

# Cummington Council on Aging

## June 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

### June Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>3</b> <b>Veterans' Agent</b> 9:00-1:00 <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>4</b>	<b>5</b> <b>Walking Club</b> 9:00 Cummington Fairgrounds <b>Office Hours</b> 10:00-5:00	<b>6</b> <b>Exercise Class</b> 9:30-10:30 <b>COA Board Meeting</b> 11:00	<b>7</b>
<b>10</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>11</b> <b>Living Fully, Aging Gracefully</b> 1:00-3:00 in Library Room	<b>12</b> <b>Walking Club</b> 9:00 Cummington Fairgrounds <b>Office Hours</b> 10:00-5:00 <b>Ladies Lunch Bunch</b> 11:30 at church parking lot to carpool	<b>13</b> <b>Exercise Class</b> 9:30-10:30 <b>Coffee Hour</b> 10:45-11:45	<b>14</b> <b>Easy Ride Trip</b> Hancock Shaker Village 9:00 at church parking lot
<b>17</b> <b>Veterans' Agent</b> 9:00-1:00 <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>18</b> <b>Blood Pressure Clinic</b> 11:30-12:00 <b>Potluck</b> 12:00 Program TBD	<b>19</b> <b>Walking Club</b> 9:00 Cummington Fairgrounds <b>Office Hours</b> 10:00-5:00	<b>20</b> <b>Exercise Class</b> 9:30-10:30 <b>Coffee Hour</b> 10:45-11:45	<b>21</b>
<b>24</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>25</b>	<b>26</b> <b>Walking Club</b> 9:00 Cummington Fairgrounds <b>Office Hours</b> 10:00-5:00	<b>27</b> <b>Exercise Class</b> 9:30-10:30 <b>Coffee Hour</b> 10:45-11:45	<b>28</b>

## Happy Birthday in June!



Earle Streeeter, Helen Griffith, Judith Hinton,  
Linda Gero, Pamela Howland, Bruce Hoag,  
Judith Jenkins, Douglas Bailey, Lawrence Pasko,  
Daniel Smith, Rosemary Seifert-Graf,  
Maureen Tumenas, Lisa Harvey,  
Carolyn Urekew, Dennis Burt, Guy Wells,  
Thomas Tear, Robin Robbins, George Fenton,  
Joanne Tear and Jeffrey Vanasse

### Your COA board members are:

Elliot Ring, Chairman (634-5666)  
Gail Roberge (634-0244)  
Worth Noyes (634-8003)  
Kathy Knox (634-8041)  
Ann Eisenhower, Foot Care Coordinator (634-2243)  
JoDee Simard, Corresponding Secretary and  
Treasurer (634-5051)  
Anne Parsons, Recording Secretary (634-5707)

### June Potluck

June's potluck will take place on the 18th at 12:00. The program is yet to be determined. The blood pressure clinic will begin at 11:30 – just prior to the meal.

### Ladies Lunch Bunch

We'll meet in the church parking lot a little earlier than usual, at 11:15 to carpool. Lunch will be at the BridgeSide Grill, 9 Amherst Road in Sunderland.



### Easy Ride Trip

This month we'll be heading to the Hancock Shaker Village in Pittsfield. Join us in exploring the village which is composed of 20 historic buildings and galleries. We'll be checking out the Round Stone Barn, farm and water-powered machine shop in what was an active Shaker community up until 1960. Call the office (634-2262) to have your name added before the bus is full. We will leave from the church parking lot at 9:00. Lunch will be out after our visit. If you have not been approved as yet to use the Easy Ride van, pick up an application hanging on the door to the COA office. If we do not get 8 participants the trip will have to be cancelled.



### Walking Group

We've been having 5-7 people show up to walk the ring at the Cummington Fair Grounds on Wednesday mornings at 9:00. Why don't you join us? Just show up when you're ready and we'll be there!



