

Chesterfield Council on Aging

Newsletter

November, 2015

Chesterfield COA & Community Center
 400 Main Road, PO Box 7
 Chesterfield, MA 01012
 coa@townofchesterfieldma.com
 413-296-4007



Nancy E. Braxton,
Director
Hours:
 Flexible Office Days
 Contact: 296-4007

November Calendar of Events

<i>Ongoing Mondays</i>	<i>Ongoing Tuesdays</i>	<i>Ongoing Wednesdays</i>	<i>Ongoing Thursdays</i>	<i>Ongoing Fridays</i>
Advanced Tai Chi 9:30-11 Feldenkrais 7:00 pm	Chair Yoga 10-11 am	Mah-Jongg 1-4 pm	Beginners Tai Chi 6:30-7:30 pm	CFCE 9-10:30
2 Chair Massage 9-10:30 Veterans' Officer 2-4 pm	3	4 Smith Voc. Meals 9 am	5 Men's Breakfast 9 am	6
9	10 Smith Voc. Meals 9 am	11 Veterans' Day Foot Clinic 10-12	12 Brown Bag 10 am SNAP Signup 10:30-12:30	13 no CFCE today
16 Northern Hilltown COAs Consortium Mtg 10:00 Senior Housing Comm Mtg 12:30 Veterans' Officer 2-4 pm	17 Flu Clinic 11:15-1:15	18 Smith Voc. Meals 9 am	19	Sunday, 11/15, 2 PM "The Costs of Caring: Women in Poverty" Jan Gibeau, See Pg 6
				20
				Sat. 11/21, 7-10 pm Square Dance
23 COA Board of Trustees Mtg 10:00	24	25 No Smith Voc. meals this week	26	27
30	Dec 1	2 Smith Voc. Meals 9 am	3 Men's Breakfast 9 am	4
<i>For descriptions and further information, see pages 2 & 3.</i>				

Happy Birthday to All Seniors Born in November!

Robert Aller, Robin Bak, Peter Banister, Alice Bisbee, Frances Breau, Eileen Delano,
 Marilyn Donovan, Ruby Donovan, Joyce Follet, Joyce Harris, Marvin Jones, Margaret Ladd,
 Janet LaFond, Paul Lampron, Dennis Pittsinger, Sarah Prince, William Robertson, Janet Russell,
 Joseph Shinn, Sally Stites-Robertson, Barbara Todd, and Nancy Westgate.

Men's Breakfasts: October's breakfast was an attendance record breaker! Attendees were Luther Curtis, Roland Curtis, Bill Bisbee, Skip Stasz, Dean Cleveland, Lee Monroe, Robin Bak, Paul Lampron, John Follet, Tom Boyle, Mike O'Neil, Oliver Wiley, Gilman Smith, Fred Drake, Jack Figge, and Jim Marra with the meal provided by the COA premier chefs. Come one and all men, and join the conversation and next breakfasts-to-remember on **Thursday November 5th at 9:00 am.** And save the date for the next breakfast Thursday, December 3rd.

Bi-monthly Foot Clinic with Diane Roeder: the next session is **Wed., November 11, 10:00-12:00.** Diane has 4-6 regular clients but there is still room for you in the homey and comfortable Chesterfield Community Center library space with comfortable chairs. A session includes examination of the feet and shoes, nail cutting, patient education, and gentle foot massage. Sessions are about half an hour for \$30.00. Contact Diane to make an appointment: toesandsolesrn@gmail.com or 413-374-0457 (Diane is also available for home visits.)

Thursday, November 12, 10:30 – 12:30 SNAP information. Would you like to learn whether you are eligible for SNAP (formerly Food Stamps)? Carol Dupre, SNAP Coordinator at The Food Bank of Western Massachusetts will be available to assist in eligibility screening and assist with the application process. The SNAP Department at The Food Bank works in partnership with the Department of Transitional Assistance (DTA) to help you complete the process. Please use the information on the flyer provided to guide you in what information you should bring to meet Carol, and call The Food Bank if you have any additional questions. *Carol Dupre, SNAP Coordinator, Phone: 413.247.9738 x125 or carold@foodbankwma.org; www.foodbankwma.org.*

See flyer on page 4

Flu Clinic: Flu vaccines will be available at the Chesterfield Community Center **Tuesday, November 17 from 11:15am-1:15pm.** Please bring your insurance card. Hilltown residents age 19 and over are invited to participate. Vaccines are administered by the Worthington Health Center.

