

Cummington Council on Aging

December 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: December 2018

Monday:

Healthy Bones / Balance 9:30—10:30am
C'ton COA 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
Foot care clinic— 4th Monday
of the month starting at 9am—
appt. required.

Tuesday:

Town Admin. Assistant 9:00 -11:00am
Living Fully, Aging Gracefully
and Befriending Death 1:00 -3:00pm
Discussion Group (12/11)
in Comm. House Lib.
Blood Pressure Clinic 11:30am
Prior to Potluck Luncheon
COA Potluck (12/18) 12pm
Board of Health mtg 7:00pm
1st & 3rd Tuesdays

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
COA Board Meeting (12/3) 11:00am
Town Clerk 4:00 -7:30pm
Building Inspector No Thurs. hours
Board of Assessors meeting 6:30pm
2nd & 4th Thursdays
Select board 7:00pm

Friday:

COA Easy Ride van trip
2nd Friday of the month

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)
Peg Daniels, Corresponding Secretary (634-2229)
Worth Noyes (634-8003)
Kathy Knox (634-8041)
Ann Lambert (634-2243)
JoDee Simard (634-5051)
Anne Parsons, Director (634-5707)

December Potluck



The December potluck luncheon will be on **Tuesday, December 18th**. We'll have John Burns (Burnsie) here to welcome us to the luncheon with music. He'll lead us in singing some of our favorite holiday songs. Don't miss it!

Blood Pressure Clinic

Robyn from the HCHC will be here prior to the luncheon on 12/18 from 11:30am to 12pm.

Veterans

We had a few veterans whose names were missing in last month's newsletter – Charles Marinus and Ken Graf. Our apologies for that. If you are a veteran and your name was not mentioned in the last newsletter, please call the Town Clerk to let her know you're a vet.

December Birthdays



Peter Lang, Lawrence Slezak, David Robb,
Steve Emerson, Michele Marcoux,
June Whiteman, Anne Parsons, Martin Dempsey,
Nancy Gokey, Peter Tessier, Bona Kidston,
Marc Hoehstetter, Louise Dynok,
Maureen DeMaranville, Madelaine Zadik,
Brenda Arbib, Mary Owens Perry, JoDee Simard,
Daniel Dashnaw, Holly Anderson,
John Goehring, Gary Burt, Loredana Holmes,
Theodore Lynds, Kevin Boissonnault,
Annemarie Karen Baronas, Paul Gariepy and
Lorin Delisle.

May each of you have a wonderful year!

Ladies Lunch Bunch

We'll be feasting at Zucco's Family Restaurant at 451 Dalton Avenue in Pittsfield on December 12th. Meet to carpool in the Village Church parking lot at 11:30.

Foot Care Clinic

Our first "foot care clinic" was a success this past month with 4 participating. It is being held on the 4th Monday of each month. Cost is \$30 if coming to the Community House. (Piper will also do home visits at a cost of \$40). Piper does not bill insurance. You can set up an appointment by calling Peg Daniels at 634-2229. Appointments begin at 9am.

COA Easy Ride Trips

Our hope is to provide a trip each 2nd Friday of the month on the Easy Ride van. Our November trip to Dunkin Donuts was cancelled due to lack of interest. That will not dissuade us. Our plan for December is to go to Yankee Candle, followed by lunch at the Bridgeside Grill in Sunderland. We'll meet at the Village Church parking lot at 10am and should return by 3pm. Only one seat left! Call quick if you want it: 634-2262. January's ride will be to the Magic Wings Butterfly Conservatory & Gardens in South Deerfield. Admission is a little steep at \$14 but we do hope you can join us. It will be lovely being in a warm environment with lush greenery!

Book Club

The COA is working on starting a book club. If you are interested, please call Pearl Lynds at 634-5502. She is taking names of those interested. The group will decide which morning they'd like to meet and how often. If the interest is light it will be held in Pearl's apartment at Hillside Terrace. If more sign up, it'll move to the Hillside Terrace Community Room.



Surveys

By now you should have received a survey from us, your COA, asking you to inform us of your interests. A summary will be in the February newsletter. We hope to add a few more programs to the list of those currently offered. Included was a self-addressed, stamped envelope so please complete the survey and return it to us ASAP. Many thanks.

COA Board Members

We are looking for a few good men and women who would like to join the COA Board. Board members should be 60 or over and reside in the town of Cummington. We are currently down 3 members and encourage you to consider offering your time and talents to the board. Couples are most welcome. If interested, please call the COA office at 634-2262 or one of our current board members. It's a great group of people!

Health Fair

Our Health Fair which ran on November 6th was a real success. We had nine professionals here to give us information on their business and literature from another dozen organizations. Folks enjoyed the coffee, goodies and soup that was provided by the COA Board members. Thank you to everyone who helped make this possible!

