

Cummington Council on Aging

October 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: October 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 (10/9) in Comm. House Lib.	1:00 -3:00pm
COA Potluck (10/16)	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 (10/4)	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?

October Potluck



Our October potluck lunch will be on Tuesday, October 16th at Noon. Michele Ellicks, Community Outreach Coordinator at the Registry of Motor Vehicles, will be here to share with us information on licensing renewals.

Everything in one place, prior to the potluck:

Flu Clinic

A flu clinic will be held at the Community House on Tuesday, October 16th from 10am to Noon. Bring your insurance card(s) with you. If you have no insurance, there is a \$10 fee for the vaccine.

Blood Pressure Clinic

Robin Laferriere will be here at 11:30am, prior to the potluck lunch, on 10/16.

Rides to the Potluck

Arrangements for transportation to and from potlucks can be made by calling the COA office at 634-2262.

October Birthdays



Mildred Stevens, Wilmar Hatch, Barbara Regan, Ronald Wolf, Walther Korzec, Carolann Skaling, Judith Suriner, Ronald Woodland, Diane Harris, Jeffrey Matuewezski, Audrey Marcoux, John Earls, Howard Meister, Marguerite Yamilkoski, Stephen Yoshen/Young, Mark Malinak, Patricia Keith, James Messineo, Ruben Segura, Jane Crosby, Robert Taylor

May each of you have a wonderful year!

Ladies Lunch Bunch

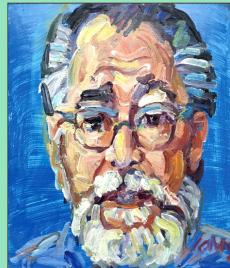
We're heading to Williamsburg to the Brewmaster's Tavern for lunch this month. Meet us at the restaurant at 12:00 noon or at the church parking lot at 11:30am for carpooling.

COA Programs

The COA board is looking to you to give us ideas on what you'd like to have offered for folks 60 and up. We plan to expand programs this fall and would welcome your input! Whether they are once a week, once a month, or a 6-8 week program/class, please let us know and we'll work to make it happen. Board members' phone numbers are on the front and back page of this newsletter or you can contact the COA office at 634-2262 or coa@cummington-ma.gov.



...another round of locals!



The Fourth Annual
"Heart of the Hilltowns"
Portraits in oil by Jeanne Johns

At the Cummington Community House
Cummington, MA the month of October 2018



Opening gathering Friday, October 12, 2018, 6 - 9 PM

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



October is Fire Safety month. This year's fire safety theme is: LOOK -- LISTEN -- LEARN!

- LOOK for places fire could start --like extension cords, frayed and/or under rugs and fire place screens in place. Ask yourself or a loved one, where could fires start in our house and what can we do to keep fires from happening?
- LISTEN for the sound of smoke detectors when you test them each month.
- LEARN by doing a fire drill during which you establish two ways out of every room and a meeting place where everyone in your family knows to go in case of a fire or emergency.

--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.

Hilltown to Valley Connections



Did you know you could ride the Hilltown Easy Ride van to connect with **PVTA buses** and other public transportation services?

Eligible van riders can book a ride to either Williamsburg or to Northampton and transfer to any PVTA bus, or even the Peter Pan bus for trips out of town. PVTA bus destinations could include the Hampshire Mall, Amherst, or Holyoke.

Interested? We will be holding a one hour information session and travel training on using the PVTA system at the Chesterfield Community Center, 400 Main Rd., on **Wednesday October 17th, at 11am**. It will be followed by an optional practice outing to Northampton for shopping or lunch from noon-3:30pm. *There is no cost for the training, but you will need \$3.00 cash for the optional practice PVTA bus ride, plus whatever you would like to spend in Northampton for shopping and lunch.*

Call the Hilltown Easy Ride to sign up for the informational session: 413-296-4232

We are not alone!

My friend in Australia sent a video with three scenarios of warnings on how folks can get scammed. It could happen here, too!

1. Don't use a portable credit card reader unless you are comfortable with the situation, for instance in a store and you know you are dealing with a store employee. If a delivery person comes to the door and gives you a package but asks for a card and signature, make sure he/she is authentic. The person could put your card in the reader just like in the store, but it is a fake reader and they then go to a computer and clone your card.
2. If you are called about suspicious activity in your bank account and are asked to call back, do two things. One, use a different phone if you can and look up the number yourself, and two, do NOT give the 3-4 digit pin that is on the card or your Social Security number. Otherwise, you may be calling back a scammer instead of your bank.
3. When you are using an ATM, I'm sure you know to hide the keypad with your body. But, also, do not let anyone distract you, perhaps to pick up something. An accomplice could steal your card.

