



Cheshire Chatter

August/ September 2019



Cheshire Council on Aging P.O. Box 507, Cheshire, MA 01225

Learning at the Senior/ Community Center

On Wednesday July 24th, Barry Emery shared his time and expertise to help a group of seniors navigate the mysteries of their smart phones and computers.

For those of us who use our computers to store photos, recipes, and follow e-mail it gets a little daunting when trying to say transfer photos from your phone to the computer and organize it logically once you have done that.

Barry, a long time Cheshire resident is a retired computer teacher and eminent Cheshire historian who has numerous books on Cheshire history to his credit.

Barry demonstrated uploading photos, creating folders and distributed a list of fun functional and helpful websites.

He talked about scam, safety practices and took questions from the participants. It was a helpful and entertaining program designed to teach some of us less tech savvy device users how to make these infernal machines more user friendly.



Anna Farnam



Anna Farnam and the Cheshire Council on Aging has been synonymous for 65+ years. As the oldest of six children Anna became a natural care giver at an early age. At the age of six she came from Lee to Cheshire when her parents Thomas and Nora Lyons moved here in 1937. In April of 1949 Anna married Herbert "Bucky" Farnam at the St Mary's Rectory and afterwards they held their wedding brunch at the old Cheshire Inn. Anna worked at Crane & Co. for 46 years as a paper currency counter and boxing at the stationary mill.

She admits that she cannot say no when asked to help. This has kept her busy with many volunteer activities over the years especially after she was widowed at 71 years of age.

In 1980 Anna was honored by St Mary's of the Assumption parish as a member of the "kitchen angels" who provided baked goods for countless church functions and coffee hours plus organizing donations for the Chinese Auction for the Christmas Bazaar.

Six years ago at the age of 85, Anna was chosen to receive the Berkshire County Salute to Senior Service Award for her many years of service.

Active with the American Legion since the age of 22 up to the present, Anna is the group treasurer. She volunteers at the Northampton VA Hospital, traveling there weekly for many years.

Anna recently decided to step down as the Chair of the Cheshire Council on Aging and as President of the Cheshire Senior Club, positions she has held for many years.

She plans to continue as Treasurer of the club as her legendary money management skills are much needed. At 91 Anna no longer drives, a skill she learned late in life after Bucky passed away. The immeasurable contributions to the many causes she has supported, and the positions she has held cannot be enumerated, but held as a beacon for others to follow. While she is stepping down, she is not slowing down.

Carole Hilderbrand



In a newly created position, Coordinator of Programs and Volunteer Services, Carole Hilderbrand has hit the ground running as the saying goes. As a volunteer at the COA since April she has learned the workings of the nutrition program, the intricacies of the Food Stamp Program, Farmer's Market Coupons and the transportation network that exists in the area. She has fielded each and every phone call and dealt with many issues faced by Cheshire residents finding their needs to be varied and at times urgent.

Carole has logged many hours learning the programs, the nutritional format and getting to know the people who help keep things humming there at the COA. In her years in social services she has made and maintained many contacts which will serve her well in her new position. She has worked with Elder Services, other COAs and providers in the area to learn

the path through a tangle of agencies and says, "Everyone has been great about networking", giving her a sense of having support out there.

A 15-year Cheshire resident, Carole has been secretary to the selectman and the planning board for the entire time and plans to continue in that role. She has always found her vocational interests led her to human service-related employment with agencies such as The Salvation Army, Berkshire Training and Employment Program (BTEP), Mildred Elley, and teaching life skills to teen first time offenders.

Carole's attitude is positive and upbeat, and her infectious enthusiasm is evident. She speaks of many programs and activities she plans to see implemented and is interested in hearing about new ideas and suggestions from residents.

She speaks glowingly of the current group of volunteers, acknowledging that more are needed to help grow the lunch program on Monday, Tuesday and Wednesday. Any members of the community who have hobbies, interests or skills are invited to come forward and share them with others. Openings are also available to manage the greeting card program for Cheshire residents, helping to format a new improved Cheshire Chatter, to improve and update computer programs, sports activities, and perhaps revive the Bingo program.