Square Dance, Saturday, November 21: Chesterfield COA once again sponsors a Square Dance for all ages on the third Saturday of the month from 7pm to 10pm. Beginners are welcome. Live music by the Falltown String Band and singing calls by Bob Livingston. Refreshments available. Bring something for the Raffle Table. For more info call [413 296 4743](tel:4132964743).



Dance to the Falltown String Band, Saturday, November 21, 7 pm. All ages welcome!

T'ai Chi Classes: Advanced T'ai Chi with master T'ai Chi instructor Marty Phinney continue Mondays from 9:30-11:00. Beginner T'ai Chi classes are also ongoing now (hooray) from 6:30-7:30 pm. Drop-ins and new beginners welcome. T'ai Chi is a wonderful activity known to increase balance, centeredness within oneself, and an enhanced relationship with the natural world. Supported again in FY 16 under the new grant from HVES (see pg 4), we need to ask Advanced T'ai Chi students to increase their donations to \$5/week (\$20/month) this year to enable the COA to compensate Marty appropriately (Beg. T'ai Chi donations have already been at a suitable level.)

Feldenkrais: 7-8:00 pm Mondays, with trained, experienced instructor Michele Morales Wolk. Open to all ages at any time (each class can stand on its own), Feldenkrais is a system of functional movement lessons that create awareness, flexibility, strength and balance. The method employs gentle, slow, easy movements, made in one's own comfort and at one's own ability, improving one's ability to stretch and exercise. Thanks to partial funding from HVES for FY '15, these classes are now offered through the COA with a per class suggested donation of \$5.

Chair Yoga with master yogini Sarah Prince continues **Tuesday mornings, 10-11 am.** Drop-ins welcome from all Hilltown seniors. Supported in part from a grant from HVES, a \$5/class donation is suggested to round out an appropriate fee for Sarah.

Chair Massage with Sarah Hinton (LMT) first Monday each month, 9 -10:30, sliding scale of \$10 - \$15 per session. To make an appointment, contact Sarah sarahsbc16@aol.com, or 413-348-2218. (She also does home visits.) Massage brings a therapeutic approach to many health issues by providing a sense of relaxation.

Mah Jongg Sessions each Wednesday from 1:00-4:00 typically bring Bev Sunderland, Nan Clark, Carol Jolly, Jean Weller and Joan Hicks each week, and Adelaide England and Peter Bowlby have also recently joined. Come join! (A nominal donation is requested.)

Smith Vocational Meals: Eight Chesterfield seniors are receiving ongoing wonderful Smith Voc. Wednesday lunches—and there is room for four more seniors to sign on. Each restaurant quality meal includes meat (sometimes from Smith Voc's farm) or fish, fresh vegetable, starch, and dessert. The cost is \$6/meal, and meals are brought to the Chesterfield Community center by 10:00 am on Wednesdays – or can be delivered to you on request. Bills go out monthly; some financial aid is available thanks to the generosity of Chesterfield seniors who wish to remain anonymous.

Changes of Note: Our Resources Directory and our List of Regional Events will now be coming out periodically. You can clip and save them for use between issues. Look for the Clip & Save dotted lines.

Condolences:

to the family and friends of long-time
Chesterfield resident Sylvia Lawler.

Wishing Good Health to

Bernie Berube, Dean Bates, Roland Desmarais,
Jean Hathaway, Bud Hunkler, Alta Paine,
John Roberts & Janet Russell & Barbara Todd

Updated Info on COA Trips Previously Outlined:

- November 15th: "The Costs of Caring: Women and Poverty", Jan Gibeau (see article, p.)
- December 2015: holiday tea and concert at New Hingham Elementary School (date TBD)
- January: forget it! Too cold, snowy and icy...
- Late Feb, 2016 or May: Northampton, NHS premier acapella singing group (subject to confirmation)
- March 13, 2016: Dr. Phuntsog Wangmo, "Tibetan Medicine"
- March, date TBA: Sugar Shack brunch, date TBA
- April 2016: Motion Man (subject to confirmation)
- May 2016: COA annual Open House: celebration of volunteers and Older Americans Month, date TBA
- June 2016: trip to Naumkeag, Stockbridge MA: house and garden tour, lunch, date TBA

