



Chesterfield Council on Aging Newsletter

July 2026

400 Main Rd., P.O. Box 7, Chesterfield, MA 01012 | Phone: 413-296-4007 | Email: coa@townofchesterfield.com
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July Director's Note

COA Staff & Leadership

Jess Humphries, Director

Office Hours:

Mondays, 9 AM-5 PM
Wednesdays, 11 AM-4 PM
Thursdays, 12-5 PM

Finance & Program Asst.

Diane LaBarge

COA Advisory Board

Marianne Drake, Chair
Bev Henrichsen, Vice Chair
Francine Frenier, Secretary

Members:

Lillian Bisbee
Lynn Hicks
John Kislo
Jim Martin
Darlene McVeigh

Dee Cinner, Librarian

Dear readers,

July is Social Wellness Month, and what an appropriate theme that is for one of the most activity-filled months of the year. Summer has arrived and with it a host of community events, many of them right here in Chesterfield.

Summer farmers markets are a wonderful way to enjoy nature's bounty while supporting local agriculture. For those who are low-income and looking for some discounts at the market, consider attending our **farmers market coupon distribution day on Thursday, July 9th**. Coupon books worth \$25 will be distributed to qualifying individuals on a first come, first served basis. *(See page 4 for details.)*

The following week, we're bringing back an old favorite: a **men's breakfast on Wednesday, July 15th**! From 8-9 AM former chef and COA Advisory Board member John Kislo will be serving hot homemade breakfast at the COA. Contact us to register!

Rounding out the month, we'll have a **Lunch & Learn on Thursday, July 23rd at 11:30 AM**. Local Public Health Nurse Kelly Hughes will provide free blood pressure checks and tips on staying healthy in the summer heat. Free lunch provided!

For even more local activities, don't forget to check out the Hilltowns Consortium website. *(See details below.)*

Wishing you all a fun, safe, and healthy month,

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

July 2026 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Grab 'N Go 11:30 am	3 Mahjong 1 pm
6 Advanced Tai Chi 9:30 am Strong Seniors 11:30 am Grab 'N Go 11:30 am	7 Chair Yoga 10 am Tech Drop-in 11 am-2 pm Mahjong 1 pm	8	9 Farmers Market Coupon Distribution 11 am-12 pm Grab 'N Go 11:30 am	10 Mahjong 1 pm
13 Advanced Tai Chi 9:30 am Strong Seniors 11:30 am Grab 'N Go 11:30 am	14 Chair Yoga 10 am Tech Drop-in 11 am-2 pm Mahjong 1 pm	15 Men's Breakfast 8-9 AM <i>Registration required</i>	16 Grab 'N Go 11:30 am	17 Mahjong 1 pm
20 Advanced Tai Chi 9:30 am Strong Seniors 11:30 am Grab 'N Go 11:30 am	21 Chair Yoga 10 am Tech Drop-in 11 am-2 pm Mahjong 1 pm	22	23 Lunch & Learn 11:30 am-1 pm Grab 'N Go 11:30 am	24 Mahjong 1 pm
27 Advanced Tai Chi 9:30 am Grab 'N Go 11:30 am	28 Chair Yoga 10 am Tech Drop-in 11 am-2 pm Mahjong 1 pm	29 Fiber friends 7 pm	30 Grab 'N Go 11:30 am	31 Mahjong 1 pm



July 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*

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*

Summer Schedule Note

Some classes may not occur according to their usual schedule over the summer months.

Please check the calendar to confirm class schedules!

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



July Special Programs



Farmers Market Coupon Distribution - Friday, July 9th, 11 AM-12 PM

The COA is pleased to offer Farmers Market Coupons this season in collaboration with Highland Valley Elder Services. Per federal regulations, coupon booklets will be distributed in person at the COA on a first come, first served basis. Each booklet is worth \$25. If you do not receive a booklet, you can choose to add your name to a waitlist to be contacted if the COA receives any additional booklets later in the summer.

For eligibility details, see the flyer at the end of the newsletter. Please contact the COA with any questions at 413-296-4007 or COA@townofchesterfieldma.com

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 or email) to join! There is no fee to attend.

Fiber Friends - Wednesday, July 29th, 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.

