



Chesterfield Council on Aging Newsletter

May 2026

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.

Eileen Theroux, Director
Diane LaBarge, Finance Assistant

COA Board of Directors:
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Bev Henrichsen, Vice Chair
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Lillian Bisbee
Lynn Hicks
John Kislo
Darlene McVeigh
Jim Martin

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Celebrating Older Americans Month: Champion Your Health

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health — advocating for themselves, accessing preventive care, and making informed decisions that support independence.

This Older Americans Month, communities and individuals alike can take steps to champion health and advance healthy aging.

How can individuals take charge of their health at every age?

- Stay up to date on preventive care and screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.
- Practice daily habits that support mental health and resilience.

Contact information:
Phone: 413-296-4007 Email:
coa@townofchesterfieldma.com
Address: 400 Main Rd. P.O. Box 7,
Chesterfield MA 01012
Facebook: Chesterfield, MA Council
on Aging

The Council on Aging family wishes to express their deepest condolences on the passing of long-time Director Jan Gibeau to her wife Jeane Anastas and their extended family. Jan passed away on April 18th after a long illness. We are deeply grateful to have had Jan as a neighbor, friend and especially as our leader as she selflessly devoted her life to improving the lives of others throughout her career and particularly in her service as the COA director. We love you Jan and thank you for the many ways you cared for and supported us. Your smiling face will be missed.

Please remember to register each month for Programs and Classes!

**Online registration found on the Chesterfield COA home page:
Council On Aging - Chesterfield. MA
or**

<https://www.townofchesterfieldma.com/council-aging>

**You can also contact the COA by phone or email to register:
296-4007 or coa@townofchesterfieldma.com**



May Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cloud Basics & Google Drive 10:30am Mahjong: 1pm <hr/> 2 We are River People 9am - 5pm Chesterfield Library Pansy Planting 9am -1pm
4 Election Day No COA Classes Grab 'N Go: 11:30am	5 Chair Yoga: 10am Tech Drop-In: 11am-2pm Mahjong: 1pm Gentle Yoga: 3:30pm	6 Savvy Seniors: Frauds, Scams, ID Theft, Crypto Kiosk 10am	7 Grab 'N Go: 11:30am Intergenerational Dance 4pm	8 Mahjong: 1pm Student Art Show Opening 3-6pm
11 Advanced Tai Chi: 9:30am Strong Seniors: 11:30am Grab 'N Go: 11:30am	12 Chair Yoga 10am Tech Drop in 11am-2pm Mahjong 1pm Gentle Yoga 3:30pm	13 Foot Clinic	14 Grab "N Go 11:30am Intergenerational Dance 4pm	15 MS Excel Basics 10:30am Mahjong 1pm
18 Advanced Tai Chi: 9:30am Strong Seniors: 11:30am Grab 'N Go: 11:30am	19 Chair Yoga: 10am Tech Drop-In: 11am-2pm Mahjong: 1pm Gentle Yoga: 3:30pm	20 Mass Elder Law Education Program 10am	21 Grab 'N Go: 11:30am	22 Mahjong: 1pm
25 Memorial Day COA Closed	26 Chair Yoga: 10am Tech Drop-In: 11-2 Mahjong: 1pm Gentle Yoga: 3:30pm Expressive Arts Group:5-6:30pm	27 Fiber Friends 7pm	28 Grab 'N Go 11:30am	29 Windows 11 Operating System Basics 10:30am Mahjong: 1pm

May Exercise Programs

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. Suggested donation \$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. Suggested donation \$5.00

Gentle Yoga: Tuesdays 3:30-4:30pm. Please join instructor Michelle Ryan for this series. Bring your own mat or props you might need. (The COA has some available for use). Suggested donation \$5.00

Strong Seniors: Mondays 11:30am-12:30pm. Weight training for all abilities to strengthen and condition. Bring a yoga mat if you have one - some mats available at the COA. Suggested donation \$3.00

Northern Hilltowns Consortium

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, 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!