Donations in Honor of Bill Jolly: The Chesterfield community was shocked and saddened by the unexpected passing of town resident Bill Jolly. Bill's passing is a great loss to our community and to all who knew him. People have asked how to make donations in Bill's memory:

a) B'nai Israel Tzedakah Fund (253 Prospect Street, Northampton, MA 01060) b) Town of Chesterfield for cemetery improvements (PO Box 299, Chesterfield, MA 01012). These funds will likely be used for trees or benches. c) The Bill Jolly Tree Fund hopes to plant up to three trees in town (more if funds allow). Checks can be deposited directly into Florence Savings Bank's Bill Jolly Tree Fund - account number 198 262 3423 or mailed for deposit to Kester Warlow-Harry, PO Box 553, Chesterfield, MA 01012.

Chesterfield Art Gallery: The gallery continues to show the works of Joan Hicks, artist's moniker "Sparrow". Joan urges people who have been coming to see her paintings to please write comments in the notebook on the table in the gallery. Many of her paintings are for sale: please call her at 296-4571 if you are interested. Please

note that this lovely flower scene, has already been snatched up by Dee Cinner.



Millie Chick's Garden, Joan Hicks

COA Library & Computer Nook and Information Areas in Main Hall:

Come enjoy the library ambiance with comfortable furniture, pictures, new books (thanks to ongoing donations from an array of seniors who don't want to be mentioned by name!), gorgeous curtains, internet connection on both a PC and a MAC. Many thanks to Erin McEnaney and Nick Friseher for their donation of many good audio books for the library nook.

Equipment Available

from COA storage area. Thanks to a generous Chesterfield senior, we now have a wheelchair available, as well as walkers with seats, crutches, commodes, bed rails, and more. Chesterfield (and other Hilltown) seniors have been steadily borrowing what they need, and we welcome all to do the same. Contact Nancy or come and take what you need (please sign out-date, name, item, and tel. #) any time the building is open.

Fran Ryan gave a well attended presentation on foxes on Oct. 4th.

Bob Merkin is examining red and gray fox pelts.
Photo courtesy of Dee Cinner.



Wouldn't it be great
if we could put ourselves in the
dryer for ten minutes
and come out wrinkle-free
and three sizes smaller!

Contributed by Nan Clark

Hilltown Elder Network (HEN)

HEN provides eligible seniors with up to two hours of housework/shopping/etc. per week. HEN is run by the Hilltown Community Development Corp. (HCDC). If you could use a little help around the house, call the **Chesterfield Coordinator, Helen Pelletier at 413-238-4418** or Charlie Hayes, 413-296-4536, ext. 120.

COA Board of Trustees and Administrative

News: Fantastic news—the Chesterfield COA was awarded two grants by Highland Valley Elder Services for this fiscal year, building on the COA's past success in outreach to area seniors. Both grants are for collaborations: one with area COAs and the other with area institutions. The Chesterfield COA serves as a partner in and is the administrator of both grants. 1) \$4500 will fund regional programs for five hilltowns, adding the Cummington COA to our HVES FY '15-funded partnership with Goshen, Westhampton, and Worthington COAs that extended holistic fitness programs such as T'ai Chi and chair yoga beyond Chesterfield, and this year also expanding outreach to include craft, educational and social programs to seniors in the five towns. 2) \$3000 funds a new 6-agency partnership to offer multigenerational programs to all ages of area residents, from pre-school to adolescents to midlifers/families to seniors themselves. The partners are all institutions that the Chesterfield COA has individually collaborated with in the past: Davenport Child Care, Chesterfield Public Library, New Hingham School PTO, Chesterfield Coordinated Family and Community Engagement Programs (CFCE), and the Westhampton COA. But this year we are joining together to offer a range of programs throughout the year to the range of constituencies and age-groups involved: story-telling and literature, puppet shows, mime, musical and movement sessions, theatre and dance performances, and arts and cultural awareness programs. The chief goal of both grants is to decrease the physical and social isolation of elders living in the rural hilltowns. Many programs will take place at the Chesterfield Community Center due to its central location. Please help spread the word about our programs.