***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

Yeah! June is upon us, the beginning of summer weather (we hope) and with the summer weather come some rather nasty storms. Here are few things you can do to weather summer storm power outages:



- Use a flashlight or battery-powered lanterns. Do NOT use candles.
- Keep refrigerator and freezer doors closed as much as possible.
- Turn off or unplug major appliances, so they will not be damaged by the electrical power surge when power is restored.
- Use portable generators cautiously. Operate them only outdoors in a well-ventilated area. Refuel it only after it has cooled. Do not connect a generator to your home's electrical system except through an approved installed in compliance with your local electrical code.
- Do not go near and never touch a downed wire; it may be energized.

Ride out the summer storms, SAFELY!

--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.*

**Do you want to eat more fresh, healthy, and locally-grown produce, but find it too expensive or difficult to get?**

If you receive SNAP (Food Stamps), or if you are eligible and willing to sign up for SNAP, you may be able to participate in a 10-week Hilltown-grown farm share that is 100% reimbursable through your HIP (Healthy Incentives Program) benefit! You can choose the right size share for your household and pick up your weekly assortment of local fruits and vegetables in Huntington or Worthington without spending any additional SNAP dollars. This "Hilltown Mobile Market" pilot program is available to Hilltown residents this summer and there are a limited number of spots open. To find out more about how to sign-up, go to [tinyurl.com/foodinterest](http://tinyurl.com/foodinterest) or contact Caitlin Marquis at 413-588-5562.



**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! HIPAA Release

We've reached the last of the Big Five! The Health Insurance Portability and Accountability Act release "will let your Health Care Proxy get all your medical records, avoiding privacy restrictions and doing a better job for you." It does that and more – read on, if you would.

Permission. Overall, this means that we each have a right to see our own health records. I'm old enough to remember when we did not have that right! Those were barbaric times. Also, because my husband and I each filled out a HIPAA release in the medical offices we visit, we can talk to each other's doctor, make an appointment, refill a prescription, take a message, etc. It is all quite convenient.

Privacy. You can control whether your medical information is shared or not. You can prevent someone from accessing your records, OR you can give someone the right to see them so they can help you in some way.

Partial. You can specify which medical records can be seen by the person you list on a HIPAA release. You could allow your sister to talk to your pharmacy, for instance, but not any of your doctors. You could allow a nurse at your work place or a new doctor to see a specific medical test result, but nothing else.

Two websites with lots more on the HIPAA:  
[www.hhs.gov/sites/default/files/ocr/privacy/hipaa/understanding/consumers/consumer\\_rights.pdf](http://www.hhs.gov/sites/default/files/ocr/privacy/hipaa/understanding/consumers/consumer_rights.pdf) and  
[www.hhs.gov/hipaa/for-individuals/index.html](http://www.hhs.gov/hipaa/for-individuals/index.html)

Privately,

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

# Accentuate the positive; it's good for your health!

Many people have offered information about positive living but one author, Joanna Castro, from Lifestyle Fifty, best captures the "11 positive things nobody tells you about aging", which are reprinted below:

## 1. You don't always have to be right.

Remember when you were younger, how important it was to be right? Well, as the years pass by, we begin to understand that being right isn't nearly as important as listening to and weighing up every side of the argument, even possibly deferring to someone else's point of view. We begin to understand that it's often better to lose a few battles in order to win the war.

## 2. You learn not to judge.

In the Western world, we learn early on to want material things and strive to get them. While this isn't altogether bad, it often brings with it envy and jealousy. We might begin to judge others on their material assets and not on who they are as people. As we get older, 'stuff' becomes less important than people and relationships and we learn not to judge, but just to accept people as they are.

## 3. You begin to want less.

We accumulate so much 'stuff' on our journey through life in the Western world and much of this is redundant and in excess of what we actually need. As we get older, we begin to realize that sometimes less is more. It's an incremental understanding that we don't need to surround ourselves with a whole lot of material things.

