

# Cummington Council on Aging

## May 2018 Newsletter



**Cummington Council on Aging**  
**P.O. Box 95,**  
**Cummington, MA 01026**

**Anne Parsons, Director**  
**413-634-2262**  
**coa@cummington-ma.gov**  
 Hours: Tuesday 2pm-5pm  
 Wednesday 9am-12pm

### Events: May 2018

#### Monday:

<b>Healthy Bones / Balance</b>	<b>9:30—10:30am</b>
<b>Cummington Coffee Hour</b>	<b>10:30— 11:30am</b>
Town Admin. Assistant	9:00 -11:00am
Board of Assessors Assistant	9:30 -11:30am
Veterans' Agent (1st & 3rd Mon.)	10:00 - 11:00am
Building Inspector	10:00— 12:00pm
Bryant Library	6:00 - 9:00pm

#### Tuesday:

<b>COA Office Hours</b>	<b>2:00 – 5:00pm</b>
Town Admin. Assistant	9:00 -11:00am
Living Fully, Aging Gracefully and Befriending Death Discussion Group (5/8)	1:00 -3:00pm
in Comm. House Lib.	

<b>May 15: COA Potluck Lunch</b>	<b>Noon</b>
Board of Health mtg	7:00pm
1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays	

#### Wednesday:

<b>COA Office Hours</b>	<b>9:00am -12pm</b>
<b>Tap Dancing</b>	<b>3:00 -4:00pm</b>
Building Inspector	10:00 -12:00pm
Compactor	5:30 -7:30pm
Bryant Library	6:00 - 9:00pm

#### Thursday:

<b>Healthy Bones / Balance</b>	<b>9:30 -10:30am</b>
<b>May 3: COA Board</b>	<b>11am</b>
Town Clerk	4:00 -7:30pm
Building Inspector	10:00 -12:00pm
Board of Assessors meeting	6:30pm
2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays	
Selectboard	7:00pm

#### Saturday:

Compactor	7:00 -11:00am
Bryant Library	8:30 -12:30pm

**Board of Directors** will meet on  
**Thursday, May 3rd at 11am.**

#### **Your COA board members are:**

Elliot Ring, Chairman (634-5666)  
 Worth Noyes, Recording Secretary (634-8003)  
 Peg Daniels, Corresponding Secretary (634-2229)  
 Kathy Knox (634-8041)  
 Nancy Cole (634-8080)  
 Anne Lambert (634-2243)  
 Anne Parsons, Director (634-5707)

*Note: We are always looking for volunteers to join the board and/or our Neighbor to Neighbor Ride Program. Won't you consider offering your time?*

## May Potluck



#### **Tues. May 15th at Noon Community House**

The May potluck luncheon will be followed by a celebration of the diverse heritage of the New England Coastal Region. Davis Bates will present "Sea Songs & Stories: Chanteys, Ballads, Folktales & More". Davis has delighted us with his programs in the past, so come and take part in this presentation that is partially funded by the Cultural Council.



#### **Ladies Lunch Bunch**

There's a new restaurant in the center of Florence called The Freckled Fox (1 North Main St.) that's

calling for us to come on down. Everything is homemade and fresh! On Wednesday, May 9th, we'll head down for a 12:00 lunch. Meet at the church parking lot at 11:30.

### May Birthdays



Chester Gorski, Wilnot Hastings,  
Cynthia Joyner, Lorena Thayer, Charles Quinlan,  
Theresa Panzeri, Peter Marcoux, Kathleen Knox,  
Carol Stoddard, Frederic Nudell, Ann McCollum,  
Martha Emerson, Kathleen Chivas,  
Charles Handfield, Cory Heath, Carolyn Hooks  
and Laura Pierce.

*Wishing you all a wonderful year!  
Your friends at the COA*

### Balance Class

Porchlight of Western Massachusetts is once again offering a 6 week class on balance. Kerry Walsh will be at the Community House on Thursdays at 10:00 from May 17<sup>th</sup> through June 21<sup>st</sup>. If you are interested in participating, call the COA office at 634-2262 and ask Anne to put you on the list. Open to both men and women.

### Town Meetings and Elections

Cummington will have a "Special" Town Meeting on **Friday, May 4th at 6:30 pm, followed by**

**the Annual Town Meeting at 7pm.** Come. Town elections will be **Tues, May 7th.** Be involved in our town government. As eluded to in the April newsletter, the COA was exploring the possibility of our town changing the current allowable exemption on property tax for older adults with guidelines put out in 2002. That has been tabled at this time. If you are 70 and above and have a low-income and would like more information, contact the Board of Assessors for details and an application.

