

Cummington Council on Aging

March 2019 Newsletter



Cummington Council on Aging
 P.O. Box 95, 33 Main St.
 Cummington, MA 01026

Anne Parsons, Coordinator
 413-634-2262
 coa@cummington-ma.gov

March Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				1
4 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	5	6 Office Hours 10:00-5:00	7 Exercise Class 9:30-10:30 COA Board Meeting 11:00 Fun with Games 1:00-3:00	8 Easy Ride Trip Smith College Bulb Show & Lunch at Brewmaster's 9:15 at church parking lot
11 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	12 Living Fully, Aging Gracefully 1:00-3:00 in Library Room	13 Office Hours 10:00-5:00 Ladies Lunch Bunch Ozzie's in Hinsdale 11:30 at church parking lot to carpool	14 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Fun with Games 1:00-3:00	15
18 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	19 Blood Pressure Clinic 11:30-12:00 Corned Beef Potluck 12:00 Roger Tincknell Irish Music Program 1:00	20 Office Hours 10:00-5:00	21 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Fun with Games 1:00-3:00	22
25 Foot Care Clinic 9am Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	26	27 Office Hours 10:00-5:00 Movie Matinee "Julie & Julia" 1:00	28 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Fun with Games 1:00-3:00	29

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 Eisenhower (634-2243)
JoDee Simard, Treasurer (634-5051)

Happy Birthday in March!



June Ferrin, Julia Aldrich, Charles Stickley,
Bruce Larkin, James Martin,
Margaret Johns-Thomas, Judith Bogart,
Joyce Morin, Janet Martin, Eli Scholtz,
Joyce Wiernasz, Alan Wiseman, Thomas Dyer,
Paul Sonerson, Jane Dyer, Charlene Madison,
Lawrence Remby, David Owen, Russell Sears,
Murray Solomon, Linda Edwards, Scott Keith,
John Bye, Donna Gibson, Leslie Ferrin,
Susan Mikula, Christine Knox, Carla Ness,
Rebecca Kravetz

March Potluck

The March potluck luncheon will be on **Tuesday, March 19th**. We are delighted to have Roger Tincknell with us! He will provide an Irish Music Program. We're celebrating St. Patrick's Day with the COA Board cooking up a Corned Beef and Cabbage meal. Please bring a side dish or dessert. If you need a ride, call the COA office and we'll arrange for someone to pick you up. 634-2262.



New Cover for our Newsletter

We hope you like the new look of our newsletter. The aim of using this calendar format is to make it easier for everyone to know what and when things are happening/offered through the COA. Comments welcome!

New COA Activities

We are adding two new offerings beginning in March. We'll have a Thursday morning coffee hour at 10:45am on the 2nd, 3rd and 4th weeks of the month. Every Thursday afternoon we'll have a variety of games to challenge your skills. Currently the game closet holds a couple of decks of cards and the games Bananagrams, Cribbage,

Scrabble, Scattergories, Tangoes, The Art of Conversation and Wordsmithery. If you have a favorite game you like to play, let us know, or, even better, if you could donate it to the COA, it would be greatly appreciated! We are also looking for donations for a few card tables so we don't have to set up the big tables we use for the luncheon. Starting in April there will be a walking club. Stay tuned for more information on it.



Ladies Lunch Bunch

Ozzie's, at 26 Maple Street in Hinsdale, is the destination for the March ladies lunch bunch. As usual, we'll meet in the church parking lot at 11:30 to carpool.

Movie Matinee

Our March movie will be *Julie & Julia* on **Wednesday 3/27 at 1:00pm**. It's about a culinary legend who provides a frustrated office worker with a new recipe for life. The true stories of how Julia Child's life and cookbook inspired fledgling writer Julie Powell to whip up 524 recipes in 365 days and introduce a new generation to the magic of French cooking.

Clinics

- To take advantage of the foot care clinic, call Peg Daniels at 634-2229 to set up an appointment. It happens on the 4th Monday of the month – starting at 9:00 am. Cost is \$30.
- The Blood Pressure clinic is free and is provided by HCHC on the 3rd Tuesday of the month, from 11:30-12:00 – just prior to the potluck luncheon.

Easy Ride Trip

The Easy Ride trip on **March 8th** will be to the **Smith College Bulb Show** followed by lunch at Brewmaster's. Give the COA office a call to get on the list – 634-2262. Meet at the church parking lot at 9:15. Cost of the ride is \$5.00. Bus seats 12.



