

Chesterfield Council on Aging


July 2025 Newsletter



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

Eileen Theroux, COA Coordinator
coa@townofchesterfieldma.com
413-296-4007
Tuesdays & Thursdays

July Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	1 Chair Yoga 10am Tech Drop In 11am-2pm Mahjong 1pm	2 Tai Chi 1pm	3 Grab' N' Go Meal 11:30am Art Meet Up 1-3pm	4 
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 Tai Chi 1pm	17 Grab' N' Go 11:30am Art Meet Up 1-3pm	18 Smooth Moves 9am Strength for Life 10am Tech Class: Windows Basic 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 Tai Chi 1pm	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 Tech Drop In 11am-2pm Mahjong 1pm	30 Tai Chi 1pm Fiber Friends 7pm	31 Grab' N' Go 11:30am Art Meet Up 1-3pm	

July Classes & Events

Mondays:

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

Tuesdays:

Chair Yoga: 10am (*no class on 7/29*)
Tech Drop In: 11am-2pm
Mahjong: 1pm

Wednesdays:

Tai Chi: 1pm
Fiber Friends: 7pm (last Weds. of the month)

Thursdays:

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

Fridays:

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

Welcome, Eileen Theroux!

The Chesterfield Council on Aging welcomes its new director Eileen Theroux. Eileen is a registered nurse and has been a member of the COA Advisory Board. Her experience includes working with older adults, in community health, quality improvement and program management.

"We have a wonderful, dedicated group of people involved in the COA who support the needs of Chesterfield residents by offering food, exercise, art, tech support and many other programs. I am looking forward to working with them in this role. Our thanks to Kate Reid for serving as Interim Director."



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

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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



Health Care Proxy Information

The Health Care Proxy is a simple document, legally valid in Massachusetts, which allows you to name someone (an "agent") to make health care decisions on your behalf if you are unable to make or communicate those decisions.

The Health Care Proxy document gives a clear explanation of the responsibilities of a health care agent, and simple directions on how to fill out and sign the form. There are also instructions on how to revoke or cancel the document at a later date, if you choose to do so.

The form may be available through your healthcare provider or local COA. It can also be found online at the following websites:

Mass Medical Society
www.massmed.org/

Honoring Choices Massachusetts
www.honoringchoicesmass.com/

You do not need a lawyer to complete the form, but you will need two witnesses. After you have filled in the form, make at least four photocopies: keep the original for yourself where it can be easily found (not in your safe deposit box). Give copies to your provider to put into your medical record. Give copies to your agent and any alternate agent. You can also give additional copies to family members, clergy and/or lawyer, and other people who may be involved in your healthcare decision making.

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.



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.

Please note this is the last COA Newsletter being delivered in this format.

Keep an eye on your email for our new newsletter format next month!

Recipe Of The Month:
Chickpea Pasta Salad

Recipe by The Grow



Yields: 4 servings. Time to Make: 15 minutes

Ingredients:

2 cups cooked chickpea pasta
1 cup canned chickpeas, drained and rinsed
1/2 cup diced bell peppers (red, yellow, green)
1/4 cup cherry tomatoes, halved
1/4 cup diced cucumber
1/4 cup crumbled feta cheese
3 tbsp olive oil
2 tbsp red wine vinegar
1 tsp dried oregano
Salt and pepper to taste

Directions:

1. Combine pasta, chickpeas, bell peppers, tomatoes, cucumber, and feta in a bowl.
2. In a small bowl, whisk together olive oil, red wine vinegar, oregano, salt, and pepper.
3. Drizzle the dressing over the salad and toss to coat.
4. Serve fresh and enjoy!

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



***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 _____



Power of Attorney, yet again

Since I last nagged you on getting a POA, I have learned some things. One of them the hard way, but that is to your benefit. Oh, and the person who gives the POA to another person is called the “principal”; the person who receives the authority is the “agent” or the “attorney-in-fact”.

1. Before the agent can use the POA for the principal, the principal should notify any third parties, such as banks, that the agent is authorized to act on the principal's behalf. This means that the agent should go to or communicate with the bank or rest home or whatever entity, to insure they can accept the POA and add it to their files. The agent should take a copy of the appointment and proof of identity.

2. Some entities such as a financial institution may need a certified copy of a POA. The attorney who prepared the POA – or any notary public – can prepare a certified copy from an original POA document. This verifies that the POA is still valid.

3. The wording should be explicit as to privileges given to the agent. My best example of that is making sure that complete electronic access to accounts is available. I bank online, many of you do, and the principal may want the agent to be able to continue that.

4. To change the mailing address of the principal for Medicare and Social Security (SS), the agent will need to go through SS, and whether this can be done online or via phone or if a visit is required is fluid these days. In my case, I called SS to set up an appointment to visit and learned that the federal government does not recognize a POA. SS requires that the agent register as a Representative Payee. The paperwork includes a form “Request to be Selected as Payee” and likely a form for a medical provider to certify that the principal cannot or does not want to manage their finances.

