

Cummington Council on Aging

June 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: June 2018

Monday:

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

Tuesday:

COA Office Hours	2:00 – 5:00pm
Town Admin. Assistant	9:00 -11:00am
Living Fully, Aging Gracefully and Befriending Death Discussion Group (6/12) in Comm. House Lib.	1:00 -3:00pm

June 19: COA Potluck Lunch	Noon
Board of Health mtg 1 st & 3 rd Tuesdays	7:00pm

Wednesday:

COA Office Hours	9:00am -12pm
Building Inspector	10:00 -12:00pm
Compactor	5:30 -7:30pm
Bryant Library	6:00 - 9:00pm

Thursday:

Healthy Bones / Balance	9:30 -10:30am
June 7: COA Board	11am
Town Clerk	4:00 -7:30pm
Building Inspector	No Thurs. hours
Board of Assessors meeting 2 nd & 4 th Thursdays	6:30pm
Selectboard	7:00pm

Saturday:

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

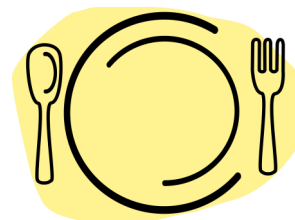
COA Board of Directors will meet on
Thursday, June 7th at 11am.

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?

June Potluck



Tues. June 19th at Noon
Community House

The June potluck luncheon, is at 12:00 noon on Tuesday, June 19th. Hope to see you there! The food is always good and the conversation lively.

Ladies Lunch Bunch

On **Wednesday, June 13th** we'll be heading over to Barstow's in Hadley for our luncheon at

12:00 noon. As usual, meet at the church parking lot at 11:30. I hear they have great ice cream!

June Birthdays



Earle Streeter, Helen Griffith, Thad Danielson, Judith Hinton, Linda Gero, Pamela Joy Howland, Bruce Hoag, Judith Jenkins, Douglas Bailey, Lawrence Pasko, Daniel Smith, Rosemary Graf, Maureen Tumenas, Joanne Bradshaw, Lisa Harvey, Carolyn Urekew, Denise Burt, Guy Wells, Thomas Tear, Robin Robbins, George Fenton and Joanne Tear

Wishing you all a delightful year!

attendance as she was presented with the gold headed cane. A plaque in the Community House Library has her name engraved on it, so she'll go down in history.

Jane holds the honor of also being a lifelong resident of Cummington, living in her home at 32 West Main Street for all but 7 years when she lived in a house on Route 9 that her son Dann now calls home. During the war, like many other local women, Jane worked at General Electric in the gun motor assembly division. Of course, when the men came home, they were all let go. She spent some time at Crane Paper Mill in Dalton before working at the Cummington Post Office, where she stayed until her retirement. She and Alvah "Pete", her husband, spent many good years here in Cummington until Pete's death in 2006.

Found in the files in the COA office was a questionnaire filled out by Jane in 2007. At that time, her favorite pastime was reading, with her favorite book being *Gone with the Wind*. She enjoyed writing letters and watching baseball. Her favorite movie was *The Sound of Music*, and her guilty pleasure was eating ice cream. Jane's funniest memory was getting "lost" in New York City. For those of us who have had the pleasure of knowing this marvelous woman, count yourself blessed.



Jane Emerson

Jane received the distinction of being named the oldest resident in Cummington on May 4th during the special town meeting. Here to celebrate with her were her three children – Steven, Dann and Marcia. Also present was Steven's wife Martha and their daughter Shelly, husband Steven Suponki and two of her great-grandchildren, Lilly and Rider. She received a round of applause from those in

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



Smoking is the third leading cause of fire injuries for older adults. If you or someone you know smokes, here are a few safety tips:

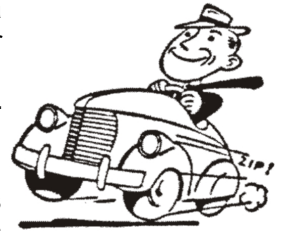
- Smoke outside.
- Never smoke in bed, while drowsy or under the influence of medication or alcohol.
- Use deep, sturdy ashtrays.
- Make sure your butts and ashes are cold before throwing them out; drowning them is a sure way of knowing they are cold.
- Never ever smoke where medical oxygen is used, even if it is turned off.
- Stop smoking; then you won't have to worry about the above tips.

