

# Cummington Council on Aging

## April 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

### April Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>1</b> <b>Exercise Class</b> 9:30-10:30 <b>Coffee Hour</b> 10:45-11:45 <b>Needlework Group</b> 1:00-4:00	<b>2</b>	<b>3</b> <b>Office Hours</b> 10:00-5:00	<b>4</b> <b>Exercise Class</b> 9:30-10:30 <b>COA Board Meeting</b> 11:00 <b>Fun with Games</b> 1:00-3:00	<b>5</b>
<b>8</b> <b>Exercise Class</b> 9:30-10:30 <b>Coffee Hour</b> 10:45-11:45 <b>Needlework Group</b> 1:00-4:00	<b>9</b> <b>Living Fully, Aging Gracefully</b> 1:00-3:00 in Library Room	<b>10</b> <b>Office Hours</b> 10:00-5:00 <b>Ladies Lunch Bunch</b> Gould's Sugar House, Shelburne Falls 11:30 at church parking lot to carpool	<b>11</b> <b>Exercise Class</b> 9:30-10:30 <b>Coffee Hour</b> 10:45-11:45 <b>Fun with Games</b> 1:00-3:00	<b>12</b> <b>Easy Ride Trip</b> Lunch and a Movie in Amherst / Hadley 11:00 at church parking lot
<b>15</b> <b>Exercise Class</b> 9:30-10:30 <b>Coffee Hour</b> 10:45-11:45 <b>Needlework Group</b> 1:00-4:00	<b>16</b> <b>Blood Pressure Clinic</b> 11:30-12:00 <b>Potluck</b> 12:00 followed by <b>Program with Deb Hollingsworth</b> 1:00	<b>17</b> <b>Office Hours</b> 10:00-5:00	<b>18</b> <b>Exercise Class</b> 9:30-10:30 <b>Coffee Hour</b> 10:45-11:45 <b>Fun with Games</b> 1:00-3:00	<b>19</b>
<b>22</b> <b>Exercise Class</b> 9:30-10:30 <b>Coffee Hour</b> 10:45-11:45 <b>Needlework Group</b> 1:00-4:00	<b>23</b>	<b>24</b> <b>Office Hours</b> 10:00-5:00 <b>Walking Club</b> 9:00 Cummington Fairgrounds <b>Movie Matinee</b> "Out of Africa" 1:00	<b>25</b> <b>Exercise Class</b> 9:30-10:30 <b>Coffee Hour</b> 10:45-11:45 <b>Fun with Games</b> 1:00-3:00	<b>26</b>
<b>29</b> <b>Foot Care Clinic 9am</b> <b>Exercise Class</b> 9:30-10:30 <b>Coffee Hour</b> 10:45-11:45 <b>Needlework Group</b> 1:00-4:00	<b>30</b>			

## Your COA board members are:

Elliot Ring, Chairman (634-5666)  
Gail Roberge (634-0244)  
Worth Noyes (634-8003)  
Kathy Knox (634-8041)  
Ann Eisenhour, Foot Care Coordinator (634-2243)  
JoDee Simard, Coresponding Secretary and  
Treasurer (634-5051)

## Happy Birthday in April!



Pearl Lynds, William Carver, Kenneth Price,  
Joseph Urbanowski, Michael Falcone,  
Dorset Anderson, Bruce Harrison, Susan Riley,  
Nancy Noyes, Karen Westergaard,  
Sydney O'Leary, Randall Fisher, Robert Quigley,  
Jeanne Mangan, Jay Brumberg,  
Richard LaFrancis, Joyce Dempsey,  
Karen Barker, Kim Marinus, Judith Slezak,  
Margaret Parker, Luahn Page, Betty Tessier, and  
Peggy Thorn.

## April Potluck

April's potluck is on **Tuesday, April 16th** at 12:00. The program afterward will be with Deb Hollingsworth, who is the Outreach Facilitator for the Consortium under their SIG grant. Deb is also our SHINE representative. If you need a ride, call the COA office and we'll arrange for someone to pick you up. 634-2262.



