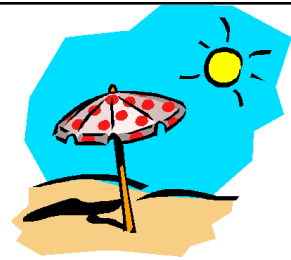


Cummington Council on Aging

July 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: July 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:

Town Admin. Assistant	9:00 -11:00am
Living Fully, Aging Gracefully and Befriending Death Discussion Group (7/10) in Comm. House Lib.	1:00 -3:00pm
July 17: COA Potluck Lunch	Noon
Board of Health mtg 1 st & 3 rd Tuesdays	7:00pm

Wednesday:

COA Office Hours	10:00am –5pm
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
July 5: 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, July 5th 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)
Jo Dee Simard (634-5051)
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?

July Potluck



Tues. July 17th at Noon
Pettingill Memorial Park Pavilion

It's July and that means our annual COA PICNIC takes the place of our monthly potluck. We'll gather at the Pettingill Memorial Park Pavilion for a 12:00 noon feast on July 17th. You can expect the usual chicken and corn on the cob, plus whatever else folks bring. This year we're going to add a few games that can be played on the grounds. Please bring your favorite salad (veggie, fruit, potato, macaroni), or a dessert to share.

Ladies Lunch Bunch

On Wednesday, July 11th we are heading to Char-

lemont to the Cold River Café at 31 Main Street. As usual, we'll leave from the church parking lot at 11:30.

Change in COA Office Hours

As of July 1st, the COA office will be open on Wednesdays from 10:00am to 5:00pm. Our phone number, 634-2262, and email address, coa@cummington-ma.gov, remain the same.

Aging at Home in Rural Towns

Last month all Cummington residents age 60 and up received a survey from our Northern Hilltown Consortium of COAs. If you haven't already, it's not too late to complete it and mail it back. This was step 1 in a quick moving grant from the Massachusetts Councils on Aging that takes a look at how livable our communities are, and could be, as we all grow older. The 2nd part was a Public Community Forum on Developing Age-Friendly Communities that took place at the Community House on June 18th (after the newsletter deadline). Next month we'll report on the meeting that addressed the growing impact of the aging of the population in our town and how we might all begin to look at options for making aging at home and staying in our community.

Senior Legal Help Line

Please know that the Senior Legal Help Line has changed their phone number to **1-800-342-5297**. The old phone number 866-778-0939 will take you to advertisements.



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."

July Birthdays



- Patricia Anne Lorda, Ruth Ann Dexheimer, Allan Douglas, Richard Wolf, Worth Noyes, Jean Schreier, Thomas Jay, Paula Gottlieb, Janice Loux, Sandra Shapiro, Barbara Murphy-Malinak, Cristi Lindblom, Gerald Howes, Joseph Pagano, Richard Fournier, Kristin Jay, Delia Nash, William Hoehne, William Dynok, Kathryn Harrison, Michael Holden, James Lurere, Michael Daniels, Peter Sloan, James Wettereau, Dennis Carr, Althea Frary, Laura Wetzler, Christopher Mesmer, Shaun Hebert, Mark Yamilkoski, Bryna Greenspan and Delbert Robbins.

May each of you have a wonderful year!

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

Senior SAFE

Finally, grilling season is here. Here are a few tips on how to grill and not get burned or worse.

In general:

- Always grill outdoors.
- Do not grill on a porch/deck with a roof over you.
- Grills should be at least 10 feet from the side of a building.

For gas grill safety:

- Open grill lid when you light it. It will keep built up propane from exploding.
- If you smell gas while cooking, get away from the grill. Call 911.
- Always turn off the burner and propane cylinder when done cooking.
- Never leave a burning grill unattended.

For charcoal grill safety:

- Use only charcoal lighter fluid and not gasoline.
- Never add lighter fluid to hot coals or small fire.
- Allow coals to burn out completely; after they are cold, wait 48 hours before disposal.
- Never use a charcoal grill indoors.

Have a S.A.F.E summer grilling!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments



The Easy Ride Van will be in the 4th of July parade in Chesterfield!

We want you to be, too! No need to worry about how to get there: we would pick you up and bring you home! If anyone is interested in being on the van in the parade and has the acceptance letter from FRTA to ride, **we would love to have you.** Seating is limited, so please RSVP soon!

We will also be in the 250th celebration parade for Worthington on June 30th! As with the Chesterfield parade, we invite anyone to ride with us on the van in this parade. If you have the acceptance letter from FRTA to ride the van, you are good to go. We would pick you up and bring you home.

Rate Change News

Here are the new rate changes.

How much does it cost?

- One way trips that originate and end within the same town are \$1.25.
- One way trips to adjacent towns that are within our service area are \$1.75.
- One way trips beyond an adjacent town that are within our service area are \$2.25.
- PCA/escorts are \$0.75 all one-way trips.
- Trips to Senior Centers are half fare.