### Special Honor

During the "Special" town meeting at 6:30 on May 4th, the town will bestow on **Jane Emerson** the honor of being **Cummington's "Oldest Citizen"**. Congratulations Jane! A little history... In 1902, the Boston Post presented to the town a "gold headed cane" that was to be in the possession of the oldest citizen. Somewhere along the way, the actual cane, of "selected Gaboon ebony from the Congo, Africa, and the head made of rolled gold of 14 karate fineness" was misplaced. Jane will receive a certificate, a lapel pin of a gold headed coin, and her name will be entered on a plaque that can be found on the wall in the library of the Community House. Preceding her were: Ada Howes, Valaria Streeeter, William Durkee, Henrietta Fowler, Alice Steele, Alta Bickford, Olive Thayer, Ruby Tirrell, Ethel Morey and Mae Wolf. Come shake the hand of and congratulate our new honoree!



### The Cummington Council on Aging says thank you to our Generous Supporters!

If you haven't already, won't you please consider making a contribution? Your help will support our monthly newsletter and our Neighbor to Neighbor transportation program. Many of the folks receiving these services would be isolated without our help. If you would like to make a donation, please fill out the form below and send it with your check made out to the Cummington Council on Aging and write "program support" in the memo line. We thank everyone for their continuing support. ~ Anne Parsons

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

**I would like to contribute to the Cummington COA. My contribution of \$\_\_\_\_\_ is attached.**

*(Please write your check to the Cummington Council on Aging, and mail to  
Cummington COA, PO Box 95, Cummington, MA 01026)*

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

*Thank you for helping to Support Your Neighbors!*

## Regional News

### Seniors Aware of Fire Education



Fires caused by cooking accidents are the number one cause of fires by older people. So, this month we'll consider some familiar ways of avoiding and dealing with fires in our kitchens.

- STAND BY YOUR PAN! Never leave cooking unattended.
- Wear short or tight fitting sleeves when cooking. Loose sleeves easily catch fire.
- Put a lid on a grease fire to smother it, then turn off the heat.
- Never throw water on a grease fire. Water will spread fire around.
- Never move a burning pan. You can easily ignite your clothes or spill fire onto someone or something else. Put a lid on it.

Be S.A.F.E.,  
--Worth Noyes, SAFE Educator  
Williamsburg & Cummington Fire Departments

*The Senior SAFE program is sponsored by many of your fire departments and the Massachusetts Department of Fire Services.*



The Hilltown Easy Ride will be starting a program to promote exchange among Hilltown COAs for events and luncheons. We will still be able to do medical rides and shopping as well.

You must be 60+ and live in the towns of Goshen, Chesterfield, Cummington, Worthington or Plainfield to be eligible for the van. All riders must fill out a Demand Respond Application with FRTA. We would gladly help you with that process, or you may go on the FRTA website and download an application. It takes about a week to process, and once you get the acceptance letter you can start booking rides.

We are happy to answer questions:  
**413-296-4536 or [ride@hilltowncdc.org](mailto:ride@hilltowncdc.org)**

The dispatcher's new hours are Mon.-Thurs. 8am to 10:30am and Fridays 8am to 11am, but messages will also be checked from home, so please leave a message and it will be returned.

**Would you like to receive your newsletter by email instead of snail mail?**

If so, please email Kristen at **[regionalcoanews@gmail.com](mailto:regionalcoanews@gmail.com)** to be put on the email list.

### A Good Deed Never Goes...

Sometimes it's hard for a young person or someone who had a run of back luck with their finances to get on their feet. You, being a good person, may be wanting to help them out. Well, love, DO be careful.

It is possible for you to authorize a child or someone else to use your credit card, called "piggybacking". The child, as an authorized user, benefits from your good credit, assuming their activity is reported to the credit bureaus by the card company, and begins to gain or improve their credit. BUT the authorized user is not responsible for paying on the card; you are. If things go wrong... about a third of all cases of piggybacking do not end well, according to a recent Washington Post Color of Money column.

Another example of a good deed that can get punished is co-signing. I once co-signed a car loan for a young friend just out of school. That effectively meant that I had taken the loan on the car. If something went wrong, I could own a wrecked car or get sued for the entire loan amount. All ended well – she kept the insurance up and paid off the loan on time. Alarmingly, a co-sign situation that is growing more common is for grandparents to co-sign a student loan. The bad statistics and consequences on that are just that: bad.

If you are considering doing a co-sign, please read this first:  
[www.consumer.ftc.gov/articles/0215-co-signing-loan](http://www.consumer.ftc.gov/articles/0215-co-signing-loan). Then call me. I'm serious!