## New COA Activities

Have you tried some of the new activities planned for you?

- We have a nice group of folks who come to the needlework group on Monday afternoons at 1:00. Everyone is either doing their own thing, getting help from someone, or sharing what they'd like to try next.
- Who can resist a good cup of coffee and some friendly conversation during the two coffee hours at 10:45 on Monday and Thursday?
- Have you taken in one of the movies at 1:00 on the 4th Wednesday of the month?

- And how about those games! Every Thursday afternoon at 1:00.
- **NEW for April: WALKING CLUB**  
Starting April 24th on Wednesday mornings from 9:00-10:00 a.m. First meeting at 9:00 a.m. at the Cummington Fairgrounds to get acquainted and walk the Fairgrounds' loops. All levels welcome. Please call JoDee Simard at 634-5051 for more details. Bring a water bottle and comfortable shoes.

## Ladies Lunch Bunch

Gould Sugar House, on Route 2 in Shelburne Falls, is the destination for the ladies lunch bunch on April 10th. As usual, we'll meet in the church parking lot at 11:30 to carpool. Can't wait to get some of their famous corn fritters!

## Movie Matinee

Our April movie will be "Out of Africa" on Wednesday, April 24th. It is based on a memoir by the Danish Author Karen Blixen. The book, first published in 1939, recounts events of the seventeen years when Blixen made her home in Kenya, then known as East Africa. Scenes are breathtaking.

## Clinics

- To take advantage of the foot care clinic, call Ann Eisenhour at 634-2243 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.

## Field Trip

On April 12th we'll be off to Amherst to have lunch and take in a movie at the Amherst or Hadley Cinemas. Restaurant and movie title TBA. Meet at the church parking lot at 11:00 – we'll be car-pooling for this trip.

## Saying Our Hello and Good-Byes

Joining us on the COA Board is Gail Roberge. We welcome Gail and look forward to having her meet you! Peg Daniels is stepping down from the COA board after giving us 10+ years of service. Thank you, Peg, and her husband Mike for your contributions. Leaving her office position as Coordinator is Anne Parsons, however, she'll continue to volunteer at many of our activities.



## Seniors Aware of Fire Education

Last month, we considered ways in which grandparents can prepare a safe environment for their grandchildren. This month, let's turn things around and consider some ways children can help their grandparents keep things safe. Here are a few ways:

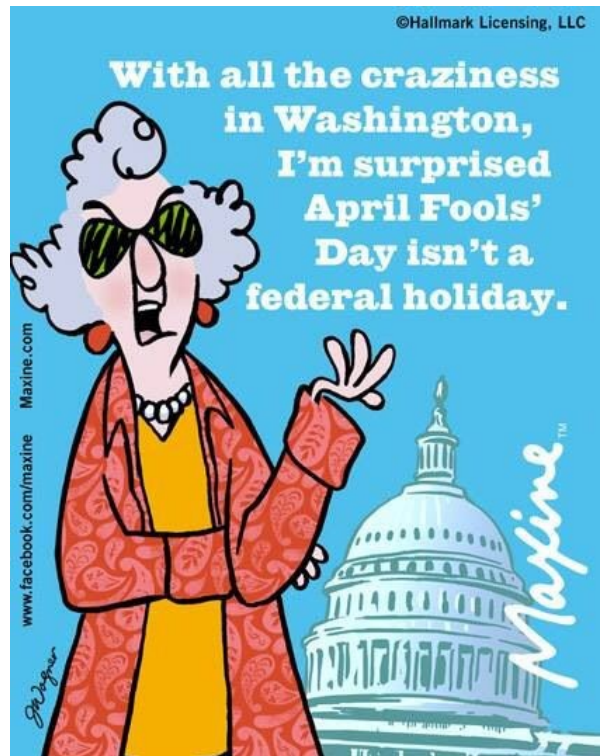
Senior   
**SAFE**

- Children can test each smoke alarm to make sure it is working by using a broom handle to push the test button.
- Have the children draw a floor plan of your house and mark with arrows two ways out of every room.
- Have the children help develop and draw a house fire escape and evacuation plan.
- Have the children lead a fire drill at your house and help them designate a safe place everyone can meet once out of the house.
- If your grandchild has participated in a S.A.F.E. program in school, pay attention to his/her suggestions.

