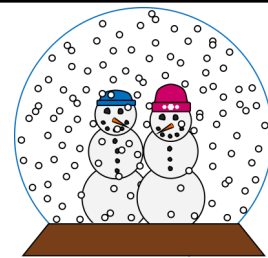


# Cummington Council on Aging

## January 2019 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: January 2019

**Monday:**

**Foot care clinic— 4th Mon.**  
**Starting at 9am.**  
**Appt. required.**

<b>Healthy Bones / Balance</b>	<b>9:30—10:30am</b>
<b>C'ton COA Coffee Hour</b>	<b>10:30— 11:30am</b>
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:**

<b>COA Potluck (1/15)</b>	<b>12pm</b>
<b>Blood Pressure Clinic</b>	<b>11:30am</b>
<i>Prior to Potluck Luncheon</i>	
<b>Living Fully, Aging Gracefully</b>	<b>1:00 -3:00pm</b>
<b>and Befriending Death</b>	
<b>Discussion Group (1/8)</b>	
<b>in Comm. House Lib.</b>	
Town Admin. Assistant	9:00 -11:00am
Board of Health mtg	7:00pm
1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays	

**Wednesday:**

<b>COA Office Hours</b>	<b>10:00am –5pm</b>
<b>Movie Matinee— 4th Weds.</b>	<b>1:00pm</b>
Building Inspector	10:00 -12:00pm
Compactor	5:30 -7:30pm
Bryant Library	6:00 - 9:00pm

**Thursday:**

<b>Healthy Bones / Balance</b>	<b>9:30 -10:30am</b>
<b>COA Board Meeting (1/3)</b>	<b>11:00am</b>
Town Clerk	4:00 -7:30pm
Building Inspector	No Thurs. hours
Board of Assessors meeting	6:30pm
2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays	

**Friday:**

**COA Easy Ride van trip**  
**2nd Friday**

**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)

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 ❄️  
**Snow Policy**  
 ❄️  
 ❄️ The winter weather is already here. In the case of ❄️  
 ❄️ bad weather, any activities scheduled by the COA ❄️  
 ❄️ will be cancelled if school has been cancelled. ❄️  
 ❄️ Look for Central Berkshire Regional School on NBC ❄️  
 ❄️ (Channel 22 News) or check on their website – ❄️  
 ❄️ www.wwlp.com and click on cancellations. With ❄️  
 ❄️ that said.... if you don't feel it's safe to leave your ❄️  
 ❄️ house.... please stay at home. We'll miss you but ❄️  
 ❄️ would prefer you are safe.  
 ❄️  
 \*\*\*\*\*

### January Potluck

The January potluck luncheon will be on Tuesday, January 15<sup>th</sup>. Seva Tower and Paula Bilibeau, from the Hilltown CDC, will be here to give us an overview of programs that are offered.



**Blood Pressure Clinic**

Robyn from the HCHC will be here prior to the luncheon on 1/15 from 11:30am to 12pm.

## January Birthdays



Eva Howes, Ken Graf, Gerald Meyers,  
Edith Morton,  
Monica Vandoloski (a New Year's baby),  
Geoffrey Kenseth, George Brownfield,  
Donna Forgea, Elliot Ring, Eric Hardendorff,  
Keith Jenkins, Alma Owen, John Walker,  
Corinne Sharkey, Mark DeMaranville,  
Sheila Tower, Lenore Fried, Cynthia Cutter,  
Christine Earls, David Bartley, Nancy Bean,  
Margaret Cowen, William Miller, Gregory Tonelli  
and June Lynds.

*Wishing each of you have a wonderful year!*

### Foot Care Clinic

Our first two "foot care clinics" were a success. It is held on the 4<sup>th</sup> 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 9:00 a.m.

### Movie Matinee

The COA will start showing a movie once a month on the 4th Wednesday at 1:00 pm in the Community House. The January movie is "**The Straight Story**" on the 23rd. It's a true story about Alvin Straight – a no-nonsense man who has never been one to lean on others, who at an age when

his eyesight denies him the ability to drive, and walking is accomplished only with the help of two canes, takes on a quest to visit his brother who lives 240 miles away.

### Ladies Lunch Bunch

On **January 9th** we'll be staying close to home by going to Spruce Corner Restaurant in Goshen. Meet to carpool in the Village Church parking lot at 11:30.

### COA Easy Ride Trips

January's plan is to go the Magic Wings Butterfly Conservatory & Gardens in South Deerfield on the 11<sup>th</sup>. 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! We'll eat out for lunch at the BridgeSide Grill in Sunderland before returning home. Cost of the ride is \$4.75. Call Anne at the COA office (634-2262) to get on the list! We'll meet at the church parking lot at 9:45 and plan to be home by 3:00.



