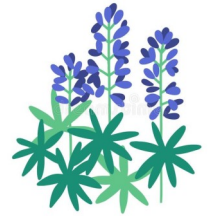


Chesterfield Council on Aging

June 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

June Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 Advanced Tai Chi 9:30am Grab'N'Go 11:30am	3 Cooking Demo 11-12 Mahjong 1pm	4	5 Blood Pressure Clinic 11:30am Grab' N' Go Meal 11:30am Art Meet Up 1-3pm	6 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
9 Advanced Tai Chi 9:30am Grab'N'Go 11:30am	10 Chair Yoga 10am Tech Drop In 11am-2pm Mahjong 1pm	11 Tai Chi 1pm	12 Brown Bag 11:30am Grab' N' Go Meal 11:30am Art Meet Up 1-3pm	13 Smooth Moves 9am Strength for Life 10am Tech Class: Microsoft Excel 10:30-11:30 Tech Drop In 11:30-1:30 Mahjong 1pm
16 Advanced Tai Chi 9:30am Grab'N'Go 11:30am	17 Chair Yoga 10am Tech Drop In 11am-2pm Mahjong 1pm	18 Tai Chi 1pm	19 Grab' N' Go 11:30am Art Meet Up 1-3pm	20 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
23 Advanced Tai Chi 9:30am Grab'N'Go 11:30am	24 Chair Yoga 10am Tech Drop In 11am-2pm Mahjong 1pm	25 Tai Chi 1pm Fiber Friends 7pm	26 Grab' N' Go 11:30am Art Meet Up 1-3pm	27 Smooth Moves 9am Strength for Life 10am Tech Class: Canva 10:30-11:30 Tech Drop In 11:30-1:30 Mahjong 1pm
30 Advanced Tai Chi 9:30am Grab'N'Go 11:30am				

June Classes & Events

Mondays:

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

Tuesdays:

Chair Yoga: 10am (no class 6/3)
Tech Drop In: 11am-2pm
Mahjong: 1pm

Wednesdays:

Gentle Yoga: 11am-12pm
Tai Chi: 1pm
Fiber Friends: 7pm (last Weds. of the month)

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:

- 6/3 Cooking Demo

Create Better Health: MyPlate & Cooking Demonstration



The Food Bank of Western Massachusetts, in partnership with SNAP-Ed, offers free nutrition education programs to our member agencies.

Explore MyPlate healthy eating guidelines and learn to make a budget-friendly meals!

Tuesday, June 3rd

11:00 AM - 12:00 PM

Chesterfield Council on Aging
400 Main Rd. Chesterfield, MA

Contact: Kate R (413) 296-4007

Reservations are requested, not required



Contact us to schedule your free nutrition event!

