



Chesterfield Council on Aging Newsletter

June 2026

400 Main Rd., P.O. Box 7, Chesterfield, MA 01012 | Phone: 413-296-4007 | Email: coa@townofchesterfield.com
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COA Staff & Leadership

Jess Humphries, Director
Diane LaBarge, Finance Asst.

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Francine Frenier, Secretary

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Lillian Bisbee
Lynn Hicks
John Kislo
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Darlene McVeigh

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Jess Humphries Appointed COA Director

Jess Humphries, MSW started working as the COA Director on May 4th, sitting side by side with former COA Director Eileen Theroux, who recently retired, to immerse herself in the role.

A fairly new resident of Chesterfield Jess and her husband Andrew moved here from Philadelphia and jumped right into volunteering on the Open Space Committee and for the Winter Fest held in February. "Having grown up in a small town in Maine I felt it was important to engage with the community as soon as I could to meet people and understand the culture here."

Jess quickly stood out to the Search Committee with her diverse and comprehensive background in Social Work. Her experience encompasses a broad range including managing and writing grants and working for legal aid, domestic violence, child welfare, and homeless services agencies, just to name a few of her talents. She also works part-time as an advocate for Medicare patients.

Jess is looking forward to building on the excellent work of long-time director and recently deceased Jan Gibeau as well as retiree Eileen Theroux.

The COA Board of Directors and the Selectboard know you will join us in extending a warm welcome to Jess.

A note from the new Director

Dear readers,

As you've read above, my name is Jess Humphries, and I am the new COA director. I'm thrilled to be here! I've already had the pleasure of meeting some of you, but for those I haven't yet, I'd like to share a little about myself. Although I am new to Chesterfield and Western Massachusetts, I am a New Englander at heart. I was raised on the coast of Maine and spent my twenties in Boston before moving to Philadelphia with my husband, Andrew. We spent many years there enjoying city life before a pull toward cooler weather and a slower pace of life brought us to Chesterfield in December 2025. We are looking forward to spending many years in our new home.

Farewell & Welcome Lunch on June 17th!

Please join us on Wednesday,
June 17th from 12-2 PM as we gather to say good-bye and thank Eileen Theroux for her service and welcome Jess Humphries as our new director.

Register by June 10th (online or by phone) to join!

Hosted by the COA Board of Directors

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June 2026 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Advanced Tai Chi 9:30 am</p> <p>StrongSeniors 11:30 am</p> <p>Grab 'N Go 11:30 am</p>	<p>2</p> <p>Chair Yoga 10 am</p> <p>Tech Drop-in 11 am-2 pm</p> <p>Mahjong 1 pm</p> <p>Gentle Yoga 3:30 pm</p>	<p>3</p>	<p>4</p> <p>Grab 'N Go 11:30 am</p>	<p>5</p> <p>Tai Chi for arthritis 9:30 am</p> <p>Mahjong 1 pm</p> <p>Dear Ella Trio - live music! 2-3 pm</p>
<p>8</p> <p>Advanced Tai Chi 9:30 am</p> <p>StrongSeniors 11:30 am</p> <p>Grab 'N Go 11:30 am</p>	<p>9</p> <p>Chair Yoga 10 am</p> <p>Tech Drop-in 11 am-2 pm</p> <p>Mahjong 1 pm</p> <p>Gentle Yoga 3:30 pm</p>	<p>10</p>	<p>11</p> <p>Grab 'N Go 11:30 am</p>	<p>12</p> <p>Tai Chi for arthritis 9:30 am</p> <p>Designing w/ Canva 10:30 am</p> <p>Mahjong 1 pm</p>
<p>15</p> <p>Advanced Tai Chi 9:30 am</p> <p>StrongSeniors 11:30 am</p> <p>Grab 'N Go 11:30 am</p>	<p>16</p> <p>Chair Yoga 10 am</p> <p>Tech Drop-in 11 am-2 pm</p> <p>Mahjong 1 pm</p> <p>Gentle Yoga 3:30 pm</p>	<p>17</p> <p>Farewell & Welcome Lunch 12-2 PM <i>Registration required</i></p>	<p>18</p> <p>Grab 'N Go 11:30 am</p>	<p>19</p> <p>Tai Chi for arthritis 9:30 am</p> <p>Mahjong 1 pm</p>
<p>22</p> <p>Advanced Tai Chi 9:30 am</p> <p>Strong Seniors 11:30 am</p> <p>Grab 'N Go 11:30 am</p>	<p>23</p> <p>Chair Yoga 10 am</p> <p>Tech Drop-in 11 am-2 pm</p> <p>Mahjong 1 pm</p> <p>Gentle Yoga 3:30 pm</p>	<p>24</p> <p>Fiber friends 7 pm</p>	<p>25</p> <p>Veterans Coffee Hour 10 am</p> <p>Grab 'N Go 11:30 am</p>	<p>26</p> <p>Tai Chi for arthritis 9:30 am</p> <p>Zoom Basics 10:30 am</p> <p>Mahjong 1 pm</p>
<p>29</p> <p>Advanced Tai Chi 9:30 am</p> <p>Strong Seniors 11:30 am</p> <p>Grab 'N Go 11:30 am</p>	<p>30</p> <p>Chair Yoga 10 am</p> <p>Tech Drop-in 11 am-2 pm</p> <p>Mahjong 1 pm</p> <p>Gentle Yoga 3:30 pm</p> <p>Expressive Arts Group 5-6:30 pm</p>			