Senior Housing Committee: At its September 22nd meeting attended by Co-Chair Judy Terry, and committee members Nancy Hewes, Jean Weller, and by Hilltown CDC Executive Director Dave Christopolis, Dave reported on his statewide initiative seeking funds for rural hilltown (including senior) housing. Of particular note was Dave's mention of the challenges faced by rural projects versus urban and suburban housing projects. Funding for rural projects does not take into account the unique needs of a rural site, such as the additional cost of septic and well construction, a cost not taken on by urban projects where town water and sewer are already available. After much work on the part of numerous public agencies, including the Hilltown CDC, and State Representative Kulik and State Senator Wolf, this issue is being addressed by a new government body, the Rural Policy Advisory Commission. Governor Baker will appoint the commission's members, including Pioneer Valley representation. Dave commented that he is likely to be nominated for that role. Dave also reported on the Goshen senior housing project and that it is now in its final developmental stage. This sparked a conversation on the Chesterfield project, with committee members informing Dave that the Chesterfield project is much further along than the Hilltown CDC realized. The property owner of the proposed Smith Road site is ready to sell. The town would purchase all of the land and build housing in two phases. Dave expressed interest in learning more.

The next meeting is set for 12:30, Monday, November 16 at the Chesterfield Community Center.

Do you need a Boost to your Food Budget?

You may be eligible for the *Supplemental Nutrition Assistance Program (SNAP)*, formerly known as Food Stamps. SNAP benefits are provided on an EBT card you can use to buy food at grocery stores and some farmers' markets.

Want to find out if you're eligible for SNAP?

A SNAP Coordinator will be at the:

Chesterfield Brown Bag

Thursday, November 12th, from 10:30 am to 12:30 pm
at the Chesterfield Senior Center – 400 Main Rd.

Can't make it? Call The Food Bank of Western Massachusetts
at 1-800-247-9632 to find out if you may be eligible for SNAP!

--Also see article on page 2--

Scams! Why Do We Fall?

Hello all,

I have two friends who fell for the computer scam. That's the one where you get a phone call, the caller says "I understand you have been having trouble with your computer and I can try to help you out." My two friends are intelligent, experienced computer users. They would never just hand a stranger some money because he asked for it. They don't answer the phone if they don't know the caller's number. They have their wits about them. If you had said to me that they would get taken in a scam, I would have said Na, not them! So why did they fall?

I asked them that. Well, first, who using a computer HAS NOT had troubles?!? Second, we've all seen the error message that says the problem will be reported to Apple or Windows, then we see a screen or two of what to us is gibberish. It seems plausible that an error I experience could go to the company and someone might want to help me fix the problem! That is basically what happened to my friends.

In general, we want to trust other people. Our minds look for patterns. We try to fill in holes. When the scammer calls and says "Your grandson has had a car accident in Mexico and I'm his lawyer and want to get him some help", we almost automatically say "Oh No, is Jimmy ok?" and now they have a name to use. When you remember that your computer shut down 3 days ago right in the middle of something important and you get that call, you link the two events.

My friends both gave the caller the right to access their computer to help, allowing the caller to insert a virus that shut down the machine entirely. The caller then demanded money to get it going again. Neither friend sent the caller money but they did pay the computer store several hundred dollars each to remove the virus and reformat.

Once again, please stay safe...

Jean O'Neil, TRIAD committee member



Grandfamilies News: **Grandparents/Aunts/Uncles/Friends** **Raising Others' Children - Support Groups**

You may ask, just what are Grandfamilies? Grandfamilies is the name used to describe families that are created when a relative or friend rises to care for other relatives children. This happens for a multitude of reasons, with the occurrence on the rise. There are even great grandparents parenting again! Along with the satisfaction of helping and the joy, there are many difficulties that also surface. Among them, grief for the child, the parents and yourself, financial strain on your budget, lost independence for you and your family and perhaps the need to change or leave your employment. We at the United Arc believe that this is often too hard to navigate on your own. To help alleviate your difficulties and added stress we offer support groups where you are welcome to come, to learn about resources and to share and be heard. Talking with others that are in the same position and possibly experiencing similar problems can provide great relief. Our groups are relaxed, friendly and supportive. We invite you to join us at any one or all of the groups listed below. If you are unable to attend a group but would like someone to talk to we can meet or speak on the phone. Thank you to the Williamsburg Senior Center for collaborating with us by providing space for our Williamsburg group. *In November a Benefits Counselor will be here to talk with everyone on how they might help you with financial resources.* Childcare can be provided, please call Pat by the Friday before the meeting to reserve.

