



Chesterfield Council on Aging Newsletter

October 2026

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

Jess Humphries, Director

Office Hours:

Mondays, 9 AM-5 PM
Wednesdays, 10 AM-4 PM
Thursdays, 9 AM-1 PM

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

October Director's Note

Dear readers,

Welcome to fall! As you can likely tell, I am a big fan of the colder weather months, and autumn is one of my favorites. I've experienced the season in other regions of the country - Texas, Utah, Pennsylvania - but there's something special about fall in New England. Here at the COA, we hope to help you settle into the season with a variety of October offerings.

This month features not one, but two art classes! It's not too late to join our **Watercolor class on Thursdays** or our new **Oil painting class starting Monday, October 5th**. Or consider joining our regular **Mahjong** and **Fiber Friends** groups for some cozy games and crafts (*see details on p. 4*).

The next **men's breakfast is on Wednesday, October 28th** with a hot homemade meal provided by COA Advisory Board member John Kislo. For your health needs, we're offering a **new medical supply closet** (*see p. 7 for details*) and a **vaccine clinic on Friday, October 16th** (*see details below*). Veterans, don't miss our **Veterans Day Brunch on Wednesday, November 11th** in your honor! (*See details below.*)

Wishing you a warm & cozy month,

Jess

***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.

Veterans Day Brunch

Wednesday, Nov. 11th, 10 AM-12 PM

The COA welcomes all Hilltowns veterans (and a plus one) to join us for this special brunch. Gather with fellow former service members and enjoy a delicious homemade meal in your honor!

We expect a crowd - **register by November 6th** to secure your spot!

Suggested donation: \$3

October 2026 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Grab 'N Go 11:30 am Watercolor Class 1-3 PM	2 Mahjong 1 pm
5 Tai Chi 9:30 am Strong Seniors 11:30 am Grab 'N Go 11:30 am Oil Painting 1-3 PM	6 Chair Yoga 10 am Tech Drop-in 11 am-2 pm Mahjong 1 pm Gentle Yoga 3:30 pm	7	8 Grab 'N Go 11:30 am Watercolor Class 1-3 PM	9 Mahjong 1 pm
12 Indigenous People's/ Columbus Day Tai Chi 9:30 am Strong Seniors 11:30 am	13 Tech Drop-in 11 am-2 pm Mahjong 1 pm	14	15 Grab 'N Go 11:30 am Watercolor Class 1-3 PM	16 Vaccine Clinic 9 am-12 pm Mahjong 1 pm
19 Tai Chi 9:30 am Strong Seniors 11:30 am Grab 'N Go 11:30 am Oil Painting 1-3 PM	20 Chair Yoga 10 am Tech Drop-in 11 am-2 pm Mahjong 1 pm Gentle Yoga 3:30 pm	21	22 Grab 'N Go 11:30 am Watercolor Class 1-3 PM	23 Mahjong 1 pm
26 Tai Chi 9:30 am Strong Seniors 11:30 am Grab 'N Go 11:30 am Oil Painting 1-3 PM	27 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	28 Men's Breakfast 8-9 am <i>Registration required</i> Fiber friends 7 pm	29 Grab 'N Go 11:30 am Watercolor Class 1-3 PM	30



October Exercise Programs



Tai Chi - Mondays 9:30 - 11 am. Tai Chi for stability, balance, and calm focus. Warm-ups followed by instruction in Yang Style long form. All are welcome. **New participants, please contact instructor Marty Phinney in advance for brief orientation:** 413-268-3228 or phinneypottery@gmail.com. *Suggested donation \$5.00*

Strong Seniors: Mondays 11:30 am-12:30 pm. Weight training for all abilities to strengthen and condition. *Suggested donation \$5.00*

Chair Yoga - Tuesdays 10-11 am. 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 3:30-4:30 pm. 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*

**The COA will be
OPEN on Monday,
Oct. 12th!**

The COA will be open and operating on a modified schedule on this holiday Monday. Please see the calendar on page 2 for details.

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

Register online at
[https://www.townofchesterfieldma.com/
council-aging](https://www.townofchesterfieldma.com/council-aging)

OR

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



October Special Programs



Oil Painting Classes beginning Monday, October 5th, 1-3 PM

Looking for a creative way to kick off the fall season? Registration is still open for this 8 week series led by instructor Fran Kidder! Classes will be held on Mondays, 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! *Suggested donation \$10/class*

Watercolor Classes - Thursdays, 1-3 PM through October

Join us at the COA for this 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! *Suggested donation \$10/class*

Expressive Arts Group - Tuesday, September 27th, 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. **Email slenn@mgb.org to register.**



Mass General Brigham

Cooley Dickinson VNA & Hospice

Men’s Breakfast - Wednesday, October 28th, 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 October 25th (online or by phone or email) to join!** *Suggested donation \$3*



More October Programs!



