

Cummington Council on Aging

September 2019 Newsletter



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

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

September Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	3	4 Walking Club 9:00 Cummington Fairgrounds	5 Exercise Class 9:30-10:30 COA Board Meeting 11:00	6
9 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	10 Living Fully, Aging Gracefully 1:00-3:00 in Library Room	11 Walking Club 9:00 Cummington Fairgrounds Ladies Lunch Bunch Rabbit Hole Meet at church parking lot at 11:30	12 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45	13
16 Veterans' Agent 9:00-1:00 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	17 Blood Pressure Clinic 11:30-12:00 Potluck 12:00 Followed by Q&A with select board chairperson Bill Adams	18 Walking Club 9:00 Cummington Fairgrounds	19 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45	20
23 Foot Care Clinic 9:00 by appt. Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	24	25 Walking Club 9:00 Cummington Fairgrounds	26 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45	27
30 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00				

Happy Birthday in September!

Jane Emerson, Ida Pearce,
Verna Ridel, Greg Prentice,
Helen Larkin,
Menna Wynne Busby,
Susan Forgea, Jason Joel King,
John Maruskin, Lawrence Panzeri, Elaine Drawe,
Barbara Robb, Deborah Hoehstetter,
Jane Wells Adams, Dale Ann Hoag,
Carol Hoehne, David Simard,
John Howard Miller, Paula Zindler, Paul Streeter,
Kathy Arlene McMahon, Margaret Kelleher,
Aliza Ansell, Maureen Lavigne,
Linda Matuewezski, Roger Wolf



Hello!

Hello everyone. I am thrilled to be the Council on Aging's new coordinator. I have lived in the hilltowns for 18 years with my husband and our three children. We moved from Worthington to Cummington four years ago. When not at work, I am busy homeschooling my kids, gardening, taking care of our chickens, cats and horses and squeezing in a free moment here and there to knit or sew.

I hope to continue the wonderful programs that the COA currently offers and perhaps develop another one or two that interests you. Something with music perhaps? Please reach out to me with any questions, suggestions, concerns, or just to say hello. My office hours are Tuesdays 9 a.m. to 1 p.m. and Thursdays 4 to 8 p.m. Stop by or call (634-2262).

I'd also like to express my gratitude to Anne for all her help over the past month. She has been cheerful and tireless in helping make this a smooth transition.

I look forward to meeting you,
Chrisoula



From Anne

It has been a pleasure to work for you and with you for the past two years. Thank you for that opportunity! You're not getting rid of me that easily – you'll still find me at COA activities and I'll be a member of the board. ~Anne

Ladies Lunch Bunch

The Ladies Lunch Bunch will be heading to the Rabbit Hole in Worthington (144 Huntington Road) on Wednesday, September 11 for lunch. Meet in the church parking lot at 11:30 to car-pool.

September Potluck

September's potluck will be on Tuesday, September 17 at noon. Bill Adams, chairperson of Cummington's select board, will be available to answer questions after the luncheon.

Foot Care Clinic

The next foot care clinic is on Monday, September 23rd. Please contact Ann Eisenhour at 634-2243 to make an appointment.

Robo call List

If you would like to receive town robo calls on your cell phone, please contact Chrisoula at the COA office with your name, address and phone number. I will then pass your information along to Bernie Forgea.

Trip to Big E

If you are looking for an easy way to get to the Big E, join us on Friday, September 13 at 9 a.m. at the church parking lot. The Easy Ride bus will provide the transportation. Cost for the bus is \$5. Cost of admission to the Big E is \$10. We should be back home by 4 p.m. Please call the COA office (634-2262) if you are interested in going. There is space for 12 on the bus.

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

September has been designated Fall Prevention Month, which does not mean prevent fall from coming. It means being mindful of things you can do to keep from falling and injuring yourself. Here are a few things you can do to be safe.

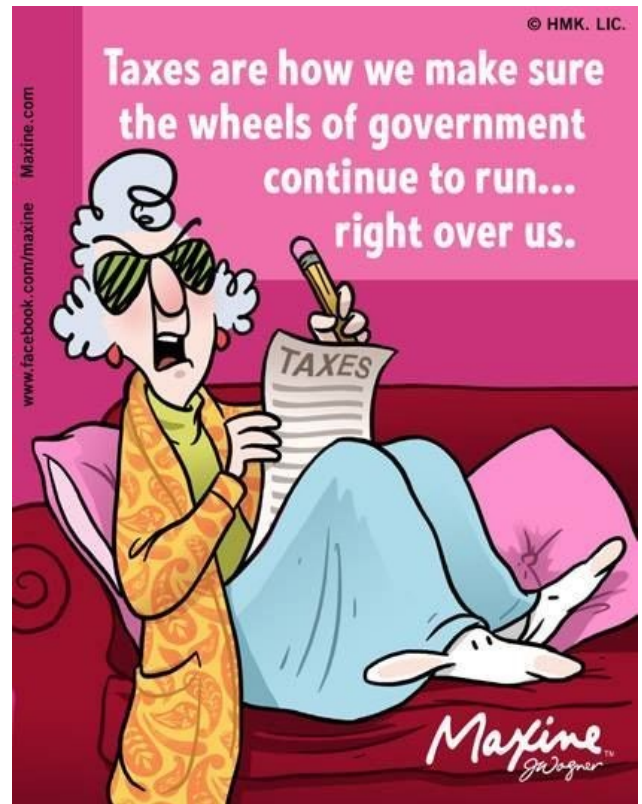
Senior 
SAFE

- Keep walking area (including stairs) free of anything you could trip over like electrical cords and any clutter.
- Get rid of or secure scatter rugs.
- Smooth out wrinkles and folds in carpeting.
- Use non-slip mats in the bathtub and on shower floors.
- Have grab bars installed on the wall in the tub and shower and next to the toilet.
- Stairways should be well lit from bottom to top.
- Have easy-to-grip hand rails on both sides of interior and exterior stairs.

