



Chesterfield Council on Aging Newsletter

December 2025

The purpose of the Chesterfield Council on Aging is to identify the needs of older adults ages 60+ in the community and to develop and carry out programs and services to meet those needs.

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Chesterfield, MA Council on Aging

How I Almost Killed Myself

By Bev Henrichsen

We had been driving a couple of hours and had just entered the city limits of Portland Maine. We were on our way to a much-anticipated Thanksgiving family dinner. We had been singing, laughing and telling stories. We decided it was time for a bathroom break for us and the dog. While I walked the dog my spouse used the facilities. When she returned, she took the dog so I could go. I told her I was feeling a "little funny, a little weird" but I couldn't describe it.

As I returned from the restrooms the weird feeling continued. I thought, "I can't make it back to the car!" I walked slowly back to where we parked and I told my spouse my right arm felt like it was "knotting up, like the circulation was being cut off." She said, "I'm calling the ambulance." But I had seen hospital signs and said, "Let's just drive there, it will be faster."

Within several minutes we were at the emergency room door. All of my symptoms had disappeared, so I almost didn't go in. After all, I had spent many years as an Emergency Medical Technician. I believed if I was having a heart attack I would know. But I did go in. I told the people at the desk that I was feeling weird. I described what had happened, but said that, "it was all gone now, and I really didn't know what to think." After a few questions they had me sit in the waiting room. I surmised my situation couldn't be too urgent until they brought a wheelchair in.

They whisked me off into the depths of the ER. Someone came in the room and slapped patches on my chest. I asked what they were for and was told they were nitroglycerin to relax my coronary arteries. They told me not to go to the bathroom without calling a nurse. At this point I started to become aware of the seriousness of what was happening. I had mentally "triaged" myself when the sensations were occurring. I did not have any pain in my chest, no sweating, no shortness of breath, no indigestion, no nausea – all common heart attack symptoms. I hate the word denial but apparently that is what I was doing.

Next, I was headed for a stress test. I had been athletic all my life and had passed all my other stress tests, but not this time. Next was an ultrasound then the catheterization lab. Back in the ER I was put in a bed and waited for the doctor to come. He said I had 6 blockages in my coronary arteries. Two of the blockages were at 99%. Instead of Thanksgiving dinner I would be having open-heart surgery.

Here's what I learned. Don't minimize. Listen to your body. Get to the emergency room, don't wait. Call an ambulance if you feel "weird" or "funny". An ambulance has everything necessary to keep you alive if you pass out or need additional supports. Don't drive yourself. Your condition may be heart related. Many people that drive themselves die enroute to the hospital. ...continued on page 4

December calendar of events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Advanced Tai Chi 9:30am</p> <p>Strong Seniors 11:30am</p> <p>Grab 'N Go 11:30am</p>	<p>2</p> <p>Tech Drop-In 11am-2pm</p> <p>Mahjong 1pm</p> <p>Gentle Yoga 3pm</p>	<p>3</p> <p>Holiday Greeting Card Workshop 4-6:30pm</p>	<p>4</p> <p>Public Health Nurse Talk: Healthy Minds, Healthy Aging 10am</p> <p>Grab 'N Go 11:30am</p>	<p>5</p> <p>Mahjong 1pm</p>
<p>8</p> <p>Advanced Tai Chi 9:30am</p> <p>Strong Seniors 11:30am</p> <p>Grab 'N Go 11:30am</p>	<p>9</p> <p>Chair Yoga 10am</p> <p>Tech Drop-In 11am-2pm</p> <p>Mahjong 1pm</p> <p>Gentle Yoga 3pm</p>	<p>10</p> <p>NHRES All School Meeting 9:15am</p>	<p>11</p> <p>Grab 'N Go 11:30am</p> <p>Brown Bag Program 1pm</p>	<p>12</p> <p>Mahjong 1pm</p>
<p>15</p> <p>Advanced Tai Chi 9:30am</p> <p>Strong Seniors 11:30am</p> <p>Grab 'N Go 11:30am</p>	<p>16</p> <p>Chair Yoga 10am</p> <p>Tech Drop-In 11am-2pm</p> <p>Mahjong 1pm</p> <p>Gentle Yoga 3pm</p>	<p>17</p> <p>Centerpiece Workshop 10am-12pm</p>	<p>18</p> <p>Blood pressure Clinic 11:30am</p> <p>Grab 'N Go 11:30am</p>	<p>19</p> <p>Mahjong 1pm</p>
<p>22</p> <p>Advanced Tai Chi 9:30am</p> <p>Strong Seniors 11:30am</p> <p>Grab 'N Go 11:30am</p>	<p>23</p> <p>Chair Yoga 10am</p> <p>Tech Drop-In 11am-2pm</p> <p>Mahjong 1pm</p>	<p>24</p> <p>Fiber friends 7pm</p>	<p>25</p> <p>Merry Christmas</p>	<p>26</p> <p>Mahjong 1pm</p>
<p>29</p> <p>Advanced Tai Chi 9:30am</p> <p>Strong Seniors 11:30am</p> <p>Grab 'N Go 11:30am</p>	<p>30</p> <p>Chair Yoga 10am</p> <p>Tech Drop-In 11am-2pm</p> <p>Mahjong 1pm</p>	<p>31</p> <p>Happy New Year</p>		