5. MassHealth requires the agent to register as an Authorized Representative before the principal's address can be changed, or before MassHealth will share information about an insurance issue. That registration form can be found online: www.mass.gov/doc/authorized-representative-designation-form-1/download

6. The principal should keep a list of who they have informed about their POA, in case they later need to revoke it.

Smile!

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com

413-268-2228



Seniors Aware of Fire Education

This Senior S.A.F.E. column is different from the many that have been published over the years. I am going to give you only one piece of fire and life safety advice, which is:

Senior 
SAFE

~ if you are in a structure that is on fire or in one when a carbon monoxide detector sounds,
GET OUT and STAY OUT!

This is the last COA newsletter put together by Kristen Estelle. She has edited, formatted and produced the printed and online editions of the newsletters that go to every senior in seven Northern Hilltowns. She has brought local and regional news for everyone's benefit. This newsletter was the first of its kind when it was recognized by the Department of Fire Services a number of years ago at an annual S.A.F.E educators conference.

I personally thank Kristen for editing and formatting my column. It catches the eye and is an easy read. I also thank her for the “gentle reminder” of the deadline each month.

Job well done!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. of Fire Services.

Tech. Help and Training for July



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 One Friday, 11:30-1:30 (7/18)
- Cummington Community House, 33 Main St. Drop-In tech support, 2nd Weds. 10-12 (7/9)
- Goshen Free Public Library, 42 Main St. Drop-in tech support, 3rd Thurs. 12pm-2pm (7/17)

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

Tech Training Classes & Workshops:

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, July and August:

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

- 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 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 vs Philadelphia Phillies** at Polar Park, Worcester, MA. A pre-game tour of Polar Park and a ball-park-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. 15. The BIG E, an annual favorite, with free entertainment at The Court of Honor Stage. The Stylistics perform hits from the 70's. Cost \$18 for Northampton Seniors, all other seniors \$20. Make your check payable to Barbara Kaczinski & send to 39 Leeno Terr. Florence, MA 01062 by Sept. 1. NO REFUNDS due to bargain price. Bus leaves from Sheldon Field. **NOTE: check info and mailing address.**

NEW Day Trip Tues. October 8. Historic Salem Cross Inn. Includes luncheon, choices available. Tour of Quabbin and stop at Brookfield Orchards. Discounted price for Worthington Seniors over 60 and \$103 for other seniors. Call Phyllis 413-238-5962 or coa@worthington-ma.us for details and to reserve a seat by Sept 1. Limited seating.

Day Trip Oct. 9. A Chorus Line. Center orchestra seating for the 50th Anniversary Production 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. **Call or email above to be added to the Wait List.**

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 10 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.

Good News for July 2025

By Deb Hollingworth

Let's talk a little more about resources for caregivers. Are you a caregiver? Nurses, physical therapists, and other medical professionals certainly are, but you are too if someone depends on you to help them in order to stay home safely.

Maybe you do grocery shopping, or provide rides to medical appointments? But what if you are taking care of someone 24/7, providing personal care, meals, setting up medications, doing laundry and a host of other tasks to make sure the house is run.

Being a caregiver, managing the household, can become a full time job.

What happens if you need care yourself? Who can take over while you get the care you need for a medical procedure, recovery from surgery, or just to recoup your strength? This kind of help is called Respite care. It might be help like someone coming into your home, or it might be a short term nursing home placement for the person you're taking care of.

These short term nursing home placements can be paid for by MassHealth if the person you are caring for qualifies for MassHealth, or in some cases, the VA will pay for short term placement if the person you care for is a veteran and receives medical services from the VA system.



To find out more about the Caregiver Options, you can contact Highland Valley Elder Services at **586-2000** and ask to speak to an Options counselor. Highland Valley also has had Caregiver grants to help with additional expenses when the caregiver needs Respite services support. (Federally funded grants through Highland Valley are subject to availability). And always give your senior center a call to see who to speak to about MassHealth and Veterans services eligibility.

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

Chesterfield COA

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Eileen Theroux, Director
Jen Peotter, Data/Financial
Accounting Manager
Kristen Estelle,
Newsletter Designer

SCAM ALERT!



*You get a call or message saying that you did not appear for **jury duty**, you need to pay a fine or you will be arrested.*

What should you do?

- Hang up! It's a scam.
- No one will call if you miss jury duty.
- The sheriff's department will **never** call and ask you to pay a fine.

**VERIFY THE
INFORMATION**

**Massachusetts
Office of the Jury
Commissioner**

(800) 843-5879

***If you have a
consumer problem or
question, contact the***

**Northwestern
District
Attorney's
Consumer
Protection Unit**

**Greenfield
(413) 774-3186
Northampton
(413) 586-9225**

**Working in cooperation
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