

Chesterfield Council on Aging

May 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
Tuesdays & Thursdays

May Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1 Blood Pressure Clinic 11:30am Grab' N' Go Meal 11:30am Art Meet Up 1-3pm	2 Smooth Moves 9am Strength for Life 10am Tech Class: Google Suite 10:30-11:30 Tech Drop In 11:30-1:30 Mahjong 1pm
5 Annual Town Election Grab'N'Go 11:30am	6 Chair Yoga 10am Tech Drop In 11am-2pm Mahjong 1pm	7 Gentle Yoga 11am-12pm Tai Chi 1pm	8 Brown Bag 11:30am Grab' N' Go Meal 11:30am Art Meet Up 1-3pm	9 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
12 Advanced Tai Chi 9:30am Grab'N'Go 11:30am	13 Chair Yoga 10am Tech Drop In 11am-2pm Mahjong 1pm	14 Gentle Yoga 11am-12pm Tai Chi 1pm	15 Grab' N' Go 11:30am Art Meet Up 1-3pm	16 Smooth Moves 9am Strength for Life 10am Tech Class: Microsoft Word 10:30-11:30 Tech Drop In 11:30-1:30 Mahjong 1pm
19 Advanced Tai Chi 9:30am Grab'N'Go 11:30am	20 Chair Yoga 10am Tech Drop In 11am-2pm Mahjong 1pm	21 Gentle Yoga 11am-12pm Tai Chi 1pm Fiber Friends 7pm	22 Grab' N' Go 11:30am Art Meet Up 1-3pm	23 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
26 Memorial Day	27 Chair Yoga 10am Tech Drop In 11am-2pm Mahjong 1pm	28 Gentle Yoga 11am-12pm Tai Chi 1pm	29 Grab' N' Go 11:30am Art Meet Up 1-3pm	30 Smooth Moves 9am Strength for Life 10am Mahjong 1pm

May Classes & Events

Mondays:

Advanced Tai Chi: 9:30am (no class May 5th)
Grab and Go Meal: 11:30am

Tuesdays:

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

Wednesdays:

Gentle Yoga: 11am-12pm
Tai Chi: 1pm
Fiber Friends: 7pm (May 21)

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:

- 5/18 Felting Workshop

Brunch Wrap-up

A huge thank you to all who attended our Community Brunch on April 1st. It was wonderful to see everyone and the meal provided by the Chesterfield General Store was delicious. For those who were not in attendance, during the event we had the opportunity to learn more about some of the resources available to our community. I will include a brief overview as well as how to get connected with some of these wonderful resources.

The Hilltown CDC - Faith Williams shared about the HOPE program. The HOPE Program (Health Outreach Program for Elders) brings "in-home" medical services to older adults in the community and can also help coordinate medical transportation. Faith also talked about the HEN program. The Hilltown Elder Network (HEN) provides eligible rural elders with in-home services, such as home chores or transportation assistance, to help ensure safe conditions for independent living. For more information on these and other programs please call at 413-296-4536

Western Mass Food Bank - Yurani Ordaz shared more information about the Brown Bag Program. This program provides a free bag of healthy groceries to eligible seniors once a month at local senior centers and community organiza-

tions. The food items are specifically selected to meet seniors' special dietary requirements to help them stay healthy and active.

To apply for the Brown Bag Program, call the COA office to obtain an application: 413-296-4007. You can also call our Brown Bag staff at 413-419-0079 with questions and for up-to-date information on closures.

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.

SNAP/EBT Update

DTA is changing vendors on April 26 beginning at 11pm.

Benefits available again "mid-day" April 27, 2025

This requires them to TEMPORARILY stop access to your benefits.

Your benefits will NOT be impacted, but you will not be able to use (spend) your EBT benefits during conversion.

Plan Ahead!



Scan QR for more info

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

Homemade Remedies For Your Vegetable Garden!

- **Leftover water:** After washing, steaming, or boiling vegetables, set the water aside and use it to water your plants- it will be full of vitamins and nutrients.
- **Egg shells:** Rich in calcium, egg shells can act as a great fertilizer. Larger shell pieces can also help to deter slugs.
- **Baking soda:** Baking soda is a great remedy for mold and mildew- common problems for plants such as pumpkins, potatoes, cucumbers and tomatoes. Mix the baking soda with oil (to help stick) and spray affected areas.



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.