Williamsburg-3rd Mondays 1-2:30 pm, 141 Main St., Haydenville. Also on **November 16th: a special art activity with Marie Westburg, Williamsburg Senior Center Director. Supplies will be provided to use and to take home. A similar art activity will be available for children that attend.**

Support groups are also offered in:

- **Greenfield- 1st Tuesday 5:15-6:45 pm & 3rd Wednesday 12:30-2 pm**, 90 Federal St., Greenfield
- **Turners Falls- 2nd & 4th Tuesdays 11:30-1 pm**, 294 Avenue A, Turners Falls
- **Huntington - 4th Wednesday 10:15-11:45 am**, Gateway Family Center, 9 Russell Road (Route 20), Huntington, Pat 413-563-1981 or GFC 413-667-2203

Self care is very important and sometimes the hardest thing to make time for. You are important, even more so now with your added responsibilities. Make this a priority for you and join us! Just drop in. Refreshments served.

For additional information, please call or email **Pat Keith**, Grandfamilies Program Coordinator, United Arc. **patkeith@unitedarc.org, 413-563-1981.**

Seniors Aware of Fire Education:

Senior 
SAFE

Senior SAFE addresses not only fire safety problems for older adults, but also other life safety issues.

Our Senior SAFE question of the month is:

Do smoke detectors and CO detectors last forever?

Answer: NO, THEY WEAR OUT WITH AGE
(We older adults know something about this)

Smoke detectors have a 10 year life span; CO detectors have a 5-7 year life span. Check yours and replace them if needed. It could save your life and the lives of loved ones!

The Senior SAFE program is sponsored by the Massachusetts Department of Fire Services and some of our local fire departments.

—Worth Noyes, S.A.F.E. Educator
Cummington & Williamsburg Fire Departments

**"The Costs of Caring: Women and Poverty"
Presentation by Dr. Jan Gibeau, November 15,
2 pm, Chesterfield Community Center**

The trail of history is marked by the footprints of women and their work as caregivers. Evidence abounds about their devotion to their families, especially their children and the elderly, but not so much about their roles as breadwinners as well as caregivers. For those women in the labor force the costs of caring often result in the loss of promotions, wages and benefits. The risks of poverty for older women mount as they age, often because of their withdrawal from the work force to care for others. Their reduced income, cessation of contributions toward their social security, loss of health insurance and retirement benefits can all pave the way to a shaky future. Women's risk of poverty is a topic important to everyone. Janice L. Gibeau R.N. PhD will present some of the important facts, trends and policies that can diminish the impact of poverty in the lives of women.

Dr. Gibeau has been active in the field of aging for many years and has always been an advocate for improving the lives of women. Her research, a national study implemented by the National Association of Area Agencies on Aging, called Breadwinners and Caregivers, examined the effects of being a caregiver on women's work lives. Dr. Gibeau has been an executive in health, mental health and social services settings, including working with older people who are homeless. Her experiences in all of these arenas have exposed her to many women "living at risk" and needing help. They have played a significant role in Dr. Gibeau now being a "caregiver" by serving as a volunteer. She is on the board of trustees on the Chesterfield Council on Aging and a Co-Chair of the Senior Housing Committee. She is the Chair of the Northern Hilltowns Consortium of Councils on Aging.

Northern Hilltown COAs Consortium:

At its September 21 meeting, attended by Jan Gibeau, Chair, Peg Whalen, Outreach Coordinator, and the COA directors of the seven participating towns, the Consortium discussed the status of regional grant applications and their impact on programming and the Outreach Coordinator position. The SIG grant, which would award funds from the Office of Elder Affairs, is still awaiting news. However, the Highland Valley Elder Service grants could not award as high as past years, due to cuts to HVES's federal and state funding. Consortium members discussed the need to make such funding cuts public, perhaps through newspaper articles, as they will soon effect staffing and services. Ideas for fundraisers were also discussed as well as the hope for additional funding from the SIG grant.