## 4. You gain more confidence in making decisions.

It's true that age brings wisdom. It can also bring more confidence. Why? Because we accumulate Experience with a capital "E" as we journey through life and our life lessons are powerful tools to draw from to make future decisions. Yes, we've made mistakes, but we've learned from them and that instills an innate confidence for future decision making.

## 5. Your children become your friends.

It's hard to think of our children as friends when they are firstly so dependent upon us and then perhaps when they're rebellious against us, or even hate us, during their teenage years. What nobody tells us is that as they become adults, grow into their own lives and fulfill their own dreams, we as parents take on a different role. Children now return to the family home and hearth as individuals in their own right and as friends.

## 6. You understand that there's no point in telling anyone what to do.

At some stage in your life you might feel the urge to offer unsolicited advice and think that you're doing someone a favor. At a certain age, you then realize that there's no point in telling anyone what to do, that actually, if you think about it, being given advice you didn't ask for doesn't feel very nice. What does feel good, though, is if someone plants a seed for you to ponder which leads you on to find the right answer yourself.

## 7. You learn that wrinkles should be worn with pride.

For women especially, the onset of the first wrinkle is a day of some grief and in the years of growing up, a wrinkle-free face is falsely deemed a prerequisite of beauty by our youth-centric society. Later in life, we realize that we are fortunate to be growing old and that wrinkles stand as a testimony to our experiences. It shows that we have successfully navigated the troughs and peaks of life. Wrinkles represent the days of our lives, each telling a different story.

## 8. You are able to treat your parents with unconditional respect.

Our parents, although we love them, may have driven us mad at some point in our lives, and for those of us with children ourselves, the pattern is repeated. As we get older, we learn how to treat our mothers and fathers with respect and how to have patience as they reach their autumn years because we have better understanding of the trials and tribulations they have gone through in the process of aging.

## 9. It's O.K. to play the fool again.

As children we laughed, played the fool and generally didn't think too much about what other people thought about us. Then our egos developed, self awareness set in and we began to reign in our inner child, and squash the idiosyncratic part of us that was once so spontaneous. When we reach a certain age, it begins to matter less what other people think and not taking ourselves so seriously becomes an option once again.


## 10. You learn not to criticize.

As we get older, we learn there's little value to be gained by criticizing anyone. If we need to say something, it's far better to say something positive than dwell on what's negative. By mid-life, we have learned through trial and error that positive reinforcement always puts us in a much better position.

## 11. You are thankful for growing old.

Not everyone grows old. Many die before their time or in the prime of their life. With age comes gratitude and the knowledge that with every passing year we are privileged, and being grateful becomes a daily ritual that enhances our lives in so many positive ways.

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\* You are invited to the  
\* Northern Hilltowns Celebration of  
\* our Membership in the AARP Network Of  
\* Age Friendly Communities  
\*  
\* Thursday, June 27, 4-6pm  
\* Chesterfield Community Center  
\* 400 Main Road, Chesterfield MA  
\*  
\* RSVP by June 15  
\* [coa@townofchesterfieldma.com](mailto:coa@townofchesterfieldma.com)  
\* or call 413-296-4007  
\*  
\* Refreshments served. Representatives from the State Office of Elder Affairs, AARP Massachusetts and the Massachusetts Healthy Aging Collaborative will join us and our hilltown neighbors for this kickoff event.  
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# 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.**

**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.

**June 25: A presentation by Friendship Tours / Ship Shop** about an upcoming 14 day Mediterranean Cruise in 2020 will be held at the Northampton Senior Center starting at 5:00 p.m. Come see what it's all about.

**July 17: New Date. Westchester Broadway Dinner Theater, On Your Feet,** the story of Pop Latin star Gloria Estefan. Enjoy the upbeat lively music. Cost is \$126. Pre-show luncheon at the theater.