June 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

Tai Chi for Arthritis - Fridays 9:30-10:30am. This class follows Dr. Lam's TCA DVD or online lessons with in-person instruction once a month. The gentle, slow movements in this class help build back muscles, increase balance, strengthen the immune system and more. Can be done seated or standing.

**Please remember to register each month for
Programs and Classes!**

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

OR

By phone or email at
413-296-4007 or coa@townofchesterfieldma.com



June Special Programs



Dear Ella Trio - Friday, June 5th, 2-3 PM

Welcome in the weekend with some live music at the COA! Dear Ella is a dynamic musical trio from Western MA. These three talented and seasoned performers hope to bring joy, hope, and resilience through their music to their audience members and fans. Dear Ella's repertoire includes folk, jazz, roots music, R&B, and original tunes. Light refreshments will be provided.

Farewell & Welcome Lunch - Wednesday, June 17th, 12-2 PM

Please join us on Wednesday, June 17th from 12-2 PM as we gather to say good-bye and thank Eileen Theroux for her service and welcome Jess Humphries as our new director.

Register by June 10th (online or by phone) to join! There is no fee to attend. Hosted by the COA Board of Directors.

Fiber Friends - Wednesday, June 24, 7 PM

Calling all fiber craft enthusiasts! Do you knit, crochet, needle point, embroider, cross-stitch, tat, rug hook, spin, weave, quilt, sew, felt, macrame? Join us for opportunities to learn from each other and build friendships. All levels of experience are welcome! Bring your current WIP (work in progress), or start something new! Last Wednesday of the month at the COA.

Questions? Email Jeane Anastas at jwa1@nyu.edu or Trish Colson-Montgomery at trishcolson@gmail.com.

Veterans Coffee Hour - Thursday, June 25th, 10-11 AM

Join local Veteran Services Officer Dan Nye and fellow Hilltowns veterans for a casual morning coffee hour. Veterans from all Hilltowns are welcome to join! The event will take place upstairs at the Community Center. Pastries and light refreshments will be provided.

More June Programs!

Expressive Arts Group - Tuesday, June 30th, 5-6:30 PM

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



Mass General Brigham

Cooley Dickinson VNA & Hospice

TechConnect Workshops

TechConnect and our partner TechHub are holding two one-hour workshops in June. All classes will be held downstairs at the COA. Please register in advance.

June 12 at 10:30 am - Designing with Canva
June 26 at 10:30 am - Zoom Basics

A note from the new Director (cont.)

In my short time here I have already felt how deeply valued the COA is in our community. I recognize that the last two years have been a period of great transition for the agency, and I know that many of you are grieving the loss of beloved former director Jan Gibeau. Her legacy is ever present in all that the COA does, and I believe that it always will be. I step into this role with gratitude to her and to all who have preceded me. It will be my honor to build on their work and to serve you.

Warmly,
Jess

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! www.northernhilltownscoas.org

Coming this summer...

Men's Breakfast - Wednesday, July 15th, 8-9 AM

Join us at the COA for a morning of fellowship and delicious food! COA Advisory Board member and former Hilton chef John Kislo will be cooking up hot and fresh breakfast on site. It's sure to be a great way to start your day.

Register by July 10th (online or by phone) to join! There is no fee to attend.

Accessibility News

Chesterfield Approves ADA Compliant Bathroom for Public Library

The Trustees of the Public Library are pleased to report that the town meeting article to fund the construction of an ADA compliant restroom at the library passed unanimously and with applause.