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

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

FAQs about the new RMV Document Requirements

If you have to get or renew a driver's license, ID card, or learner's permit, you should note that document requirements have changed.



The RMV often receives questions from customers about the new document requirements for getting or renewing a driver's license. Here are some of the more frequently asked questions with answers to help you:

Q. What if my name is different from the name that appears on my documents?

A. If your current name doesn't match the one that appears on your lawful presence document(s), you must prove your legal name change with an acceptable document in order to qualify for a REAL ID credential. A marriage certificate, divorce decree, or court document all qualify. However, if the names don't match, you can still get a Standard ID or driver's license.

(Article continued on page 5.)

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

If so, please email Kristen at regionalcoanews@gmail.com to be put on the email list.

Math and Money

There are three kinds of people. Those who can count and those who cannot. Ba da Dum!

So I read recently about how poorly some states are doing on training their students in financial literacy in school: www.champlain.edu/centers-of-excellence/center-for-financial-literacy/report-national-high-school-financial-literacy. I recognize two things: one, that teachers already have an overabundance of things to cover, so we can't expect schools to do all this, and, two, that not all parents are able to pass on this information. However, basic economics and financial knowledge are so important in a person's life. Everyone needs this information some way somehow.

Perhaps there is a younger member of the family who could use some money math tutoring? I found a good-looking web page with suggestions for working on math and money with children in Pre-K through eighth grade: www.ixl.com/math/money-and-consumer-math. Here is another resource you could use: www.creditrepair.com/articles/savings-center/math-and-money.

A riddle for you: What happened with the cat who swallowed a coin?
Answer: There was money in the kitty.

Cheers,
Jean O'Neil, TRIAD Committee Member
413-268-2228, jeanoneilmass@gmail.com

Outreach in our Livable, Age-friendly Northern Hilltowns

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

The Northern Hilltowns Consortium of Councils on Aging has worked on outreach to older adults for the past three years. The effect has been measurable. All seven northern towns regularly include outreach in the board meetings. Three of the seven towns have outreach teams in place and are recruiting more participants. The other towns are working to create viable outreach teams for their towns.

Our newest opportunity to enhance outreach came to the Consortium early in May. A grant was available to assess communities for livability and age-friendliness. The Consortium applied late April, were funded five days later, with a start-up date of May 10th. The purpose of the funding is for surveying all older adults in Plainfield, Cummington, and Chesterfield. If you reside in these towns, you may have already received a questionnaire. The funding also supports the Consortium in conducting three town forums in June. Please watch for more information about the dates of the forums. Calling the COA is also a way to find out when they are being held. At the point we submitted this newsletter content, the forums were not scheduled yet.

The purpose of the community survey and forums is to obtain input from older adults, those who are not yet retired and those who are. The questionnaire concerns opinions of older adults about the importance of various age-friendly aspects of town life. Nationally there is increasing interest and support for helping communities become more age-friendly and livable for people of all ages. Several other communities across the state received the same funding. The Consortium applied as a multi-town region in rural Western Massachusetts.

Nine hundred and thirty-five (935) questionnaires were mailed in mid-May. Forms have been returning steadily. The final report for the project is due mid-summer. The Consortium will release the results in the coming months.

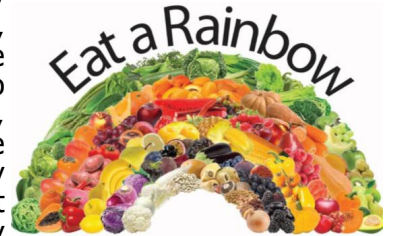
This project has been an unexpected boon for Consortium outreach efforts. Results will benefit not only the Consortium and area councils on aging, but also the towns involved in the survey. With information from the questionnaires and forums, the Consortium more effectively can support town outreach to older adults.

