
Chesterfield Council on Aging Newsletter

August 2025

Chesterfield COA & Community Center

400 Main Road, PO Box 7
Chesterfield, MA 01012

Eileen Theroux, COA Director

coa@townofchesterfieldma.com
413-296-4007

Our newsletter has a new look! Calendar of activities now on page 2, Exercise Program descriptions page 3, Special Programs page 4, Support Services page 5.

Chesterfield Volunteer of the Year **Marianne Drake**

At the Chesterfield Fourth of July Parade, Marianne Drake was awarded the 2025 Volunteer of the Year Award. Marianne has volunteered in many capacities in the Town of Chesterfield: she has served on the Finance Committee as well as on the Council on Aging Board. During the pandemic, Marianne served on the COA Cupboard Committee organizing volunteers to provide food for residents in need. She and her late husband Fred helped coordinate the Veterans' Breakfasts at the Community Center for several years.

Currently, Marianne serves as the COA Chair and helps with the Grab "N Go meals. Thank you Marianne for all you do for the Town of Chesterfield!!

Volunteer spotlight **Marianne Hoag**

Our sincere thanks to Marianne Hoag who has served the Chesterfield Council on Aging in many ways over the years: as member of the Board as well as serving on a number of committees and working groups. She coordinated breakfasts served at the COA and volunteered at many special events. Marianne recently resigned from the Board, but continues to support the COA. Thank you Marianne!



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

follow us on Facebook - Chesterfield, MA Council on Aging

August Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
4 Adv. Tai Chi 9:30am Grab & Go Meal 11:30am	5 Tech Drop-In 11am-2pm Mahjong 1pm	6 Tai Chi 1:00pm	7 Grab & Go Meal 11:30am Art Meet up 1-3pm CISA farm share 1:30pm	8 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
11 Adv. Tai Chi 9:30am Grab & Go Meal 11:30am	12 Chair Yoga 10am Tech Drop-In 11am-2pm Mahjong 1pm	13 Tai Chi 1:00pm	14 Brown Bag 11:30am Grab & Go Meal 11:30am Art Meet up 1-3pm CISA farm share 1:30pm	15 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
18 Adv. Tai Chi 9:30am Grab & Go 11:30am	19 Chair Yoga 10am Tech Drop-In 11-2pm Mahjong 1pm	20 Tai Chi 1:00pm	21 Grab & Go Meal 11:30am Art Meet up 1-3pm CISA farm share 1:30pm	22 Mahjong 1pm
25 Adv. Tai Chi 9:30am Grab & Go Meal 11:30am	26 Chair Yoga 10am Tech Drop-In 11-2pm Mahjong 1pm	27 Tai Chi 1:00pm Fiber Friends 7:00pm	28 Grab & Go Meal 11:30am Art Meet up 1-3pm	29 Mahjong 1pm

****Fitness programs funded in part by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act***

Exercise Programs

Tai Chi - Wednesdays 1:00 - 2:30 P.M. This class has detailed instruction in some of the early movements within the taiji form, as well as practice in some of the basic components such as positioning of feet and hands. Open to new participants.

Advanced Tai Chi - Mondays 9:30-11:00 A.M. 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.

Chair Yoga - 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.

Smooth Moves: A dynamic fitness class for all levels! This routine focuses on building muscle strength and enhancing balance. The exercises are carefully structured to target key muscle groups while improving your body's overall balance and coordination and improve function for everyday activities. Modifications are provided to meet various fitness levels. Whether your goal is to feel stronger, move more freely, or enhance your overall well-being, Smooth Moves is here to help you move through life with strength and ease. New participants, please reach out to the instructor prior to attending to complete a health questionnaire: Joan can be reached at joan@bybhealth.com. Dress comfortably, bring water, equipment is available for workouts.

Super Strength: Get ready to feel stronger and more stable. This total body strength workout is designed to increase your overall muscle function and improve your core stability. Each class targets every major muscle group with standing and floor based movements that challenge your strength, endurance and balance. This class is for all levels of fitness, offers variations to meet your needs. Whether you're looking to increase your strength, improve posture or boost your overall fitness, this class will give you the tools to succeed. New participants, please reach out to the instructor prior to attending to complete a health questionnaire: Joan can be reached at joan@bybhealth.com. Dress comfortably, bring water, equipment is available for workouts.

Fitness programs funded in part by a grant from Highland Valley Elder Services. Donations appreciated for all classes!