Neighbor to Neighbor Ride Program

Do you enjoy being out on the road? Why not offer your services in our Neighbor to Neighbor ride program. We're looking for a few drivers willing to give residents a ride to doctor appointments. If that's you, please call Anne at 634-2262 to sign up.





Regional News

Hilltown Food Pantry

The Hilltown Food Pantry, run under the auspices of the Northampton Survival Center, is located on the bottom floor of the town office building in Goshen. The pantry is open to people in the towns of Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington. Hours are Wednesdays from 1pm-3pm, and, on the third Wednesday, there are extended hours: 1pm-6pm.

Diane Meehan is the director of the food pantry. If you have any questions, the pantry's phone number is 413-268-7578, and will be answered on Wednesdays, otherwise the call goes to the Northampton Survival Center.

Donations of non-perishable items, personal care items and paper products are always welcome and appreciated. In-season produce is also helpful. Someone is available at the food pantry after 10am on Wednesdays for donation drop-offs.



Update on the Healthy Incentives Program (HIP)

Last day to earn HIP benefits is Feb. 28, 2019

HIP announces updated seasonal schedule!



What does that mean for HIP?

HIP will be operating on an extended seasonal schedule. This means that clients may earn HIP dollar through February 28, 2019. We know HIP plays a crucial role in helping you buy healthy fruits and vegetables for your household, therefore HIP will resume in Spring 2019.

To find a location, go to www.mass.gov/massgown. Click on the map and choose SNAP, under nutrition programs.

For more information on DTA (Department of Transitional Assistance) programs, please visit mass.gov/dta.

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.

So Clever!

You know the scammers are good at spoofing where a phone call is coming from, e.g., the IRS or a friend. They are getting clever in other ways as well. At a TRIAD meeting the other day, Dave Fenton of the Sheriff's office told us about a really sophisticated scam that he encountered. The scammer was looking for female names in the phone book likely to belong to an older person (for instance they would ignore Beyonce)... and call the person. The caller would ask for the man of the house, sometimes finding out the man was dead. He makes sympathetic noises, gets more information such as the man's name (Harold, let's say), finds out he was a veteran, and hangs up.

A month or two later, he calls back and asks to speak to Harold "about his pledge". The caller learns, again, that Harold has passed away, and says something like "Oh gosh, we have a pledge from him, saying he would be willing to give \$100 to the Northeast Veteran's Association. I wonder if you, ma'am, would like to honor the pledge that Harold made?"

You see what happened here. The caller is clever about getting personal information, then doesn't act on it until time has passed and the original call is forgotten. The caller then plays on the feelings of the widow, giving an expectation that she will send money. So – we don't answer in the first place, right? If we do answer, we don't give out any personal information. And we don't let anyone play on our sympathies or patriotism.

Safely,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

Developing Rural Age and Dementia Friendly Communities in the Hilltowns

Many communities across the country are looking at what it takes to help people age in their own homes. It's an important issue for all ages, not just older adults. The Northern Hilltowns Consortium of Councils on Aging recently completed a pilot program to explore the readiness and interests of towns in becoming age friendly communities. Surveys were sent to each resident 60 years and older in Plainfield, Cummington and Chesterfield. Results showed that of all the issues related to having 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 and sidewalks. Having a central source of complete information about community events, supports, programs and services was one of the highlights people shared in the second phase of the pilot program.

When folks were asked about the importance of remaining in their own homes, **87%** said that it was **Very Important**. When asked about reasons they might move, the most common reasons included: looking for a home that will help you to live independently as you age (54%); looking for a different home size that better meets their needs, concern about the expense of maintaining the current home,

and needing more access to public transportation.

Now the rest of the Northern Hilltowns: Goshen, Williamsburg, Worthington and Westhampton, are launching both the distribution of surveys to everyone over sixty and conducting public forums about what people would like to do about moving toward becoming Age Friendly Communities. Because the return rates were so high in the first three towns, it's anticipated that the voices of folks from the remaining towns will be equally clear and compelling. Please let us know what's important to you and what improvements you would like to see in your communities. If you have other thoughts you would like to share, please contact: Jan Gibeau, Chair, Northern Hilltowns Consortium of Councils on Aging: 413-296-4007 or coa@townofchesterfieldma.com.



Need help with your housing repairs?

Hilltown CDC received funding for the FY18 Housing Rehab Program, and we're currently applying for the FY19 Housing Rehab Grant. We're accepting applications from homeowners who live in ***Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington*** who need help with their housing repairs. Here's a sample of some the work that can be performed under the Housing Rehab Program:

Possible Repairs:

Siding	Roofs and Chimneys
Windows and Doors	Floor Joists, Flooring
Insulation, Walls, Ceilings	Foundation Work
Septic Systems and Sewer Tie-in's	
Handicap Accessibility Work	
Plumbing and Electrical Updates	
Wells, Pumps, and Hot Water Tanks	
Lead Paint Removal	
Asbestos Removal	



HOUSEHOLD INCOME GUIDELINES/ LIMITS:

<u>Household Size</u>	<u>Gross Annual Income</u>
1	\$45,200
2	\$51,650
3	\$58,100
4	\$64,550
5	\$69,750
6	\$74,900
7	\$80,050

Funding is provided by the US Dept. of HUD/ DHCD and MA CDBG Programs.

