

Cummington Council on Aging

August 2019 Newsletter



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

413-634-5707
 coa@cummington-ma.gov

August Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45	2
5 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	6	7 Walking Club 9:00 Cummington Fairgrounds	8 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45	9 Easy Ride Trip Northfield Mountain Meet at church parking lot 9:15
12 Veterans' Agent 9:00-1:00 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	13 Living Fully, Aging Gracefully 1:00-3:00 in Library Room	14 Walking Club 9:00 Cummington Fairgrounds Ladies Lunch Bunch Cold River Café Meet at church parking lot 11:30	15 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45	16
19 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	20	21 Walking Club 9:00 Cummington Fairgrounds	22 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45	23
26 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	27	28 Walking Club 9:00 Cummington Fairgrounds	29 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45	30

Happy Birthday in August!



Levi Robbins, Mary Ester Streeeter,
Jeanette Horton, Lucille Fandel,
Ann Louise Lambert, Joel Hinton,
David Sprague, Maureen Horak, Dennis Gero,
James Drawe, Susan Boulanger,
Beverly Prentice, Victor Morrill,
Richard Sheppard, Mark Lyons, Mark Bevan,
Michael Augspurger, Christopher Robertson,
Anne Barbour, Lynn Mary LaFountain,
Tammy Reid, Marcia Winseck, and
Susanna Matthews.

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)

Ladies Lunch Bunch

On Wednesday, August 14th we'll be dining at the Cold River Café, 31 Main Street, Charlemont. We'll meet in the church parking lot at 11:30 to carpool.

Easy Ride Trip

Friday, August 9th. Enjoy a relaxing cruise on the Connecticut River on a Heritage Riverboat at Northfield Mountain followed by lunch at the Four Leaf Clover in Bernardston. Call the COA office (634-2262) to make your reservation. The bus

holds 12 and it is first come, first served. Easy Ride and riverboat ride fees covered by the COA. Meet in the church parking lot at 9:15.

Walking Group

Join us on Wednesdays at 9:00 at the Fairgrounds. FYI, there will be no walking group at the Fairgrounds when there is an event happening.

Foot Care Clinic

The next foot care clinic is on **Monday, September 23rd**. If interested, please call Ann Eisenhower to schedule an appointment: 413-634-2243

Medical Equipment

A supply of canes, crutches, walkers, rollators, wheelchairs, transport chairs, commodes, bath/shower chairs and raised toilet seats are available for loan from the COA. If you are in need of one or more of these items, call the COA office at 634-2262. We also accept any of these items for which you no longer need. Must be clean and in good working condition.

COA Board Positions

Your COA board is looking for three new members to make it a full board. Please consider joining us! Meetings are once a month, where all decisions about what will be offered in the future occur. **Please consider donating some of your time and talents to our community in this way.**

Taking a Break

The COA board is taking August off. There will be no board meeting or potluck. The office will be open.



See you in September!

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

If you have spent any time outside this summer, you have probably met up with the over abundance of ticks in our area. Along with the deer ticks carrying Lyme Disease, there are ticks new to our area that carry some other diseases. Here are a few things that may help you deal with ticks:



- If you are going outside, cover up and use bug repellent.
- Be sure to check yourself and loved ones for ticks when you come in.
- If you find a tick on you, don't panic.
- Remove the tick immediately with tweezers or a tick key.
- If the tick is engorged and you don't know how long it's been attached, seek medical attention.
- If it is not engorged, keep an eye out for the typical bullseye rash or flu-like symptoms the next two weeks. If either happens, seek medical attention.

Have a tick free SAFE summer!

--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.

Smith Vocational and Agricultural High School Cosmetology Department is pleased to collaborate again with the Chesterfield Council on Aging by offering a "spa day" once a month to seniors in the surrounding area for the 2019-2020 academic year.

All work is done by students and is supervised by a licensed instructor. **Starting Friday, September 20th**, haircuts (\$6), manicures (\$5), and facials (\$9) will be offered. Available appointment times are 9am & 10am. Facial appointments are limited to one per hour due to space availability.



Future dates to mark on your calendar are: Oct. 18, Nov. 15, Dec. 20, Feb. 14, Mar. 20, Apr. 17 and May 22. The 'Spa' services take place at Smith Vocational High School, in Building A, Room 124. Remember to call early for your appointment as slots fill up quickly. Please call the Cosmetology Department at the school. Their direct line is 413-587-1414 ext. 3531.

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.

Wallet Gone, Gone, Gone

Stolen or lost, your wallet had stuff in it that you actually wanted to keep. Here are a few suggestions for dealing with a nasty situation.