Have a SAFE April!

--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](mailto:regionalcoanews@gmail.com) to be put on the email list.

## The Big Five! Durable Power of Attorney

Remembering – “if you are unable to conduct your business, e.g., pay your bills, someone you trust and who you appointed can act for you, and do that in your best interests.”

What does this mean? Well, you know life. You have to watch your bank balance, pay your bills, file your taxes, sign a contract for house repair, sell a car, renew a CD, and on and on. So you do all this just fine, but what happens if you have an accident and go into a coma, are just too sick to do anything, or find you are getting less capable of handling your legal and financial affairs? If you have a durable power of attorney (POA), you can have someone act for you even if you become mentally or otherwise unable to take care of things.

The person you give power of attorney rights to should be trustworthy! They should also know something of your business and finances or be able to figure it out from your files. We'll write about file management later – such fun.

Powers of attorney involve a number of important decisions including who to appoint, how narrow or broad the coverage will be, when and how the POA will take effect and terminate, how the document will be stored and distributed, and how the POA fits within the broader estate plan. So, although there are do-it-yourself POA forms online, this is one document you really should ask an attorney to advise you and prepare based on your specific needs.

For more riveting reading, see: [info.legalzoom.com/durable-power-attorney-massachusetts-20314.html](http://info.legalzoom.com/durable-power-attorney-massachusetts-20314.html)

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

**Northern Hilltown Consortium of Councils on Aging receives a three year grant award from the Executive Office of Elder Affairs**

A grant proposal "Hilltown Strong Communities for Aging in Place" has received a three year grant from FY 2019 to FY 2022 to develop stronger community systems that help older adults remain in their own homes and actively participate in community life. This grant extends the Consortium's ongoing efforts to reduce isolation and loneliness of older adults by building strong community based outreach networks.

Progress made has included surveys of everyone 60 and over in the seven towns of Chesterfield, Goshen, Worthington, Westhampton, Williamsburg, Cummington and Plainfield, asking about how important the elements of AARP's "Age Friendly Communities" are to them, followed by ongoing Community Forums to discuss strengths and challenges for each town. The next step will be to form core teams that will develop strategies for improving several shared problems with transportation, accessibility, walkability, social supports and access to important information.

If you returned your survey, thank you for contributing your thoughts and ideas! If you haven't, it's never too late. The Consortium always wants to know how to best serve the seniors in our seven towns.

**Community Forum:  
Ban of Nuclear Weapons**

**Wednesday, April 10th  
7:00 pm**

**Chesterfield Community Center  
400 Main Rd.**

Join us and learn about the:



- 2017 Treaty on the Prohibition of Nuclear Weapons.
- Nuclear weapons industry, and the impact, costs and risks our nuclear arsenal has on life on earth.
- Development and meaning of becoming Treaty Aligned as a community

Speaker : Lydia Wood  
NuclearBan.US

Hosted by Chesterfield Council on Aging

**Live Lively -**



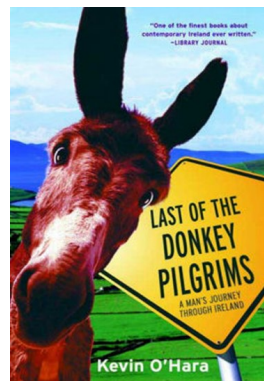
**Square Dance**

**Saturday, April 13th at 7pm  
Chesterfield Community Center  
400 Main Rd.**

**You're Invited:  
Come to Ireland with Kevin O'Hara**

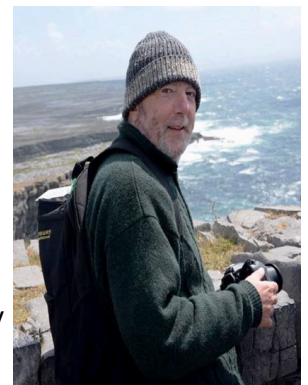
**Sunday, April 28th  
2-4pm**

**Chesterfield Comm. Ctr.  
400 Main Rd.**



Kevin is the author of two memoirs, "Last of the Donkey Pilgrims", the story of his 1,700 mile, eight month journey around Ireland with his faithful