Happy Hanukkah

Sign up to receive our monthly newsletter and the most up-to-date information about COA events! Email coa@townofchesterfieldma.com or call us at 413-296-4007

Exercise Programs Chesterfield Community Center



Advanced Tai Chi - Mondays 9:30 - 11am. This class practices the 3 parts of the Yang style long form on both the left and right side. There is no formal instruction. New participants are welcome to attend and observe, suggest arriving a few minutes early for introductions and orientation. Fee \$5.00

Chair Yoga - Tuesdays 10 - 11am. A modified version of traditional yoga, designed to be practiced while sitting on a chair or using the chair for support during standing poses. This is an ideal exercise for seniors, particularly those with limited mobility, balance issues, or health conditions that render traditional yoga poses challenging. The practice includes gentle stretching, strengthening exercises, and focused breathing. We keep it simple and fun, always time to share some laughs. Fee \$5.00

Gentle Yoga: Tuesdays 3 - 4pm beginning September 30th - December 16th. Join Kris Mose-Libon for this gentle yoga series. Gentle Yoga resumes Tuesdays 3:30-4:30pm. January 20-May 26, 2026. Please join instructor Michelle Ryan for this series. Bring your own mat or props you might need. (The COA has some available for use). Fee \$5.00

New!

Strong Seniors: beginning Monday December 1st. Mondays 11:30am-12:30pm. This class will be taught by a local certified personal trainer. Weight training for all abilities to strengthen and condition. Bring a yoga mat if you have one - some mats available at the COA. \$5 donation requested. Please contact the COA to register. This program funded in part by a grant from Highland Valley Elder Services.

Financial assistance is available for exercise programs. The COA does not want anyone left out because of a lack of funds. Assistance is available for eligible Chesterfield Seniors age 60+. Residents must meet income and residency requirements. Please contact COA Director 296-4007.



Healthy Bones and Balance with Marie Tuesdays 9:30 Goshen Town Hall. HBB is sponsored by RSVP (retired senior volunteer program) was created to increase strength, balance and flexibility. Marie is certified by RSVP as an HBB instructor. To register contact Marie at golivewell4ever@gmail.com. Space is limited. first come-first served. Please wear or bring sneakers or exercise shoes. Cost for HBB classes: free!

Are you interested in becoming a trained volunteer to lead the RSVP Healthy Bones & Balance Program (HBB)? Classes are led by trained volunteers at more than two dozen locations throughout the Pioneer Valley. HBB classes are a free, fun, way to exercise and socialize. Training to be held in the spring. Please contact the COA if you are interested in being trained to lead this class!

How I Almost Killed Myself ... continued from page 1

If you are having a heart attack your body releases what is known as Troponin. This chemical let's medical professionals know that you are having or have had a heart attack, that your heart is being damaged or was damaged. Going to the Emergency Room is the only way there is a record for your doctor.

Diabetes changes coronary arteries. If you are diabetic, you need to go to the hospital. I was disappointed to need open heart surgery. I had pledged to myself that I would take care of my diabetes so that what happened to my parents would not happen to me. I told the surgeon that. He said, "You're diabetic, that's why it happened. But you made it 10 years longer than the average diabetic before the heart surgery because you took care of your diabetes."

I wrote this because I want you to know how easily we dismiss important symptoms and do not seek treatment immediately. I was one of the lucky ones. The surgeon said I had "dodged a bullet. They caught the blockages in time." I escaped having a heart attack.