Northern Hilltowns Councils on Aging

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 _____

May Special Programs

Art show Opening May 8th 3 - 6pm

Students from Lena Garcia's Oil Painting and Cyndy Sperry's Watercolor classes will display their work at the COA. Refreshments will be provided. Please come and see the wonderful work done by local artists!

Savvy Seniors May 6th 10:00am

Elizabeth McKinstry, Community Outreach Coordinator for Western Mass for the Attorney General's Office, will talk about how to be a "Savvy Senior." We'll chat about common scams and how to avoid them; how to prevent identity theft (and steps to take if it happens); danger of cryptocurrency kiosks/ATMs, and how to contact the AGO's Elder Hotline. More information about the MA Attorney General's office can be found at [Mass.gov/ago](https://www.mass.gov/ago).

MA Bar Association Elder Law Education Program - Wednesday May 20th 10:00am

Join us for this free program to learn about Elder Law issues at this event led by Lisa Halbert Esq. of Doherty, Wallace, Pillsbury and Murphy P.C. in Northampton. Topics may include Veterans Affairs Financial benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, Medicare/Medicaid changes, and alternatives to nursing home care.

Please contact the COA if you have specific questions or concerns you would like addressed.

This program is presented with the generous assistance and continued collaboration of the Massachusetts Chapter of NAELA.

Monthly Expressive Arts Group Tuesday May 26th 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. Contact the COA to register: 296-4007 or email coa@townofchesterfieldma.com



Mass General Brigham

Cooley Dickinson VNA & Hospice

Good news!

TechConnect will resume computer workshops with our partner TechHub beginning in March. Workshops are one hour beginning at 10:30 am. All classes will be held at 400 Main St., Chesterfield, downstairs. Call our main number 413-296-5080 and leave a message to register.

May 1 - Cloud Basics and Google drive
May 15 - MS Excel Basics
May 29 - Windows 11 Operating System Basics
June 12 - Designing with Canva
June 26 - Zoom Basics

More May Programs!