**August 8: Museum of Russian Icons & Worcester Art Museum.** Enjoy a guided tour of the Russian Icon museum in Clinton, MA. A Buffet Lunch is included at O'Connor's Restaurant in Worcester. Conclude the day at the Worcester Art Museum for a guided tour. Cost is \$109. There is a \$10 discount if paid in full by **June 3.**

**Oct. 10: A Day in Vermont.** Cost \$78. There is a \$10 discount if paid in full by August 15th. Visit and shop at some quaint places in Vermont, including the Vermont Country Store in Weston. Luncheon included at West River Marina Restaurant. Enjoy the foliage by the river.

**Coming in 2020:  
Mediterranean Cruise - 14 Days -**

**Via the Royal Caribbean's Vision of the Seas**

**From \$2,579**

**Come to a presentation on June 25, 2019**





# What's in a scam?

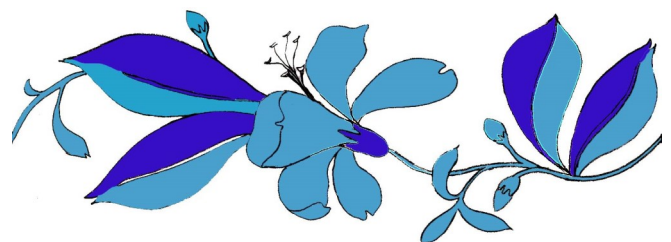


Learn about Scams, Fraud, and Identity Theft including:

- ◇ Telemarketing
- ◇ Why to be on the "Do Not Call List"
- ◇ Signs of a scam
- ◇ Common scams
- ◇ How identity theft happens
- ◇ What to do if your identity is stolen

Weds. June 19, 2019, 1:30 p.m.

Where:	<b>Chesterfield Community Center</b> 400 Main Rd, Chesterfield, MA
Who:	<b>Ann E. Lynch</b> Assistant Attorney General
Sponsors:	<p>Hilltown Community Development www.hilltowncdc.org, 413-296-4536</p>  <p>Office of Attorney General Maura Healey www.mass.gov/ago 617-727-8400</p> 



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

PRSR STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

**Cummington  
Council on Aging**

Anne Parsons, Coordinator  
634-5707

Elliot Ring, Chairman  
634-5666

Worth Noyes, 634-8003

Gail Roberge, 634-0244

Kathy Knox, 634-8041

JoDee Simard, 634-5051

Ann Eisenhour, 634-2243

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Kristen Estelle,  
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regionalcoanews@gmail.com

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## Out and About in June

**Tuesdays, 11:30am**  
**Meditation & Relaxation Class**

*Wburg Senior Ctr, 141 Main St., Haydenville, MA*

Class dates: 5/28, 6/25, 7/9, 7/23, 8/6, & 8/20. Class will be taught by Lynn Lovell who teaches yoga and music in the area. Come and learn how to meditate and relax with Lynn! Please contact the Burgy Senior Center if interested at 268-8407.

**Wednesday, June 12th at 1pm**  
**Caregiver Support Group**

*Wburg Senior Ctr, 141 Main St., Haydenville, MA*

As a caregiver for a parent, spouse, or a child with special needs, you may feel overwhelmed and, at times, invisible. Our support group will be held monthly on the second Wednesday at 1:00 pm at the Senior Center Café. Call 268-8407 to sign up. ALL are welcome!

**Wednesday, June 19th at 1:30pm**  
**What's in a Scam?**

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

More info on page 5.

**Wednesday, June 26th at 12:30pm**  
**Music & Comedy with James Kitchen & Mike Metzger!**  
*Wburg Senior Ctr, 141 Main St., Haydenville, MA*

You won't want to miss this! Come and enjoy these two local cut-ups—they're not only funny but good musicians too! (If you'd like to come at 11:45 for lunch, please call two days ahead to reserve: 268-8407.) All are welcome!

**Thursday, June 27th from 4-6pm**  
**Celebration of AARP Membership of Age-Friendly Communities**

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

The Northern Hilltowns have been recognized by AARP as being age friendly communities! More info on page 4.

