

Cummington Council on Aging

July 2019 Newsletter



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

Anne Parsons, Coordinator
 413-634-5707
 coa@cummington-ma.gov

July Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 Veterans' Agent 9:00-1:00 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	2	3 Walking Club 9:00 Cummington Fairgrounds	4 4th of July Chesterfield Parade 10:30	5
8 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	9 Living Fully, Aging Gracefully 1:00-3:00 in Library Room	10 Walking Club 9:00 Cummington Fairgrounds Ladies Lunch Bunch Ashfield Lake House Meet at church parking lot at 11:40	11 Exercise Class 9:30-10:30 COA Board Meeting 11:00	12
15 Veterans' Agent 9:00-1:00 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	16 Annual COA Picnic Ball Field- Pettengill Park 12:00 Entertainment by Radio Free Earth Bring a salad or dessert	17 Walking Club 9:00 Cummington Fairgrounds	18 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45	19
22 Foot Clinic 9:00 by appt. Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	23	24 Walking Club 9:00 Cummington Fairgrounds	25 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45	26
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Happy Birthday in July!



Patricia Lorda, Ruth Ann Dexheimer,
Allan Douglas, Richard Wolf, Worth Noyes,
Jean Schreier, Thomas Jay, Paula Gottlieb,
Janice Loux, Sandra Shapiro, Barbara Murphy-
Malinak, Gerald Howes, Joseph Pagano,
Richard Thomas, Kristin Jay, Delia Nash,
William Hoehne, William Dynok,
Patricia Johnston, Kathryn Harrison,
Michael Holden, Michael Daniels, Peter Sloan,
James Wettereau, Dennis Carr, Althea Frary,
Laura Wetzler, Christopher Mesmer,
Shaun Hebert, Mark Yamilkoski,
Bryna Greenspan, Delbert Robbins,
Pamela McLean and Wayne Higgins.

July Picnic

The annual COA picnic will take place on July 16th down at the ballfield in Pettengill Park. We are again planning to have BBQ chicken and corn on the cob. Please bring a salad or dessert to add to the feast. Josh and Kim Wachtel, Radio Free Earth, will provide us with entertainment! Don't miss it!



Ladies Lunch Bunch

We'll meet in the church parking lot at 11:40 to carpool. Lunch will be at the Ashfield Lake House, 141 Buckland Road, Ashfield.

Easy Ride Trip

No easy ride trip is scheduled for July. The board has been tweaking this program and has decided to run a trip four times a year, rather than month-

ly, and to have the COA cover the cost of transportation and entrance fee. Reminder: you must be approved to ride the Easy Ride Van. Applications are on the door to the COA office.

Our next trip is to Northfield for the Quinnetukut II Riverboat Cruise in August. More information will be in your August newsletter.



Walking Group

We have a nice group of people who 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 to begin and we'll be there!

Foot Care Clinic

The next foot care clinic is on Monday July 22nd. If interested, please call Ann Eisenhour to schedule an appointment: 413-634-2243

Reopening Search for Coordinator

The Board's first attempt at hiring a new coordinator for the COA office has failed. We are reopening the search and hope to have someone in place before the end of the summer. If you know of someone who might be interested, they can check out the job description on the town website. It is a 10 hour per week flexible position. Letter of interest, application and resume should be sent to: Cummington Council on Aging, PO Box 95, Cummington, MA 01026.

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



Summer is really here...finally! Many of us will be spending some time away. Here are a few ways you can make your hotel/motel stays safe:

- Choose a hotel/motel protected by both smoke detectors and fire sprinklers.
- Read the escape plan posted usually on the inside of the door into your room.
- Count the number of rooms between your room and the nearest two fire exits.
- Open the exit doors to make sure they are not locked or blocked.
- Keep your room key card by your bed and take it with you if there's an alarm sounding.
- If you hear an alarm, leave immediately, closing all doors behind you.
- Always use the exit stairs -- never use elevators during a fire because they may be functioning as chimneys.

Have SAFE summer travels!

--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.



Who on Earth to Ask???

If you followed the last five months, you know you should find another person or persons to act as your proxy for health care, serve as power of attorney, and as executor or personal representative. This is admittedly not an easy thing and I cannot do the topic justice in the space I have to write.

To make things worse, it is recommended that you appoint a backup person as well! So ideally you may need to find 3 or 4 folks to help you out. The person who can be compassionate with you and also be firm with medical staff may not be the best person to keep tabs on your finances or close out your estate. However, the person with your power of attorney may also be your personal representative after your death.

