mae Thomas:
413-238-5511

Medicare / Insurance help, call Highland Valley Elder Services: **413-586-2000 x 999 option 2**

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.

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

FITNESS FOR ALL WITH JOAN

These movement opportunities have been created by a certified fitness instructor/personal trainer with functionality and mobility for daily life in mind. Come move with us in person or via Zoom. Make the time to invest in your health, in YOU!



Classes offered on Monday, Wednesday, Thursday & Friday



M, W, TH 10:15 AM, Fri 9 & 10:15 AM



Monday: Zoom only

Wednesday: Goshen COA/Zoom

Thursday: Zoom only

Friday: Chesterfield COA/Zoom

*Donations are welcome to support these offerings

COME JOIN US



413-537-8337



www.bybhealth.com

Joan@bybhealth.com



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.



DOCUMENTARY BY CHRIS LANDRY

NOT ON THIS LAND

Presented by the Chesterfield Council on Aging

APRIL 27, 2025

4:00 PM

CHESTERFIELD COMMUNITY CENTER

Not On This Land tells the story of a diverse coalition of citizen activists, environmental organizers, lawyers, and others who fought for six long years to stop the Atlantic Coast Pipeline from crossing some of the most beautiful and historic lands in the country, including Native American land and a predominately Black community founded after Emancipation.

Any opinions expressed in this film may not reflect the views of the town of Chesterfield.

Recipe Of The Month:

Skillet Lemon Parmesan Chicken and Zucchini

Total time: 30 min., serves 6

Ingredients:

1 tablespoon olive oil
1 ½ pounds boneless chicken breast or thighs
Salt, pepper, and garlic powder
3 small zucchini (about 1 pound total)
2 tablespoons fresh lemon juice
1 tablespoon soy sauce
1 teaspoon dried basil
¼ teaspoon dried oregano
½ cup shredded Parmesan cheese
Fresh parsley or basil, chopped (optional)

Directions:

1. Pat the chicken dry and cut into bite-size pieces. Toss with a couple pinches of salt, pepper and garlic powder. Chop the zucchini (discarding end with the stem) into 1/2-inch pieces. Set aside.
2. Heat the oil in a 12-inch nonstick skillet over medium heat until hot and rippling. Add the chicken pieces in a single layer. Let them cook WITHOUT STIRRING for 2-3 minutes until golden on one side. Flip and cook for


another 2-3 minutes until cooked through. Remove to a plate reserving as much oil/liquid in the pan as possible.

3. Return the skillet to medium heat and add the zucchini in a single layer. Again, let the zucchini cook WITHOUT STIRRING (to maximize that golden color) for 1-2 minutes. Flip or stir and continue cooking for another minute or two until the zucchini is tender (but not mushy – don't over cook).

4. Add the chicken back to the skillet and add the lemon juice, soy sauce, basil, and oregano. Stir to combine.

5. Increase the heat to medium high and cook until sizzling and the liquid thickens just a bit, 1-2 minutes.

6. Sprinkle with parmesan cheese and fresh herbs, if using. Season to taste with additional salt and pepper, if needed.



GENTLE YOGA

WITH KRIS MOSE-LIBON OF
WHIRLIGIG STUDIO

Join Kris Mose-Libon for gentle yoga at the Chesterfield COA.

All levels welcome
Suggested donation to COA \$5 per class

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

Wednesdays through April 11:00am - 12:00pm	Chesterfield Community Center 400 Main Road, Chesterfield, MA 01012
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Please register to reserve your spot!
Call 413-296-4007
Email coa@townofchesterfieldma.com
To learn more about the instructor visit whirligigstudio.com

Funded in part by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act.

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 _____



Seniors Aware of Fire Education

Preventing Electrical Fires

Here are some things you should look for and do to prevent electrical fires.



Call 911 if you experience any of these warning signs:

- arcs, sparks, or short circuits
- sizzling or buzzing sounds
- odor like a vague smell of something burning

Call a licensed electrician if you experience these warning signs:

- frequent tripped circuit breakers or blown fuses
- dimming or flickering lights, light bulbs that pop or wear out too fast
- overheated plugs, cords or outlets
- shock or mild tingling
- loose plugs
- damaged wires or faulty outlets

Some things you can check on your own are:

- overloaded outlets - only one appliance on an outlet
- electric cords behind furniture, couches, and bureaus
- overloaded power strips, most are for low current devices
- frayed wires, cracked insulation or any damage
- extension cords not properly rated for appliances
- cord or wire nailed into place can short out or arc
- do not use indoor rated cords outdoors.

Be charged up for a SAFE spring!

--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.

Social Security Safety, part 1

Assuming you have been following the news, you could - should? be aware of the safety of your Social Security information. I have recently learned that we can block access to our Social Security account from someone who has a nefarious intent. Because I have online access to my account, I proceeded to check this out.

So I tried to set a block. And failed. I could not get into my account using ID.me which is what I signed for a couple of years ago. I did get into my account using what I thought was an old user name and password. But then there was no option to block anyone else.

Stay tuned – I Will make this work!