Carole plans ongoing grant writing and fund raising efforts in order to improve our facility and provide fun, interesting activities for all.

Carole's goal is to provide a warm friendly place for Cheshire residents to gather, socialize, make new friends and create good will.

Resources and Contacts

COA Board Members

Gene Gebarowski, Chair 413-743-2177
Mal Gwozdz 413-743-9356
John Bianchi 413-743-244-3420
Lynda Bianchi 413-743-3420
Barbara Proper 413-743-8333
Peter Traub 413-743-3496

Program Coordinator

Carole Hildebrand 413-743-9719 or 413-329-2212

Van

Ed Gwozdz 413-446-2559

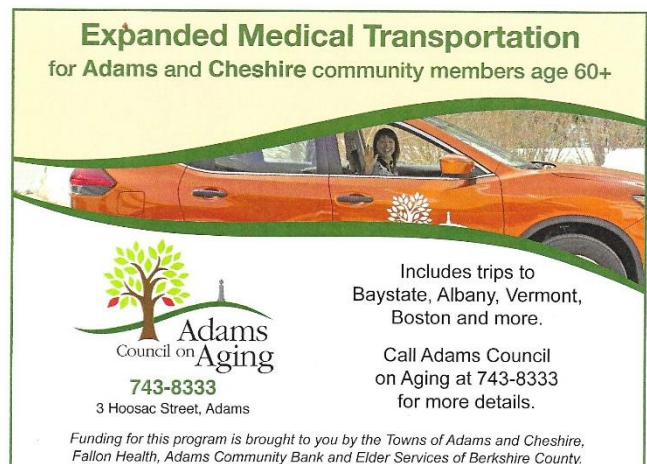
Car, Adams COA:

Medical appointments 743-8333

Friends of C.O.A. Ed and Pam St. John
estjohn1@roadrunner.com

Cheshire Council On Aging Van The van is available on Mondays, Tuesdays and Thursdays from 8:00 am to 4:00pm and Wednesdays for lunch. The van can be used for medical appointments, shopping, groceries, personal grooming, classes, social engagements, programs and other needs. Call Ed at (413) 446-2559 to schedule an appointment. A \$2 donation is suggested.


Fallon Health Car Free medical, including long distance, rides for Cheshire seniors. Call 413-743-8333 for more information and to book your ride. Funding for this program is brought to you by the Towns of Cheshire & Adams, Fallon Health, Adams Community Bank and Elder Services of Berkshire County.



Expanded Medical Transportation
for Adams and Cheshire community members age 60+

Includes trips to Baystate, Albany, Vermont, Boston and more.

Call Adams Council on Aging at 743-8333 for more details.

**Adams**
Council on Aging
743-8333
3 Hoosac Street, Adams

Funding for this program is brought to you by the Towns of Adams and Cheshire, Fallon Health, Adams Community Bank and Elder Services of Berkshire County.

Community Notes

Town of Cheshire

**Candidates for Board of Selectmen
Meet the Candidates
At the Cheshire Community Center
119 School Street
7 PM
Friday, August 9th, 2019
Be an informed Voter – Election Day August 13th
Vote to chose the 2 members to expand the board of selectman to 5 persons
Sponsored by: The Cheshire Council on Aging**

Seeking to join Chairman Robert S. Ciskowski and Jason Levesque and Mark Biagini on the select board are: Donna DeFino and Michelle Francesconi for the three-year seat and E. Richard Scholz, Michael Biagini and Ronald DeAngelis for the two-year seat.

The **Cheshire Volunteer Fire Department's** Cruz-Nite and fireworks will be held on Saturday August 10th. 4 to 10, at Cheshire School. Lots of food, band, raffles, car show, magician show and bounce house.