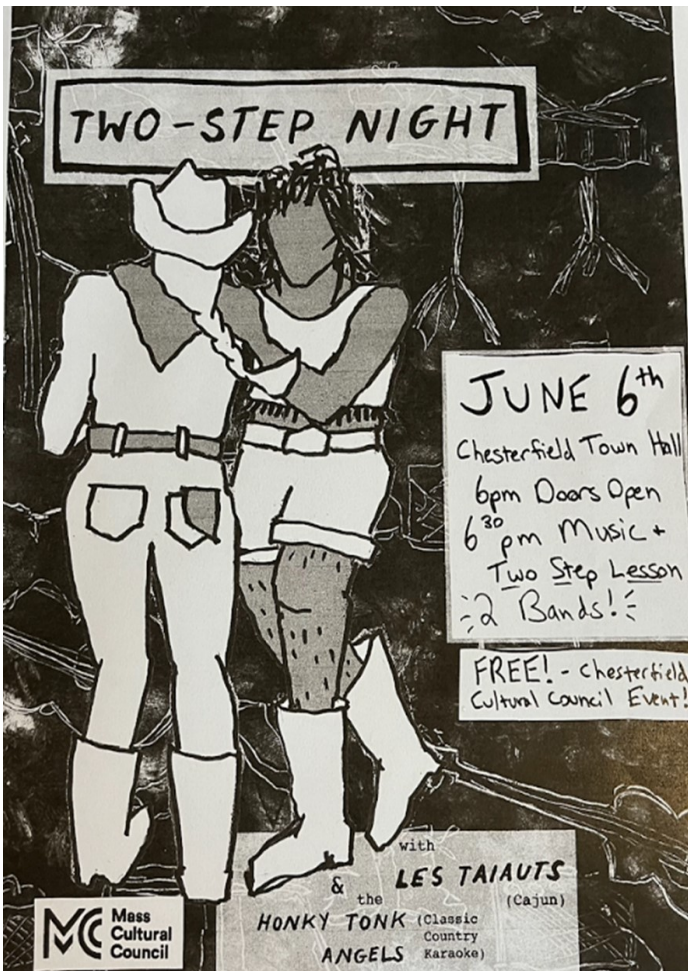
Abigail Killian, Nutrition Coordinator

abigailk@foodbankwma.org | 413-247-9738 ext# 134

foodbankwma.org/nutrition-program



This institution is an equal opportunity provider, and employer.



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.

Reach out to our Community Connector!

Do you need help finding resources in the area? Please reach out to our Community Connector, Jen O'Connell. Jen is available to help with many issues including:

- Obtaining benefits such as Fuel Assistance, SNAP, Social Security, etc.
- Help continuing 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! Jen can be reached via email communityconnectjo@gmail.com or call **413-296-4536 ext.110**

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

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

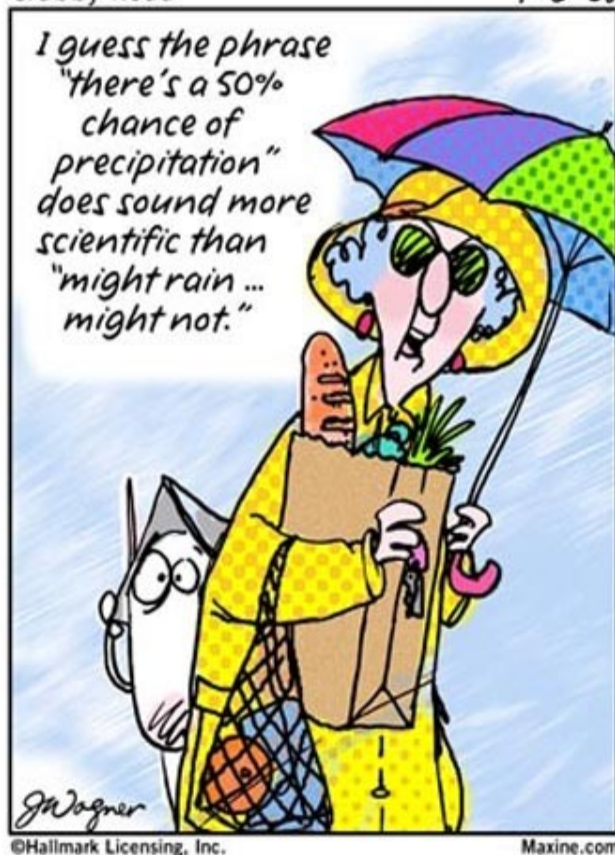
Summer Sharing

Warm weather is upon us and for many of us, that means spending a bit more time outdoors and connecting with the world around us. The COA would love to hear what you are up to during the warmer months. Are you seeing friends and neighbors for a gathering? Enjoying your morning coffee outdoors while listening to the birds chipping? Or perhaps you are tending to some plants with your green thumb? Send us an email at the COA and let us know some of your favorite summer activities! coa@townofchesterfieldma.com



Crabby Road

4-6-08



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Maxine.com

Recipe Of The Month:
Strawberry Cobbler

Recipe by Torie Cox
Published by Pioneer Woman

Yields: 8 - 10 servings

*Prep Time:
12 mins*

*Total Time:
1 hr 50 mins*



Ingredients:

- 1 stick salted butter (1/2 cup)
- 1 1/4 cups granulated sugar, divided
- 1 cup self-rising flour
- 1 cup whole milk
- 2 Tbsp. cornstarch
- 2 lb. strawberries, halved (about 6 1/2 cups)
- 1 Tbsp. fresh lemon juice

Vanilla ice cream, for serving

Directions:

1. Preheat the oven to 350°. Add the butter to a 10-inch cast iron skillet; place in the oven for 5 minutes or until the butter is completely melted, swirling the pan occasionally. Remove from the oven and set aside.
2. Whisk together 1 cup of the sugar with the flour and milk in a medium bowl. Whisk together the remaining 1/4 cup of sugar and the cornstarch in another medium bowl. Add the strawberries and lemon juice to the cornstarch mixture, stirring to combine.