Special Events

Paint, Stencil and Celebrate: Make Your Own Holiday Cards

Wednesday December 3rd 4:00-6:30pm

Join instructor Sophie Theroux for a fun, hands-on workshop using stencils and watercolors to design your own beautiful holiday greeting cards - no drawing experience needed! Each participant will make 3-4 unique cards with envelopes using a wide selection of watercolor paints, brushes and over 60 festive stencils.

To Register, contact the COA at 296-4007 or email coa@townofchesterfieldma.com

This program funded by a grant from Highland Valley Elder Services



Make Your Own Centerpiece

**Wednesday December 17th
10am - 12pm**

Kimberly Wachtel, a local floral designer, is leading this workshop. She will be teaching skills on how to make a beautiful centerpiece design using natural, local greens and floral elements that celebrate the winter season and holidays. Participants will bring home their centerpiece. Bring garden pruners or clippers if you have some you like to use.

\$10 donation requested

This program funded by a grant from Highland Valley Elder Services



Special Events

Public Health Presentation



We are excited to have Kelly Hughes, Regional Public Health Nurse join us for a series of important health talks on Thursdays at 11am!

December 4th, 11 am

Healthy minds, healthy aging: mental health for older adults

Refreshments will be served.

Please contact the COA to register: 296-4007 or email coa@townofchesterfieldma.com

Expressive Arts Group Tuesday, January 27, 2026, 5:00—6:30 pm.

This monthly group, for grieving adults, offers a safe space to make a visual response to prompts provided using collage. There are no limits on how, when or where the person passed away. Shelly Lenn, Cooley Dickinson Hospice Bereavement Coordinator will lead this group.

For some the word “ART” can be scary, but don’t worry. Please know that this group isn’t about what you make, instead it’s about y-o-u-r individual, and unique process. AND by no means are we here to evaluate or judge. Contact the COA to register: 296-4007 or email coa@townofchesterfieldma.com



Mass General Brigham

Cooley Dickinson VNA & Hospice



Building Resilience from Within

Jewish Family Service of Western Massachusetts is offering this popular online self-care series offering simple, accessible practices to manage stress and build resilience. Learn simple techniques to build core resilience, balance the nervous system and deepen a healthy connection to your body. This free program takes place on zoom, is open to all, and no experience is required. To ensure accessibility, all exercises can be done seated or standing and every session is recorded so participants can watch or rewatch at their convenience. For more information, please call 413-737-2601 or contact Tammy Morton: t.morton@jfswm.org

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.

Resources

Community Connector - Do you need help finding resources in the area such as:

- 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
- Transportation assistance

Please contact Jen O'Connell!

email communityconnectjo@gmail.com or call 413-296-4536 ext.11

Brown Bag

The Brown Bag program provides a bag of groceries for low-income adults who are age 55+ (or younger with a documented disability). Brown Bags are distributed on the 2nd Thursday of the month at the Community Center at 1pm. To apply, call the Food Bank of Western Massachusetts at 1-800-247-9632 or you can contact the COA for help with the application.

Transportation

Hilltown Easy Ride Van services for seniors over 60 residing in Chesterfield and other hilltowns.

Regularly scheduled shopping trips to Northampton, rides to medical appointments.

Interested riders must be pre-approved for eligibility. More information, including an application for services can be found at:

<https://www.hilltowncdc.org/transportation> or call 413-296-4232

Hilltown Food Pantry

Located in Goshen, the Pantry is a program of the [Northampton Survival Center](#), and serves eligible residents of Chesterfield and other hilltowns. For more information, including eligibility requirements, visit the [Northampton Survival Center's website](#) or call the Hilltown Food Pantry at 413-268-7578 (Wednesdays between 1 – 3) or the Northampton Survival Center at 413-586-6564.

Fuel Assistance

(aka Low Income Home Energy Assistance Program)

Community Action of Pioneer Valley is the designated processing center of Home Energy Assistance Program applications for Hampshire County. This free service help to pay for a portion of winter heating costs by making payments to your fuel or electricity provider. CAVP also provides emergency assistance for heating system failures for participants.

To apply, contact: Community Action Pioneer Valley
Phone: 413-774-2310 or 800-370-0940
Email: fuelassistance@communityaction.us

Veterans' Support Services

Veterans' Service Officer: Daniel Nye

Phone 413-587-1298 email:

vetadmin@northamptonma.gov

Office hours: Chesterfield Town Offices 3rd Wednesday of the month from 1:15pm to 2:45pm. No need to wait for office hours - Dan is just a phone call or email away!