COA 2025-2026 Programs

In 2024 the Chesterfield COA conducted a community engagement survey to see what topics and events you are interested in. From this survey, the top five events were:

- online cooking workshops
- gardening workshops
- film screenings
- herbal medicine making classes
- basket weaving workshops

The most popular informational sessions were:

- how to improve your memory
- late-life planning
- ,navigating the healthcare system
- how to have fun

Thank you for your input! We are planning to incorporate some of these ideas as we plan for programs for 2025-2026.

If you, or someone you know, have a special talent and would like to lead a workshop or volunteer in some other way for the COA ... Please let us know!!

Special Programs

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.

Bereavement Support Group

You're Not Alone

Grieving the loss of a loved one is never easy. Join a safe and supportive space where you can share your feelings, find comfort, and connect with others who understand.


This grief group for adults aims to offer a safe space for grieving adults to share, remember and connect with others. CDH Hospice Bereavement Coordinator, Shelly Bathe Lenn will lead this weekly group. There are no limits on how, where or when the death occurred. Space is limited to 5 - 8 participants.

When:
• Wednesdays | 1:00 PM – 2:30 PM •
September 10, 17, 24
October 1, 8, 15, 22, 29


Where:
Chesterfield Senior Center downstairs meeting room
400 Main Rd., Chesterfield

For more information or to register, please contact:
Chesterfield Council on Aging
Phone: 413-296-4007
E-Mail: coa@townofchesterfield.com

*"Grief shared is grief diminished."
— Rabbi Earl Grollman*

 **Mass General Brigham**

Cooley Dickinson VNA & Hospice



Save the Date!!

Sensible Sort
Professional Organizer
Tuesday, September 24th at 10am.

Join Kira from Sensible Sort and learn to take control of your environment and manage your possessions for the next generation. Compassionate help from a professional organizer, for a variety of overwhelming tasks. Creating stress-free lifestyles by helping you to organize and de-clutter your environment!



Brown Bag: Food for Older Adults, a program of the Food Bank of Western MA in partnership with the Chesterfield COA.

This program offers a monthly supply of groceries for individuals 55 and older who meet income guidelines, or those under 55 with a disability receiving SSDI. This free service is provided by the Food bank of Western MA. For more information or to apply, please contact the COA at 413-296-4007 or coa@townofchesterfieldma.com.

If you are currently participating in the Brown Bag program - please be sure to pick up your bag on the second Thursday of the month by 1pm!

Support Services

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

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

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. Interested in learning more? Visit the Hampshire County Sheriff's Official website at www.hampshiresheriffs.com/ or call 413-582-7787

File of Life - This card provides first responders with essential medical information when patients cannot. Available at the COA.

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 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 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

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!

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

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

Cooking fires are still the leading cause of residential fires and fire injuries. Here are a few things you can do and not do be a fire S.A.F.E. cook:



- Keep the area around the stove clear of groceries, food packaging, and other items that can burn, like paper towels, hand towels and oven mitts.
- Wear tight fitting sleeves or short sleeves when cooking.
- Stand by your pan while boiling, broiling, or frying food.
- In the event of a fire starting in a pan or pot,
 - smother it with a lid or cookie sheet.
 - Do NOT try to move a burning pan and
 - Do NOT it douse it with water for fear of spreading the fire.
 - Just PUT A LID ON IT!

If the cooking fire gets away from you, call 911 immediately.

Be sure to STAND BY YOUR PAN when cooking,

-- 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.

DEMENTIA AND FINANCES



On one of my trips home, Dad activated my Power of Attorney because he caught himself writing two checks to a charity, which dismayed him with worry about doing worse. Probably all of us have a vague or possibly real fear of

dementia. When it comes to finances, there is basis for that fear. This month's note comes directly from a recent New York Times column by Dana G. Smith on financial problems as a sign of possible dementia. "People with dementia can experience money problems or declining credit scores years before memory loss, or other cognitive symptoms, emerge. They might forget to pay their bills, for instance, or no longer be able to stick to a budget."

"One of the reasons why financial mismanagement can be a sensitive indicator is just because it's so complicated," involving the interplay of multiple brain regions, said Dr. Winston Chiong, professor of neurology at the Univ of California, San Francisco. "Consequently, finances can be one of the first areas where cracks in someone's cognition start to appear."

The author points out that poor financial decision-making is especially a concern for those with frontotemporal dementia, a relatively rare form of dementia affecting judgement very early on in the disease. These people might make impulsive purchases and decisions. Others might be more trusting of people than they had been. That of course increases their risk of being scammed.

So I send this not to be scary and alarmist, but to pay attention to a possible warning signal such as missing bill payments, falling for scams, or seeing lower credit scores. If a sign comes, it is important to have open, honest conversations about the future, document important information early, and develop support networks that can help us out.