3. Pour the batter into the melted butter in the cast iron skillet; do not stir. Spoon the strawberry mixture and any juices left in the bowl evenly over the batter, without stirring.

4. Place the skillet on a foil-lined baking sheet and bake on the middle oven rack until golden brown and bubbly, 60 to 75 minutes. Let cool on a wire rack at least 15 minutes before serving with vanilla ice cream, if you like.



**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.

***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

As you plan your summer vacation, here are some things to think about hotel/motel fire safety. First of all, select a hotel or motel that has a smoke detector and a sprinkler system in the room. Here are some things to think about or do after you have checked in:

Senior 
SAFE

- Check out TWO ways out of the hallway. The elevator is NOT one of them.
- Count the number of doors to the nearest exit and the number of doors to the other exit.
- If you are deaf, ask for a Hearing Impaired Kit or a room with a strobe fire alarm
- Keep your room key/card, your eyeglasses, your wallet and a flash light on the night table. Take them with you when the fire alarm sounds.
- Feel the door with the back of your hand. If it is really hot, do not open it.
- If it is cool, open it a little. If smoke, heat and flames rush in, close the door.
- If the hallway is clear or just has smoke in it, get low and go, counting the doors to the best exit.
- If you cannot reach an exit, return to your room.

If you are stuck in your room:

- Put wet towels around the door to discourage smoke and heat from getting in the room
- If possible, open the window and hang a sheet or towel out of it to let the firefighters know you are there.
- Do NOT jump out the window.
- Cover your face with a wet cloth and stay low by the window.
- Call 911 and let them know which room you are trapped in.

I hope you do not have to do any of this, but do think about it as you move into your hotel/motel. Have a SAFE vacation!

--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.

Joy oh Joy – two more new scams?

Well, new to me. Sorry to pass these on, but forewarned is forearmed, right?

First one: I got an email from someone I hadn't corresponded with or seen for at least three years. She asked if I used Amazon and I wrote back yes. She then asked if I could help her out. She had a good friend with a birthday and wanted to get her an Amazon gift card today but there was a problem with her credit card. Could I order the gift card and pay for it, she would repay me when things with the bank were straightened out. Umm, no way would have been my answer if I had written back.

One of the cues on this was the perceived urgency – card needed **TODAY!** Also, I liked the person presumably sending the email so there was a personal connection designed to make me feel like I should help her out.

Second one: this might not be a scam but it has Buyer Beware all over it. A friend was online for help with a computer-related accessory and signed into the chat to get technical assistance. She was asked to pay a dollar deposit – a fully refundable dollar deposit – so she put in her debit card number. Things started feeling wonky so she did NOT give her security ID and quit the site. The phone rang and it was her bank calling about three questionable charges just attempted of \$55 each.

She had gotten hooked up with JustAnswer.com, a valid service that contracts to provide technical advice. There is a \$5 or \$1 dollar fee to start up, then a monthly fee of \$55. Some who have tried to quit the service have found that difficult. If you are doing a technical chat, it is free unless they give you the fine print. Hence, Buyer Beware.

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



Tech. Help and Training for June



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 (6/13 and 6/27)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (6/11)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (6/19)

- Plainfield Shaw Memorial Library, 312 Main St. Drop-In tech support, 3rd Thurs. 5:30-7:30pm (6/19)
- Westhampton Library, 1 North Rd. Drop-in tech support, 4th Thurs. 2-4pm (6/26)
- Williamsburg Meekins Library Drop-In tech support 2nd Tuesday 6/10 from 10:30-12:30 Nash Hill Place Resident Drop-In tech support 2nd Tuesday 6/10 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, June into August:

