

Cummington Council on Aging

September 2018 Newsletter



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

Anne Parsons, Director
413-634-2262
coa@cummington-ma.gov
Hours: Wednesday 10am-5pm

Events: September 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 (9/11) in Comm. House Lib.	1:00 -3:00pm
COA Potluck (9/18)	12pm
Board of Health mtg 1 st & 3 rd Tuesdays	7:00pm

Wednesday:

COA Office Hours (on vacation week of 9/16)	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
COA Board Meeting (9/6)	11:00am
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

The COA Board of Directors meets the first Thursday of the month at 11am in the Community House.

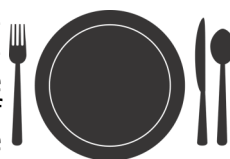
Your COA board members are:

Elliot Ring, Chairman (634-5666)
Worth Noyes, Recording Secretary (634-8003)
Peg Daniels, Corresponding Secretary (634-2229)
Kathy Knox (634-8041)
Ann Lambert (634-2243)
JoDee 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?

September Potluck

The September potluck luncheon will be on Tuesday, September 18th at 12:00 in the community house. Our Chief of Police, Mike Perkins, will be with us to answer any question you may have. Robin from HCHC will be here prior to the luncheon for blood pressure checks.



September Birthdays

Jane Emerson, Ida Pearce, Dottie Grimes,
Verna Ridel, Greg Prentice, Helen Larkin,
Menna Busby, Sue Forgea, Joe King,
John Maruskin, Lawrence Panzeri,
Elaine Drawe, Barbara Robb, Deborah Hoehstetter,
Jane Adams, Dale Hoag, Carol Hoehne,
David Simard, John Miller, Paula Zindler,
Paul Streeter, Kathy McMahon, Margaret Kelleher,
Aliza Ansell, Maureen Lavigne



May each of you have a wonderful year!

Ladies Lunch Bunch

September's Ladies Lunch Bunch will gather at Ozzie's, 26 Maple Street in Hinsdale, at 12:00 to partake in September's luncheon. We'll leave from the church parking lot at 11:30. Come join the fun!

Last month 12 ladies met for a great luncheon at the Worthington Country Club. The scenery was beautiful but nothing could top the pleasure of each other's company.

Results of the "Developing Age and Dementia-Friendly Communities" Survey

In June, 926 questionnaires were sent to older adults in Chesterfield, Cummington and Plainfield. In Cummington, questionnaires were sent to 304 adults 60 and over with a return rate of 29%.

Results demonstrated that of all the areas associated with the descriptions of age friendly and/or livable communities, the most commonly shared concerns included the importance of transportation, housing, accessibility to town facilities and other sites, traffic safety & sidewalks, and having a central source of complete information about community events, supports, programs and services. Survey findings were shared with residents in open forums in each participating town. Twenty eight residents took part in the Cummington forum on June 18th.

Older adults were asked about what reasons they might move. Common reasons included: looking for a home that will help them live independently as they age (54%); looking for a different home size that better meets their needs; the expense of maintaining their current home, and need for

more access to public transportation.

Among respondents, 24 people reported caring for someone with memory problems, and a high proportion of older adults (44%/117) reported they know someone who is a caregiver to a person with memory problems. This finding demonstrates existing need for dementia-friendly towns. Overall, this pilot project has confirmed the usefulness of a questionnaire focused on the unique nature of rural New England towns and towns' preparedness to become age/dementia-friendly communities.

The Consortium's future plans are to:

- Use the current information in their ongoing efforts to develop strong interdependent networks for creating livable, age and dementia friendly communities.
- Evaluate other existing rural models for potentially introducing "village" programs in towns and implement appropriate elements suited to each participating town.
- Develop central and coordinated resource centers available to COAs, community groups and residents of each town.
- Strengthen coordination and communication with programs offered by Highland Valley Elder Services.



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!

Seniors Aware of Fire Education



Hey, it's September again (or almost)! September has its own challenges and joys. Here are a few ideas for keeping it SAFE:

- School buses are on the road again. Be sure to stop a safe distance behind or in front of them when they're showing red lights.
- Discourage ticks and other biting insects by covering up and using bug spray when doing garden/lawn work.
- Do not burn leaves or brush during your fall clean-up. Burning season will begin on January 15, 2019.
- Do not touch or take in any wild animal looking for a winter home.

Enjoy the month, apples and cider and 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.

Spa Days at Smith Vocational

Smith Vocational and Agricultural High School Cosmetology Department is pleased to collaborate again with the Chesterfield Council on Aging by hosting a "spa day" once a month to seniors in the surrounding area. They are offering the following: Haircuts \$5.00; Manicure \$4.00; Pedicure \$8.00; Facials \$8.00.

Friday, September 21st is the first spa day, in Room 124 of Building A at the school. Available appointment times are **9 and 10 am**. All work is done by students and is supervised by licensed instructors. There is a senior class of 11 cosmetologists, so there are plenty of appointments for haircuts and manicures. However, pedicures and facials appointments are limited to one per hour. Watch for more future dates in the newsletter.



NEW for Fall 2018:
please call the Cosmetology Department directly to make an appointment. Their number is 413-587-1414 ext. 3531.

Switch, don't switch, switch, don't...

When we switch on our electric lights, the electricity comes from the utility company for nearly all of us. The utility company gets the electricity to sell us from a variety of sources, and we customers have the right to choose where our electric supply comes from. We can use the utility company's source, or switch to one of the multiple other entities who repeatedly call us on the phone at dinner.