Yours in health,

Jean O'Neil

TRIAD Committee member
jeanoneilmass@gmail.com

413-268-2228

TECH HELP AND TRAINING FOR AUGUST



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 services.

DELIVERING NOW & 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 internet and 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 to 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, DESKTOPS, REFURBISHED CHROMEBOOKS, AND IPADS

There is still time to join the Digital World while supplies last. We have received more PC laptops, desktop computers, refurbished Chromebooks, and a few iPads. If you need 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 by leaving a message at 413-296-5080, or use the online request form on our website, www.northernhilltownscoas.org

DROP IN CENTERS:

ALL 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 in August from 11:30 to 1:30, on 8/1

DROP IN CENTERS: (CONTINUED)

Cummington Community House Drop-In tech support, 33 Main Street, 10 to Noon,
2nd Wednesday 8/13

Goshen Library, Drop-In tech support from Noon to 2:00, 3rd Thursday, 8/21

Plainfield Shaw Memorial Library Drop-In tech support, from 5:30 to 7:30, 3rd Thursday 8/21

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 8/28

Williamsburg

Meekins Library Drop-In tech support from 10 :30 to 12:30 2nd Tuesday, 8/12

Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2nd Tuesday, 8/12

Worthington Drop-In tech support at COA office
– call COA for date/time

TECH TRAINING CLASSES AND 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 AUGUST:

On Friday at 10:30 – 11:30 at Chesterfield Community Center

8/1 - Google Drive 10:30 – 11:30

COMPUTER CLASSES:

No ongoing computer classes are scheduled. An alternate online resource for basic training can be accessed, with help from us, at [Your paragraph text](#). We can setup 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 payments. For more info call 413-296-4291 Email: francine.frenier@gmail.com
Mail to: 11 Stage Rd. Williamsburg, MA 01096

Day Trip Sept. 15th 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 WED. 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 email coa@worthington-ma.us for details & 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 your check payable to Landmark Tours and mail it to the address above by August 1. A few seats available.

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. Make check payable to Diamond Tours and mail to address above. One bus only. Wait list still available.

2026 Multi Day trips to
Washington DC and Mackinac Island

Day Trip Dec 7, Sunday 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 check payable to Landmark Tours and mail to address above by Oct. 13. Call or email to be added to the Wait List

There are **day trips** to Bronx Zoo, Statue of Liberty, Salem, Radio City Rockettes leaving from Chicopee. Call 413-296-4291 or 413-593-3939 for more information.

GOOD NEWS FOR JULY 2025

By Deb Hollingworth

It's been awhile since I've talked about the Pharmacy Outreach Program, a great resource for folks who have questions about RXs. This telephone help line (866) 633-1617 has been around for about 20 years and is available M-F 8:30 to 5. Located at UMass Medical-Worcester, and funded by the MA College of Pharmacies and Executive Office of Aging & Independence. Their information line connects you with pharmacists or information specialists who understand prescriptions and the drug plans that cover them.

They can tell you about drug interactions, generics vs. brand names, whether there is another RX that might work as well as the one you are currently taking and review your prescription list. But the number one question information specialists get is about RX cost. And if you are one of those folks who take more than 8-10 RXs daily, co-pays mount up and can be a financial hardship.

If there's a less expensive way to get your RX, the Pharmacy Outreach specialists will know. Whether it's manufacturer's patient assistance programs, prescription discount cards, Rx coupons, free trial offers, manufacturer co-pay cards or co-pay foundations. They can guide you through the labyrinth of options.

As you might guess their phones ring off the hook during Open Enrollment (October 15th - December 7th) when it's time to pick a Medicare D plan for the coming year. They have already begun taking appointments for Open Enrollment, so if you have a complicated RX list with multiple medications with significant co-pays, you might want to give them a call (866) 633-1617. Book your appointment now!

CHESTERFIELD COUNCIL ON AGING
400M AIN RD, P.O. BOX 7
CHESTERFIELD, MA 01012

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SCAM ALERT!



*Did you get a message saying that you have **unpaid toll charges?***

The message warns that your license or registration will be cancelled or suspended if you don't pay.

WHAT TO KNOW

EZDriveMA **does not** send text messages asking for payments for unpaid tolls.

WHAT TO DO

- Stop!** It's a scam!
- Don't click on the link** in the message to make a payment.
- Call EZDriveMA** at (877) 627-7745 to see if you owe money for unpaid tolls.

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
Massachusetts Attorney
General.**