I'm not trying to be scary here, but the number of ways we can get taken just keeps rising! So please keep your wits about you and be safe.

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

Northern Hilltowns Consortium of COAs honors Peg Whalen



The many contributions of Peg, (lower right), as the Regional Outreach Coordinator from the Hilltown Community Health Center, were recognized at a special luncheon in her honor at our monthly meeting on September 10th. Peg has been a vital part of the COA's work in expanding the outreach networks developed by many of the COAs. Several of the towns are now moving toward becoming Age Friendly Communities. We appreciate how far Peg has taken us on this journey and look forward to her support as we move forward to a new direction.

If you receive a post card like the one pictured below, discard it. It is not contracted with Medicare as it states. Medicare recommends that people do not complete and return this postcard, but instead call a SHINE counselor to discuss Medicare and their unbiased, comprehensive health insurance options.

PERSONAL 2018
BUSINESS MAIL FORM MAIL PERMIT NOTICE

POSTMASTER: If undeliverable as addressed, please refer to section 501.1 of the official USPS DMM

Presorted
First Class Mail
Postage Paid
Boston, MA
Permit No. 84

Important 2018 Medicare Benefits Notice
For Massachusetts Residents Turning 65

IMMEDIATE ACTION REQUIRED TO AVOID PENALTIES

REGISTERED DOCUMENT
T65-SEP-2018
DO NOT DISCARD

DOCUMENT DISTRIBUTION CODES
State: Massachusetts
County: Middlesex
Route: 1074

Stow, MA 01775-1074
5321

Detach Here And Mail Within 6 (SIX) Days. For Immediate Service Call 800-679-5903.

2018 Medicare Benefits Review Mail Request Form
(Form 18MRMRK)

Please complete the form below. By completing and returning this form, you hereby acknowledge and understand a STATE LICENSED MEDICARE INSURANCE Agent will contact you to provide a review.

Signature: _____ Date: _____

Spouse's Full Name: _____

Your Age: _____ Your Spouse's Age: _____ *Phone: _____

Email: _____

* PHONE IS REQUIRED!! PLEASE PRINT CLEARLY!

THIS SECTION FOR OFFICIAL USE ONLY PLEASE DO NOT WRITE IN THIS SECTION

USPS OFFICIAL REGISTRY DATA FIELD Middlesex County Stow, MA 01775-1074	MAIL BATCH CODE CFG181081-201805 T65DOB CODE 19530900
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Highland Valley Elder Services Annual Meeting & Keys to Aging Well Expo



Thursday, October 4 at 4pm
Hadley Farms Meeting House
41 Russell St. Hadley

Enjoy music, hors d'oeuvres, and meet local service vendors.

For more information, call HVES: 413-586-2000.

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.

Six Top Tips for Consumers to Stop Illegal Robocalls

- 1. File complaints with the Federal Communications Commission:** Complaint data is the best tool federal agencies have to gauge the extent of the robocall epidemic. While filing a complaint may not prompt an immediate response, complaint data may prompt the FCC to take action.
- 2. Add your number to the Do-Not-Call List:** While the DNC list does not stop all robocalls, it is a valuable resource for removing your number from the call lists of companies that do not want to violate the law. Sources of robocalls that you do business with, such as banks or student loan servicers, and sources of scam calls that often have no regard for the law, will still get through.
- 3. Revoke consent:** If you're receiving robocalls from a bank, lender, or other company you do business with, they likely have your consent (hidden in the fine print) to robocall you. *While they like having the option, it isn't their right and you can revoke your consent at any time.* Tell the (continued on page 7)

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.**

October 21 — Sunday: Halloween in Salem. Enjoy the Salem Street festivities and a Tour of House of Seven Gables. Lunch is on your own in downtown Salem. Cost is \$82.

December 10 — Monday: White Christmas Big Band show and luncheon at Aqua Turf, Plantsville, CT. Rob Zappulla and his 13-piece Big Band will perform holiday favorites. Cost is \$102. There is a \$10 discount if paid in full by October 30th.