Selfishly speaking,  
Jean O'Neil, TRIAD Committee Member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

## Age Friendly in Goshen

By Peg Whalen  
Regional Outreach Coordinator for the  
Northern Hilltowns Consortium of COAs

The Goshen COA has been hard at work on growing its outreach in 2018. In Goshen:

- there are 338 residents age 60 and over
- older adults now account for 35% of town residents
- between 2016 and 2018, the number of residents age 80 and over increased from 39 to 52

Outreach efforts require more community support. Given these statistics, the COA is considering new outreach methods and finding ways to attract more year-round and seasonal volunteers.

For many years, in addition to personal outreach done by the COA Coordinator and five board members, Goshen has had a sixth dedicated "outreach" worker, Dora Emerson. Dora might visit, call, help with rides, and otherwise reach out to the town's oldest residents and homebound older adults. These six COA members provide support to a limited number of town residents. They do so by:

- donating time to deliver meals
- checking regularly with several older adults
- giving rides
- lending a listening ear to older people they know

Looking outside the COA to bolster outreach led them to contact the fire, police, and emergency management departments. The goal is to create an expanding circle of town resources and personnel specially attuned to older adults' needs. The board is committed to working with the other town departments to identify older adults that are on oxygen, live alone or have homes in isolated locations. Advance knowledge provides more effective assistance in times of need – like accidents in the home, ice storms and tornados.

Goshen has a limited number of involved residents. Few as they are, they have created effective, non-intrusive ways to watch out for various older adults. For example, one resident agreed to using a system for alerting their neighbor of their well-being. If the garage door – which is closed every night – is not open in the morning, that person checks with the other to confirm their safety; another plan includes having an older adult make a call each morning to indicate that they are okay and active for the day; a daily call also works well in reverse. A family member, friend or neighbor can call an older adult every

morning at an agreed-on time.

These are simple ways of caring that effectively support town residents. Imagine proposing one of these methods to a neighbor you know or have concerns about. These are non-intrusive solutions that are simple and respectful and are hallmarks of an age-friendly community.

## Free Daily Shuttle to Mass General

Cooley Dickinson Health Care and Massachusetts General Hospital have teamed up to provide a free daily shuttle from Northampton to Boston.



The round-trip shuttle leaves from 8 Atwood Drive in Northampton at 6:30am. The shuttle will drop off passengers at the Massachusetts General Hospital entrance on 55 Fruit Street in Boston, and leave at 3pm to return to Northampton.

The shuttle will have the ability to hold 12 people, will be equipped with Wi-Fi, and will run daily Monday through Friday. While the shuttle is free, reservations are required, and must be made 24 hours in advance. Children under 18 years of age are required to have an adult with them. Reservations can be made by calling 888-554-4234.

## New Driver's License & ID Requirements

As of March 26, 2018, to get or renew any driver's license, ID card, or learner's permit, customers need documentation showing U.S. citizenship or lawful presence as required by federal and state law. Customers will also need to choose between getting a REAL ID license or ID card, or a Standard license or ID card. Visit [Mass.gov/ID](http://Mass.gov/ID) for more info and a complete list of acceptable identification documents. Customers are now also able to start applications online. Our new online Info Center includes specific information about the documentation requirements for non-U.S. citizens, drivers over the age of 75, learner's permit holders, and those new to Massachusetts.

**OLDER  
AMERICANS  
MONTH**



**ENGAGE AT EVERY AGE: MAY 2018**

# Stronger than Yesterday

**What interests you?** There's never been a better time to learn a new form of exercise or pick up one you haven't done in years.



## Chair Yoga

*Yoga is for everyone, and this form is gentle and relaxing. It improves your flexibility and may offer relief from arthritis and insomnia.*

Tues. 10am, Chesterfield Comm. Ctr  
*Led by Michelle Morales-Wolk  
Requested donation: \$5/ class.*

Weds. 9am, Westhampton Woods, Unit F  
*Led by Michelle Morales-Wolk thru 5/23. Free or small donation.*

Thurs. 10:45am, Williamsburg Senior Ctr.  
*Led by Alexandra Mello. \$10/class\*.*

## Yoga for You

*Taught by Michelle Wolk, this class is geared for active adults. Any adult can join. Class is \$12 or 6 classes for \$60.\**

Tues. 6-7pm, Williamsburg Senior Ctr.

## Dance Class (Modern/ Creative)

*Contemporary dance for adults, taught by Susan Waltner. Donations gratefully accepted.*

Weds. 10am, Williamsburg Senior Ctr.

## Feldenkrais

*Create flexibility, strength and balance, with trained instructor Michele Morales-Wolk. Open to all ages.*

Mon. 7pm, Chesterfield Comm. Ctr.  
*Requested donation: \$5/class*

Thurs. 6pm, Williamsburg Senior Ctr.  
*\$10/class\**

## Healthy Bones and Balance

*Designed to increase participants' strength, mobili-*

*ty, flexibility and balance, H B & B classes are a free, fun way to exercise and socialize. Medical clearance is required.*

Mon. & Thurs. 9:30am  
Cummington Comm. House

Mon & Fri. 10:30am  
Worthington, Maples I Comm. Room

Tues. 10:30am Williamsburg Senior Ctr.