Peg Whalen reported on her work as Regional Outreach Coordinator (see also her articles in this issue.) She worked to have a Gazette article published by Fran Ryan, produces three articles a month for the regional news of the seven COA newsletters, works on the Transportation Task Force, attended an Elder Economic Empowering Seminar, (information to be published in upcoming newsletters) and will also be attending a the state-wide Councils on Aging conference in October. Peg also reported on the recent Transportation Task Force meeting. Plans for the most effective way to survey Hilltown seniors were discussed. (Be on the lookout for a survey coming soon!) Peg also reported on the success of the Elderbus program in Worcester County, a program with a 23 year history. Consortium members discussed the benefits of such a model and noted that potential grant funds from Tufts may enable looking into the feasibility of an Elderbus model someday replacing the FRTA model currently being used here.

The next meeting is set for Monday, November 16.

Thank You for Your Donations!

Thank You for supporting our programs and making a donation to the Chesterfield Community Center! Anyone who attends a program, makes a donation to one of our jars, or mails in a check to the center directly is helping us to grow our center and provide excellent program and activities for our community. Thank you! —Nancy E. Braxton

***The Chesterfield Council on Aging counts on YOUR support to
continue our important programming for local seniors!***

I would like to contribute to the Chesterfield Council On Aging. My contribution of \$_____ is attached.
(Please send check to "Town of Chesterfield" and "write COA programs" in memo line.)

Name _____

Address _____

Thank You for Helping to Support Your Neighbors!

By Request - Part 2

PERSONAL EMERGENCY RESPONSE SYSTEMS

Here is some information on Personal Emergency Response Systems (PERS) available to area residents. PERS is a system which helps people remain safely at home. A small, portable personal help button is worn on a chain or a wrist strap. When pushed, communication is sent to an emergency response center. Trained personnel who receive the calls have current personal, medical, and emergency information for each client. Assistance is provided in a timely fashion by contacting the appropriate individual or emergency services.

Systems may vary in installation fee (may accept Medicaid), monthly rate and specific type of system. It is recommended that you contact several of the resources listed to find the system that best meets your needs. One very important question to ask about PERS is, "does it operate on a telephone line or the internet?"

Some of your friends and neighbors are already protecting themselves in case of a mishap. Direct Link and Link to Life are two companies being used locally, with services provided by Donald Boulanger of Cummington, 634-5603.

Now is a good time to do some research on the different types which are available and the companies that provide them. Here is a list of local PERS companies:

Citizen Security Corp.
87 Center Street
Ludlow, MA 01056
[413-547-6512](tel:413-547-6512)
www.citizen-security.com

Compass Professional Services
733 Chapin Street
Ludlow, MA 01056
[413-583-3340](tel:413-583-3340) or
[1-800-234-0683](tel:1-800-234-0683)

Direct Link
54 Barton Avenue
Belchertown, MA 1007
[413-323-9700](tel:413-323-9700)
homehelpers@charter.net

Lifeline Systems
111 Lawrence Street
Framingham, MA 01702
[1-800-380-3111](tel:1-800-380-3111)
[508-988-1000](tel:508-988-1000)
www.lifelinesys.com

Link to Life
297 North Street
Pittsfield, MA 01201
[1-888-337-5433](tel:1-888-337-5433)

My Guardian Angel, LLC
Mo Grossberger
180 Heath Road
Colrain, MA 01340
[413-624-0200](tel:413-624-0200)
[413-834-7374](tel:413-834-7374)

New England Emergency
Response Systems
7 Church Street
Dover, NH 03820
[1-800-888-0338](tel:1-800-888-0338)
www.neers.com

AARP has published a Product Report on PERS (#D12905). To order a copy, contact AARP, 601 E. Street, NW, Washington, DC 20049

--Thanks to Deborah Thibault for compiling this article, previously printed in the October Plainfield Newsletter (Slightly modified)

Regional Activities: Other area Senior Centers offer activities that all are welcome to attend!

(All activities may not be listed. Call for additional information.)