1. File a police report if you think theft was or even *might* have been involved. This gives you protection against charges on your card account.
2. Pull out the photocopy of your cards (see *) and other wallet contents and start phoning or going online. Ask if there have been any recent charges, verify they are yours, and request card replacements and ask when you can expect the new cards.
3. Be glad that during the days that you have no valid credit cards, you had kept one card safe in the house that you can still use. Also be glad that you do not carry your social security card with you. **Also** be glad that you have put a credit freeze on your credit bureau accounts.
4. Contact each of the three credit bureaus and request a fraud alert on your accounts.

Good ol' belt and suspenders practices – annual checking of credit bureau records, placement of a freeze, request for fraud alert.

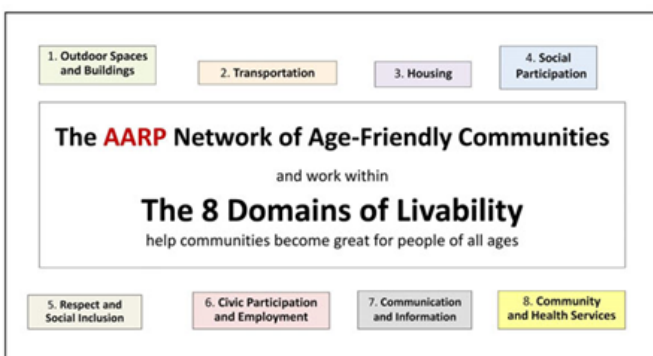
* Get thee to a copier with your wallet. Take out your credit cards, driver's license, gas card, medical cards, etc., and put them on the copier face side down. You can get 8 cards on one sheet of paper. Make a copy, then carefully turn the cards over to copy the back, making sure the cards are in the same position as the first time. Now you have a record of your card number and how to call to put a stop on transactions and request a new card.

And remember THE credit report site – annualcreditreport.com

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

AARP Awards Certificates to seven towns in the Northern Hilltowns Consortium of Councils on Aging

Antron Watson, AARP Massachusetts Age Friendly Director, welcomed Chesterfield, Goshen, Worthington, Westhampton, Williamsburg, Cumington and Plainfield into the WHO and AARP network of communities committed to developing towns and cities that make aging in place a reality for all generations. Approximately 40 representatives from Select Boards, Councils on Aging and other community members were joined by Representative Natalie Blais to celebrate the achievements of each town in looking at the main issues of accessibility of buildings, walkability, transportation, access to health services, information and inclusion of older adults in the life of each town.



The eight domains of livability listed above are: Outdoor Spaces and Buildings, Transportation, Housing, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, Community and Health Services.



Antron Watson, AARP Massachusetts Age Friendly Director; Natalie Blais, MA State Representative; Jacqueline Dufresne, Chair of Williamsburg Advisory Board; Camille Smith, Chair of Worthington COA Advisory Board; Julia Lennen, Westhampton COA Coordinator; Evelyn Culver, Goshen COA Coordinator; Trish Colson-Montgomery, Chesterfield Select board

Williamsburg Senior Center Seeking Help in Kitchen / Café

Flexible part-time position, 2-4 days, 3-5 hrs each. Help prepare our Monday Meals and serve prepared meals Tues - Thurs.

Paid position. Call Jenn at 268-8410.

Hilltown Mobile Market 2019 FAQ

What is a Mobile Market?

A mobile market is a farm stand that brings fresh farm produce to various locations in a community to make locally-grown produce more accessible to everyone. Although we have many farms in the Hilltowns, there aren't enough farmer's markets in the area to serve the community. The mobile market will stock produce from multiple farms, making it easier to find what you are looking for in one place. It also directly supports our local farmers without requiring them to add another market day to their busy schedule. The Hilltown Mobile Market is a grant-funded project for 2019 & 2020. If it is successful, we hope to sustain it with additional outside support.

Who can visit the Mobile Market?

Everyone can buy produce at the Mobile Market! Each week will feature an assortment of fresh, Hilltown-grown produce and you can buy what you need for dinner or for the whole week! You can purchase produce using cash, credit/debit, SNAP (food stamps) and WIC or Senior Farmers Market Coupons.

When and where will the Mobile Market take place?

You can visit the mobile market at one of its two "pop-up" locations:

Worthington: Thursdays, 3pm-5pm
The Maples, 48 Old North Rd
July 25-Sept 26, 2019

Huntington: Fridays, 3pm-5pm
Town Hall Green, 24 Russell Rd
July 26-Sept 27, 2019

What is the Hilltown Mobile Market Farm Share?