***Note Change To June Workshops** from mailing

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

6/13 - Microsoft Excel

6/27 - Canva

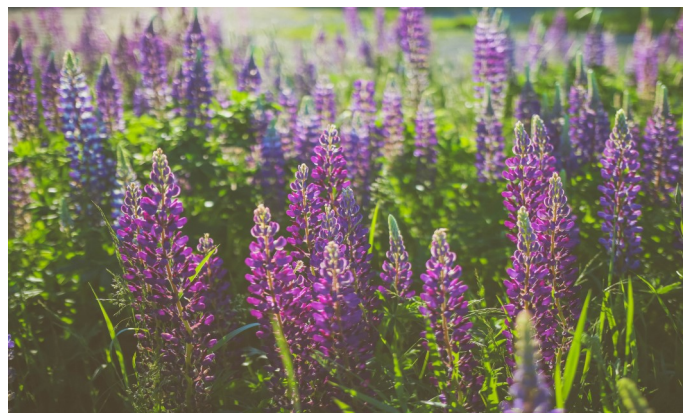
7/18 - Windows Basics

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.

*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. **Wait-list 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 **NOW. Call or email above to be added to the Wait List.**

*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 due **NOW**. Make check payable to Francine Frenier and mail to address above. **Call or email above to be added to the Wait List.**

*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, mail to address above by Oct. 13.

There are day trips to Bronx Zoo, Provincetown, Hampton Beach, Statue of Liberty, Salem, Mohegan Sun, Radio City Rockettes all leaving from Chicopee. If interested, call 413-296-4291 for more info.

Good News for June 2025

By Deb Hollingworth

Let's talk about ways to get help at home, and how to pay for it. If you are having difficulty bathing, dressing, doing housework, grocery shopping or getting to doctor appointments, there are services available.

Through Medicare: these services need a doctor's order and are delivered by Certified Medicare Home Care providers like VNAs. They are designed to be short term. Usually few weeks, and often after a medical event like a stroke, heart attack, or surgery for hip or knee replacement. Medicare funded services are NOT designed to be long term. They do not come on a daily basis. Typically the VNA might send a worker a couple times a week for 3-4 weeks.

State home care services through Highland Valley can provide help with personal care, housekeeping, grocery shopping or transportation. They are designed to be short term, or long term. A co-pay is charged. Co-pays are determined on a sliding scale, based on your income. State home care services are typically a couple hours, once or twice a week. Services are delivered by Certified home care providers like our local VNAs. Availability of workers can be an issue.

MassHealth is the only medical insurance that provides substantial hours of home care help, even on a daily basis. This help can come through a Certified Medicare home care provider like a VNA, but also can be someone you hire on your own. MassHealth will pay caregivers for the help they provide. Your caregiver can be anyone you are not married to. This is often the best option for someone who might need a number of hours of help on a daily basis. To access this benefit, you need to be eligible for MassHealth. Which means you must have limited income and assets. However, you can have as much as \$2,900/ month in income if you apply as a Frail elder waiver. Countable assets must be \$2,000 or less. But your primary residence, a car, term life insurance and pre-paid burial contracts are all uncountable assets. Excess assets can be transferred. This is where I run into the misconception that there is a 5 year look back for any asset transfer. This applies only to applicants seeking nursing home payment.

If your intent is to remain in your home, you can transfer assets, and then apply for MassHealth. You report the transfers so that MassHealth has a record of them in case, in the future, you might require nursing home care. If you want MassHealth to pay your nursing home bill, the 5 year look back applies. If you want MassHealth to pay for care at home, the 5 year look back does not apply.

MassHealth has a couple of programs that pay family caregivers. The most familiar, perhaps the most popular, is the PCA program (*cont. on next page*)

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

Chesterfield COA

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Francine Frenier, Secretary
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Laura Dimmler
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Art Com: Gigi Kaeser, Chair;
Dee Cinner



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

(continued from previous page) where you hire your own worker....and MassHealth pay them.

Probably the best way to learn more about the MassHealth programs that pay caregivers is to speak to an Options Counselor at Highland Valley: **586-2000**, or an Options Counselor at STAVROS **256-0473** or an Options Counselor at LifePath in Greenfield **773-5555**.

They can help determine which MassHealth program might work best for your situation. Next month we can talk about the Adult Family Care program which is another way MassHealth can pay family for the help they provide.



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