2019—Sneak Peak

April 27-May 5: Memphis-Home of the Blues & Tunica-Casino Capital of the South. Cost is \$798 per double. There is a \$25 discount if paid in full by Jan. 15. This 9 day trip includes: 8 nights lodging including 4 consecutive nights at a Tunica area Casino Resort. 14 meals including: 8 breakfasts and 6 dinners. Admission to the Tunica Museum, free time on Beale Street in Memphis. Guided tour of Memphis. Admission to Memphis Rock N' Soul Museum. Mansion Tour of Home of Elvis Presley – 'Graceland' . . . and Sun Studio.

May 29-31: Ogunquit, Maine. Multi day, share with group from Connecticut, who will come pick us up. Two night stay at Meadowmere, city tour of Portland, Nubble Lighthouse Cruise, shopping in Kittery and much more. Cost is \$460 per double. There is a \$25 discount if paid in full by Feb. 11. Sign up early; only 22 seats available.

June 11-13: Island Hopping. Stay in Hyannis for two nights. Take the high speed ferry over to Nantucket one day and Martha's Vineyard on the other. Enjoy the free time, lunch on each island. Stop in Edgartown. Includes 2 breakfasts. Cost is \$550 per double. There is a \$25 discount if paid in full by Feb. 25.

Sept. 4-12: Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Cost is \$1,070 per double. There is a \$25 discount if paid in full by June 1. This 9 day trip includes: 8 nights lodging including 5 nights in Canada, 14 meals including: 8 breakfasts and 6 dinners. Guided tour of Acadia National Park, guided tour of Halifax, Peggy's Cove and Lunenburg. Admission to King's Landing Historical Settlement. Guided Tour of Prince Edward Island. Admission

to the natural wonder: "Hopewell Rocks". Visit to the Waterside Town of Saint John.

Nov. 9-24: Panama Canal Cruise— 16 days. Starting at \$1,999 per double. Bus to NY Pier. Return home from Tampa airport to Bradley, then bus to Northampton. Escorted cruise on Norwegian Dawn. Lots of daily activities, entertainment, casino & parties. Includes all meals on board, free style dining. Limited seats. Sign up by Sept. 1, 2019. Passport required.



Hilltowners from Goshen, Chesterfield and Williamsburg return from their five day jaunt to Washington DC. Norene & Joe Roberts, Barbara & Robin Bak, and Liz Ducharme & Cindy Lefebvre. The Mercedes Benz tour bus is in the background.

(continued from page 6)

caller you "revoke consent." If the calls continue, contact customer service and tell them that you do not consent to receive calls and that you want your number to be added to their "do not call" list.

4. **Don't engage with the caller:** Most autodialed robocalls include a prompt to press a key or give a voice command. DON'T! Pressing a key, even if the recording says it's to remove your number from the list, tells the caller that your number is active and that you'll likely answer future calls. Even worse, the voice commands can be recorded and used against you by scammers to represent consent to purchase products or services.

5. **Don't answer unknown numbers on your mobile device:** Easier said than done, this will help avoid robocalls. But important calls can come from unknown numbers and most landline phones don't have call-blocking features.

6. **Install call-blocking apps:** Various call-blocking apps, like YouMail and NoMoRobo, provide a free or low-cost service to mobile smartphone users that filter out identified scam robocalls and allow users to block specific numbers and report the calls. But typically these apps don't help landline users.

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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

JoDee Simard, 634-5051

Ann Lambert, 634-2243

Kristen Estelle,
Newsletter Designer
regionalcoanews@gmail.com

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

Out and About in October

Thurs. October 4th at 4pm
Key to Aging Well Expo
Hadley Farms Meeting House
41 Russell St. Hadley, MA

See page 6.

Weds. October 17th at 11am
Easy Ride— Hilltown to Valley Presentation
Chesterfield Comm. Ctr. 400 Main Rd. Chesterfield, MA

See page 5.

Fri. October 19th, 9am & 10am
Spa Day at Smith Vocational
80 Locust St. Northampton, MA

Students in the Cosmetology program are offering the following: Haircuts \$5.00; Manicure \$4.00; Pedicure \$8.00; Facial \$8.00. Please call 413-587-1414 x3531 to make an appointment. Each appointment takes about an hour and are scheduled for 9 am and 10 am in Room 124 of Building A at the school. Upcoming additional spa days: Nov.16th, Dec. 21st, Jan. 25th, March 1st, April 12th and May 17th.



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.



Tues. October 30th at 12:15pm
Halloween Harvest: Ghosts, Goblins and More with Davis Bates

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

Stories and songs. Please call two days ahead to reserve lunch, if you're interested: 268-8407.

The new home for the Worthington COA is
2 Packard Park, Worthington, and the phone number is
413-238-4294.