SHINE: Serving the Health Insurance Needs of Everyone. The SHINE Program provides free health insurance information, counseling, and assistance to people who are eligible for Medicare.. For info contact Caroline Solan at Highland Valley Elder Services 413-586-2000 ext 999 (option2) or by email csolan@lifepathma.org

TRIAD Medical Equipment - This program provides used medical equipment pick-up and delivery free of charge to seniors in Chesterfield. Call 413-582-7787

Hilltown CDC's Housing Rehabilitation Program provides eligible low- and moderate-income homeowners in eligible towns with deferred payment loans. These no-cost loans are meant to address code violations and improve living conditions for homeowners. For more information and an application to the program, contact Ashley Neveu, Housing Rehab Administrative Assistant at (413) 296-4536 ext. 112 or ashleyn@hilltowncdc.org

Hilltown Elder Network (HEN) Program provides eligible seniors with in-home services, such as home chores or transportation assistance. Seniors must be at least 62 years old, meet household income criteria, and are ineligible for other forms of assistance. For more information, please contact Helen Pelletier at 413-238-4418

Mass 211: 2-1-1 get critical health and human services information

Elder Fraud hotline: 1-833-372-8311

LGBTQ & Elder Hotline: 1-877-360-5428

Senior Legal Hotline: 1-800-342-5297

Community News

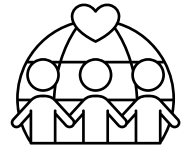
Hilltown Strummers

Ukulele strum-along for players of all experience levels! We'll be meeting at Belding Library in Ashfield. A limited number of ukuleles will be available to borrow, if you don't have your own.

Contact Donna Sarro if you are interested in joining:

donnasar24@gmail.com; phone 413-214-8311

Call or text!



Chesterfield Municipal Vulnerability Preparedness Forum

Saturday, Dec. 6, 9:45am-2pm, Chesterfield Community Center.

Lunch and free childcare provided

The Chesterfield climate resilience grant program is offering the third in a series of free educational forums regarding how to improve family and town resilience from extreme weather events due to climate change.

Come and hear new ideas that potentially can save you money and help you plan for climate change that is happening now.

New Hingham Regional Elementary School

All School Meeting December 10th 9:15am

Throughout the school year, NHRES holds All School Meetings - assemblies hosted by a class in which students share recent projects and families, along with community members, are invited to join. The next All School Meeting is on December 10th

This meeting will focus on a community-building activity: "Expectations Reset." Please join the Goshen and Chesterfield Senior Cheering Section!

Did you know? ... Chesterfield is a member of the Northern Hilltowns Consortium of Councils on Aging. The Consortium is a collaborative that includes the town Councils on Aging of Williamsburg, Westhampton, Chesterfield, Worthington, Goshen, Cummington and Plainfield. Residents of the Hilltowns are welcome to attend events at any of the Consortium COAs. For more information, including a calendar of events, check out the website! <https://northernhilltownscoas.org/>

**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 your check payable to "Town of Chesterfield" and write "COA programs" in the memo line; mail to Eileen Theroux, Director, Chesterfield COA, PO Box 7, Chesterfield, MA 01012

Name _____ Telephone _____

Address _____

email _____



Regional News

SENIORS AWARE OF FIRE EDUCATION

The holiday season is upon us and most of these holiday observances involve electric lights and candles. Here are a few things you can do to keep your celebration bright and safe.



For indoor lights and decorations:

- Buy lights and electric decorations that are listed safe by an approved testing service.
- Check for and replace lighting with frayed wires, broken sockets, switches, plugs.
- Never overload outlets.
- Use no more than three (3) strings of lights on a single extension cord.
- Remember to turn off the tree lights and all electric decorations before going to bed.
- Consider using energy efficient LED lights that stay cool.
- Never use lit candles in the tree or near live or other flammable decorations.
- Keep lit candles at least a foot (12 inches) from flammable items.
- Never leave a lit candle unattended.

For outdoor lights and decorations:

- Only use electric decorations that are rated for outdoor use.
- Plug them into a ground-fault circuit interrupter (GFCI).
- Use electric connection protectors.
- Anchor outdoor lights and decorations with insulated holders or hooks.

Keep the holidays bright SAFELY!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Depts
The Senior SAFE program is sponsored by many area fire departments and the MA Dept of Fire Services

CREDIT - SCORE!

You probably know by now that your credit score can be a VIN (Very Important Number) (yes, I just made that up) to you. Our three credit reporting companies calculate a score to determine how good a risk you are for some entity who might loan you money. A low score of 300 probably means you won't get that housing or car loan you want or a lower rate on insurance, but a score of 700 or higher probably means you will.