Lunch & Learn: Staying Healthy in the Heat Thursday, July 23rd, 11:30 AM-1 PM

Join us at the COA to learn about staying healthy and cool this summer with Public Health Nurse Kelly Hughes. Summer heat can uniquely affect older adult bodies and even your medications. **Free lunch and blood pressure checks provided!**

Resources

Foot Nurse

The COA offers a foot clinic with Piper Sagan, RN every other month. **The next clinic is scheduled on Monday, September 14th with appointments available from 9 AM-12 PM.** The cost is \$50 for Chesterfield residents and \$60 for non-residents.

Contact the COA for an appointment: 413-296-4007 or coa@townofchesterfieldma.com

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.

For more information please contact Crystal Wright-Partyka at 413-685-5283 or caregiveroutreach@huntingtonma.us

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)

This program by the Hampshire County Bar Association provides civil legal services at no cost to low-income seniors, 60 years of age and older. Services 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 at (413) 586- 8729 or 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 more information contact Caroline Solan at Highland Valley Elder Services: 413-586-2000 ext. 999 (option 2) or csolan@lifepathma.org

Resources, cont.

Hilltown Elder Network (HEN) Program

This 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 be ineligible for other forms of assistance.

For more information, please contact Helen Pelletier at 413-238-4418.

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

This program serves seniors over 60 residing in Chesterfield and other hilltowns. Services include regularly scheduled shopping trips to Northampton and rides to medical appointments. **Interested riders must be pre-approved for eligibility.**

For more information or to apply visit <https://www.hilltowncdc.org/transportation> or call 413-296-4232.

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

The Community Connector program is made possible by Title III Funding from Highland Valley Elder Services.

GOOD NEWS FOR JULY 2026

By Deb Hollingworth

This month we talk about nursing home care. Something you don't want to know until you need to know. Statistics say for those of us 65 or older, 70 percent will need nursing home care in our lifetime. But only 20 percent will need long term placement. (The rest being short term rehab stays after a medical event.)

What if you are part of that 20 percent? How does a nursing home placement happen? Usually this starts with a hospitalization, perhaps after a 911 event, maybe after a planned surgery when you are discharged from the hospital to a nursing home for rehab. If you were admitted to the hospital and stayed the 3 midnights....Medicare pays for this short term rehab stay which is usually a few weeks at best.

At some point the nursing home determines you have maxed out your Medicare rehab benefit and you need to be discharged. Home? What if you are "not ready", and you or your family caregiver(s) feel it is "unsafe" for you to go home. You can stay in the nursing home, but switch from being a rehab patient, to being a long term resident, which means Medicare stops paying your monthly bill and you either pay the bill yourself or apply and get approved for MassHealth, which pays most long term residents ongoing monthly bills.

What if you are home, and your situation has deteriorated to the point where you need to be a residential placement, a long term, not rehab nursing home resident? How do you make the transition from home to nursing home without the 911 event or hospitalization?

This is called a Community Admission. You can contact the nursing home of your choice and make arrangements. They will need a medical summary from your doctor, and a payment source, either you plan to pay your bill yourself, or you complete and submit a MassHealth application. If you already have MassHealth, this process is simpler in that you only need to file the long term supplement section which gives MassHealth current verification of your income and assets. If your countable assets are less than \$2,000 (and you haven't transferred or 'gifted' any significant assets in the past 5 years), then you would

be eligible for MassHealth to pay your ongoing nursing home bill. If your assets are more, you submit verifications and MassHealth will determine your "spend down" amount before becoming eligible.

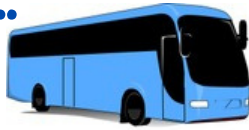
Unlike a hospital discharge to a nursing home, a community admission takes longer because we are waiting for an available bed in the nursing home of our choice. (With hospital discharges to nursing home you take the first available bed, not necessarily the nursing home of your choice).

With a community admission, the nursing home you choose, may put you on a waiting list when your paperwork is complete and call you when a bed becomes available. You can accept the bed, or delay and ask to be kept on their waiting list for the next bed. This is sometimes common when caregivers feel they can postpone placement a little longer. Getting the process started and getting on a waiting list is recommended if you wish to avoid the 911/hospitalization admission process.