Chesterfield: (296-4007)

Smith Vocational Meals Wednesdays 10:00 am
Advanced Tai Chi Mondays, 9:30 am
Beginner's Tai Chi, Thursdays, 6:30 pm
Feldenkrais, Mondays, 7 pm
Chair Yoga, Tuesdays, 10 am
Mat yoga, Fridays, 8 am
Mah-Jongg, Wednesdays 1-4
Chair Massage first Monday 9-10:30
Foot Clinic second Wednesday bi-monthly 10-12
Men's Breakfast first Thursday of each month, 9:00 am
Brown Bag second Thursday of each month, 10:00

Cummington: (634-2262)

COA Potluck Luncheons,
Osteoporosis Exercise, Mondays, 9:30 am
Chair Yoga, Wednesdays, noon
Movie Matinee, 1st & 3rd Thursdays, 1:30 pm

Goshen: (268-8236)

COA Potluck Luncheons (call for info)
Foot Care Clinic, Kip Moeller

Plainfield: (634-5703)

Bi-monthly COA Potluck Luncheons

Westhampton: (527-2404)

Knitting Group, Library, Mondays, 6:30 pm
Coffee & Social Time, Library, W'days, 10 am
Computer Classes, Mondays, 10-Noon
Art Classes, W'days, 9:30-11:30
Monthly Movie at Library 2nd Thursday (call for info)
Chair Yoga, Thursdays, 9 am
Breakfast 3rd Friday, 8-9:30 am

Williamsburg: (268-8407)

Monday Meals, weekly 11:45
Highland Valley Congregate Meals, Tues-Thurs. 11:45
Tai Chi Classes, Thursdays 9:30-10:30
Gentle Yoga, Thursdays, 3-4
Healthy Bones & Balance Thursdays 4-5
Brown Bag, 2nd Thurs 9:30-1 & BP Clinic, 11:30
Podiatry every other month (usually 2nd Wed)
Foot Nurse 4th Tuesdays

Worthington: (238-5584 for locations & info)

Monthly Potluck Luncheon
Knitting group - Tuesday 3-5
Coffee and Caring - 1st Thursday 10:30
Osteoporosis Exercise Class Mon. & Friday 10:30-11:30
Veteran's Agent 2 & 4 Monday 9-11

Clip & Save

Chesterfield Council on Aging
400 Main Road, P.O. Box 7
Chesterfield, MA 01012

Prsrt Std
US Postage
PAID
Permit 183
Greenfield MA

Chesterfield COA:

Lillian Bisbee, Chair
Mary Jane Miller, Vice Chair
Lorrie Childs, Treasurer
Barbara Bak, Secretary
Bernie Berube
Jim Brisbois
Milenna Curtis
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Jan Gibeau



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COA Art Com: Gigi Kaeser, Chair
Travel Group: Nancy Hewes,
Mary Ann Coleman, and
Mary Lou Wickland

Newsletter Staff:

Wendy Somes, Content
Sherry Loomis, Design

This Newsletter is sponsored in part by a grant from The Executive Office of Elder Affairs.

A Dramatic Reading of
"Our Town"

In November of 1965 Williamsburg High School produced the play "Our Town". To celebrate the 50th anniversary of that show a group of WHS alumni and other local residents are staging a dramatic reading of the play.

The performance is November 7th at 3:00 pm on Saturday in the auditorium of the Williamsburg Town Offices (in the center of Haydenville). The building is fully accessible. Suggested donation of \$2.00 at the door, proceeds to benefit the Edward C. Foster Scholarship Fund given by the Williamsburg High School Alumni Association every spring to a local student.

Light refreshments will be provided. Some of the original actors will be in the show, although perhaps not needing as much makeup as they did at sixteen to play the older roles!

Everyone is welcome to attend.
Please Join us!

Presentation by MassEdp
Tuesday, November 17th, 12:15
Williamsburg Senior Center, Café

All are Welcome! The Massachusetts Equipment Distribution Program or more commonly referred to as MassEDP provides adaptive telephone equipment to people who have difficulty using the telephone due to issues such as hearing loss or vision loss. This enables you to have the opportunity to enjoy clear, independent phone communications and the ability to contact 911 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. These disabilities include: deaf/hard of hearing, blind/low vision, motion, cognitive, and speech.

There are three eligibility requirements:

1. Residency in Massachusetts
2. Permanent disability verified by a MA physician
3. Residential phone service

There are several different types of equipment, each offering special benefits based on disability. For more information and a complete list of equipment, please visit www.massEDP.com or call 1-800-300-5658.

For directions to presentation, call 413-268-8407.