Let me list some characteristics to think of when you are considering who to ask to serve your needs. My hope is that you can mentally review the list and identify people who match, whether they are family, friends, children of friends, or legal or banking staff.

- Trustworthy and loyal to you and your needs, responsible
- Persistent and resourceful, a good communicator
- Financially literate, to match the complexity of your finances
- Younger than you and in reasonably good physical and mental health

The ideal? It may be a responsible child who lives near you, can get along with the siblings, has a good head on his/her shoulders... another typical option is your partner or spouse. BUT – what if your child is not as capable as you would like? What if your partner is in the first stages of dementia? Then keep looking...

A reminder - legal aid for low-income seniors may be available through the Hampshire Elder Law Program, 413-586-8729, or Community Legal Aid, 413-584-4034. We are also fortunate to have many knowledgeable elder attorneys in the area.

Good luck,

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

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

Consider buying your produce at the **Hilltown Mobile Market, a new program starting July 25th!** The Hilltown Mobile Market will offer 10-week farm shares at a cost of \$5 a week, as well as the opportunity to shop for fresh produce closer to home just like you would at a farmer's market or farm stand. If you receive SNAP (Food Stamps), you can sign up to get all of your money back for the cost of the farm share through the Healthy Incentives Program (HIP)!

You can shop for produce or pick up your farm share at two locations and pick-up times:
Thursdays, 3 - 5 pm at 48 Old North Road in Worthington or Fridays, 3 - 5 pm at 24 Russell Road in Huntington. This program will



run from July 25th to September 27th and there are limited farm shares available, so go to www.tinyurl.com/foodinterest or contact Seva Tower at sevat@hilltowncdc.org or (413) 824-1840 to express your interest in signing up for a farm share.



Part-Time Work Available

Helping Westhampton area elders with housework, transportation to appointments and various household chores @ \$15.00 per hour.

For info, call:
 Hilltown Elder Network (HEN)
 Westhampton Coordinator,
 Lilly Baxter:
 413-527-1532



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.

Central Hampshire Veterans' Services – Hilltown Schedule



Williamsburg Town Hall

141 Main Street
 Haydenville, MA 01039

Hours: Every Monday- 2:00 to 4:00

Cummington Community House

33 Main Street
 Cummington, MA 01026

Hours: 1st and 3rd Monday- 9:00 to 11:00

Goshen Town Offices

40 Main Street
 Goshen, MA

Hours: 1st and 3rd Monday- 11:30 to 1:30

Worthington Town Hall

160 Huntington Road
 Worthington, MA 01098

Hours: 2nd and 4th Monday- 9:00 to 11:00

Chesterfield Community Center

400 Main Road
 Chesterfield, MA 01012

Hours: 2nd and 4th Monday- 11:30 to 1:30

For additional information or to schedule an appointment with the Veterans' Agent, please contact our main office at 413-587-1299. Our main office hours are: Mon, Wed, Thurs, and Fri – 8:30am to 4:00pm, and Tues – 8:30am to 1:00pm.

Main Office: Central Hampshire Veterans' Services, Memorial Hall, 240 Main Street, Room 4, Northampton, MA 01060

Pancake Breakfast	(Firehouse)	7:00 - 10:00
Food & Vendor Booths		8:00 - 1:30
Historical Exhibits	(Edwards Museum)	9:00 - 10:30
Hilltown Art Display	(Town Hall)	9:30 - 1:30
Heritage Pops Orchestra	(Town Center)	9:30 & 11:30
PARADE		10:30 - 11:30
Chicken Barbecue	(Church)	11:30 - 1:30
Classic Car Show	(Town Offices)	11:30 - 1:30
Magic Show & Face Painting	(Park)	11:30 - 1:30
Sidetracked Band	(at Car Show)	11:30 - 1:30
Firefighters Contest	(Ball Field)	11:30 - 12:30
Family & Kids Softball	(Ball Field)	12:30 - 1:30

Celebrating the Volunteers of the Hilltowns

Massachusetts Cultural Council
 Sponsored in part by the Arts Council of:
 Chesterfield, Cummington, Goshen, Williamsburg & Worthington

RESOURCE DIRECTORY

Domestic Violence Advocate, Hilltown Safety at Home (HS@H)
If you need help in an emergency, call 911 or the Safe Passage hotline

Elder Abuse Hotline
First Call for Help Information and Referral Resources
Fuel Assistance Application and Recertification
Hilltown Elder Network – H E N (sponsored by Hilltown CDC)
Veterans' Service Officer Tom Geryk
(Westhampton) Joe Henning
(Plainfield) Brian Brooks