Fiber Friends - Wednesday, October 28th, 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

A Note on Suggested Donations

You may notice that most of our programs request a suggested donation of \$3-10, depending on the class or event. These donations help us offset the costs of our programs and we are so grateful for them! State and federal funding for elder services have been reduced in recent years so your donations are a valuable source of consistent financial support. That said, please know that if donating would cause you financial hardship, you are still welcome and encouraged to attend our programming. These are hard times for many people, and we never want anyone to miss out on a class or event due to lack of funds.

Please feel free to call, email, or drop by my office with any questions or concerns.

Resources

Foot Nurse

The COA offers a foot clinic with Piper Sagan, RN every other month. **The next clinic will be on Monday, November 16th 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.

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

Need help paying for heat this winter?

The MA Home Energy Assistance Program (HEAP) may be able to help.

What is HEAP?

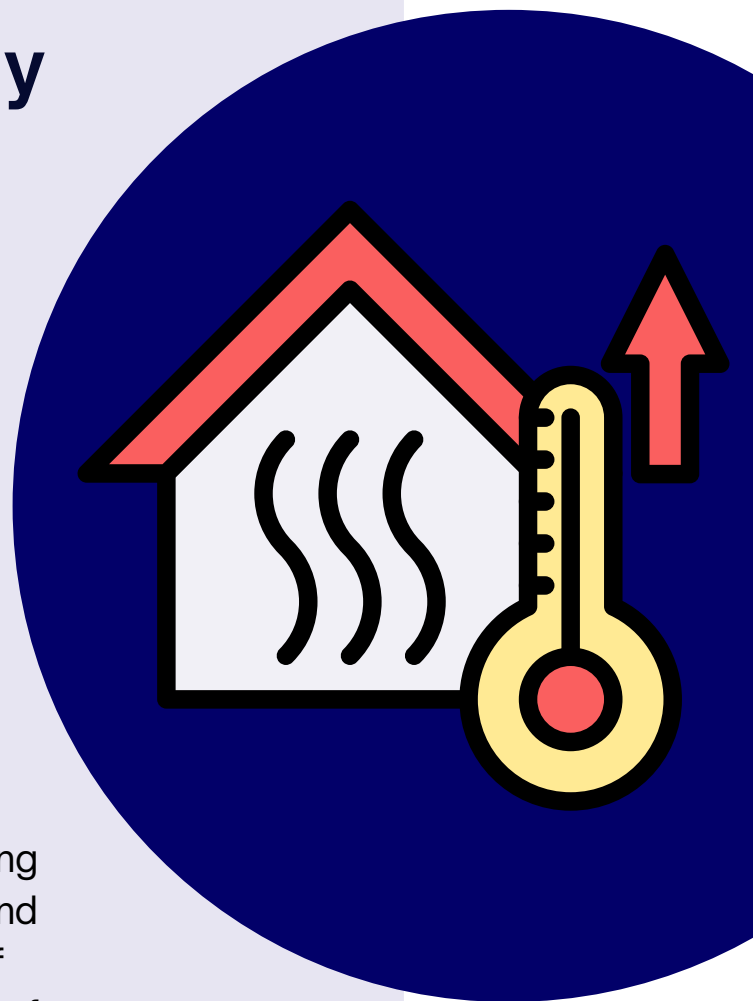
HEAP is a fuel assistance program that can help you pay your winter heating bills.

Who is eligible?

Eligibility is based on several factors, including household size and income. Homeowners and renters, including households whose cost of heat is included in rent, can apply. See back of flyer for program income limits.

How can I apply?

You can apply Oct. 1st through April 30th on the MA HEAP website, www.toapply.org/MassHEAP OR through our local agency, Community Action Pioneer Valley, over the phone (413-774-2310), online (www.toapply.org/CA), or in person (see locations on back of flyer).



Income Limits for HEAP*

Household Size	Maximum Income
1	\$53,585
2	\$70,073
3	\$86,561
4	\$103,049
5	\$119,536
6	\$136,024
7	\$139,116
8	\$142,207

*Not all income counts toward eligibility,
so please confirm your actual eligibility
with your local agency.

CAPV Hours & Locations

Greenfield Office:

377 Main St, Greenfield, MA

Open Monday-Friday 8:30AM-4:30PM
(closed 12:00PM-12:30PM)

Northampton Office:

155 Pleasant St, Northampton, MA

Open Tuesday-Friday 9:00AM-4:00PM
(closed 12:00PM-12:30PM)

GOOD NEWS FOR OCTOBER 2026

by Deb Hollingworth

Open Enrollment is here again. October 15th through December 7th we have an opportunity to switch our health insurance. For those of us with Medicare Advantage plans (HMOs or PPOs) and those of us who have a Medicare Part D plan for our prescription coverage, this is the time each year when we can review our coverage, check out any changes, and see if what we have is what we want to keep for next year.

