



Chesterfield Council on Aging Newsletter

September 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.

CoA Director: Eileen Theroux

Board of Directors

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Francine Frenier, Secretary
Lillian Bisbee
Laura Dimmler
Lynn Hicks
Jim Martin
Tim McElroy

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Librarian: Dee Cinner
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Phone: 413-296-4007

email:

coa@townofchesterfieldma.com

400 Main Road
PO Box 7
Chesterfield MA 01012

Follow us on Facebook
Chesterfield, MA Council on Aging

Convenient, Healthy Grab & Go Meals Make Life Easier for Residents!

Is the cost of groceries hitting you hard? There is a little respite right here in our town for residents aged sixty and older. Drive by the COA on a Monday or Thursday at 11:30 and you will see a flurry of activity as residents are picking up their healthy lunch in the kitchen of the Community Center. No work required, just stop by and Grab it and Go!

The meals vary each week, usually a hot meal is offered, sometimes a cold one, but there is a choice. You must sign up in advance. Recently the nutritious meal offered was either fillet of fish or diced ham casserole with potato and vegetables. Milk is always provided and either fruit or a desert rounds it off to make a yummy lunch or save it for supper!

The meals are generously provided by the Highland Valley Elder Services (HVES.) A \$4.00 donation is suggested but not required and any contribution is appreciated through a confidential voluntary donation receptacle.

For more information or to sign up contact the COA at 413-296-4007 or email at coa@townofchesterfieldma.com. Don't miss out on this terrific benefit made possible through our COA in partnership with HVES.

Volunteers needed:

Are you able to give one hour once a month to help fill bags for the Brown Bag Program? Please join other dedicated volunteers who support COA programs. For more information or to volunteer, please contact the COA!!

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

September Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day Advanced Tai chi 9:30am 	2 Chair yoga 10am Tech Drop in 11-2 Mahjong 1pm	3 Tai chi 1pm	4 Grab 'N go 11:30am Art meet up 1pm	5 Smooth Moves 9am Strength for Life 10am Little Roots 10am Town Hall Mahjong 1pm
8 Advanced Tai chi 9:30am Grab 'N Go 11:30am	9 Chair yoga 10am Tech Drop in 11-2 Mahjong 1pm	10 Tai chi 1pm Bereavement support group 1pm	11 Grab 'N go 11:30am Art meet up 1pm	12 Blood pressure clinic 8:30am Smooth Moves 9am Strength for Life 10am Mahjong 1pm
15 Advanced Tai chi 9:30am Grab 'N Go 11:30am	16 Chair yoga 10am Tech Drop in 11-2 Mahjong 1pm	17 Tai chi 1pm Bereavement support group 1pm	18 Grab 'N go 11:30am Oil Painting 1-3pm	19 Smooth Moves 9am Strength for Life 10am Little Roots 10am Town Hall Mahjong 1pm
22 Advanced Tai chi 9:30am Grab 'N Go 11:30am	23 Tech Drop in 11-2 Mahjong 1pm	24 Professional Organizer 10am Tai chi 1pm Bereavement support group 1pm	25 Grab 'N go 11:30am Oil Painting 1-3pm	26 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
29 Advanced Tai chi 9:30am Grab 'N Go 11:30am	30 Chair yoga 10am Tech Drop in 11-2 Mahjong 1pm Gentle Yoga 3pm			

The HOPE (Health Outreach Program for Elders) Nurse will be at the COA Friday September 12th 8:30am. Come meet Stephanie and get your blood pressure checked!!

Exercise Programs

Tai Chi - Wednesdays 1 - 2:30pm. 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 - 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.

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.

Smooth Moves - Fridays 9 - 10am. 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: Fridays 10 - 11am. 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.

New! Gentle Yoga: Tuesdays 3 - 4pm beginning September 30th. Join Kris Mose-Libon for an 8 week gentle yoga series. Bring your own mat (or purchase one at the COA) and bring any props you might need. Please register to reserve your spot call 296-4007 or email coa@townofchesterfieldma.com. To learn more about the instructor, visit whirligigstudio.com

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

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

This grief group for adults aims to offer a safe space 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 has occurred.

When: Wednesdays 1:00-2:30pm
September 10, 17, 24
October 1, 8, 15, 22, 29

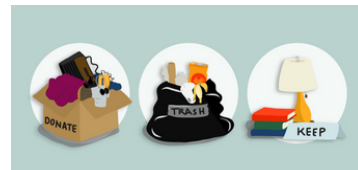
To register, contact the COA at 296-4007 or email coa@townofchesterfieldma.com



Sensible Sort Professional Organizer ***Tuesday September 24th at 10:00am***

Join Kira from Sensible Sort and learn to take control of your environment 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.