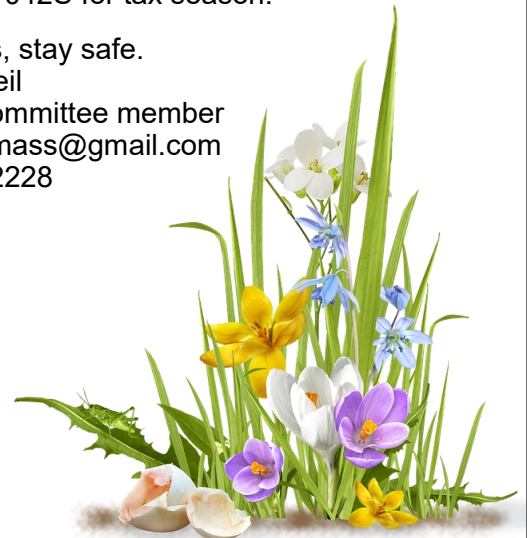
In the meantime, remember the old safety warnings. Don't carry your card with you. Don't share your number over the phone, EVER. Don't give out your number unless it really is necessary; when someone asks for your number, push back nicely. Ask why they need it, what is the consequence of them not having it.

It is a good idea to create your own online account, at **www.ssa.gov/myaccount** That way even if someone gets your number they can't adopt your account for their own. With an online account, you can:

- Get your benefit verification letter
- Check your benefit and payment information and your earnings record
- Change your address and phone number
- Start or change direct deposit of your benefit payment
- Get a replacement Medicare card
- Get a replacement SSA-1099 or SSA-1042S for tax season.

As always, stay safe.

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



Tech. Help and Training for April



GREAT NEWS!

TechConnect will continue providing services through a partnership with Northampton Open Media. 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. Call **413-296-5080** or email **coatechdevices@gmail.com**.

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

Please remind us if you requested one and are still waiting. There is still time to join the Digital World. We have ordered more PC laptops/ computers, refurbished Chromebooks, iPads 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 **coatechdevices@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 (4/4 and 4/18)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (4/9)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (4/17)

- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (4/17)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (4/24)
- Williamsburg Meekins Library Drop-In tech support
2nd Tuesday 4/8 from 10:30-12:30
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 4/8 from 10 to Noon

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**

Tech Workshops, April into August:

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

- 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.** \$20 in Free Slot play. Lunch on your own. Restaurants on site. Cost \$40. Make check payable to Francine Frenier and mail to the address **NOW. A few seats open.**

Day Trip May 8. Titanic: The Artifact Exhibition at Saunders Castle at Park Plaza Boston, MA. Lunch at Venezia. Cost \$144.00. Make check payable to Landmark Tours and mail to the address above by April 8.

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 **NOW. Waitlist only.**

Day Trip June 17 Isles of Shoals Cruise in Portsmouth, NH. Lunch at Foster's Clambake in York, Maine. Cost \$154. Make check payable to Landmark Tours and mail to the address above by May 17.

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. Payment of \$1,052 due **NOW.** Make the check payable to Diamond Tours and mail to the address above. **Waitlist only.**

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. **Waitlist only.**

Day Trip August 3. Triple A affiliates, **Boston Red Sox Woo 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.

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 April, Diamond Tours is expecting this trip to go, despite the hurricane damage around the area. Please stay tuned. A 2nd bus has a few open seats.**

Day Trip Sunday, December 7. 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 \$160 (approx.) Make a check payable to Landmark Tours and mail to the address above by August 1.

Good News for April 2025

Let's talk about the "Windfall Elimination Provision and Government Pension Offset", what many of us called the offset rule that affected our social security benefits (reducing them).

On January 6th, President Biden signed into law the Social Security Fairness Act that **ENDS** the offset! The American Federation of Teachers estimates this will effect more than 100,000 Massachusetts teachers. Municipal workers and Federal employees will be affected too. All this means your social security retirement benefit is going to increase starting April 1st! But it gets better. Your increased benefit actually started January 2024....which means you will get a lump sum amount to catch up. After that you should see an increased monthly social security benefit which the Biden administration estimates at about \$350/month for over 2.8 million Americans. That first "catch up" amount is supposed to happen April 1st, so check your bank statement for an additional U.S. Treasury deposit.

This Good news may have some drawbacks. The first is: don't try to contact the social security office now since they are flooded with folks calling asking for help calculating their new benefit. Wait times on phone calls can be up to 3 hours.

But more concerning is this new income may impact your public benefits like MassHealth, SNAP, and the Medicare Savings Program. MassHealth has decided not to count windfall income for the next 6 months. So we have until October before this new income will be counted.

If you think you might be at risk of losing benefits because your income and assets have increased, you should contact your senior center for a SHINE appointment for questions about the Medicare Savings Program and check to see if you can have a conversation with the Connector program for other benefits.

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

Chesterfield COA

Marianne Drake, Chair
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Librarian: Dee Cinner
Art Com: Gigi Kaeser, Chair;
Dee Cinner



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

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.

Let's Keep Talking About Death- Part 2

May 20, May 27 and June 3rd
4:00-5:30pm

John James Memorial Hall
42 Main St. Goshen

We are continuing our series of conversations based on *Let's Talk About Death Over Dinner* by Michael Hebb. Sessions will be led by End of Life Doula Stacey Mackowiak and take place over three sessions-May 20, May 27, and June 3 from 4:00-5:30pm.

More info to come in the May newsletter.
All are welcome!