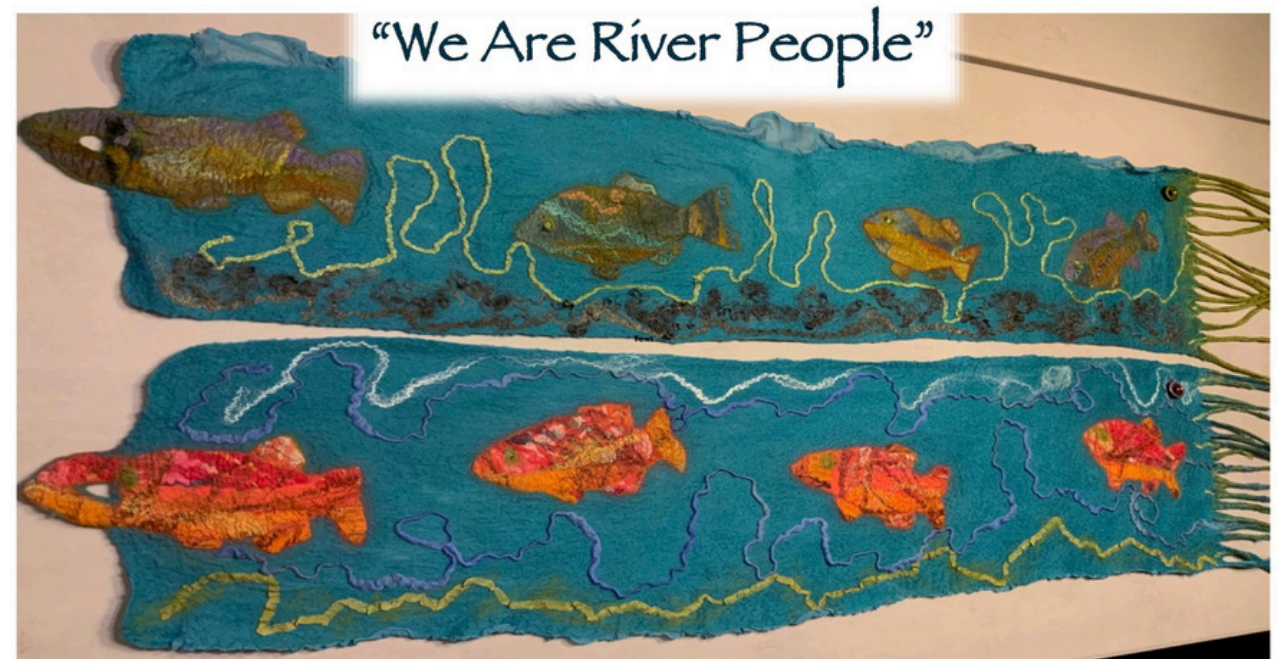
ANNUAL PANSY PLANTING



SATURDAY, MAY 2nd at the Chesterfield Library
During open hours- 9:00 – 1:00

Choose a flower, pot it, decorate it, take it with you
& PASS IT ON
A gift for May Day or Mother's Day!

All supplies will be provided



Celebrate World Fish Migration Day

The Nature Conservancy & Wild & Scenic Westfield River Committee

Will offer, Three separate Nuno Felting Workshops
with Fiber Artist Marjolaine Arsenault

Participants must be 18 or older & able to stand for the 9-5pm workshop.
Do you live or work in one of the ten towns served by the W&S Westfield
River Committee? (Becket, Chester, Washington, Middlefield, Huntington,
Chesterfield, Cummington, Worthington, Savoy or Windsor)

Reserve your spot, email: westfieldriver@gmail.com & mail in your \$35 material fee
(waivers available if this fee is prohibitive call Meredith Babcock 413 207-4282 with questions)

The pieces we each create will be part of the Art Shows



& then go home with you.



3 WORKSHOPS

March 28th

9-5 In Windsor MA

April 25th

9-5 In Becket MA.

May 2nd

9-5 In Chesterfield MA.

ARTSHOW'S

Becket Art Center

May 16th - June 7th

East Branch Trail

June 20th

Art Along the River

We are River People
worldwide

Art Show online

www.worldfishmigration.com/art-show/

Resources

Foot Nurse Wednesday Mary 13th

The COA offers a foot clinic with Piper Sagan every other month. The next clinic will be Wednesday May 13th. The cost is \$40 for Chesterfield residents and \$50 for non-residents. Contact the CO A for an appointment 296-4007.

CaregiverSupport

The Huntington Council on Aging offers information and support services for caregivers. A weekly support group is held on Wednesdays at 2:00 p.m. at Stanton Hall as part of the Hilltown Memory Cafe. Please contact Caregiver Support Coordinator/Facilitator and Outreach Coordinator Crystal Wright-Partyka at 413-685-5283 or email caregiveroutreach@huntingtonma.us for more information *This program is made possible in part by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act.*

Hampshire Elder Law Program (HELP)

is a program of the Hampshire County Bar Association which provides civil legal services at no cost to low-income seniors, 60 years of age and older. Services provided will include bankruptcy, consumer protection, guardianship, health care proxies, powers of attorney, probate of estates, and wills. For more information, contact the Hampshire County Bar Association by phone at (413) 586- 8729 or Email: hcba@crocker.com

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

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

Your Community Connector

Jennifer O'Connell is working for the Hilltown COAs as the Community Connector. She is available to help Hilltown residents who 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 assistance with:

- Benefits such as Fuel Assistance, SNAP, Social Security, etc.
- Living independently at home
- Arranging for repairs
- Connecting to local groups
- Activities to have fun with others
- Transportation
- Discussing what you may need

Any and all inquiries are welcome.

Call Jennifer at 413-296-4536 ext.110 or email communityconnectjo@gmail.com



May Regional News

ELDER LAW ISSUES



Local seniors are welcome to come learn about Elder Law issues at a **free** event. This presentation is hosted by the Goshen and Cummington COA's on May 21, 2026. It is being held at 2:00pm in the Goshen Town Hall.

Atty. James Loughman from Donovan, O'Connor & Dodgig, LLP will be the volunteer speaker.

This event is part of the statewide Elder Law Education Program presented by the Massachusetts Bar Association (MBA). Their education program corresponds with the publication of a revised and expanded "2026 Elder Law Education Guide," the 17th edition of the resource guide. The guide will be available at the event and is online at the MBA's companion website, www.massbar.org/elderlaw.