Another option is a short term nursing home stay, called a Respite placement. Respite is for caregivers providing 24/7 care where the person needing care is placed in a nursing home, giving the caregiver a "respite" break. These are usually at least 2 weeks, and depend on bed availability. Not all nursing homes offer Respite stays. Check with the Highland Valley Ombudsman director, Michele Wolf, 413-588-5744. Michele provides oversight for the nursing homes in our area. She can give you a listing of all facilities and speak with you about which provide dementia care, or dialysis, or specialized rehab programs. She may also know nursing homes who have a VA contract.

Which brings us to how to pay for short term Respite stays which are not covered by Medicare. The VA contracts with a few facilities and may pay for short term placement for veterans. Check with your veteran's agent. And MassHealth may also pay for short term placement if you have MassHealth. Odds are, you won't need this information, but if you do, you might have a conversation with the Ombudsman program director at Highland Valley.

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 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 3 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 Storowton'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.

Trips in 2027

Watch for upcoming details on a 3-days/2 nights trip to Baltimore to see the Red Sox play the Baltimore Orioles along with some sightseeing. Waiting for 2027 MLB schedule to come out in December.



TECH HELP FOR JULY

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, 3 rd Thursday, 7/16

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4 th Thursday 7/23

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, 7/14

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



SENIOR FARMERS MARKET COUPONS

The Chesterfield COA is offering Farmers Market Coupons in collaboration with Highland Valley Elder Services.

DISTRIBUTION DAY
JULY 9
11:00 AM-12:00 PM



Coupon booklets will be distributed in person at the COA on a **first come, first served basis**. Each booklet is worth \$25

If you do not receive a booklet, you can choose to add your name to a waitlist to be contacted if the COA receives any additional booklets later in the summer.

To qualify, you must:

- be 60+ years old
- live in Chesterfield
- have income below the Income Limits
(see chart on back of flyer)

Questions?
Contact us:

413-296-4007
coa@townofchesterfieldma.com

400 Main Road
Chesterfield, MA 01012

Income Limits for Farmers Market Coupon Program:

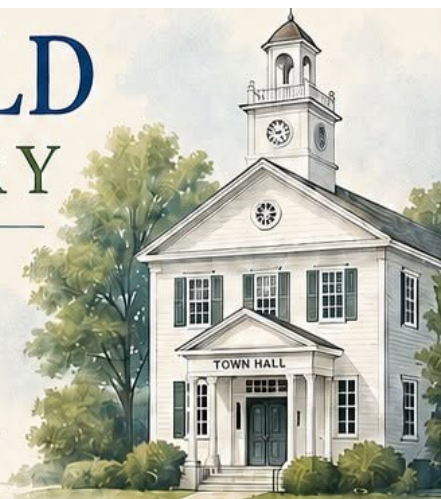
Household Size	Annual Income	Monthly Income
1	\$29,526	\$2,461
2	\$40,034	\$3,337
3	\$50,542	\$4,212
4	\$61,050	\$5,088
5	\$71,558	\$5,964
6	\$82,066	\$6,839
7	\$92,574	\$7,715
8	\$103,082	\$8,591
Each add'l family member add	\$10,508	\$876



CHESTERFIELD PUBLIC LIBRARY

Annual JULY EVENTS

All events held at the
TOWN HALL
403 Main Road, Chesterfield



WEDNESDAY
JULY
8

Wednesday, July 8, 2026 at 11:00 a.m.
Tanglewood Marionettes perform
The Dragon King



WEDNESDAY
JULY
15

Wednesday, July 15, 2026 at 11:00 a.m.
Interactive Balloon Magic
with Jungle Jim—
A Blending of Theater, Visual Art and Comedy
Sponsored in part by massculturalcouncil.org



WEDNESDAY
JULY
22

Wednesday, July 22, 2026 at 11:00 a.m.
Hands on Soil Science Program
with Local Geologists
Dave & Deb Kozlowski



WEDNESDAY
JULY
29

Wednesday, July 29, 2026 at 11:00 a.m.
Laughter is the Best Medicine
with Robert Rivest—
A Fun Audience Participatory Adventure



❖ All Events are Free and Open to All ❖
Family Friendly Entertainment • Not to be Missed!

Need More Information? Contact the Chesterfield Public Library



Phone: 413-296-4735



Email: chesterfieldpubliclibrary@gmail.com