If we don't do anything, our coverage will automatically renew January 1st for next year.

Here are the things we can do during Open Enrollment:

1. Enroll in a Medicare Part D plan, or switch your Part D plan
2. Enroll in a Medicare Advantage plan, or switch Advantage plans
3. Enroll in a Medicare Advantage plan for the first time
4. Or drop your Medicare Advantage plan and switch back to original Medicare with a Medicare Part D plan

If you need help figuring all this out, you can contact your SHINE counselor, Caroline Solan at Highland Valley Elder Services, 413-586-2000 and make an appointment to see her in person, or email her with your questions at csolan@lifepathma.org and she can help that way. Caroline works Wednesdays, but will have Tuesday appointments as well during Open Enrollment.

Last year all SHINE appointments across the state were booked up quickly. If this happens again (as expected), you can also get help through Medicare by calling 1-800-633-4327 24 hours a day, 7 days a week! I have heard good reports from folks using the Medicare help line, and all you night owls can catch them when phone lines are perhaps less busy.

If you are using the Medicare help line, they will encourage you to set up a Medicare.gov account, which is a personalized online tool that allows you to see the activity on your Medicare coverage. Visit www.medicare.gov for good step-by-step directions on how to do that.

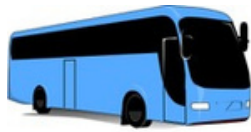
Early voting for the Nov. 3rd general election

Early voting is available at the Chesterfield Town Offices for Chesterfield residents on the following dates:

Oct. 12 (Sat) 9am - 1pm
Oct. 19 (Mon) 5pm - 8pm
Oct. 21 (Wed) 10am - 4pm
Oct. 24 (Sat) 9am - 12pm & 3pm - 5pm
Oct. 26 (Mon) 5pm - 8pm
Oct. 29 (Wed) 10am - 4pm

Contact the Town Clerk with any questions.

On the Road Again...



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

TRIPS IN 2026

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. Room still available.

TRIPS IN 2027

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. 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*.

Multi Day Trip October 17- 23: Chicago, 7

days, 6 nights. The partial itinerary includes a tour of Chicago, a skyline cruise on Lake Michigan, a visit to a historic Navy Pier and museums. Includes hotels, breakfasts and 4 dinners. Price \$946 per person, double occupancy. A \$25 discount is given if paid in full by July 17, 2027. Sign up NOW and pay later. Make the check payable to Diamond Tours and mail to the address above.

TechConnect will be offering Q&A style classes this fall on the second Tuesday of the month at the Chesterfield COA. Bring your questions and contributions to our roundtable discussion. No registration necessary. Hosted by Lizzy Canady from 1-2 PM on the following dates:

- 10/13/2026: Digital Legacy: Putting your digital house in order
- 11/10/2026: Medical Portals, taught Peg Whalen
- 12/8/2026: Artificial Intelligence: Trends & Topics

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

We have free refurbished laptops while supplies last. Please call 413-296-5080 and leave us a message if you are interested. If you have 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 AM-2 PM

Goshen Library, Drop-In tech support from 12-2 PM, 3rd Thursday, 10/15

Westhampton Library Drop-In tech support, from 2-4 PM, 4th Thursday, 10/22

Williamsburg: Meekins Library Drop-In tech support (call library for latest information)
Nash Hill Place Resident Drop-In tech support from 10 AM-12 PM, 2nd Tuesday, 10/13

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



Please email Francine NOW so she can see if there is enough interest in these trips:

- ** 3-day/2 nights trip to Baltimore to see Red Sox vs. Baltimore Orioles, sightseeing, & National Aquarium. *Dates pending MLB schedule*
- ** Day trip for shopping and lunch

FALL VACCINE CLINIC



Chesterfield Community Center

400 Main Rd, Chesterfield

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



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

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



- 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





Take a **RIDE!**



**Western
Mass
Wheelers**

Everyone deserves
the joy of biking.

with the **WESTERN MASS WHEELERS!**

Come experience the joy of cycling!

FREE
to take a ride!

**NO BIKING
EXPERIENCE**
is necessary!

The **Western Mass Wheelers** are highly trained volunteer riders dedicated to sharing the joy of cycling with everyone.

Their adaptive bicycles make it possible for people of many ages and abilities to experience the freedom and fun of a bike ride!



**WEDNESDAY,
OCTOBER 14**



2:30 PM



**GOSHEN TOWN CENTER
PARKING LOT**



RAIN DATE: The event will be rescheduled in the event of inclement weather.



Questions?



Joan Griswold



joan@bybhealth.com



413-537-8337



Thanks to the Western Mass Wheelers for making the joy of biking possible for all!