Oh dear, that was negative. Let me try again. We can use one of the multiple other entities who call us on the phone and who may be able to promise us a lower rate. They are called an alternate supplier. They may represent interests in another part of the country, obtain their power from renewable resources, or have some other factor.

When we get one of these calls, it is probably not a scam, but we should be careful in switching. There may be a benefit to using a different supplier but there are several possible hiccups.

Ask appropriate questions of the potential supplier about how your contract and costs will go. National Grid has two very useful pages of information on considering your energy supplier:

**www9.nationalgridus.com/masselectric/home/energychoice/4_how.asp
www9.nationalgridus.com/masselectric/faq/faq_result.asp?Code=choice**

I'd also suggest asking friends and neighbors for their experiences. As I said, this may not be a scam phone call, but it may not be financially beneficial to switch, either.

Switching off,

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

Need Help
with your **Medicare**
Plan Comparisons
for Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO / PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!**

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from **October 15 through December 7th!**

REMINDER:

Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

You can call your local Senior Center or call **1-800-AGE-INFO** (1-800-243-4636), **then press or say 3**. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Uncle Sam Wants US!

It's voting time! The primary is right after the Labor Day weekend, really inconvenient. BUT we can either remember to vote on September 4th, OR get an absentee ballot and vote before! Our Town Clerks will be quite happy to help. Just note their office hours and plan ahead for closed offices. The last day to request an absentee ballot is Friday, August 31st at 5pm. You can also make this request online at:



www.sec.state.ma.us/ele/elepdf/2018-Short-Form-Absentee-Ballot-Application.pdf.

If you need to check that you are registered, talk to your Town Clerk or go online to www.sec.state.ma.us, then click on the Elections and Voting tab on the left. There is a lot of information there, including an easy link to the absentee ballot application

The next date to remember is **October 17th**, the date to make SURE you are registered to vote to be able to participate in the **November 6th elections**. You can register online if you have a valid MA ID or driver license. Go to: registertovotema.com

Voting is one of our most important citizen participation actions. So, does your / one vote really matter? Yes, it can, though it is not probable. Read this for a good overview of the question - www.thoughtco.com/can-one-vote-make-a-difference-3367480

Thanks to Brenda Lessard for checking me.
Thanks to you for reading,

~ Jean O'Neil

SAVE THE DATE

Northern Hilltowns Consortium of Councils on Aging

**Hilltown Elders:
Protecting Your Health and Safety**

Monday, October 15, 2018
9:30 -2:00
Chesterfield Community Center

Many questions come up every day about what you need to know about medical services, emergency rooms, hospital discharge, Medicare protections and the new Medicare card. Recently these questions came up in recent local surveys and community public forums in three hilltowns: Chesterfield, Cummington and Plainfield. People have said that they also want easier access to information about how to get the help they need when they need it. Knowing how it all works makes a big difference.

Meet professionals from Medicare Patrol, Legal Professional, Highland Valley Elder Services, primary care physicians, Mass Council on Aging and the Executive Office of Elder Affairs.

Come for the day or only part of the day!
Lunch will be served.

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

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**

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

Chesterfield:

Janice Gibeau, 296-4007,
coa@townofchesterfieldma.com

Cummington:

Anne Parsons, 634-2262, coa@cummington-ma.gov

Goshen: Evelyn Culver, 268-3316, ematkc@aol.com

Westhampton:

Julia Lennen, 537-9880,
westhamptoncoa@comcast.net

Williamsburg:

Sherry Loomis, 268-8407, sloomis@burgoy.org
* Financial aid may be available for Wburg residents.

Worthington:

Sandy Epperly, 238-5584, coa@worthington-ma.us

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

PRSRT STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Cummington
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regionalcoanews@gmail.com

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

Out and About in September

Tues. Sept 25th, 9am Big E Day Trip

Bus departs 9:00am from COA parking lot, 400 Main Rd, Chesterfield, MA. Bus leaves: 4:30 P.M. from the Big E.

Cost includes: round trip bus transportation, entrance fee to the exposition. Circus Spectacular @ 1pm at the Big Top- FREE. The Drifters & Platters perform @ 3pm at the Court of Honor Stage--FREE. \$10 per Chesterfield Senior (age 60 or over). Open to all ages and all communities for \$14. Cash or checks payable to Chesterfield COA due by September 12th. Only 35 seats available. NO REFUNDS due to bargain price. **For reservations: call Francine Frenier 296-4291 or call the COA @ 296-4007.** Scooter and wheelchair assistance available; the COA can help with the rental fee. Limited Availability- First Come First Serve to Chesterfield Seniors only.



Thurs. Sept. 27th, 12:15pm Steve Damon from A Natural Music School Senior Center Café, 141 Main St. Williamsburg

Come and enjoy songs and stories by an entertaining local musician! Please call two days ahead to reserve lunch, if you're interested: 268-8407.

Save the date! Saturday, October 20th 9am-3pm Goshen Congregational Church Fall Clothing Exchange 45 Main St. Goshen

The spring clothing exchange was such a huge success that they are doing it again! Please drop off your washed, gently-used men's, women's and children's coats and other fall/winter clothing and accessories on Weds. Oct. 17th from 5-8pm or Fri. Oct. 19th from 9am-3pm, then come back on Saturday to shop! Please, no undergarments or lingerie. If the drop off times don't work for you, please call the church at 268-7427 to arrange a different time.

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.