donkey "Missie", and "Luck of an Irish Lad", a precise and witty story of growing up in America as an Irish Catholic in the 50s and 60s. Mr. O'Hara is an accomplished photographer and storyteller. Please join us at the Chesterfield Community Center where he'll entertain us with tales and photos from his whimsical but timeless donkey journey of long ago.



# 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.**

*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.

*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.

*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 4 seats available.** Trip insurance 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. Trip insurance available.

*July 11:* Westchester Broadway Dinner Theater, **On Your Feet**, the story of Pop Latin star Gloria Estefan. Enjoy the lively upbeat music. Cost is \$126. Luncheon prior to the show at the theater. There is a \$10 discount if paid in full by May 20.

*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.

*October 10: **A Day in Vermont.*** Cost TBD. There is a \$10 discount if paid in full by August 15. Visit and shop at some quaint places in Vermont. Luncheon included at West River Marina Restaurant. Enjoy the foliage by the river.

*Nov. 9-24: **Panama Canal Cruise-*** 16 days. Starting at \$1,999 per dbl. 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.

On February 12th, a group of about 40 people came to celebrate the 50th anniversary of the Wild and Scenic Rivers Act and Westfield River's 25 years as a National and Scenic designated river.



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

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Kathy Knox, 634-8041

JoDee Simard, 634-5051

Ann Eisenhour, 634-2243

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

## Out and About in April

**Tues. April 2nd, 5-6:30pm**

**Community Soup & Bread Night**

*The Old Creamery, 445 Berkshire Trl. Cummington*

Come and enjoy FREE soup and bread, games, and community building. All proceeds to benefit a local Hilltown non-profit. VOLUNTEERS welcome. For more info, contact Seva: [membership@oldcreamery.coop](mailto:membership@oldcreamery.coop)

**Weds. April 10th at 7pm**

**Community Forum: Ban of Nuclear Weapons**

*Cfield Comm. Ctr. 400 Main Rd., Chesterfield*

See flyer on page four.

**Fri. April 12th & May 17th at 9am & 10am**

**Spa Day at Smith Vocational**

*80 Locust St. Northampton*

Last spa days of spring! 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.

**Sat. April 13th at 7pm**

**Square Dance**

*Cfield Comm. Ctr. 400 Main Rd., Chesterfield*

See flyer on page four.

**Sun. April 21st at 8:45am**

**Easter Breakfast**

*Goshen Congregational Church, 45 Main St. Goshen*

Come and enjoy a delicious breakfast on Easter morning before church service. The fellowship will provide the food.

**Sun. April 28th at 2pm**

**The Goshen Town Hall: Myth and Fact**

*Goshen Town Hall, 42 Main St. Goshen*

Norene Roberts will explain how the current 1911 town hall replaced the first one, who was involved, how money was raised, who was hired to design and oversee construction, some of the design features, and information uncovered in the 2016 historic rehabilitation. This is Goshen Historical Society's first program of 2019. All welcome!

**Sun. April 28th from 2-4pm**

**Come to Ireland with Kevin O'Hara**

*Cfield Comm. Ctr. 400 Main Rd., Chesterfield*

See flyer on page four for more info.

**Sun. April 28th at 3pm**

**4D1G Gospel Group & Choir**

*Goshen Congregational Church, 45 Main St. Goshen*

Everyone invited; bring your family and friends! Free. Refreshments available.