### Surveys

Surveys have been coming in! Thanks to all those who have taken the time to give us feedback on what activities they'd like to see offered. It's not too late to send yours in! A summary will be in the February newsletter.



## 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

# Senior SAFE

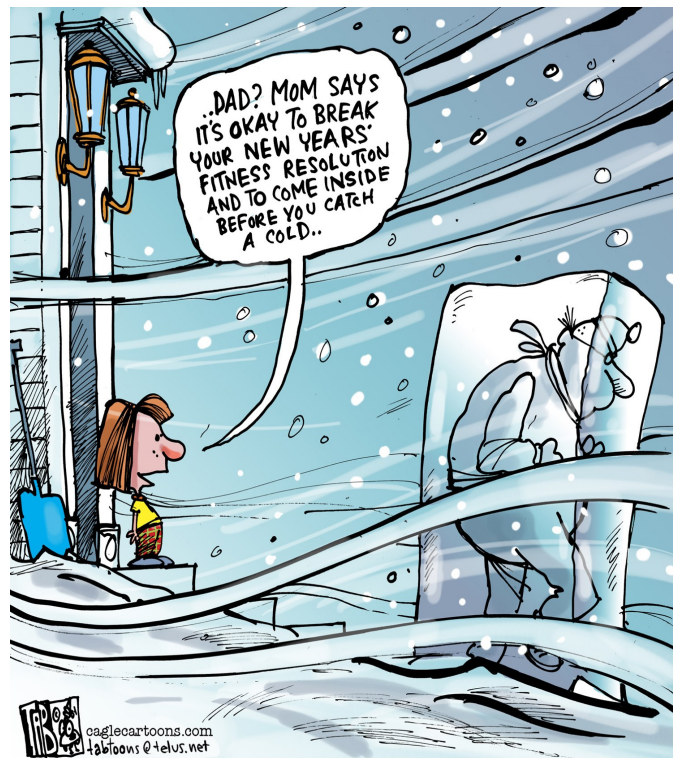
Candles are really nice to look at and smell, but remember: a candle is an open flame. Here are a few ways to keep that flame from spreading:

- Only burn candles when you are in the room.
- Use sturdy, safe candleholders.
- Keep candles at least 12 inches from anything that can burn.
- Never use candles in bedrooms or when you are tired and feel sleepy.
- Always use a flashlight -- not a candle -- for emergency lighting.
- Never use a candle where medical oxygen is being used.

Have a bright and SAFE New Year!

--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.*



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

If so, please email Kristen at [regionalcoanews@gmail.com](mailto:regionalcoanews@gmail.com) to be put on the email list.

### The Big Five in the New Year!

Just in case you needed some inspiration for New Year's resolutions, I have some suggestions! At a seminar by Elder Attorney Karen Jackson the other day, I learned some new legal stuff. We already knew about the need for wills and Powers of Attorney and such, but there are a couple new things. So, in brief, here is what she says we need and why:

**WILL** – a will lets you determine what happens to your money, other assets, and Special Things (think family items, antiques). The alternative is that the state will do it for you.

**HEALTH CARE PROXY** – if you are unable to decide or communicate on issues in your health care, someone who you trust and who you talked with and appointed can decide and communicate for you, and do that in your best interests.

**DURABLE POWER OF ATTORNEY** – if you are unable to conduct your business, e.g., pay your bills, someone you trust and who you talked with and appointed can act for you, and do that in your best interests.

**ADVANCE DIRECTIVE** (living will) – this lets you give some direction on your preferences for medical care, including possibly how you pass from this world.

**HIPAA RELEASE** – this will let your Health Care Proxy get all your medical records, including medicines, thus avoiding privacy restrictions and doing a better job for you.

See you in 2019,  
Jean O'Neil, TRIAD committee member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)

## General Contractors

*Are you are interested in steady, local work?*

Hilltown CDC is currently seeking General Contractors who are interested in bidding on Housing Rehabilitation projects funded by various state and federal grant programs. We recently received the FY18 Housing Rehab Grant and will be bidding approximately 18 projects in the upcoming months. In addition, we're in the process of applying for the FY19 Housing Rehab Grant for another anticipated 18 projects.



Projects are planned in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington with the average project of \$30,000.00 - \$40,000.00. Contractors working on Housing Rehab projects are guaranteed payment for all work with a quick turnaround on invoices as well as a steady source of local, year around work.

**GC's must possess a valid Contractor Supervisor's License and a Home Improvement Contractor's License. Lead certification is preferred, but not required. General Liability coverage as well as Workers' Compensation insurance (if applicable) is required.**

HCDC is an EEO/Section 3 Employer. Women & members of minority groups are encouraged to apply.