The Department is currently seeking men and women to become part of our all-volunteer fire department. They are accepting applications from out of town residents as well as those living in Cheshire. If you would like to be part of the team stop by the Fire House located on 29 South Street (Route 8) on a Thursday night and see the Chief .

The **Cheshire Ladies Reading Club** celebrates its 140th birthday this year. Our current membership is reading "The Residence" an inside look at First Families through the eyes of the White House "downstairs" staff.is accepting new members. The group gathers biweekly at members' homes during the spring and fall months to read aloud from a chosen book, a brief passage from a local history, several poems and enjoy refreshments and the company. The Cheshire Ladies Reading Club was begun in 1879 and is believed to be the longest continuous reading club in the United States. If you would like to attend a meeting without commitment to join, or would like more information, please call Harriet Teichert at 743-1518 or Dianne Hitter at 743-5423

Community Book Club meets the second Monday of each month @ 6 :30. All are welcome. The August meeting has been canceled due to vacation schedules. We will meet again in September. The book for September is, Lilac Girls. Pat Gebrrowski is our host please join us. Everyone is welcome. If you have questions, please contact Lynda Bianchi at happydaz413@gmail.com.

The **Cheshire Historical Commission** is a seven-member, town-appointed board whose function is to designate, gather and protect documents, artifacts and other memorabilia relating to our town's heritage. We also present plaques to honor Cheshire's "Senior" homes. If you have an artifact - or a memory - to share, please call (743-5423). Be a part of history!

The **Cheshire Garden Club** is looking for new members. We are responsible for the annual plant sale (proceeds go to Hoosac Valley scholarship fund), the gardens at the Community Center and Town Hall. We have fun at our meetings discussing gardens. We have some Master Gardeners who are members who can help with your gardening questions. We meet once a month. If you are interested, call Lois at 776-7194 or Autumn at 743-9263.

Cheshire Pantry

The new Cheshire Food Pantry is the brainchild of Carole Hilderbrand and Carol Francesconi. It came to their attention that Cheshire was the only town in the Berkshires without a pantry. So, in May of this year it was formed in collaboration with the Cheshire Fire Department.

The Pantry is located at the Cheshire Community / Senior Center and is open to Cheshire residents of any age on the 1st Saturday of the month from 11 to 12 noon. Emergency food is also available by calling the Center at 743-9719. Monetary donations and nonperishable food, toiletries and paper goods may be left at the Center any Monday through Thursday from 9 till 2 PM. Donations have been received from many individuals and area businesses such as Whitney's Farm Market and Reynolds Team Sales. I Love Cheshire t shirts with the Food Pantry logo are being sold as a fund raiser. Orders will be given at the Center or you may purchase one at Cruz Night on August 10th.

A grant was applied for and received from The Berkshire Taconic Community Foundation for a new refrigerator / freezer.

St. Mary of the Assumption Church Our annual parish picnic will be held on Sunday, August 11th at noon!!! Tickets are \$10.00. Children 12 and under are free.

Cheshire Summer Stage

Cheshire Lake at the Farnam's Causeway. Sunday's 4-6 PM in August.

Music

City Singers: August 11

Minerva Center: August 18

Mile High Club: August 25

Bring your own chairs and blankets

Light refreshments available

For more information: Call Susan at 413 743-4425

Senior / Community Center

Quilting - Quilting, hand sewing, knitting, crafts, crocheting with Betty King on the first and third Thursdays starting on September 5th. Contact Carole to join.

Senior Club – All are welcome. We plan a lunch out at a restaurant once a month on the third Thursday. We also plan special events. Cheshire Senior Club dates for monthly restaurant outings are August 22nd Trail House Williamstown at noon and September 26th Waubeeka Golf Links at noon.