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



Let's Talk About "it"

Join us for a three-part discussion group based on the book "*Let's Talk About Death Over Dinner*" by Michael Hebb.

October 6th 4-5:00pm: Introduction/receive a copy of the book

October 20th 4-6:30pm: Dinner and a prompted discussion led by Stacey Mackowiak, End of Life Doula

October 27th 4-5:30pm: Follow up conversation

This important and engaging program is limited to 15 participants. Older adults from all Hilltowns welcome!

For more information or to register, please contact the Chesterfield COA



Special Programs

Oil Painting Class

Oil paints are surprisingly versatile and the long length of time you have to work with them is unique and worth investigating. Come experience this fascinating medium in a calm and supportive atmosphere. The class will experiment with value and glazing while creating 2 different paintings from still lifes. This class is a multi-level class meant to be taken over and over again. There will be different projects for each level of student.

Thursdays 1-3pm
10 classes: Sept 18- Nov 20
Suggested donation of \$10 per class
All materials and supplies provided
Register at www.lenagarcia.com



LITTLE ROOTS



Free and open to the public. Come join us for two Little Roots Music classes

Presented by Davenport Child Care

And the Chesterfield COA

Little Roots is an engaging community music experience founded on the belief that music is for *everyone*.

As a lifelong musician, Little Roots creator, Annie Lynch Stevenson recognizes the value of quality live, interactive music from birth onward. Annie selects and writes songs that are rooted in a variety of folk music traditions and are intentionally enjoyable for people of all ages. The repertoire is fun and accessible, including elements of storytelling and exposure to various instruments.

**Presented by Davenport Child Care
and the Chesterfield COA**

**When: Sept 5th 10am
Sept 19th 10am**

Where: Chesterfield Town Hall



GENTLE YOGA
WITH KRIS MOSE-LIBON OF
WHIRLIGIG STUDIO

Join Kris Mose-Libon for gentle yoga at the Chesterfield COA.

All levels welcome
Suggested donation to COA \$5 per class

Bring your own mat (or purchase one at the COA) and bring any props you might need.

**Join us for an 8 week series beginning
September 30th
Tuesdays 3 - 4pm**



Your Participation Is Needed!

The Chesterfield Planning Board is conducting a survey to determine what our community feels are priorities for the next 10 years and beyond. This is the initial step toward a Master Plan for Chesterfield. Every member of your household over the age of 16 is invited to complete the survey.

Paper copies of the survey are available at the Community Center, Library, and Town Offices. You can also find a link posted to a digital version on the Planning Board and Town's web pages or use the QR code below.

We value your input, so thank you in advance for participating in this process.

And, watch for our public meetings this fall to further the discussion. Questions or for more information, contact us at planningboard@townofchesterfieldma.com

<http://www.surveymonkey.com/r/cpbsurvey>



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!

**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

Wow! It is already September and it is still hurricane season, which has already messed with us. With this in mind, here are a few ideas on how to prepare for any emergency.



- Have a plan on how to get out of the house in 3 minutes or less.
- Keep eyeglasses, canes, walkers, hearing aids, masks near where you are sleeping
- Make sure pathways are clear of clutter.
- Install night lights (LEDs work well) throughout the house to prevent falls.
- Remember your smartphone has a flashlight built in.
- Make sure your house number is clearly visible from the road so first responders do not have to spend crucial time finding you.
- Get and fill out a FILE OF LIFE from your Council On Aging and post it on the refrigerator.
- Know where you can seek shelter and find sustenance. Stay strong and be SAFE!

-- 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.

WHAT DO YOU WANT TO SEE?



Looking back, I've been writing this note since early 2014 and volunteering in the topic since 2007. It occurs to me that I could ask you what you want to read. That I can write, of course... Here is an alphabetical list of topics I would be happy to work on. Please note the list does not include tax or investment advice!

Some of these topics have been at least touched on before, but somehow new information or warnings keep coming up.

Big Five and relatives

Will, health care proxy, durable power of attorney, advance directive, living will, MOLST, POLST, HIPAA release. Add to this beneficiary designations.

Budgeting

What to include, format for planning and recording, tips for staying on track

Credit

Cards, credit bureau records, managing, correcting errors, raising your score

Death

Dealing with finances and related matters after this unfortunate occurrence

Digital security

Phone and email and internet safety

Financial literacy

Finances and our brain, useful facts

Identity theft

How it happens, how to avoid, how to recover from

Scams

Recognizing and avoiding and recovering from

Web resources

For financial topics

Please let me know your thoughts!

