

Cummington Council on Aging

February 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: February 2019

Monday:

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

Healthy Bones / Balance	9:30—10:30am
C'ton COA Coffee Hour	10:30— 11:30am
Needlework Group	1:00— 4:00pm
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:

COA Potluck (2/19)	12pm
Blood Pressure Clinic	11:30am
<i>Prior to Potluck Luncheon</i>	
Living Fully, Aging Gracefully	1:00 -3:00pm
and Befriending Death	
Discussion Group (2/12)	
in Comm. House Lib.	
Town Admin. Assistant	9:00 -11:00am
Board of Health mtg	7:00pm
1 st & 3 rd Tuesdays	

Wednesday:

COA Office Hours	10:00am –5pm
Movie Matinee— 4th Weds.	1:00pm
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 (2/7)	11:00am
Town Clerk	4:00 -7:30pm
Building Inspector	No Thurs. hours
Board of Assessors meeting	6:30pm
2 nd & 4 th 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)

February Potluck

The February potluck luncheon will be on **Tuesday, February 19th**. We'll be showing the short movie "Only One Cummington" followed by fun with games – a variety of card and board games. If you need a ride to the potluck, call the COA office at 634-2262 and one will be provided.



To-go boxes are filled for homebound residents by someone on the COA Board. Should someone wish to take a meal home with them, if there is sufficient food, a box will be filled by someone on the COA Board. A donation of \$3.00 is recommended.

Blood Pressure Clinic

Robyn from the HCHC will be here prior to the luncheon on 2/19 from 11:30am to 12pm.

Foot Care Clinic

The foot care clinic is 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 \$50). Piper does not bill insurance. You can set up an appointment by calling Peg Daniels

February Birthdays



Carol Piacentini, Carolyn Wolf, Bernie Forgea, Joan Strong, Roger Gunn, Barbara Sprague, Ernie Strong, Christine Brandon, Bill Adams, Donn Boulanger, Geraldine Wilcox, Patricia Corley, Judith Pasko, Beth Eisenberg, Ken Howes, Annete Rubino-Buckley, Debra Howes, Edward Konieczny, Richard Frary, Rox-Anne Kellogg, Michael Kolodny, Christopher Bagg and Frank Noel.

Wishing you each a wonderful year!

at 634-2229. Appointments begin at 9:00 a.m.

Movie Matinee

Our movie matinee is on the 4th Wednesday of the month, at 1:00 pm, in the Community House. Refreshments will be provided. The February movie is "Calendar Girls", inspired by a true story. When twelve ordinary members of the Women's Institute, a prim and proper local ladies' club, decide they need to find a more compelling way to raise money for a new charity, they turn to their traditional annual calendar and give it a very untraditional twist.

Ladies Lunch Bunch

On **February 13th** we'll be enjoying lunch at the Freckled Fox Café in the center of Florence. Meet in the church parking lot at 11:30 to carpool.

COA Easy Ride Trips

We've now had two enjoyable trips under our belt! In December, we went to Yankee Candle and on January 11th, we were at the Butterfly Conservatory. Those who have participated have had only good things to say about the trips. Will you join us for the next one? **February's ride will be to the Smith College Art Museum.** The ride is \$5, admission at the museum is \$4 and lunch will be at Brewmaster's. Call Anne at the COA office (634-2262) to get on the list! We'll meet at the church parking lot at 9:15 and plan to be home by 3:00. If you haven't been approved to ride the Easy Ride van, pick up an application at the COA office or go online to the Hilltown CDC website: www.hilltowncdc.org.



Surveys

I want to thank everyone who has already sent back the survey mailed to them last month. They've given us a place to start in offering more activities for our older adults.

Forty forms were returned with the following interest: walking club 13, card and board games 5, sewing basics 3, cooking techniques 1, scrapbooking 1, bird watching 8, gardening 7, ping pong 5, horseshoes 3, qigong class 9, book club 5, quilting and needlework 6, knitting and crocheting 7, movies 8, genealogy 4, painting 9, writing 2, chair yoga 8, bocci ball 3, corn hole 7, hiking 3, visiting gardens 1, pilates class 2, jewelry class 1, quilting class 1, bridge lessons 1, tai chi 3, home visits 1, fly tying class 1, fly fishing 1, music – playing 1 & singing 1, computer class 2, cemeteries (history) 1, discussion on current events 2, tutoring for students 1 and mahjong 1.

We are starting a weekly needlework group (quilting, sewing, knitting, crocheting, etc.) on Monday, February 11th from 1:00 to 4:00.

Come sit with us as we share coffee, tea and good conversation. Once established, we'll schedule specific months for each of those four skills to be taught. Many were interested in taking part in a Qigong class and we're working towards that – most likely it'll be partially funded by the COA while asking participants to add \$5 a session. A walking club will begin in April. We hope to offer something in birdwatching and gardening in the spring/summer. Should we find someone willing to take on a painting class, it will happen too. Some of the activities are candidates for one day opportunities or once a week for a month, such as hiking, cooking techniques, genealogy, writing, and cemeteries with a history piece. We were also very pleased that two people showed interest in joining the board and four in providing Neighbor-to-Neighbor rides. Thank you! If you know of anyone who might be interested in overseeing an activity please let us know.



Neighbor to Neighbor Rides

The Board has worked on policy for these rides again, effective as of February 1st. Drivers will receive \$20.00 per trip – riders will not be asked to pay the driver \$5.00. Riders should continue to call Peg Daniels at 634-2229 if they need a ride. Drivers will be allowed to provide up to 3 rides per month.