While the report itself is free, you can find out your score by going to the web pages of the credit reporting agencies and paying a small fee.. OR, your bank or credit card company may give you that score periodically.

This is private information! How can they do this!? What right do they have?!? A money lender, such as a credit card company, wants to know how your credit life is going, what kind of risk they are taking in loaning you money. Therefore they have a right to periodically check you out, a soft inquiry that does not affect your score. Then it is just a service for them to share that score with you.

Is there any risk in this? No, if you make sure you are on the actual credit card site, and if you follow another link from that website, make sure it is a legitimate site. Call the card's customer service if you have any doubts. Also, the score may not be exactly what you would get from going to the credit bureau yourself, as the score may come from a slightly different calculation method. Visit AnnualCreditReport.com

The November newsletter had a good article by the District Attorney's office on freezing your credit reports. Because we say to do this all the time, it was good to save that article.

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

On the Road Again...

TRIPS IN 2025/2026



**Contact Francine Frenier to reserve your seat
BEFORE mailing payments.**

For more info call 413-296-4291

Email: francine.frenier@gmail.com

Mail: 11 Stage Rd. Williamsburg, MA 01096

**Hamilton at the Bushnell on Wednesday,
November 12 with the Holyoke Senior Center.
Call 413-322-5625 for more information. Tickets
are going fast.**

**There are day trips to Radio City Rockettes and
NYC on your own-- all leaving from Chicopee.
If interested, call 413-593-3939 for more
information.**

*****2026 Multi Day trips to Washington DC
and Mackinac Island *****

**Multi Day Trip April 17-21, Washington DC 5
days, 4 nights** Admission to the George
Washington Mount Vernon Estate, Garden &
Memorial, Arlington National Cemetery,
Smithsonian Institution, Capitol Building, World
War II Memorial and more. Price \$790. Take a \$25
discount if paid in full by January 26, 2026. Make
the check payable to Diamond Tours and mail to
the address above.

**Day Trip May 3, 2026, Sunday A Grand Night for
Singing** at the Seven Angels Theater in
Waterbury, CT. Pre-show lunch at San Marino's
Restaurant. Price \$132. Make check payable to
Landmark Tours and mail to the address above
by March 6, 2026

**Day Trip June 17, 2026 Isle of Shoals Cruise
and Lobster Lunch** Enjoy at 2.5-hour cruise
from Portsmouth, NH to the Isles of Shoals. Pre-
show lunch at Fosters in York Maine. Price \$TBD.
Make a check payable to Landmark Tours and
mail to the address above by April 6, 2026.

**Day Trip July TBD 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 6, 2026. Those
on the cancelled trip from July 2025 will be
given first chance to sign up.

**Multi Day Trip September 27- October 3,
Mackinac Island,** the quaint Michigan island
where no vehicles are allowed. Trip is for 7 days,
6 nights. Tour the island by horse & carriage,
cruise the Soo Locks, visit Bronner's Christmas
Wonderland, Frankenmuth Bavarian Village and
much more, not to mention the plentiful fudge
shops. Price \$959. Take a \$25 discount if paid in
full by June 27, 2026. Make the check payable to
Diamond Tours and mail to the address above.
**No money is due until next year. This trip
quickly filled up. Please email to be added to
the wait list.**



**Photo from October 16, 2025 event
enjoyed by a large group of
attendees.**

The Lumberjack Feud Supper Show had
40 participants. The event was exciting
and won rave reviews. It truly was

The WILDEST Show In Town.

GOOD NEWS FOR DECEMBER 2025

By Deb Hollingworth

As you read this.... Open Enrollment is over for another year.....unless you are one of the BlueCross PPO Advantage members who got a “termination” letter saying your Plan was ending December 31st. If that’s the case, you actually have more time to make a decision about your coverage.

If you do nothing.... and December 31st comes and goes.... and your PPO plan ends.... you will automatically revert to “original Medicare A&B without Rx coverage.” But you will have until February 28th to pick a Medicare D plan for Rx coverage.

And with luck, there should be SHINE appointments available in January and February for help if you need it. Remember if you wanted to pick up a Medicare Supplement plan (that we used to call Medex), you can do that anytime during the year!

For folks who have a United Health/AARP Medicare Advantage plan, there’s another problem.

You may have received a letter saying that Brigham and Woman’s medical providers (including hospitals) will not be in network for United Health next year.

