



Chesterfield Council on Aging Newsletter September 2026

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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

September Director's Note

Dear readers,

I hope this finds you well at the start of this transitional season. I know many of you are mourning the end of long, bright summer days, while some of you (like me) are feeling relief and excitement at cooler temperatures and fall foliage. However you feel about this seasonal shift, I hope you will find enjoyment in this month's panel of events.

For the artistically inclined, don't miss our **Watercolor class starting Thursday, September 10th!** (See details on p. 4.) Registration is also open for an **Oil painting class starting Monday, October 5th** (see details below).

Men's breakfast is back on Wednesday, September 9th from 8-9 AM with a hot homemade meal provided by COA Advisory Board member John Kislo. We will also host an **LGBTQ+ Lunch on Wednesday, September 23rd!** All Hilltowns LGBTQ+ residents and allies are welcome. (See details on p. 4)

Finally, appointments are still available for our bimonthly **Foot clinic on Monday, September 14th** (see details on p. 6) and we will host a **Vaccine clinic on Friday, October 16th** (see details below). If you need any medical supplies, the COA's **new medical supply closet** may be able to help (see p. 7 for details).

Wishing you a pleasant month,

Jess

Oil Painting Classes beginning Oct. 5th, 1-3 PM

Registration is now open for this 8 week series led by instructor Fran Kidder! Classes will be held every Monday, 1-3 PM from October 5th through December 7th. Students are asked to provide their own paints, brushes, and canvas, if able. (Please contact the COA if you would like assistance acquiring supplies.) All skill levels welcome!

***FREE* Flu & COVID Vaccine Clinic Oct. 16th, 9 AM-12 PM**

The Department of Public Health will provide FREE vaccines at the Community Center on October 16th for any Hampshire County residents. Home visits are also available for homebound adults.

For registration details, see the attached flyers at the end of the newsletter.

September 2026 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Election Day - No COA Classes Tech Drop-in 11 am-2 pm	2	3 Grab 'N Go 11:30 am	4 Mahjong 1 pm
7 Labor Day - COA Closed	8 Chair Yoga 10 am Tech Drop-in 11 am-2 pm Mahjong 1 pm Gentle Yoga 3:30 pm	9 Men's Breakfast 8-9 AM <i>Registration required</i>	10 Grab 'N Go 11:30 am Watercolor Class 1-3 PM	11 Mahjong 1 pm
14 Foot Clinic 9 am-12 pm Advanced Tai Chi 9:30 am Strong Seniors 11:30 am Grab 'N Go 11:30 am	15 Chair Yoga 10 am Tech Drop-in 11 am-2 pm Mahjong 1 pm Gentle Yoga 3:30 pm	16	17 Grab 'N Go 11:30 am Watercolor Class 1-3 PM	18 Mahjong 1 pm
21 Advanced Tai Chi 9:30 am Strong Seniors 11:30 am Grab 'N Go 11:30 am	22 Chair Yoga 10 am Tech Drop-in 11 am-2 pm Mahjong 1 pm Gentle Yoga 3:30 pm	23 LGBTQ+ Lunch 12-1:30 pm <i>Registration required</i> Fiber friends 7 pm	24 Grab 'N Go 11:30 am Watercolor Class 1-3 PM	25 Mahjong 1 pm
28 Advanced Tai Chi 9:30 am Strong Seniors 11:30 am Grab 'N Go 11:30 am	29 Chair Yoga 10 am Tech Drop-in 11 am-2 pm Mahjong 1 pm Gentle Yoga 3:30 pm Expressive Arts 5:30-7 pm	30		



September 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*

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 \$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*

COA Closures in September

Please note that COA programs and classes are cancelled on:

Tuesday, Sep. 1st for Election Day
and
Monday, Sep. 7th for Labor Day



September Special Programs



Men's Breakfast - Wednesday, September 9th, 8-9 AM

Men's breakfast is here to stay! 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. **Register by September 7th (online or by phone or email) to join!**

Watercolor Classes beginning Sep. 10th, 1-3 PM

Looking for a creative way to kick off the fall season? Join us at the COA for this 8 week series led by instructor Maureen Senn-McNally! Classes will be held every Thursday, 1-3 PM from September 10th through October 29th. Students are asked to provide their own paints, brushes, and watercolor paper, if able. (Please contact the COA if you would like assistance acquiring supplies.) All skill levels welcome!

Expressive Arts Group - Tuesday, September 29th, 5:30-7 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

LGBTQ+ Lunch - Wednesday, September 23rd, 12-1:30 PM

Join us at the COA for an afternoon of food and conversation with fellow LGBTQ+ community members. Lunch will be provided along with plenty of time to chat and mingle. **Register by September 18th (online or by phone or email) to join!** All Hilltowns LGBTQ+ residents and allies are welcome.



More September Programs!



Fiber Friends - Wednesday, September 23rd, 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.

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

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

Resources

Foot Nurse

The COA offers a foot clinic with Piper Sagan, RN every other month. **The next clinic will be on Monday, September 14th with appointments available from 10 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 csolana@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.

NEW COA Medical Supply Closet

The COA has a small medical supply closet thanks to generous donations from community members. Please contact us if you would like to use any of these items. Current inventory includes:

- Wheelchair
- Single point cane
- Front-wheeled folding walker
- XL Adult pull-up diapers
- Absorbent bed pads
- Medical gloves
- Electronic hearing aid cleaner

GOOD NEWS FOR SEPTEMBER 2026

By Deb Hollingworth

From time to time, I get questions about **MassHealth Estate Recovery** from folks who might be eligible for MassHealth benefits but are worried that MassHealth will take their house or any and all other assets. Eligibility rules for MassHealth are different depending on whether you are dead...or alive.