Medical Equipment

Just a reminder that the COA stores medical equipment in the back basement of the Community House for folks to borrow when in need. We usually have canes, crutches, walkers, rollators, wheelchairs, commodes, bath/shower chairs and raised toilet seats. If you are in need, give the COA office a call at 634-2262 to make arrangements.

Regional News

Seniors Aware of Fire Education



Many children visit their grandparents regularly; some live with them. Here are some ideas on how to make your home a safer environment for your grandchildren:

- Store matches and lighters up high in cabinets away from children.
- Install plastic covers over all exposed electrical outlets.
- Move cleaning chemicals like cleansers, drain cleaners and other poisons to high cupboards or install a child-proof lock on low cabinets.
- Store prescription and over-the-counter medicines in a cabinet out of the reach of children.
- If children are playing outside when the skies grow dark or you hear thunder, have them come indoors right away.

Have a SAFE sugar season!

--Worth Noyes, SAFE Educator
Williamsburg & Cumington 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 to be put on the email list.

The Big Five! Health Care Proxy

As we said before – “If you are unable to decide or communicate on issues in your health care, someone who you trust and who you appointed can decide and communicate for you, and do that in your best interests.”

The person you ask to serve as your health care proxy should know how you want to be treated and which treatments you do or don't want (you are in a coma, unconscious, or otherwise incapacitated). That person should agree to this commitment, and the two of you should carefully talk over your wishes. That person will be able to ask questions of the medical providers and weigh their answers against your wishes. Here is a good read- www.everplans.com/articles/how-to-be-a-good-health-care-proxy. For our state, more information and an online form is here: [www.massmed.org/patient-care/health-topics/health-care-proxies-and-end-of-life-care/massachusetts-health-care-proxy---information,-instructions-and-form-\(pdf\)](http://www.massmed.org/patient-care/health-topics/health-care-proxies-and-end-of-life-care/massachusetts-health-care-proxy---information,-instructions-and-form-(pdf))

So you know that devil in the details business – who on earth do you trust with possibly making such a huge decision for you? How do you assure that your wishes will be followed when the time comes? Most often a family member is selected but it can be a friend – the important thing is to trust that person you choose. Once you have a signed and witnessed Proxy, make several copies and give them to your doctor, hospital, potentially clergy and lawyer, and for sure the person you picked to act for you. You keep the original.

Best wishes,

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

Need copies? If there are any documents referenced in the TRIAD column that you would like to have a copy of, please ask your COA. They will print paper copies for you.

Need a Will? Power of Attorney? Other legal help?

The Hampshire Elder Law Program is available for low-income Hampshire county residents who are 60 or more years old. Call 413-586-8729 to see if you qualify. If you do qualify, you will be given the contact information for an attorney who will work with you for free to prepare your documents.

Coordinator- Council on Aging Cummington MA

Ten hours per week position. Must be computer savvy. Requires confidentiality and ability to work with seniors.

Send resume to:
P.O. Box 95, Cummington, MA 01026



There's a new game in town!

Looking for a great way to get some exercise, socialize and meet new people? A mashup of tennis, racquetball, badminton and ping-pong, played indoors and out, people of all ages are playing **PICKLEBALL!** Come to the Westhampton Town Hall and learn about the healthy, friendly game that's sweeping the nation!

We encourage everyone to come and give it a try. For players of all ages, from beginners to experienced players of all levels, all are welcome. We have paddles, balls and a net. All you need to bring is a pair of good sneakers and a smile!

- Sign up for **new player instruction**: Contact Dale and Alan Kasal drkasal@gmail.com or text to [413-842-6148](tel:413-842-6148)
- Sign up to be on the email list and **player roster** and to see which neighbors are playing! bit.ly/add2whroster
- Sign up for **open play** (for *all player levels* who don't need beginner instruction): bit.ly/whpbsignup
- **To arrange play at the Town Hall for experienced players, or for more information**: Contact Dale and Alan Kasal drkasal@gmail.com or text to [413-842-6148](tel:413-842-6148)

More information about Pickleball!