Fares listed are for one way. Call or email with any questions: 413-296-4232 or ride@hilltowncdc.org.

Is your home falling down and you can't afford to fix it?

If you live in the towns of Chesterfield, Cummington, Goshen, Plainfield, Peru, or Worthington, help may be available! The Hilltown CDC is accepting applications from income eligible homeowners that need help repairing their homes. These are NO PAYMENT / NO INTEREST loans that are forgiven over 15 years. Loan amounts can go up to \$40,000 and can include any of the following work:

Siding, Windows, and Doors
Roofs and Chimneys
Plumbing and Electrical
And more!

Septic Systems and Sewer Tie-in's
Handicap Accessible Work
Wells, Pumps, and Hot Water Tanks



Why not give us a call today to find out if you're eligible? Get those repairs made now while funding is still available! Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email at paulab@hilltowncdc.org to request an application.

Reaching Out to Older Adults in Westhampton

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

Westhampton Council on Aging outreach is unique among the seven northern hilltowns. Town COA board members already have been functioning as an Outreach Team. The town of Westhampton has had a well-balanced COA board. The composition of the board has similar representatives to the key players found on developing outreach teams elsewhere. In the other towns, reported previously (Plainfield, Cummington, Goshen, and Chesterfield), the COAs have worked to form outreach teams.

Westhampton COA outreach work is in addition to the customary activities and responsibilities generally expected of COA board members. The COA includes:

- One board member who also serves as the Westhampton Hilltown Elder Network (HEN) Coordinator;
- Another board member is part of the town's TRIAD;
- Two COA members who are involved with the Westhampton Congregational Church;
- and Board Chair currently coordinating the volunteer driver program for older adults that request help getting around.

The board is committed to working with other town departments. Looking outside the COA to bolster outreach led the board to contact fire, police, and emergency management departments, library, among others. Their goal is integrating the circle of town resources and personnel attuned to older adults' needs. COA outreach also is well supported by additional supports for town residents.

Westhampton has a widely-distributed monthly community newsletter. "The Bell Tower" goes to all residents in Westhampton, without requiring a subscription. The Westhampton Congregational Church does outreach to congregation and community members when they become aware of a need. The town library provides support for home-bound readers with delivery and pick up of library materials.

Westhampton COA has the only Friends of Westhampton Council on Aging among the seven northern hilltowns. Westhampton COA Friends is instrumental in supplementing COA programming support and financial resources for activities, programs, and events.

Westhampton's variety of supports for older adults demonstrates the town's unique ways of helping. With Westhampton's population changes,

the needs for outreach continue to grow. Please talk with your COA director or board members about opportunities for you to participate in outreach. Outreach is happening everywhere!

Become an Elder Advocate!

A three-day ombudsman certification training will be held at Highland Valley Elder Services **October 3-5, 2018.**



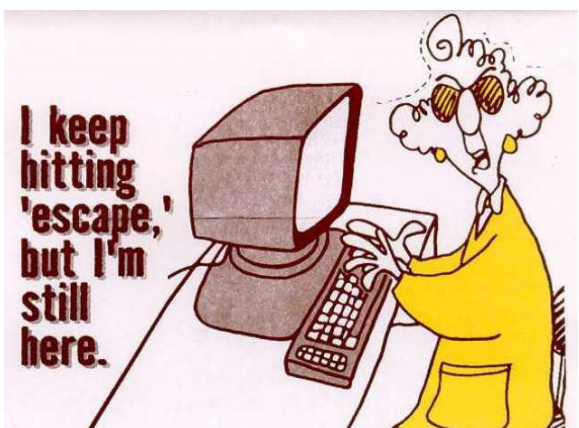
Ombudsmen help ensure the quality of life for nursing and rest home residents. Volunteers are thoroughly trained to assist residents with benefits, rights and entitlements guaranteed under federal, state, and local laws. Ombudsmen assist and empower residents with the tools for self-advocacy and they may make all the difference!

The Ombudsman Program is a federally mandated advocacy program for nursing home and rest home residents throughout the United States. Highland Valley administers the program in Hampshire and Hampden County. **We are in need of four new ombudsmen to cover facilities in Hampshire County.**

Please note: New volunteer recruits are required to interview with the program director and to complete a CORI background check prior to this training. **For more information, please call Don Freeman at (413) 588-5755.**

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.