The topics to be discussed this year include:

- Veteran Affairs Financial Benefits,
- how to protect your home and assets,
- power of attorney and health care proxies,
- reverse mortgages,
- Homestead and Life Estates, and
- Medicare/Medicaid changes.

For more information about the presentation, contact Kerry at coa@goshen-ma.us or Chrisoula at croumeliotis@cummington-ma.gov

STRENGTH IN NUMBERS - A FALL PREVENTION PROGRAM

Strength In Numbers- A Fall Prevention Program will be a six-week program starting on May 4 at the Goshen Town Hall at 1:30-2:30pm.



Taught by Physical and Occupational Therapists from the Cooley Dickinson VNA, this

free program covers topics including:

- determining our own risk of falling,
- strength and balance activities to do at home,
- managing medications,
- visual concerns and age-related changes,
- home safety recommendations.

Practical items will be distributed free of charge to participants.

To reap the full benefits of the program, participants are asked to commit to all six sessions if possible. We will meet on six consecutive Mondays with the exception of Memorial Day on May 25.

This program is **free** thanks to grants from the Eversource Energy Foundation and the Roy Foundation.



To **sign up** please contact Kerry Normandin **by April 29** at coa@goshen-ma.us or call 268-8236 ext 118.

We welcome and encourage older adults from all the Hilltowns to attend.

GOOD NEWS FOR MAY 2026

By Deb Hollingworth

When looking for home care help, it's important to understand that Massachusetts does not regulate these businesses unless they have contracts with MassHealth, other State agencies, or are certified Medicare home care providers. Being regulated means they have to meet standards of care in order to keep their certification.

Of approximately 400 home care companies in Massachusetts, only about 1/3 of them are subject to regulation. Standards of care include CORI checking their employees, supervising them on the job, and providing ongoing training to ensure a level of skill. So, that's a good thing.

But odds are, you are more likely to find a company that is not regulated. Does this matter?

Depends on what kind of help you need, and perhaps how long you expect to need it. Because home care help is expensive and regulated companies can bill Medicare, and MassHealth, and may have contracts with the VA or State Home Care agencies like Highland Valley. Which means there may be help paying for the services you need.

Unregulated companies are most likely to be private pay only. Cost of care varies depending on where you live, what you need and how many hours per day, or a week you need.

One good thing in favor of the private pay providers... the customer is always right, because if you're not happy, you can take your business elsewhere, so these home care providers are highly motivated to please.

While the regulated, certified providers must meet standards of care, they sometimes have issues when it comes to customer service. So there's a trade off.

Let me say that there are many Certified/Regulated home care providers that provide excellent customer service and understand the importance of maintaining a reputation for same. You might look for well established companies who have been in business long enough to establish a reputation for excellence.

Where do you go to look for these providers? You might start with the [Medicare.gov](https://www.medicare.gov) web site. This site lists certified Medicare providers and starts by asking your zip code to narrow the search for those companies near you.

The Massachusetts Home Care Aide Council also has a helpful web site. This council is a non-profit association of home care agencies that provides training opportunities as well as guidelines for standards of care.

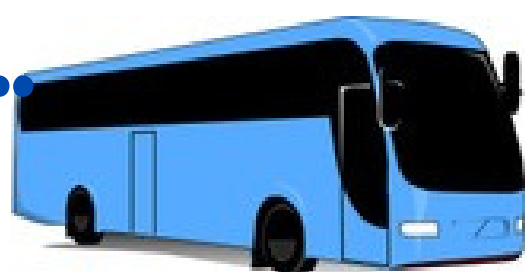
Mass Personal Care Attendant (PCA) Directory helps those who would like to become a PCA worker, those looking for PCA training.... and those looking to hire a PCA worker.

You also might speak with your doctor's office, hospital or rehab for a recommendation, especially if you think Medicare might pay for services.

To get you started.... Your senior center may be able to recommend several home care providers. A lot will depend on what kind of help you need, and whether or not there are ways to get help paying for it.