If you have not already returned a questionnaire, please consider filling it out and returning as much of it as possible. If you and a spouse each

received one in the mail, we are interested in hearing from both of you. Our desired return date was May 31st, but if we get yours in June we will still use your input. Thank you to all of those who contributed their thoughts and opinions. We will keep you informed about the results.

Keeping a Healthy Weight as you Age

Why is keeping a healthy weight important? As you age, you may notice changes in your body's makeup. You may lose muscle mass, which may increase frailty. You may also burn fewer calories, especially if you are not very physically active. To prevent weight gain, you may need to eat fewer calories than you did when you were younger. This means you have fewer calories to help you get the nutrients your body needs for energy. So, you need to eat foods that are high in nutrients. Eating nutrient dense foods means "eating the rainbow": a variety of colorful fruits and vegetables, fat free/low-fat dairy, whole grains, seafood, lean meats, poultry, beans and nuts.



What is a healthy weight for you? The body mass index (BMI) is a measure of weight in relation to height. While a BMI score of 18.5 to 24.9 usually indicates a healthy weight for adults, the BMI is limited in how well it gauges body fat in older people or those who have lost muscle. Measuring around your waist may tell you if you carry extra fat. A waist circumference of more than 35 inches for women or 40 inches for men indicates increased risk for a number of health problems.

You may want to check with your health care provider or dentist if:

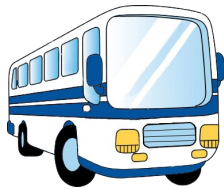
- you find chewing difficult, don't want to eat, or have trouble with your dentures.
- you feel that life events such as the death of a loved one or moving from your home are keeping you from eating well.
- you think your medicines may be making your food taste bad or affecting your appetite.
- you think you should take a daily vitamin like iron or vitamin C.

Source:
www.niddk.nih.gov/health-information/weight-management/health-tips-older-adults#healthy_eating
By: Rita Longe, RDN, LDN



On the Go!

The Northampton Senior Center has arranged the following outings, and you are welcome to join!



Please make your reservations early as these trips fill up fast! **Call Francine Frenier at the Northampton Senior Center: 413-587-1228.**

June 21-Thursday: The Gilded Age of the Berkshires. Tour Ventfort Hall and The Mount. Buffet lunch on terrace at The Mount. Cost is \$112.

June 26-28: Three Day Tour to Lancaster, PA. Two shows, *Jesus* at Sight & Sound Theater (reserved orchestra seats) and *The Wizard of Oz* at Dutch Apple Dinner Theater, and more. \$434 with double occupancy. Pay in installments or pay in full. \$50 Deposit. Trip insurance available.

July 10 – Tuesday: Tour of Mark Twain Home and Wickham Gardens. Lunch at Promenade Shops on your own. Cost is \$74. There is a \$10 discount if paid in full by June 1.

July 24 – Tuesday: Best of Boston. New England Aquarium, lunch on your own at Quincy Market. Duck Boat Tour. Cost is \$109. There is a \$10 discount if paid in full by June 12. Only a few seats left.

August 7 – Tuesday: Tour of Fenway Park and Lunch at Cheers. Enjoy some free time in Boston. Cost is \$123. There is a \$10 discount if paid in full by July 1.

August 15 – Wednesday: Guided tour of Kennebunkport with time to shop. Lunch at Mike's Clam Shack. Cost is \$109 with a discount of \$10 if paid in full by July 6th.

August 19 – Sunday Matinee: Tanglewood Music Center. Leonard Bernstein Memorial Concert, featuring Yo-Yo Ma. Shed seats, lunch on your own. All-inclusive cost is \$84. Limited Seats.