Video: One of the fastest growing sports in America!

bit.ly/pickleballinfo

What is pickleball?

usapa.org/what-is-pickleball/

Where to play: tennis courts, gyms, schools, senior centers, town halls around the country!

places2play.org/map



RESOURCE DIRECTORY

Domestic Violence Advocate, Hilltown Safety at Home (HS@H) 413 387-3120
 If you need help in an emergency, call 911 or the Safe Passage hotline 888 345-5282
Elder Abuse Hotline 800 922-2275
First Call for Help Information and Referral Resources 800 339-7779
Fuel Assistance Application and Recertification 800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC) 413 296-4536 x120
Veterans' Service Officer Tom Geryk 413 587-1299
 (Westhampton) Joe Henning 413 207-3541
 (Plainfield) Brian Brooks 413 772-1571
DO NOT CALL Registry 888 382-1222

Food Services

Food Bank of Western Massachusetts Brown Bag Program 800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP) 413 552-5400 or 413 296-4007
 Call Chesterfield COA for assistance 413 296-4007
Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director 413 268-7578 Wed 1-3; 3rd Wed 1-6
Meal Site Williamsburg Senior Center 413 268-8407
Meals on Wheels Highland Valley Elder Services (HVES) 413 586-2000 or 800 322-0551
Northampton Survival Center, 265 Prospect St. Northampton 413 586-6564
Salvation Army Emergency Food, Fuel or Medication Vouchers 413 586-5336/6564

Health Services

Highland Valley Elder Services Intake referral for homecare, etc. 413 586-2000
Hilltown Community Health Center- Medical & Dental 413 238-5511, ext. 131
 HOPE Nurse, Robin Laferriere, RN 413 238-5511, ext. 313
 Janet Dimock, HealthWise Community Health Worker 413 238-5511, ext. 149
Podiatrist Dr. Michael Coby, call Williamsburg Senior Center 413 268-8407
 to schedule (Alternating months at the Senior Center)
Foot Care Piper Sagan, RN
 foot care in Cummington, call Peg Daniels 413 634-2229
 foot care in Goshen, call Liz Loven for appt. 413 268-7122
 foot care in Plainfield or in-home visits 413 522-8432
 foot care in Williamsburg or in-home visits 413 268-8407
 Deb Dean, foot care in Westhampton 413 667-5363
 Diane Roeder, foot care in Chesterfield 413 374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage
 Wayne Glaser Call your COA for appointment
 Lorraine York-Edberg 413 773-5555, ext. 2275
 Deborah Hollingworth (Chesterfield) 413 296-4007 or 413 268-8317
Mass Health and New Health Coverage
 Buliah Mae Thomas at Hilltown Comm. Health Center 413 667-2203

Transportation Services

Cummington Neighbor to Neighbor Drivers 413 634-2262
Westhampton transportation Appts or groc. shopping, Louise Jasonkowski 413 527-5134
Williamsburg Medical Rides Williamsburg Senior Center (to schedule) 413 268-8407
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center) 866 277-7741
Hilltown Easy Ride Van Ed Pelletier 413 296-4232

Local Councils on Aging

Chesterfield COA, Janice Gibeau 413 296-4007
Cummington COA, Anne Parsons 413 634-2262
Goshen COA, Evelyn Culver 413 268-3316
Plainfield COA, Susan Metcalfe LaRock 413 743-5345
Westhampton COA, Julia Lennen 413 537-9880
Williamsburg Senior Center, Jennifer Hoffman 413 268-8410
Worthington COA, Sandra Epperly 413 238-5584

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

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PERMIT 183
Greenfield MA

**Cummington
Council on Aging**

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Elliot Ring, Chairman
634-5666

Worth Noyes, 634-8003

Peg Daniels, 634-2229

Kathy Knox, 634-8041

JoDee Simard, 634-5051

Ann Eisenhour, 634-2243

Kristen Estelle,
Newsletter Designer
regionalcoanews@gmail.com

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Save the Date!

4D1G Gospel Group & Choir
Goshen Congregational Church
45 Main St. Goshen

Sunday, April 28th at 3pm

Everyone invited!

Free. Refreshments available.

Bring friends and family!



**COMMUNITY
SOUP &
BREAD
NIGHT**



**ONCE A MONTH
FIRST TUESDAYS
5:00-6:30PM**

Come and enjoy FREE soup and bread, games, and community building. All proceeds to benefit a local Hilltown non-profit. VOLUNTEERS welcome.

TWO MORE DATES:

March 5
April 2

For more info contact Seva at
membership@oldcreamery.coop