FELTING WORKSHOP

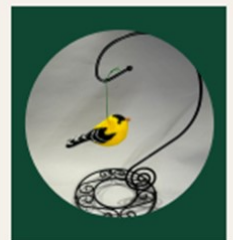
CHESTERFIELD
COUNCIL ON
AGING

BIRD ORNAMENT WORKSHOP WITH TRACY KOCHANSKI

Come explore the exciting world of needle felting! You can learn and practice new skills while making a Goldfinch bird ornament. Learn how to choose wool, use proper needle technique, and create the various elements of the Goldfinch bird. Materials will be provided.

ALL EXPERIENCE LEVELS WELCOME!

Open to ages 12 years and older. Seats are limited, registration required.



REQUESTED
DONATION

\$15/PERSON

SLIDING SCALE AVAILABLE - PLEASE
CONTACT COA DIRECTOR 413-296-4007



WORKSHOP DETAILS

MAY 18, 2025 1:00PM-3:30PM

CHESTERFIELD COMMUNITY CENTER - CALL TO REGISTER 413-296-4007

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

Recipe Of The Month:

Spring Puff Pastry Tart

By Erica Kastner



Total time: 40 minutes, serves 4

Ingredients:

1 Whole Sheet Puff Pastry, Thawed
4 ounces Cream Cheese Spread
1/3 cup Pesto
3/4 cup Freshly Shredded Parmesan Cheese
1/3 cup Sliced Asparagus, 1-inch size
1/3 cup Frozen Peas
3 slices Prosciutto, torn into pieces
Pepper to taste

Directions:

- Preheat oven to 425°F
- On a sheet of parchment paper, roll puff pastry out to a 10x15-inch rectangle. Wet the edges with water and fold over 3/4 inch of the pastry along each edge. Trim off a small amount along each outer edge. Prick the inside of the puff pastry all over with a fork. Transfer the pastry, parchment paper and all, to a heavy baking sheet.
- Bake in preheated oven for 10–12 minutes, or until golden. Remove from oven.

- Spread the par-baked pastry with cream cheese and pesto. Top with shredded cheese, then asparagus, peas, prosciutto, and pepper to taste. Be careful with adding any salt as the cream cheese, pesto, Parmesan, and prosciutto are all quite salty.
- Return to oven and bake until the pastry is cooked through and the asparagus is tender-crisp, about 10–15 minutes. Remove from oven and allow to cool for 5 minutes before slicing and eating.

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

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, 9:30 AM 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 class offerings*

COME JOIN US



413-537-8337



www.bybhealth.com

Joan@bybhealth.com



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

Hoping that May will warm things up enough for barbecuing, here are some things to consider for barbecue safety:

Senior 
SAFE

- ~NEVER grill indoors.
- ~ Keep grills at least 10 feet away from the side of any building.
- ~ Keep children away from a burning grill.
- ~ NEVER leave a burning grill unattended.
- ~ Grills may be used on first floor decks, balconies or patios if there is an outdoor stairway to the ground or if it is on the ground level.
- ~ Grills are prohibited to be used on any porch, balcony or deck that has a roof or overhang.

Gas Grill Safety

- ~ Propane is heavier than air and will sink to the lowest level. A leaky grill is a hazard to anyone below.
- ~ Keep propane 10 feet away from any building openings (doors, windows, dryer vents).
- ~ Keep propane 20 feet away from air intake vents and any ignition sources.

Before lighting a gas grill:

- ~ Make sure all connections are secure and tight, and open the lid.
- ~If the flame goes out, turn off the gas and wait 10 minutes for the gas to dissipate before relighting the grill.
- ~Make sure the grease trap is clean.

Charcoal Grill Safety

- ~ Use only charcoal lighter fluid, not gasoline.
- ~ After the coals are lit, be patient and NEVER add more lighter fluid to the fire. Flames can travel up the light fluid stream and cause very serious burns.
- ~ Dispose of the ashes in a covered metal container.

Have a S.A.F.E and delicious barbecuing 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.*

Social Security Safety, part 2

Oh the hubris. I WILL make this work, I said last month. Well, yes and no.

I did finally find the location online in my account where I could block access, it is called "Deactivate Access". I found it under My Profile, then Security. But the directions / warning scared me off. This is not a simple block like we do for our credit bureau files. To get my account unblocked, I will have to verify my account again by calling the Social Security office. Not my favorite thing to do...

I would have to unblock my account to make any future changes to direct deposit (I change my bank, for example), or need to report a change of address. But as more news has surfaced about private individuals accessing our data, I worry about the data getting compromised by them misusing it or just messing up the software so it doesn't work.

If you do decide to move forward with the block, you can call the Social Security Administration and request the block. You can apply a Self Lock on E-Verify.