RESOURCE DIRECTORY

Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 559-8039
If you need help in an emergency, call 911 or the Safe Passage hotline	888 345-5282
Elder Abuse Hotline	800 922-2275
First Call for Help Information and Referral Resources	800 339-7779
Fuel Assistance Application and Recertification	800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC)	413 296-4536
Veterans' Service Officer Tom Geryk	413 587-1299
(Westhampton) Joe Henning	413 207-3541
(Plainfield) Upper Pioneer Valley Veterans' Services District in Greenfield	413 772-1571
Regional Outreach Coordinator , Peg Whalen	413 404-4566
DO NOT CALL Registry	888 382-1222

Food Services

Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP)	413 552-5400
Call Chesterfield COA for assistance	413 296-4007
Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director	413 268-7578 Wed 1-3; 3 rd Wed 1-6
Meal Site Williamsburg Senior Center	413 268-8407
Meals on Wheels Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center , 265 Prospect St. Northampton	413 586-6564
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336/6564

Health Services

Highland Valley Elder Services Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center - Medical & Dental	413 238-5511, ext. 131
HOPE Nurse , Robin Laferriere, RN	413 238-5511, ext. 313
Janet Dimock , HealthWise Community Health Worker	413 238-5511, ext. 149
Podiatrist Dr. Michael Coby , call Williamsburg Senior Center to schedule (Alternating months at the Senior Center)	413 268-8407
Foot Care Oni, RN , foot care in Goshen, Call Liz Loven for appt.	413 268-7122
Oni, RN , foot care in Williamsburg or in-home visits	413 268-8407
Oni, RN , foot care in Plainfield or in-home visits	413 522-7219
Diane Roeder , foot care in Whamp & Chesterfield	413 374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Wayne Glaser	Call your COA for appointment
Richard Bauman (Westhampton)	413 527-5240
Lorraine York-Edberg	413 773-5555, ext. 2275
Mass Health and New Health Coverage	
John Bergeron, HCHC-Huntington	413 667-2203
Buliah Mae Thomas at Hilltown Comm. Health Center	413 667-2203

Transportation Services

Cummington Neighbor to Neighbor Drivers	413 634-2262
Westhampton transportation appts or groc. shopping, Louise Jasionkowski	413 527-5134
Williamsburg Medical Rides Williamsburg Senior Center (to schedule)	413 268-8407
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center)	866 277-7741
Hilltown Easy Ride Van Fran Goebel	413 296-4232

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cummington COA , Anne Parsons	413 634-2262
Goshen COA , Evelyn Culver	413 268-3316
Plainfield COA , Deborah Thibault	413 634-0275
Westhampton COA , Julia Lennen	413 537-9880
Williamsburg Senior Center , Sherry Loomis	413 268-8407
Worthington COA , Sandra Epperly	413 238-5584

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

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Cummington
Council on Aging**

Anne Parsons, Coordinator
634-5707

Elliot Ring, Chairman
634-5666

Worth Noyes, 634-8003

Peg Daniels, 634-2229

Kathy Knox, 634-8041

Nancy Cole, 634-8080

Kristen Estelle,
Newsletter Designer
regionalcoanews@gmail.com

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 July

Wed. July 4th, 7am-2pm Chesterfield July 4th Celebration

Pancake Breakfast (Firehouse)	7:00 - 10:00
Food & Vendor Booths	8:00 - 2:00
Historical Exhibits (Edwards Museum)	9:00 - 10:30
Hilltown Art Display (Town Hall)	9:30 - 2:00
Heritage Pops Concert Town Center)	9:30 & 11:30
PARADE	10:30 - 11:30
Chicken Barbecue (Church)	11:30 - 1:30
Classic Car Show (Town Offices)	11:30 - 1:30
Magic Show & Face Painting (Park)	11:30 - 1:30
Sidetracked Band (Car Show)	11:30 - 1:30
Family & Kids Softball (Ball Field)	12:30 - 1:30
Firefighters Contest (Ball Field)	11:30 - 12:30

Sponsored in part by the cultural councils of Chesterfield, Cummington, Goshen, Williamsburg & Westhampton.



Weds. July 11th, 11am
Wild West: The Mystery of the Haunted Piano
by the ScienceTellers
Chesterfield Comm. Center, 400 Main Rd.
Chesterfield, MA

You're invited to a WILD WEST Library Adventure— part of the Chesterfield Public Library 2018 Summer reading program. ScienceTellers brings science to life. Not too

long ago, Science and Storytelling were accidentally mixed. Here is what happened! This interactive story allows kids of all ages to explore the fascinating science behind chemical reactions, combustion, air pressure, inertia and more. Don't miss this classic action-packed western with 'notes' of science!

Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA, coordinated in partnership with the Chesterfield Public Library.

Tues. July 17th, 12pm
Cummington COA Annual Picnic
Pettingill Memorial Field, 14 Main St.
Cummington, MA

Cummington will be having its annual COA picnic on Tuesday, July 17th, at the Pettingill Memorial Field, by the playground, at 12:00 noon. This year we're inviting folks from other COAs to join us. If you plan to come, please give Anne a call at the Cummington COA by the 11th so we can plan accordingly: 413-634-2262. If you need a ride, reserve it with the Hilltown Easy Ride Van at 296-4232.