Brown Bag – Free paper bag of food delivered on Aug. 23rd at and Sept 27th at 1 PM. Contact Carole to sign up

Foot Clinic – Sept. 19th. Contact Carole for reservations

Blood Pressure – Provided by Molari on Aug. 28th 11 AM and Sept. 25th 11 PM. Contact Carole for information

Exercise – Aerobic exercise on Monday, Wednesday and Friday. All welcome

The Café at 119 School Street, Cheshire



Hot Lunch for Seniors - Menu changes daily; only \$2.00*

To reserve your meal, call 743-9719 at least 24 hours in advance;
Meals are served weekly on Monday, Tuesday & Wednesday at 11:30

Transportation available on Wednesdays by calling 446-2559

**Suggested Meal Donation for those 60 and over.*

Free Events in August:

Williamstown Theatre Festival Workshop – Aug 7th, 1pm

Discover the creative process of story development

Meet the Candidates - Aug 9th, 7 pm

Historic Virtual Tour of Cheshire with Barry Emery – Aug 14th, 1 pm

What is and was from Farnams to Cheshire Harbor

BINGO Tuesday – Aug 20th, 12:30pm

Nonagenarian Birthday Party - Aug 25th, 12:00pm

The Friends of the Cheshire COA will be holding their annual nonagenarian birthday party at 12 p.m. at Basswater Grill. This birthday party is open to any Cheshire resident 90 years or older and their guest.

Labor Day Lunch – Aug 28th, 11:30am

Volunteer Day – Aug 29th, 11:00am

Please join us as we snack on delicious appetizers, sample volunteer opportunities, and serve our community!

Learn about volunteer opportunities in the Nutrition Department, Birthday Card Program, Decorating Group, Program Planning, and Wellness Calls. Please call Carole to sign up!

Free Events in September:

Apple Picking at Lakeview Orchard - Sept 9th, 1pm

The Friends of Cheshire COA will sponsor an apple picking trip to Lakeview Orchards, Lanesboro. This trip includes a small bag of apples, a hayride and snack and beverage in the bakery. Friends attend for free, non-members for \$6.00.

Fallon Health will be hosting games - Sept 17th, 12:30pm

Hope from Fallon Health will be hosting Yahtzee, Checkers and LRC (left right center) games and water & snacks for each as well.

Coloring – Sept 16th, 12:45pm

Using adult coloring books on different topics. Supplies are colored pencils, gel pens. Very popular. Very relaxing.

BINGO Monday – Sept 23rd, 12:45pm

Coloring – Sept 30th, 12:45pm

Using adult coloring books on different topics. Supplies are colored pencils, gel pens. Very popular. Very relaxing.

August Lunch Menu

Monday 8/5 - Turkey w/Gravy, Mashed Potatoes, Zucchini Squash, Dinner Roll, Applesauce

Tuesday 8/6 - Vegetable Pinwheel w/ Marinara Dipping sauce, Harvard Beets, Peas & Pearl Onions,
Fresh Orange

Wednesday 8/7 – Orange Chicken, Steamed Brown Rice, Mixed Greens, Oat Nut Bread, Tropical Fruit Mix

Monday 8/12 – Beef Patty w/Pepper & Onion Gravy, Buttered Boiled Potatoes, Lyonnaise Carrots, 100%
Whole Wheat Bread, Tapioca Pudding

Tuesday 8/13 – No meal

Wednesday 8/14 – Hot Dog, Sauerkraut, Vegetarian Baked Beans, Hot Dog Roll, Watermelon

Monday 8/19 – White Chicken Chili, Noodles, Ratatouille, 12 Grain Bread, Sliced Peaches

Tuesday 8/20 – BBQ Pulled Pork, Coleslaw, Sliced Carrots, Hamburg Roll, Warm Spiced Apples

Wednesday 8/21 – Baked Breaded Pollack, Scalloped Potatoes, Broccoli Florets, 100% Whole Wheat Bread,
Mandarin Oranges

Monday 8/26 – Oriental Pork Casserole, Brown Rice, Spinach, Rye Bread, Fresh Orange

Tuesday 8/27 – Vegetable Lasagna with Marinara Sauce, Summer Blend Vegetables, Brussel Sprouts, Italian
Bread, Chocolate Chip Cookies

Wednesday 8/28 – Chuckwagon Stew, Mashed Potatoes, Yellow Summer Squash, Oat Nut Bread,
Fruit Cocktail

Become a Friend of the Cheshire Council on Aging!