Yours in knowledge,

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

TECH HELP AND TRAINING FOR SEPTEMBER



GREAT NEWS!

TechConnect is 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

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. 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

DROP IN CENTERS: (CONTINUED)

Cummington Community House Drop-In tech support, 33 Main Street, 10 to Noon,
2nd Wednesday 9/10

Goshen Library, Drop-In tech support from Noon to 2:00, 3rd Thursday, 9/18

Plainfield Shaw Memorial Library Drop-In tech support, from 5:30 to 7:30, 3rd Thursday 9/18

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 9/25

Williamsburg,

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

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

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 TRAINING CLASSES AND WORKSHOPS:

There are no workshops or classes scheduled for September.

TECH CONNECT CONTINUES THROUGH OUR AFFILIATION WITH





Hilltown Easy Ride

Senior Van

need a ride?

Call 413-296-4232

Are you a resident of Blandford, Chester, Chesterfield, Cummington, Goshen, Huntington, Middlefield, Montgomery, Plainfield, Russell or Worthington who is 60 Yrs, disabled or veteran in need of a ride to important medical appointments, grocery shopping, or to pick up medications? We want to help.

FRTA /HILLTOWN VAN

- Professional drivers
- Handicap accessible vehicle

DRIVER POOL DRIVERS

- Compassionate neighbors
- Personal vehicles

Our drivers are your neighbors and they want to support your transportation needs.
Interested in joining our team? Call us today!



NORTHERN HILLTOWNS

Meet Irene, our Northern Hilltown region FRTA van driver.



HILLTOWN CDC VAN

Meet Susan, our CDC van driver. She covers needs all over the Hilltowns



SOUTHERN HILLTOWNS

Meet Jack, our Southern Hilltown region FRTA van driver.

Some Hilltown Community Health Center and Highland Valley Elder Services consumers may be prequalified for services. Be sure to mention this to our coordinator upon calling.

DO YOU QUALIFY FOR SERVICES :

📞 413-296-4232
🌐 www.hilltowncdc.org/transportation

THE BOSTON SHUTTLE IS BACK!!

After a four-year pause, Cooley Dickinson Hospital has restarted its shuttle service for Pioneer Valley residents. Our voices were heard, and they responded. Here is some information about the Boston shuttle service.



The shuttle leaves Monday - Friday at 6:30 am from the parking lot across from 8 Atwood Drive, Northampton, and travels to Boston with stops at Mass. General Hospital, Mass. Eye & Ear, and Brigham & Women's Hospital. You must have an appointment scheduled at any of those facilities between 10 am and 1:30 pm. The shuttle departs Boston at 3 pm.

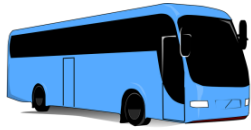
- The shuttle is wheelchair-accessible, is complimentary, and seats 28.
- Each patient may bring one companion.
- You must register at least 24 hours in advance by calling 413-966-8011. They have people
- to reserve seats/answer questions from 8 am - 12 pm, Monday-Friday. If you call outside of those hours, press "1" to leave a message.

We hope that you can make good use of this service so that the shuttle will continue to run well into the future. Please share this information with your friends. There is a parking lot at Atwood Drive to leave your vehicle until you return.

<https://www.cooleydickinson.org/2025/06/cdh-to-restart-weekday-round-trip-shuttle-service-for-patients-seeking-care/>

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. Due Now. NO REFUNDS due to bargain price. The 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. 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. Lunch at The Gelston House. Price is \$177. Make your check payable to Landmark Tours and mail it to the address above NOW. A few seats are available.