In addition to buying produce from the stand, you can also sign up for the Mobile Market Farm Share – the most affordable option! For \$5 per week, you will receive 10 weeks of fresh produce valued at \$175. You can either pay for the share using SNAP (food stamps) (*cont. on next page*)

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.**

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. Wait list only.

Sept. 4-12: Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Cost is \$1,070 per person dbl. occupancy. A few seats remain. This 9 Day trip includes:

- 8 nights lodging including 5 nights in Canada
- 14 meals including: 8 breakfasts, 6 dinners
- Guided Tour of Acadia National Park
- Guided Tour of Halifax, Peggy's Cove and Lunenburg
- Admission to King's Landing Historical Settlement
- Guided Tour of Prince Edward Island, includes Anne of Green Gables' home.
- Admission to the Natural Wonder: "Hopewell Rocks"
- Visit to the Waterside Town of Saint John

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



cont. from previous page) with a full reimbursement through the HIP program, or you can pay with cash / check.

How will the Mobile Market Farm Share work?

If you participate in the Mobile Market Farm Share, you will have to come to either the Worthington or Huntington location each week during Market hours (3-5PM) to pick up your share. If you have limited mobility or transportation, please contact us so that we can help you make other arrangements to pick up your share. Each share will consist of approximately 5 items, some of which you will be able to choose based on your individual or family preferences. The share is designed for small and/or elderly households. If you have a larger family, you may want to consider signing up for two shares.

How do I pay for the Farm Share with SNAP/HIP?

When you sign up for a Farm Share, you will enter into an agreement with one of the farms that will be supplying the produce. We will ask for your EBT card number, contact info, and signature. Your EBT account will automatically be charged \$25 in August and in September. Please reserve a minimum balance of \$10 on your EBT card on the first of each month for this transaction to go through. You will automatically get your \$25 reimbursed on your EBT account through your monthly HIP benefit.

Can I use my HIP benefit at the Market?

Yes! However, in order to take advantage of the MA Healthy Incentives Program (HIP), you must sign up in advance for the Hilltown Mobile Market Farm Share. Unfortunately, you cannot at this time use HIP to make additional purchases on the market stand, but you can use your regular SNAP benefits, as well as cash, credit/debit, and WIC or Senior Farmer's Market Coupons.

What kinds of produce will I get in my Share?

Produce will vary week to week depending on what is seasonally available on our farms. In the early season, there may be more lettuce and beets; in the middle, more squash, potatoes and beans, and towards the end, more tomatoes, peppers, and broccoli. We also plan to offer some sweet corn and fruit from other farms.

Who should I contact if I have further questions?

For additional questions, please contact Hilltown Mobile Market organizer Seva Tower at sevat@hilltowncdc.org or 413-296-4536 x112 (office) or 413-824-1840 (mobile). Our market staff this season also includes Fletcher Schneeflock, Mobile Market Coordinator, and Rebecca Marmor, Healthy Hampshire Summer Intern.

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,
Newsletter Designer
regionalcoanews@gmail.com

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

Out and About in August

Friday, August 2nd at 10:30am
Puppet Show With Tom Knight



Chesterfield Comm. Center
400 Main Rd.
Chesterfield, MA

Tom Knight has been delighting children and their grown-ups with his original, interactive, musical puppet show since 1988. His unique blend of musicianship and puppetry celebrates reading ("the Library Boogie"), the environment ("the Garbage Monster"), and science ("The Solar System"), with hand-made puppets, catchy songs, and a high degree of audience participation. The strong visual elements appeal to children as young as 2, while fun lyrics engage children up to twelve, and adults alike.

Sponsored by grants from Chesterfield Council on Aging through Highland Valley Elder Services and Chesterfield Cultural Council.

Monday, August 12th
Three showings: 4:30pm, 5:15pm, 6:00pm

Boston Museum of Science
Portable Planetarium Program:
The Night Sky

Chesterfield Town Hall
403 Main Rd.
Chesterfield, MA

This presentation helps audiences discover which stars, planets, and other astronomical wonders are visible this evening. Using a portable planetarium, you take a tour of the solar system and beyond, and are provided useful tips on how you can navigate the night sky from your own backyard.

Limit: 25 people per show. Please call, stop in or email the library to sign up! The library is open on Mondays from 2-7, Wednesdays 10-4, and Saturdays 9-1. The library phone number is (413) 296-4735 and their email is: chesterfieldpubliclibrary@gmail.com.

Program sponsored by Friends of the Library and Chesterfield COA grant from Highland Valley Elder Services.