The Friends of the Cheshire Council on Aging provide financial and other support serving the needs of the senior population of Cheshire. By becoming a "Friend" and paying a ten dollar annual membership fee, you will be supporting the activities of our seniors. In this time of government budget cuts and reduced funding from charities, the need to provide financial support from other sources becomes critical. Among the needs the "Friends" hope to address are:

- Transportation to and from appointments, shopping, etc. over and above that funded by the Town of Cheshire.
- Social activities such as parties, meetings, exercise sessions.

Any support which you can provide would be most appreciated!

Please join today and send your donation check to:

Ed St. John

4 Edmunds Street Unit N101

Adams, MA 01220

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 COA Van 8-4	2 Exercise 9	3 Cheshire Pantry 11 - 12
4	5 COA Van 8-4 Exercise 9 Lunch 11:30	6 COA Van 8-4 Lunch 11:30	7 Exercise 9 Lunch 11:30 & Van Senior Club 12:30 Williamstown Theatre Festival Workshop 1 PM	8 COA Van 8-4	9 Exercise 9 Meet the Candidates 7 PM	10 Cruz-Nite and fireworks 4-10
11 St. Mary's picnic 12	12 COA Van 8-4 Exercise 9 Lunch 11:30	13 COA Van 8-4 Election Day 9-7	14 Exercise 9 Lunch 11:30 & Van Senior Club 12:30 Barry Emery What is What Was 1	15 COA Van 8-4	16 Exercise 9	17
18	19 COA Van 8-4 Exercise 9 Lunch 11:30	20 COA Van 8-4 Lunch 11:30 Bingo 12:30	21 Exercise 9 Lunch 11:30 & Van Senior Club 12:30 COA meeting 1	22 COA Van 8-4	23 Exercise 9 Brown Bag 1-2	24
25 Nonagenarian birthday party 12	26 COA Van 8-4 Exercise 9 Lunch 11:30	27 COA Van 8-4 Lunch 11:30	28 Exercise 9 Blood pressure clinic 11 Labor Day Lunch 11:30 & van Senior Club 12:30	29 COA Van 8-4 Volunteer Day 11 Cheshire Ladies Reading Group 1-3	30 Exercise 9	31

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3 COA Van 8-4 Lunch 11:30	4 Exercise 9 Lunch 11:30 & Van Senior Club 12:30	5 COA Van 8-4 Quilting 1	6 Exercise 9	7 Cheshire Pantry 11 - Noon
8	9 COA Van 8-4 Exercise 9 Lunch 11:30 Apple picking 1 Community Book Club 6:30	10 COA Van 8-4 Lunch 11:30	11 Exercise 9 Lunch 11:30 & Van Senior Club 12:30	12 COA Van 8-4 Cheshire Ladies Reading Group 1-3	13 Exercise 9	14
15	16 COA Van 8-4 Exercise 9 Lunch 11:30 Coloring 12:45	17 COA Van 8-4 Lunch 11:30 Fallon Health Games 12:30	18 Exercise 9 Lunch 11:30 & Van Senior Club 12:30 COA meeting 1	19 COA Van 8-4 Foot Clinic Quilting 1	20 Exercise 9	21
22	23 COA Van 8-4 Exercise 9 Lunch 11:30 Bingo 12:45	24 COA Van 8-4 Lunch 11:30	25 Exercise 9 Blood pressure clinic 11 Lunch 11:30 & Van Senior Club 12:30	26 COA Van 8-4 Cheshire Ladies Reading Group 1-3	27 Exercise 9 Brown Bag 1-2	28
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