The Trustees and the Select Board are in the process of applying for a MA Municipal ADA grant. The architectural design will bring our library into compliance with a handicapped accessible restroom, retain and augment existing shelf space, allow for potential future expansion, and preserve the style suitable for location in a National Historic District.

Members Needed for New Commission on Disability

At the Annual Town Meeting on May 11, the citizens of Chesterfield voted unanimously to establish a Commission on Disability for our Town. The Commission will advocate for the rights of residents with disabilities by advising local officials on accessibility concerns and best practices, reviewing Town policies, services and facilities for compliance, and promoting inclusion.

The Commission will consist of five members according to the parameters specified by Massachusetts General Laws:

- Three members with disabilities
- One member who is an immediate family member of a disabled person
- One member who is an elected Town official

The Commission will meet about 10 times annually with the first meetings being used to develop goals. **If you are interested in being a member of this Commission, please email Trish Colson-Montgomery at tcolson@townofchesterfieldma.com.**

Resources

Foot Nurse

The COA offers a foot clinic with Piper Sagan, RN every other month. The next clinic on Wednesday July 8th is already fully booked, but appointments are available for September 9th. The cost is \$50 for Chesterfield residents and \$60 for non-residents. Contact the COA for an appointment: 413-296-4007.

Caregiver Support

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



June Regional News

HILLTOWN MARKET



Hilltown Market is open and ready for orders! See what's new this year and support local farmers while getting quality, delicious, local food!

The Hilltown Market's brick and mortar location is open Tuesday to Saturday 10AM to 5PM at 19 Sawyer Road, Worthington.

We do home delivery and drop-off at local businesses around the Hilltowns starting June 1st. We currently do door to door **delivery for a \$5 fee** to help us cover gas and labor. Picking up from pickup locations is totally free. You can find information regarding pickup on the Hilltown Market Shop webpage in early June.

For more information please contact Jake Russell, Director of Community Food Resilience at Hilltown CDC. 413-296-4536 ext 116 or by email JakeR@Hilltowncdc.org. Our Community Connector, Jen O'Connell, also is available to help with online ordering. She can be reached by email at communityconnectjo@gmail.com or by phone, 413-296-4536 ext 110.

Enjoy this Hilltown food resource. Access to fresh healthy food should be for everyone. The Hilltown CDC is working hard to make sure that no-one is left behind. Regardless of your economic status we want to ensure that our community is eating food produced by their neighbors. If you need help, want to help, or know someone who fits either of those categories let us know!

TECH TALK

Should I be charging my tech devices to 100%?

No! Your smartphone and your other devices do not need a 100% charge to run efficiently. Keep your battery charge between 30% and 80%. Once the level hits 30% charge it a bit. This level is best for keeping a battery healthy. If you remember, unplug it at 80%. Don't charge all night.

For devices, like a laptop or tablet, constantly being plugged in is not good for battery health. Keeping a device plugged in will stress the battery, not preserve it. Batteries, like people, need exercise. Use the device on battery power then recharge.

Folks often wonder if they have damaged their tech device if the battery runs down to zero percent. No, completely depleting the battery does not break it or the device. Although it should be avoided, it's not a catastrophe.

You can check the health of an iPhone battery by opening the **Settings** app. Tap the menu item **Battery**. On the next screen look for and tap **Battery Health and Charging**. The screen will show a percentage representing battery health. If it is under 80% the paragraph below may say the battery is "significantly degraded". Sounds bad!

It's not!! It only means you have to charge it more often. The percentage is a comparison with how long the charge lasted when it was new. For example, my iPhone battery says 79%. I use it a lot each day and find I only need to charge it in the evening. I'm happy with that. It's personal preference. Be wary. The recommendations come from the same company trying to up-sell you.

What if your battery dies out completely or needs a charge every few hours? Replace it, rather than spring for a brand new device. Batteries can be replaced. And if you do decide to buy another device, buy refurbished!

GOOD NEWS FOR JUNE 2026

By Deb Hollingworth

Research shows over 80% of home care help for seniors and the disabled in this country is provided by family. It's estimated over 50 million family caregivers are helping with: errands, housework, transportation to medical appointments, laundry, medication oversight, money management and personal care like help with a shower, getting dressed or daily grooming. That's up 40% in the last decade as our population ages. AARP surveys suggest caregivers are providing an average of 24 hours of help per week. Without going into how much this might cost if families weren't helping, surveys show 78% of caregivers incur out of pocket costs, averaging around \$7,000 each year. A disproportionate amount of this falls on lower income households. AARP says 10% of adults consider themselves caregivers when asked. That's 1 in 10 American adults. In the last 2 months Good News articles, we've talked about where to go to get home care help, and who might help with the cost? This month, let's look at ways family caregivers can get paid.