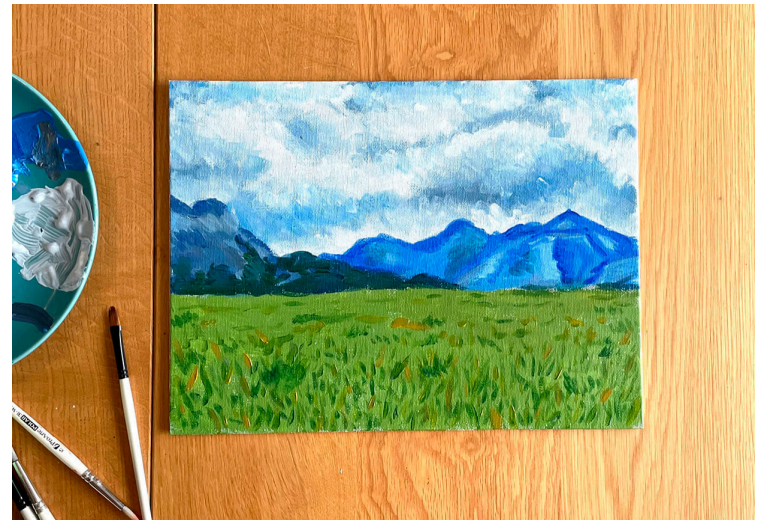
Multi Day Trip October 12-18 Biltmore Estate & Smoky Mountains, Asheville, NC. Seven days, six nights. Visit the Biltmore Estate, the St. Lawrence Basilica, historic Gatlinburg, TN & Asheville, NC. Guided tour of the Smoky Mountains National Park. Price \$1,099. Make the check payable to Diamond Tours and mail to the address above. Wait list.

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. Make a check payable to Landmark Tours and mail to the address above by October 13. Call or email above to be added to the Wait List

There are day trips to Bronx Zoo, Radio City Rockettes, Craft Festival at Mohegan

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



ACRYLIC PAINTING CLASS

JOIN US!! GOSHEN COA SPONSORED ACTIVITY

Acrylic Painting Class
Goshen Town Hall - Upstairs Dining Hall
42 Main St, Goshen, MA 01032

Learning to capture an object through painting, to see its shape, value, lighting, line is a satisfying practice. Participants will work on developing traditional painting methods including color mixing/theory, value, line, shape, and "seeing" what they are painting. Students will complete 2-3 paintings during this class time, and will be allowed to work at their own speed and move onto the next project when they are ready. Inspiration will come from still life's of every day objects and photos.

Thursdays 10am-Noon
9 classes: Sept. 18 -Nov. 13
Suggested Donation of \$10 per class
All materials and supplies provided
Register at www.lenagarcia.com

GOOD NEWS FOR SEPTEMBER 2025

By Deb Hollingworth

I confess... sometimes I struggle finding Good News with our current events...and this month especially I am so tempted to call this column Bad News because a perfect storm is brewing which looks like it will result in substantial increases in your monthly premiums, deductibles and co-pays for Medicare D plans.

Do you care, will this effect you? That depends. The answer is No....if you get your Rx through the VA because you are a veteran.

The answer is No... if you get your health insurance through your retirement pension plan, or your spouse's pension plan. (like municipal or State employees)

The answer is No, not as much....if you don't take any Rx...or if your Rx are just generics.

But the answer is Yes....if you are one of those Medicare beneficiaries who take brand name Rx and have a "stand alone" Medicare D plan. Which means you do not have a Medicare Advantage plan where your Rx are included.

Of the 70 million Medicare beneficiaries...there are a lot of us who like traditional Medicare and who have resisted enrolling in a Medicare Advantage plan, so we have a "stand alone" Medicare D plan.

AND, Open Enrollment is coming up... October 15th– December 7th where we have to decide to stick with our D plan that we've had this year.....or change plans because the cost for premiums, co-pays and deductibles will be lower if we switch plans?

In 2006 when Medicare D plans were "invented".....there were 22 Medicare D plans for New England residents. This past year we were down to 14. That number may shrink again for

2026 ... as Health insurance companies that offer Medicare D plans are looking at their bottom line and determining there's not a large enough profit margin to continue to offer them.

What's making the cost of Medicare D plans increase this year?

- rising cost of RX.....we have some remarkable new RX on the market now, but they come with significant co-pays as many of us taking blood thinners have discovered.
- regulatory changes which allow D plans to increase their monthly premiums as much as \$50 x month where before they were limited to \$35 x month increases.
- cutbacks in subsidy that these health insurance companies were getting as part of the Deficit Reduction Act passed in the summer of 2022. A recent Wall Street Journal article said subsidy cutbacks expected to be as much as 40%.

All these factors impact profit margins....so we anticipate changes in D plan costs as we help folks during Open Enrollment this year.

The Good News is that there are Medicare familiar counselors who can help you sort through your options. Suggest you call early for **an appointment!**

SHINE counselor Caroline Solan at Highland Valley Elder Services ... 413-586-2000

Pharmacy Outreach Program ... 866-633-1617

LifePath regional SHINE office ... 413-773-5555

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Trip to Polar Park where the group watched the WooSox play on August 3rd in Worcester