Thurs. 4pm, Williamsburg Senior Ctr.

## Hiking

*Chuck Horn organizes hikes around the Westhampton/ Easthampton area. To get on his email list, drop him a line: [charleshorn@gmail.com](mailto:charleshorn@gmail.com)*

## Muscle Strengthening Classes

*Strength training keeps your bones strong and helps maintain muscle mass.*

Weds. 10am, Goshen Town Hall

## T'ai Chi

*T'ai Chi is a wonderful activity known to increase balance, centeredness within oneself, and an enhanced relationship with the natural world.*

Mon. 9:30am, Chesterfield Comm. Ctr.  
*(Advanced; \$5/class)*

Thurs. 6:30pm Chesterfield Comm. Ctr.  
*(Beginner; \$5/class)*

Thurs. 9:30am Williamsburg Senior Ctr.  
*\$10/class\**

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**To find out more about these classes, and to register, please contact the appropriate COA coordinator:**

### Chesterfield:

Janice Gibeau, 296-4007,  
[coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)

### Cummington:

Anne Parsons, 634-2262, [coa@cummington-ma.gov](mailto:coa@cummington-ma.gov)

**Goshen:** Evelyn Culver, 268-3316, [ematkc@aol.com](mailto:ematkc@aol.com)

### Westhampton:

Julia Lennen, 537-9880,  
[westhamptoncoa@comcast.net](mailto:westhamptoncoa@comcast.net)

### Williamsburg:

Sherry Loomis, 268-8407, [sloomis@burgy.org](mailto:sloomis@burgy.org)  
\* Financial aid may be available for Wburg residents.

### Worthington:

Sandy Epperly, 238-5584, [coa@worthington-ma.us](mailto:coa@worthington-ma.us)

**Cummington Council on Aging**  
**P.O. Box 95**  
**Cummington, MA 01026**

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**Cummington  
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Kristen Estelle,  
Newsletter Designer  
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The Cummington COA Newsletter has been funded in part by: generous donations, The Town of Cummington, and the Executive Office of Elder Affairs.

## Out and About in May

**Sat. May 5th @ 7pm & Sun. May 6th @4:30pm**  
**Spirit of the Hills Community Chorus**

*Northampton Senior Center, 67 Conz St.*  
*Northampton, MA*

Singers aged 8-80, based in Williamsburg, will perform music from the world's community singing traditions of South Africa, Bosnia, England, Basque Spain, Corsica, American gospel, American Jewish traditions, and more. Donation Requested: \$15/adults, \$5/children. **To benefit the Food Bank of Western Massachusetts.** Directed by Penny Schultz. Christopher Haynes Accompanying on piano and accordion.



**Sun. May 6th, 2pm**  
**Leadership & Climate Change:**  
**A Special Hilltown Panel Discussion**  
*Chesterfield Comm. Center, 400 Main Rd.*  
*Chesterfield, MA*

The Hilltown Eco-Action group in cooperation with Chesterfield Community Center will present a panel presentation followed by Q&A. The event will include special presentations on climate change from three different perspectives and feature: environmental lawyer Kevin Healy, biologist Ed Stockman, and Climate Action NOW co-founder, Susan Theberge.

The topics will include **Lawyers Fight Climate Change,**

Kevin Healy; **Building Solidarity to Respond to Climate Change,** Susan Theberge; and **Our Industrial Food System and Climate Change: A Well-Kept Secret,** Ed Stockman.

The Hilltown Eco-Action Group was formed in January 2017 as part of Defend the American Republic, a group of concerned residents of Worthington and surrounding communities. This group was established to protect the earth in any way we can from the ever-accelerating climate change crisis.

Free to the public. Donations are appreciated.

**Tues. May 8th, 1:30pm**  
**Tanglewood Marionettes: "The Dragon King"**  
*New Hingham Regional Elementary School*  
*30 Smith Rd., Chesterfield, MA*

A terrible drought has overtaken the land, and all the world has turned brown and lifeless. The Dragon King is ruler over all things water, and the people are beginning to wonder why he has not brought the life-giving rains in such a very long time. An underwater fantasy based on Chinese folklore, *The Dragon King* tells the tale of an intrepid Grandmother who journeys to the bottom of the sea in search of the elusive Dragon King, and the answers to why he has forsaken the land above. Free and open to all ages!

*Funded by the Chesterfield Council on Aging through a multi-generational grant from Highland Valley Elder Services.*