DO NOT CALL Registry

413 387-3120
888 345-5282
800 922-2275
800 339-7779
800 370-0940
413 296-4536 x120
413 587-1299
413 207-3541
413 772-1571
888 382-1222

Food Services

Food Bank of Western Massachusetts Brown Bag Program
Food Stamps - Supplemental Nutrition Assistance Program (SNAP)
Call Chesterfield COA for assistance

Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director
Meal Site Williamsburg Senior Center
Meals on Wheels Highland Valley Elder Services (HVES)
Northampton Survival Center, 265 Prospect St. Northampton
Salvation Army Emergency Food, Fuel or Medication Vouchers

800 247-9632 or 413 268-8407
413 552-5400 or 413 296-4007
413 296-4007
413 268-7578 Wed 1-3; 3rd Wed 1-6
413 268-8407
413 586-2000 or 800 322-0551
413 586-6564
413 586-5336/6564

Health Services

Highland Valley Elder Services Intake referral for homecare, etc.
Hilltown Community Health Center- Medical & Dental
HOPE Nurse, Ellie Mathias
Ellie Mathias, HealthWise Community Health Worker
Podiatrist Dr. Michael Coby, call Williamsburg Senior Center
to schedule (Alternating months at the Senior Center)
Foot Care Piper Sagan, RN
foot care in Cummington, call Ann Eisenhower
foot care in Goshen, call Liz Loven for appt.
foot care in Plainfield or in-home visits
foot care in Williamsburg or in-home visits
Deb Dean, foot care in Westhampton
Diane Roeder, foot care in Chesterfield

SHINE, Medicare & Drug Coverage Part D & Prescription Advantage
Wayne Glaser
Lorraine York-Edberg
Deborah Hollingworth (Chesterfield)

Mass Health and New Health Coverage
Buliah Mae Thomas at Hilltown Comm. Health Center

413 586-2000
413 238-5511, ext. 131
413 238-5511, ext. 322
413 238-5511, ext. 322
413 268-8407
413 634-2243
413 268-7122
413 522-8432
413 268-8407
413 667-5363
413 374-0457
Call your COA for appointment
413 773-5555, ext. 2275
413 296-4007 or 413 268-8317

Transportation Services

Cummington Neighbor to Neighbor Drivers
Westhampton transportation Appts or groc. shopping, Louise Jasonkowski
Williamsburg Medical & Carpool Rides (call to schedule)
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center)
Hilltown Easy Ride Van Ed Pelletier

413 634-2262
413 527-5134
413 268-8407
866 277-7741
413 296-4232

Local Councils on Aging

Chesterfield COA, Janice Gibeau
Cummington COA, Anne Parsons
Goshen COA, Evelyn Culver
Plainfield COA, Susan Metcalfe LaRock
Westhampton COA, Julia Lennen
Williamsburg Senior Center, Jennifer Hoffman
Worthington COA, Camille Smith, Chair

413 296-4007
413 634-2262
413 268-3316
413 743-5345
413 537-9880
413 268-8410
413 238-5998

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

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

Out and About in July

Wednesday, July 4th, 7am-1:30pm
Chesterfield 4th of July Celebration
Chesterfield, MA

Pancake breakfast, a fun parade, chicken BBQ and more... this annual event has it all! See details on page 4.

Sunday, July 21st at 2pm
The Lunch Box... Crossroads of Williamsburg
By Anthony Thomas Jr.
John James Memorial Hall, 42 Main St., Goshen, MA

Tommy will give a talk from his 2018 published memoir on 36 years as a restaurateur in Williamsburg at the popular Lunch Box. Sponsored by the Goshen Historical Society. All welcome!

Tuesday, July 23rd at 3pm (Part 1)
Tuesday, July 30th at 3pm (Part 2)
A Two-Part Educational Series about Alzheimer's
Rockridge Retirement Community, 37 Coles Meadow Rd., Northampton, MA

Please join Rockridge and the Alzheimer's Association for a two part educational series. Part 1 on 7/23 is

"Understanding Alzheimer's and Dementia". Part 2 on 7/30 is "Effective Communication Strategies". Come, learn, and enjoy healthy snacks for an active brain!

Saturday, July 27th, Noon-5pm
Goshen Family Fun Day
Tilton Town Field, Wing Hill Rd., Goshen, MA

Rain or shine. Vendors, games, bring a picnic or purchase food there. The band Sidetracked will be performing, sponsored by the Goshen Cultural Council. This is a free event sponsored by the Goshen Women's Club.