In the meantime, remember the old safety warnings which I will repeat, then stop nagging. Don't carry your card with you. Don't share your number over the phone, EVER, or in public. Don't give out your number unless it really is necessary. Keep sharp watch on your bank statement to find any discrepancies and report them right away and to make sure your monthly SS payments come in and are correct. Do the credit report freeze if you haven't already done so.

Again, I now do not recommend this. Too risky for my blood. My parents didn't raise a gambler!

As always, stay safe.

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com

413-268-2228



Tech. Help and Training for May



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

There is still time to join the Digital World while supplies last. 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 (5/2 and 5/16)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (5/14)
- Goshen Free Public Library, 42 Main St.
Drop-in tech support, 3rd Thurs. 12pm-2pm (5/15)

- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (5/15)
- Westhampton Library, 1 North Rd.
Drop-in tech support, 4th Thurs. 2-4pm (5/22)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 5/13 from 10:30-12:30
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 5/13 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, May into August:

***Note Change To June Workshops**

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

- 5/2 - Intro to Google Suite
- 5/16- Microsoft Word
- 6/13 - Microsoft Excel
- 6/27 - 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 June 17 **Isles of Shoals Cruise in Portsmouth, NH.** Lunch at Foster's Clambake in York, Maine. Cost \$154 DUE NOW. Make check payable to Landmark Tours and call 413-529-2105.

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. **Waitlist only.**

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. **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 October 13.

Good News for May 2025

By Deb Hollingworth

Besides it is finally beginning to feel like Spring, the Good News this month is more about the Medicare Savings Program.

Those of you who submitted a MSP application last year are beginning to get a notice from MassHealth asking you to "recertify". This happens every year for anyone enrolled in MassHealth and although the Medicare Savings Program is technically a Federal benefit, not a MassHealth benefit, it is administered by MassHealth, which is why you are getting the recertify letter.

The good news is that the recertification application is the same as your original application. Only two pages. And does not require verification of identity or income. You once again, self declare your income, give your Medicare number and mail back to the address on the application.

Some of you may have received a MassHealth card during the year? Perhaps you are confused since you can't remember applying for MassHealth. The card came automatically because your income was low enough to qualify you for the highest level of Medicare Savings Program subsidy which is called QMB. Those folks with income less than \$2,478/ month single, or \$3,349/ month married get an additional benefit because MSP will pay any co-pays or deductibles that Medicare doesn't cover.

If you received a MassHealth ID card in the mail, be sure to show it to your medical providers so it will be added to your record and you will not be charged any co-pays or deductibles.

QMB is not MassHealth, and is not subject to Estate Recovery. It's a great benefit that acts like a Medex supplement.

Which brings me to the next question. If you have QMB through the Medicare Savings Program, do you need to keep your Medex? The short answer is No. QMB does the same thing as your Medex. The longer answer is if you give up your Medex, you won't be allowed to get it back at some later date, as long as you have QMB. So for folks who spend time out of state, like winters in Florida, you might not want to give up your Medex. QMB works in Massachusetts, but out of State medical providers may not be willing to bill it.

If you have any questions, or a problem with your medical provider not billing QMB for deductibles or co-pays, you can speak with Caroline Solan, your SHINE counselor at Highland Valley, 413-586-2000, or call your senior center for more information.

Chesterfield Council on Aging
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Chesterfield, MA 01012

Chesterfield COA

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

**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.

Sessions will involve guided practices, journaling, and small group discussions on topics including vigil planning, life review, writing an epitaph, legacy planning, being present with the dying, and how to say goodbye.

All are welcome, even if this is your first session.

Please email or call Kerry Normandin at 268-9354 by May 12 if you would like to attend.

**The COAs in collaboration with the
HRHS Drama Company!**

Hampshire Regional High School Auditorium
Thursday May 15th at 3pm
(doors open at 2:30pm)

The Picture Of Dorian Gray

Let's go see a show! Together!

The High School Drama Company is teaming up with the local Councils on Aging to bring a special theatrical experience to the community. In a unique collaboration, students will perform a production for you (those who are 60+), providing you with the opportunity to enjoy a show at little to no cost. This partnership offers the students a chance to showcase their work in a relaxed and supportive environment, serving as a dress rehearsal before the official debut. For the seniors, it's a wonderful opportunity to connect with the younger generation and enjoy an afternoon of live theater in an accessible and welcoming setting. It's a win-win—students gain invaluable performance experience, while the community is treated to a memorable cultural experience.

Entry is free to all COA Seniors. There will be a donation bucket at the entrance if people wish to make a cash donation to help with the Drama Company's expenses. For more info, please contact your COA.