For more information call the number on the back of your UHC card to ask if you can use your doctor and/or hospital and be billed at the out of network co-pay?

It might be time to dump UHC and either revert to original Medicare A&B and pick up a D plan for Rx.....or switch to a different Medicare Advantage plan. Not all Advantage plans work well in our hill towns. Health New England and BlueCross usually are best. You should have until March 31st to do this.

Your Community Connector

Jennifer O’Connell is working for the Hilltown COAs as the Community Connector. She is available to help Hilltown residents that are experiencing challenges, hardship and/or need assistance. Jennifer can help you meet a variety of your needs to make life easier.

Some examples are:

- Obtaining benefits such as Fuel Assistance, SNAP, Social Security, etc.
- Getting help so you can continue living independently at home
- Arranging for repairs
- Connecting to local groups / activities to prevent isolation and have fun with other community members
- Transportation assistance
- Being unsure of what you need or where to turn

Any and all inquiries are welcome. Call Jennifer at 413-296-4536 ext.110 or email communityconnector@gmail.com

LAST MINUTE MEDICARE COVERAGE RESOURCE

By Adam Frank, Councils on Aging and Grants Program Coordinator, Executive Office of Aging & Independence

With so many residents seeking help to review their Medicare coverage options, SHINE appointments are filling quickly—and we want to make sure everyone still has access to reliable information and support.

To help meet this growing demand, the state SHINE team partnered with AARP to create an educational video that offers an overview of Medicare and the Open Enrollment process. The video explains coverage options and demonstrates how to use the Medicare Plan Finder to compare Medicare Advantage and Medicare Part D plans available in your area.

You can watch the video here:

<https://www.youtube.com/watch?v=RFgjEI3-SZO>

TECHNOLOGY HELP FOR DECEMBER



Tech Support home visit available by appointment

Call or message 413-296-5080 to arrange a home visit or email coaTechHelp@gmail.com for appt.

Devices for you: Refurbished PC laptops, Desktops, Chromebooks, and iPads

If you need a device to connect to the internet or have something so old it is not working effectively, please contact us. Leave a message at 413-296-5080, or use the online request form on our website, www.northernhilltownscoas.org.

Drop in Centers (no appointment needed)

Chesterfield Community Center 400 Main Rd.

Chesterfield, **every Tuesday** from 11:00 to 2:00

Goshen Library, Drop-In tech support from 12:00 to 2:00, 3rd Thursday, 12/18

Westhampton Library Drop-In tech support, from 2:00 to 4:00, usually 3rd Thursday, 12/18

ONE WEEK EARLY DUE TO CHRISTMAS

Williamsburg Meekins Library Drop-In tech support from 10 :30 to 12:30, 2nd Tuesday, 12/9

Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2nd Tuesday, 12/9

Worthington tech support - contact Eileen Daneri eadaneri@gmail.com.

NOTE: Drop-in Centers in Cummington and Plainfield have been discontinued due to low demand. Town residents should call 413-296-5080 for an appointment or use the Chesterfield site.

Internet Hotspots

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 internet and work in most areas in the Hilltowns. If you are interested, please contact us by phone 413-296-5080. Unlimited data plans are available through February. At this point, funding for hotspots will end and residents can purchase their own SIM card for \$30/month from Mint Mobile or the carrier of their choice.



Men's and women's haircuts, manicures, colors, facials, and other hair care options are being offered at Smith Vocational High School. Appointment times have changed to Tuesday and Thursday from 9- 11 am. Appointments are available now through mid-May.

\$5.00 is the cost for a haircut. Please call for other prices. The Smith Vocational Cosmetology students provide the services with their teacher Ms. Daniels alongside.

Simply call 413-587-1414 ext. 3531 for an appointment.

The Salon is located Smith Vocational High School in Room 124 of Building A at 80 Locust St., Northampton.

ALL ARE WELCOME



Scam Alert!

Medicare Imposter Schemes



WHAT THEY SAY

- They need your Medicare number to send you a new card.
- They threaten to take away your benefits if you don't sign up for their plan.
- They offer "free" medical equipment or supplies.
- They say your doctor asked them to call.

WHAT TO DO

- Just hang up!
- Medicare will not call you asking for your Medicare, Social Security number or personal information.
- Report suspicious calls & messages.

Medicare
1-800-633-4227

**Senior Medicare
Patrol**
1-800-892-0890

*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
with the Office of the MA
Attorney General.**