**Please contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123 for an application or email paulab@hilltowncdc.org.**

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

## 6 New Year's Resolutions for Seniors

January is here. This means the opportunity for a fresh start. Use this time to reflect on your life as a whole. Are you happy with your health? Are you spending enough time with your grandchildren? Do you do enough to give back to your community?

In 2019, set a goal that focuses on bettering your overall health, both physically and mentally. Here are a few New Year's resolutions we suggest considering:

**1. Exercise for 10 minutes every day.**  
Staying physically active is key to healthy aging.

**2. Explore new volunteer opportunities.**  
Volunteering is a great way to give back to the community, but it also benefits your own health.

**3. Revive an old friendship.**  
It's not always easy remaining close to friends who don't live right down the street. Make it your goal to keep in touch and possibly schedule a get-together in the near future.

**4. Spend more time with the grandkids.**  
Most older adults can agree that there is nothing quite as special as spending time with the grandchildren. But you shouldn't only meet up for special occasions. This year, consider gathering with your loved ones every other week to catch up.



**5. Make healthier dessert decisions.**  
It's easy to reach for that sugary treat after dinner. Fruits and dark chocolate make excellent natural alternatives if you need to satisfy a sweet craving.

**6. Revisit an old pastime**  
When was the last time you spent time enjoying that favorite hobby of yours? At some point in the new year, consider breaking out the old needle and yarn, fishing rod, or bottle cap collection you used to be so passionate about. You may even consider introducing it to your grandchild so you have something new to bond over!

*Compiled from:  
[sunriseseniorliving.com/blog/december-2016/8-new-years-resolutions-for-seniors.aspx](http://sunriseseniorliving.com/blog/december-2016/8-new-years-resolutions-for-seniors.aspx)*

## FY19 Housing Rehab Program

Hilltown CDC will be submitting a grant application for FY19 to apply for the Housing Rehab Program in the towns of Chesterfield, Cummington, Goshen, Peru, Plainfield, Williamsburg, and Worthington. If you have used the Housing Rehab Program in the past or plan to use it in the future, we'd like to hear from you.

We welcome your ideas, suggestions, or input about the design of the program and how we could improve the overall effectiveness of our services. Please call, email, or fax your comments no later than January 2, 2019. We look forward to your input.

Please contact Paula Bilodeau, Program Manager, at (413) 296-4536, ext. 123, fax (413) 296-4020, or email paulab@hilltowncdc.org for more information or for an application to the program.

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

# Stronger than Yesterday

What better way to start off the new year than by joining a new exercise class?



## 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 Sarah Prince  
Requested donation: \$5/class.

Thurs. 10:45am, Williamsburg Senior Ctr.  
Chair Stretch and Strengthen  
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

## Healthy Bones and Balance

*Designed to increase participants' strength, mobility, 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

## Stability Ball Exercise Class: "Keep Your Ball Rollin..."

*Led by Angel Williams. All levels are welcome. Although it is lightweight, a stability ball can provide a strength-training workout that also emphasizes balance.*

Mon. 1pm, Chesterfield Comm. Ctr  
Begins 1/14/19

## 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\*

## Zumba!

*Led by Melissa Tee. All levels welcome. \$5/class.\**

Mon. 6pm, Williamsburg Senior Ctr.

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**To find out more, and to register, please contact the appropriate COA:**

### 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:

Jenn Hoffman or Sherry Loomis, 268-8407,  
sloomis@burgoyne.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**

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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

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Kristen Estelle,  
Newsletter Designer  
regionalcoanews@gmail.com

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

*The Chesterfield Council on Aging invites Hilltowners of all ages to:*

## Ring in the New Year!

Multigenerational, International Potluck and Musical Extravaganza

**Sunday, January 13th, 2019 from 12pm to 2pm**  
**New Hingham Regional Elementary School**  
**30 Smith Rd., Chesterfield, MA**

*Jim Kitchen & the Appliances, Sidetracked,  
Hampshire Regional and New Hingham voices & music... more!*



This community event brings the Hilltowns together with all generations enjoying warmth, friendship and great food. **Bring your favorite international dish to share!** Food from any region is encouraged, from cherished family recipes to your favorite cuisine (*please label your dish w / ingredients.*) The whole family is invited to share in the food and the fun!

*This event is a benefit for the Hilltown Food Pantry: all honoraria and donations received will go to them. Sponsored by the Chesterfield COA. Funded in part by a multigenerational grant awarded by Highland Valley Elder Services to the Chesterfield COA.*