Regional News

Seniors Aware of Fire Education



There is a reason that February is the shortest month of the year. The weather can be brutal. A February no'easter can bring down power lines, leaving you without heat for an extended time. Here are a few things you should consider having close at hand to stave off the cold:

- warm jacket or coat.
- long pants and long-sleeve shirts and sweaters
- sweatshirts and sweatpants
- over-the-ears hat, mittens and scarf
- sturdy shoes
- sleeping bag or a pile of warm blankets

Stay warm and SAFE!

--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.

Free Tax Prep

Household income must be \$54,000 or less.

Put money back in your pocket!

See if you qualify for the Senior real estate tax credit. Free tax prep by IRS-trained volunteers.

Sites in Chester, Chesterfield & Williamsburg.
Call to make your appointment:
413-296-4536 ext. 100



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.

The Big Five! A Will

It is now firmly 2019, and on to those resolutions! From last month – “a will lets you determine what happens to your money, other assets, and Special Things. The alternative is that the state will do it for you.”

If you already have a will and it is current, great, but you are in the minority. In 2014, 64% of Americans did not. I found some good suggestions for getting going: <https://money.usnews.com/money/personal-finance/family-finance/articles/steps-to-writing-a-will>. Feel free to share this with someone else who needs a jumpstart.

That was a long URL to type in. You can also search your browser for “steps in writing a will” and the above article by Geoff Williams from June 2018 should come up. If you want, contact me and I’ll get you a copy of the article, either paper or electronic.

I don’t recommend following either the ads that pop up at the beginning of the search results, or the instructions to do a hand-written will. If you cannot find an attorney to help, there are online forms to fill out for our state. I’m also trying to see what local resources exist to help with a will and will let you know... I will, yes I will.

Willfully, - ok, I’ll quit-
Jean O’Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

Goshen Senior Housing

Applications to get on the waitlist for the new senior apartments at Highland Village Circle, 41 Main Street in Goshen, are now available at the Goshen Town Offices or by calling Cindy Thibeau, Housing Services Coordinator at the Hilltown CDC, 413-296-4536 x105. You can also download the application from our website: hilltowncdc.org/housing.

Goshen Senior Housing is available for seniors age 62 and older who need affordable and/or accessible housing. Some income restrictions apply. For more information about availability of units please contact us.



DID YOU KNOW? Medicare Patient's Rights

Important thoughts about going to the hospital or emergency room.

Many people can find that they can feel overwhelmed when either going to an emergency room or being admitted to a hospital. It helps to know what your rights are and to expect to discuss them fully before signing the various consent forms you may receive.

You should expect to:

- Discuss and be informed of the status of your inpatient stay and whether it will be for observation. They do not have to make that decision prior to your entering the hospital but you should ask for an explanation and other options that may be available. They have financial implications.
- Receive considerate and respectful care. You should expect respect for your cultural, psychosocial, spiritual and personal values, beliefs and preferences. If you have special needs, let people know.
- Have a family member (or other representative of your choosing) and your own physician notified promptly of your admission. Know the name of the physician/provider who has primary responsibility for coordinating your care and the names and professional relationships of other physicians and non-physicians who will see you.
- Receive information about your health status, diagnosis, course of treatment, prospects for recovery and outcomes of care (including unanticipated outcomes) in terms you can understand. Insist on communication that is clear and complete enough for you to participate in the development and implementation of your plan of care.

(Continued on next page)

Need help with your housing repairs?

On behalf of the town of Chesterfield, the 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 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.**

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 21: Chesterwood/Naumkeag. Enjoy a guided tour of Chesterwood, home of artist Daniel Chester French. Then on to Naumkeag for lunch and a tour of Joseph Choate's 44 room cottage. Take some time to tour the gardens. Lunch will be provided by the Red Lion Inn and include a

choice of sandwich and accompaniments. Cost is \$123. There is a \$10 discount if paid in full by April 1.

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.

August 8: Museum of Russian Icons & Worcester Art Museum. Enjoy a guided tour of the Russian Icon museum in Clinton, MA. Lunch is on your own at O'Connor's Restaurant in Worcester. Then on to the Worcester Art Museum for a guided tour. Cost is \$86. There is a \$10 discount if paid in full by June 3.

What fun adventures are you going to make time for this year?

(Continued from previous page– Medicare)

- Participate actively in making decisions regarding your medical care, and receive information about any proposed treatment or procedure in order to give informed consent or to refuse a course of treatment.
- Participate in any and all ethical questions that arise in the course of your care, including issues of conflict resolution, withholding resuscitative services and forgoing specified emergency interventions in accordance with state law.
- Be provided with an appropriate assessment and management of your pain, information about pain, pain relief measures, and to participate in pain management decisions.
- Participate actively in planning for your discharge and fully discuss your readiness to return home or to another recommended setting. Should you feel uncomfortable and at risk with the plan that is presented, you may also immediately request a review by the Quality Improvement Organization. If such a review is requested, you will have the right to remain in the hospital until noon of the following day.
- For more detailed information about hospital discharges and related issues, a good source is the Center for Medicare Advocacy website: medicareadvocacy.org. Your current Medicare booklet is also very helpful.



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PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

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

Please Join Us for the...

Wild & Scenic Film Festival

Tuesday, February 12, 2019

6:30-8:30pm

Snow date: February 19

**Chesterfield Community Center
400 Main Rd. Chesterfield**

Celebrate the 50th anniversary of the Wild & Scenic Rivers Act and the Westfield River's 25 years as a National Wild & Scenic designated river.

Be inspired, rejuvenated and awed as you watch these 6 short films submitted from all over the world and touring in this annual film festival.

Suggested donation \$5 (kids free).



Sponsored by The Westfield Wild & Scenic Committee and The Chesterfield Cultural Council