Sept. 7-11: Washington D.C., 5 days, via bus, \$540 with double occupancy. Full day at the Smithsonian. Pay in installments or pay in full by June 1 and receive a \$25 discount. \$100 Deposit. Trip insurance available.

Other trips in the planning stages:

MGM Casino, Big E,
Halloween in Salem,
White Christmas Big Band

RMV FAQs, continued from page 3

Q. Can a laminated Social Security card be accepted? What about other laminated documents?

A. No. Laminated Social Security cards are not acceptable for a REAL ID credential. If you have a valid SSN and other required documents, you can get a Standard driver's license or ID. Customers with a laminated Social Security card that want a REAL ID can order a replacement Social Security card through the Social Security Administration website. The RMV does not accept laminated documents to meet any of the new lawful presence or other identification requirements.

Q. What versions of a U.S. birth certificate can the RMV accept? **A.** We are able to accept a certified copy of a U.S. birth certificate regardless of shape and size ("short-form," "long-form," and "card" versions) as long as it is stamped with a raised seal of the issuing agency of the document. The issuing agency can be the city, town, or the Vital Records Office for the state where you were born. We do not accept hospital-issued birth certificates.



The photo above is of Bob and June Persing, Plainfield residents, who joined 17 others from the Northampton Senior Center friends group on a trip to the Polish Center of Discovery & Learning in April. They enjoyed the informative and humorous stories told by docent Ron Lech, who exudes such a passion for this special museum. The ten room museum was filled with artifacts, history, costumes, artwork, and other memorabilia. A return visit is surely necessary to appreciate all the museum has to offer. Prior to the museum visit, the group enjoyed lunch at the Munich House.

The Northampton Senior Center friends group welcomes folks of all ages to join us on our future trips (see trips listed to the left). For more information, please contact Francine Frenier on Monday afternoons by calling 413-587-1228.

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P.O. Box 95
Cummington, MA 01026

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Cummington
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Out and About in June

Wed. June 5th, 12:15pm

Duane Carlson: Sing - Along to the Oldies!

*Williamsburg Senior Center, 141 Main. St.
Williamsburg, MA*

Come and sing the oldies and popular songs with a great singer! Free. Refreshments served. Call the center two days ahead if you'd like to reserve lunch at the congregate meal beforehand at 11:45am: 413-268-8407.

Sun. June 10th, 2pm

"Common Creatures" by Fran Ryan

*Chesterfield Comm. Center, 400 Main Rd.
Chesterfield, MA*

In this Horizon Production presentation, environmental educator, Fran Ryan, will reveal the secret lives of the Eastern chipmunk, the Eastern gray squirrel and the meadow vole. She will discuss their characteristics, behaviors, life cycles and shed some light on these creatures. While many of know a little something about those "charismatic species," like bears, big cats, wolves and whales – the big stars of the wild kingdom – these little guys just don't get a lot of press. Their stories, however, are just as fascinating. Come and get a peek into the lives of these interesting furry neighbors and see what makes them tick, and how best to live happily alongside them. Free and open to the public.

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

vices.

Mon. June 25th, 11:45am

Chesterfield COA Annual Picnic

*Chesterfield Comm. Center, 400 Main Rd.
Chesterfield, MA*

Come Join your friends outdoors and in the community room! **Open to all seniors in the neighboring towns.** This is a program for more exchange among the Hilltown COAs for events and luncheons. Come and join our Annual Picnic Fun by RSVP'ing to Jan Gibeau at 413-296-4007 at least 48 hours in advance. Reserve a ride on the Hilltown Easy Ride Van by calling 413-296-4232 at least 48 hours in advance.



Free Fun Fridays offer visitors no-cost admission to many of the most treasured cultural venues in Massachusetts. Here are the places that will have free admission on **June 29th**:

Lyric Stage Company of Boston, MIT Museum, Berkshire Theatre Group, Nantucket Whaling Museum, The Mount: Edith Wharton's Home, Concord Museum, Worcester Art Museum, Clark Art Institute, Children's Museum in Easton and the Edward Gorey House.