These are ***NO interest/NO payment loans*** which are forgiven over 15 years, and all work is completed by licensed contractors. Please don't delay! Funding is available right now, and you may be surprised to find out you qualify! Contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 or email paulab@hilltowncdc.org for more information and an application.

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.**

2019

April 13: MGM & Majestic Theater Combo. Spend the morning at the MGM casino. Receive a \$10 free bet. Following lunch on your own, spend the afternoon at the Majestic Theater and receive a \$3 snack coupon. Enjoy the musical "The Marvelous Wonderettes." Cost is \$61. There is a \$10 discount if paid in full by February 1st.

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 21: Mamma Mia, the musical with Abba's greatest hits woven into the story, is performed at Warner Theatre in Torrington, CT. Pre-show lunch at La Cupola Ristorante & Inn is included. Cost is \$109. There is a \$10 discount if paid in full by March 1.

May 21: Enjoy a carousel ride and tour the **New England Carousel Museum** in Bristol, Ct. Bring your own lunch from home. Dessert and beverage will be provided at the Carousel Museum. Then on to the **Hill-Stead Museum** in Farmington, CT for an art tour with time to explore the gardens and grounds on your own. Time for shopping and/or catch a quick bite to eat at West Farms Mall. Cost is \$77. There is a \$10 discount if paid in full by March 4.

May 29-31: Ogunquit, Maine. Two night getaway at the Meadowmere, city tour of Portland, Nubble Lighthouse Cruise, time to stroll Perkins Cove, 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, guided tour of Acadia National Park, guided tour of Halifax, and more. Guided Tour of Prince Edward Island. Admission to the natural wonder: "Hopewell Rocks".

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. Includes all meals on board, free style dining. Limited seats. Sign up by Sept. 1, 2019. Passport required.

Highland Valley Elder Services joins Meals on Wheels America and Subaru of America in Sharing the Love this Holiday Season!

The eleventh annual Subaru Share the Love® Event will help deliver nutritious meals and compassion to the seniors of Hampshire and Hampden County.

Highland Valley Elder Services continues to participate in the 2018 Subaru Share the Love Event as a member of Meals on Wheels America through January 2, 2019. Subaru of America donates \$250 for every new Subaru vehicle sold or leased to the customer's choice of participating charities.

Participating Meals on Wheels America members, like Highland Valley Elder Services (HVES), will receive a share of the donation raised by Subaru in their state. HVES has partnered with Steve Lewis Subaru in Hadley, MA to raise awareness for the popular year-end sales and giving event, and drive support for Meals on Wheels through meal deliveries for consumers.

Over the last 10 years, Subaru of America and its participating retailers have donated more than \$118 million to its charity partners. This year's event is on track to bring that total to over \$140 million, proving there's no limit to the amount of love we can all share.

By purchasing or leasing a new Subaru during the Subaru Share the Love Event and selecting Meals on Wheels as your charity of choice, you can help deliver nutritious meals and other important services to seniors right here in Hampshire and Hampden County.

Cummington Council on Aging
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Cummington, MA 01026

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Cummington
Council on Aging**

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Kathy Knox, 634-8041

JoDee Simard, 634-5051

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Kristen Estelle,
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Out and About in December

Sun. December 2nd & 9th from 2-4pm

Sat. December 29th from 1-4pm

10th Annual Parade of Trees

Clark Chapman House, 234 College Hwy, Southampton

This is a free event featuring traditional, contemporary, and whimsically decorated trees for the holiday season. Santa will be available for pictures on the 2nd and 9th. Holiday refreshments served. Vote for your favorite tree!

Sun. December 9th at 3pm

Christmas Carol Sing at Goshen Cong. Church

45 Main St. Goshen

Fri. December 21st, 9am & 10am

Spa Day at Smith Vocational

80 Locust St. Northampton

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 9am and 10am in Room 124 of Building A at the school. Upcoming additional spa days: Jan. 25th, March 1st, April 12th and May 17th.

Save the Date

Ring in the New Year!

**International Food Potluck and music by
James Kitchen & Friends**

Sunday, January 13, 2019 from 2-4pm
New Hingham Regional Elementary School
30 Smith Rd., Chesterfield, MA

This community event brings the Hilltowns together with all generations enjoying warmth, friendship and great food. Bring your favorite international dish to share!

This event is a benefit for the Hilltown Food Pantry: all honoraria and donations received will go to them. Sponsored by the Chesterfield COA.