MassHealth has 2 programs where you can hire your own caregiver, and that caregiver can be a family member, or friend... anyone you are not married to. To qualify: you must be 18 or older, have a primary care physician, need significant daily assistance, and be eligible for MassHealth. Your home, or the caregiver's home if you move in with your caregiver, must meet health and safety guidelines. This program works well for young disabled adults as well as seniors.

The Adult Family Care (AFC) program RN makes an initial assessment to determine needs and provides ongoing RN support making home visits on a routine schedule. This program also provides social work support to help with issues including paperwork, and help for the caregiver locating additional resources if/when needed.

The AFC program pays a 24/7 caregiver to provide or manage care that includes getting you to medical appointments, providing meals, grocery shopping,

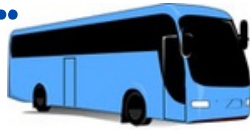
laundry, personal care and socialization. This works whether you live with your caregiver, or your caregiver moves in with you.

Example: Mary Smith lives with her daughter and goes to a day program during the week while her daughter works. She also receives PT, and other services which her daughter coordinates. The AFC program pays Mary's daughter a monthly tax free stipend for the care and services she manages for her Mom. For more information on AFC program providers, you might start with a call to Highland Valley Elder Services 413-586-2000 and ask for an Options counselor.

The PCA program (Personal Care Attendant) is another MassHealth program that pays family caregivers for the hours of hands on help you need. To be eligible, you can be any age, have a primary care physician, need hands-on care, and be eligible for MassHealth. The PCA program RN makes the initial assessment and determines a Care plan that is reviewed annually unless medical conditions change, in which case the RN can make changes to your Care plan. You must need help with hands on personal care....as the program name suggests. Your Care plan might allow for 9 hours of help a week, or more, depending on your need. (The most generous Care plan I've seen was for 90 hours of help weekly for a quadriplegic). Your PCA worker(s) can be friends, neighbors, family or someone you hire from the State PCA registry. You must be able to hire/fire/supervise your worker, or have a surrogate that provides that oversight. One of the oldest PCA program providers in our area is STAVROS for Independent Living located in Amherst. For more information you can contact them at 413-256-0473 or Highland Valley and ask for their Information and Referral department or their Options counselor.

Both these programs require you to be eligible for MassHealth which has financial eligibility guidelines. To learn more about MassHealth regulations, you can check with your COA to see if a SHINE counselor would be the way to start.

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 July 12, 13, 14 or 15th Tall Ships in Boston. Contact First Choice Tours 413-665-9090 for additional info.

Also, Southampton Senior Center has a trip scheduled for July 13th. Cost is \$157. Departs at 6am. Call 413-529-2105 to sign up.

Day Trip August 3rd Encore Casino. \$50 Cost Includes: bus transportation round trip, driver's gratuity & \$20 in free slot play. Meals on your own. Make check payable to Francine Frenier and mail to address above by July 1, 2026. **Just 8 more** passengers are needed for this trip to go.

Day Trip September Date 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.



TechHub workshops & tech support sessions

Chesterfield workshops are one hour beginning at 10:30am and technical support will follow from 11:30 to 1:30. Sessions will be held at 400 Main Rd., Chesterfield, downstairs. Classes are free and there is no need to register.

Workshops in Chesterfield

June 12 Designing with Canva
June 26 Zoom Basics

Tech Support home visit is available by appointment. Call or message 413-296-5080 to arrange a home visit.

Devices for you: Refurbished PC laptops 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 from us 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 from 12:00 to 2:00, 3rd Thursday, 6/18

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 6/25

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, 6/9

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

The Goshen COA invites you and your family to a FREE

Ice Cream Social!

Saturday, June 27th from 1-3pm

Tilton Town Field

Wing Hill Rd. Goshen

(Rain location: Goshen Town Hall)

Featuring live music by...

Sidetracked



Music & ice cream... can it get any better?

The COA board will be scooping out bowls of ice cream and we will have plenty of toppings.

Come have a sundae and listen to some fun music at our beautiful Tilton Town Field!

There are a few picnic tables but feel free to bring your own chair.

**ALL AGES from ALL TOWNS WELCOME
to this FREE event!**

*Event made possible by a grant from the
Goshen Cultural Council / MA Cultural Council*