Next month we'll explore who pays for home care help and whether or not you might qualify for MassHealth benefits.

On the Road Again... TRIPS IN 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**

Day Trip June 11th, Thursday, Million Dollar Quartet play. New London Barn Playhouse presents a jukebox musical that dramatizes a real and remarkable moment in music history. Four future legends, Elvis Presley, Johnny Cash, Carl Perkins, Jerry Lee Lewis happened to gather in the same studio. Includes a buffet luncheon at Colby-Sawyer College. Price \$177. Make a check payable to Landmark Tours and mail NOW to the address above.

Day Trip June 23rd, Tuesday, Portsmouth Harbor Cruise and Fosters' Lobster/Clambake. Before the Portsmouth Harbor cruise, enjoy lunch at Fosters in York Maine offering a choice of **Lobster or BBQ chicken or Vegetarian option.** Price \$160. Make a check payable to Landmark Tours and mail NOW to the address above. Wait list only.

Day Trip July 12, 13, 14 or 15, Tall Ships in Boston
Contact First Choice Tours 1-413-665-9090.
Also, Southampton Senior Center has a trip scheduled for July 13th. \$ 157. Departs at 6:00 AM. Call 413-529-2105 to sign up.

Day Trip August 3rd, Monday, Encore Casino. \$50
Cost Includes: round trip bus transportation, driver gratuity & \$20 in free slot play. Meals on your own. Make a check payable to Francine Frenier and mail to address above by June 6, 2026. 19 more passengers are needed for this trip to go.

Day Trip September, TBD Big E.

Day Trip, December 8th, Merry Christmazz Holiday Variety Show. Jimmy Mazz performs seasonal traditional and contemporary tunes from various artists. Yankee Pot Roast lunch and show at Storrowton's Carriage House, W. Springfield. A drive through Bright Nights follows. Make an \$80 check payable to Francine Frenier and mail to address above by October 6, 2026.

TECH CONNECT
SUCCESS FOR OLDER ADULTS



TECH HELP FOR MAY

TechHub workshops and tech support sessions

Chesterfield workshops are one hour beginning at 10:30 am and technical support will follow from 11:30-1:30. Sessions will be held at 400 Main St., Chesterfield, downstairs. Classes are free and there is no need to register. Meekins Library also will host TechHub for workshops and tech support sessions.

Workshops in Chesterfield

May 1 Cloud Basics & Google Drive

May 15 MS Excel Basics

May 29 Windows 11 Operating System Basics

June 12 Designing with Canva

June 26 Zoom Basics

Workshops at Meekins Library (Workshop at 1:30

followed by 1 hour of tech support)

May 11 Google Workspaces

June 1 Cloud Basics

Tech Support home visit appointments available.

Call or message 413-296-5080 to arrange a home visit.

Devices for you: Refurbished PC laptops and iPads.

If you are looking for a free refurbished laptop or iPad, please call 413-296-5080 and leave

us a message. We will offer free devices while our supply lasts. If you have received a device and are not using it, please call our number to arrange a return so someone else can use it.

Drop-in Centers (no appointment needed)

Chesterfield Community Center 400 Main Rd.

Weekly on all Tuesdays from 11:00 to 2:00

Goshen Library Drop-In tech support 12:00 -2:00
Thursday 5/21

Westhampton Library Drop-In tech support, from
2:00 to 4:00, 4th Thursday 5/28

Williamsburg

Meekins Library Drop-In tech support
(call library for latest information)

Nash Hill Place Resident Drop-In tech support
from 10:00 to Noon, 2nd Tuesday, 5/12

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



SCAM ALERT!

If someone knocks on your door saying they have “leftover asphalt” and they offer to pave, repair, or seal your driveway today, ***it's a scam!***

- Resist the pressure to act quickly even if it sounds like a good deal
- Get a written contract even for small repairs
- Never pay for the entire project up front
- Get at least 3 written estimates before hiring someone to do work at your home
- Report suspicious paving crews to police

Northwestern District Attorney's Consumer Protection Unit

Northampton
(413) 586-9225

Greenfield
(413) 774-3186

Working in cooperation with the Office of
the Massachusetts Attorney General