If you are alive and want MassHealth benefits, your countable assets must be less than \$2,000. "Countable" is the key word here. MassHealth does not count a car if you have one registered in your name, or a prepaid funeral contract, or term life insurance or your home if it is your primary residence.

MassHealth *does* count a car if you have more than one, *does* count a home if you do not live in it, *does* count a whole life insurance policy if it has a cash surrender value, and *does* count savings, and retirement investments. (IRAs are uncountable if you are still actively contributing to them)

Excess Assets

If you have more than the allowed \$2,000 in countable assets, you may be able to transfer excess assets out of your name. As of this writing 2026, you can transfer \$160,000 of countable assets to your spouse. If your assets are more than that, or you own assets jointly with other family members, or friends, you should probably do asset preservation work with an elder law attorney.

MassHealth will count the asset if you are able to access it. If you no longer own the asset, or can not access it in your life time, the asset becomes uncountable.

Asset Transfers

If you are alive and want MassHealth to pay your nursing home bill, the infamous **5 year look back rule** applies. This means that MassHealth looks at any and all asset transfers for the 5 years prior to your entering a nursing home.

If you are married, MassHealth allows you to transfer up to \$160,000 of countable assets to your spouse. This asset limit changes/increases each year. Remaining countable assets will be used to pay your nursing home bill until you have "spent down" to the \$2,000 asset limit.

If yours is the only name on the deed to your home, MassHealth may put a lien on your property which would be paid when sold.

If you die and have an Estate that will go through Probate, MassHealth will present a bill to Probate for services rendered during the last 10 years of your lifetime. MassHealth starts keeping track of your bill after you turn 55, and does not bill estates of less than \$25,000.

For more detailed information, Google "MassHealth Estate Recovery" .

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 September 28: Frankie Avalon at The Big E. An annual favorite, with free entertainment at The Court of Honor Stage. Frankie Avalon performs his hits. Cost \$18 for Northampton Seniors, all other seniors \$20. Make your check payable to Francine Frenier and mail to the address above. **Due Now.** NO REFUNDS due to bargain price. The bus leaves from Sheldon Field.

NEW Day Trip October 12: Worthington COA Fall Foliage Bus Trip. Hudson River Narrated Cruise aboard the Rip Van Winkle II, choice of gourmet boxed lunch on board, and Market stop. Discounted price for Worthington Seniors over 60 and \$140 for other seniors. Call Phyllis 413-238-5962 or email coa@worthington-ma.us for details & to reserve a seat by September 1st.

Multi Day Trip April 25th-May 1st: Savannah, Jekyll Island & Beaufort, SC. Seven days, six nights. Visit Savannah, "The Belle of Georgia," Magnificent Beaufort, SC "The queen of the Carolina Sea Islands," and Port Royal Sound Maritime Museum and more. Includes hotels, breakfasts and 4 dinners. Price \$987 per person, double occupancy. A \$25 discount is given if paid in full by January 25, 2027. Sign up NOW and pay later. Make the check payable to Diamond Tours and mail to the address above after the first of the year.

TECH CONNECT **TECH HELP FOR SEPTEMBER** SUCCESS FOR OLDER ADULTS

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, 9/15

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday, 9/27

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, 9/8

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



Please email Francine NOW so she can see if there is enough interest to make either of these trips a go:

****3-day/2 nights trip to Baltimore to see the Red Sox play a game against the Baltimore Orioles along with some sightseeing and visit the National Aquarium. Waiting for the 2027 MLB schedule to come out in December to determine dates.**

****Seven day trip to Chicago, partial itinerary includes a tour of Chicago, a skyline cruise on Lake Michigan, visit a historic Navy Pier and museums. Possible date : October 17, 2027.**

FALL VACCINE CLINIC



Chesterfield Community Center

400 Main Rd, Chesterfield

Friday
October 16th, 2026
9:00 am - 12:00pm



SCAN THE QR CODE
OR REGISTER ONLINE:
northamptonma.gov/2219/vax



FLU VACCINE

Regular(6mos+)
High Dose (65+)



COVID Vaccine

Pfizer (65+)
18+ & considered high risk.

*If you are 18 + and unsure about getting a COVID vaccine, talk with your primary care provider. If they recommend vaccination, we can provide it at our clinic after you complete a vaccine eligibility screening questionnaire.



NEED HELP REGISTERING?

Call: 413-587- 4903
nurses@northamptonma.gov

- Please bring your insurance card, vaccines are free to you
- Please, wear short-sleeved shirt or undershirt



Hampshire Public Health
Shared Services Collaborative
Prevent. Promote. Protect.



HOMEBOUND VACCINE PROGRAM

Amherst, Chester, Chesterfield, Cummington,
Easthampton, Granby, Hadley, Hatfield,
Huntington, Middlefield, Northampton,
Plainfield, Southampton, Worthington

SCAN THE QR CODE



OR REGISTER ONLINE

northamptonma.gov/2219/vax



**Hampshire Public Health
Shared Services Collaborative**
Prevent. Promote. Protect.



NEED HELP REGISTERING?

Call: 413-587- 4903



COVID VACCINE

Pfizer



FLU VACCINE

**Regular and High Dose
(available during flu season)**

- Homebound visit available for Covid, Flu vaccine for **ADULTS** only
- Homebound includes persons with limited mobility and/or difficulty getting out of the home and their caretakers.
- Please have your insurance card available