Be SAFE and fall free!

--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.



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.

Two-factor Authentication (TFA)

If you don't do any business online, then this month I'm not writing to you! But as always, please pass this to someone who can use it. If you go online to check bank balances, deposit checks electronically, track credit card use, have a cloud storage account, or do online shopping or similar actions, then please continue reading.

What is it?

TFA (love those acronyms, as a former Federal employee) is a log-in process that requires two levels of identification before you can access your account. The first level is your username and Really Good Password. The second is something generated by a computer that you type in. This might be a random 6 numbers sent to you by email, phone, or text.

How come?

This cyber trick gives you an extra layer of security, making it harder for a hacker to get you. We all know they are getting smarter and more determined, but this will at least slow them down. TFA works partly because you use a code sent to you that is not kept anywhere and expires usually within minutes.

Many credit card companies and vendors will now encourage you to sign up for this. If you don't get hacked, life is easier for them, too!

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

Scam Warning

SHINE (Serving the Health insurance Needs of Everyone) Medicare Counseling Programs are being bombarded with calls and ads for "free" genetic cancer screening kits. Agents claim Medicare will pay for them... and they are making cold calls to convince you to buy one. **THE OFFER IS FALSE! Medicare DOES NOT pay for mail order kits for cancer screening.**

Medicare covers many genetic tests to diagnose cancer once symptoms are present, but there is only ONE test to screen (for colorectal cancer). Only screening by a physician will be covered by Medicare!

Report sales complaints to SHINE (1-800-243-4636, press 3) or the Senior Medicare Patrol Project (978-946-1200). Do not be scammed!

Six seniors from the hilltowns were part of a group who enjoyed a recent trip to the Russian Icon Museum: Rosemary Moran, Barbara Bak, Ginny Breish, Norene Roberts. Back: Robin Bak, John Breish



Another group went on a trip to the Titanic Museum: Nancy Boyle, Jean, Marilyn Davidson, Carol Jolly, Nan Clark, Francine Frenier, Milenna Curtis, Lillian Bisbee, Sam Bancroft, Mary Bancroft.



BOO IS BACK AGAIN !

Watercolor Class: Thursdays 10:30 am

September 12 ; 19 (1pm), 26

October 3,10,17

Sign up now: Space is limited
Call Chesterfield COA 413-296-4007
or email: coa@townofchesterfieldma.com

Save the Date!

Highland Valley Elder Services invites you to the:

**2nd Annual
Keys to Aging Well Expo
Tuesday, October 1, 2019
3:00-4:30 PM**

**Hadley Farms Meeting House
41 Russell Street, Hadley**

Highland Valley remains committed to its mission to serve older adults and their families through collaboration, education, advocacy, and a range of programs designed to support them where they live. The event will highlight services offered by Highland Valley Elder Services and community resources for aging well.

Light refreshments will be served. Free giveaways and lots of expertise to be shared. Admission to the Expo is free and open to the public. Visit us at www.HighlandValley.org or find us on Facebook at www.facebook.com/HighlandValleyElderServices/

Town of Chesterfield - Employment Opportunity

Administrative Assistant to Town Boards: The Town of Chesterfield is seeking an experienced individual to take and then prepare meeting minutes in electronic format (and update after Board review) for various Town boards /officers. Irregular weekly hours from zero to ten, to include evening meetings. Hourly compensation TBD on applicant's qualifications. Send cover letter and resume by September 15th to:

Town Administrator
PO Box 299
Chesterfield, MA 01012

Direct questions to:
townadmin@townofchesterfieldma.com.

Stronger than Yesterday



Chair Yoga

Yoga is for everyone, and this form is gentle and relaxing. It improves your flexibility and may offer relief from arthritis and insomnia.

Tues. 10am, Chesterfield Comm. Ctr
Led by Sarah Prince
Requested donation: \$5/class.

Thurs. 10:45am, Williamsburg Senior Ctr.
Chair Stretch and Strengthen
Led by Alexandra Mello. \$10/class.*

Yoga for You

*Taught by Michelle Wolk, this class is geared for active adults. Any adult can join. Class is \$12 or 6 classes for \$60.**

Tues. 6-7pm, Williamsburg Senior Ctr.

Dance Class (Modern / Creative)

Contemporary dance for adults, taught by Susan Waltner. Donations gratefully accepted.

Weds. 10am, Williamsburg Senior Ctr.

Feldenkrais

Create flexibility, strength and balance, with trained instructor Michele Morales-Wolk. Open to all ages.

Mon. 7pm, Chesterfield Comm. Ctr.
Requested donation: \$5/class

Healthy Bones and Balance

Designed to increase participants' strength, mobility, flexibility and balance, H B & B classes are a free, fun way to exercise and socialize. Medical clearance is required.

Mon. & Thurs. 9:30am

Cummington Comm. House

Mon & Fri. 10:30am
Worthington, Maples I Comm. Room

Tues. 10:30am Williamsburg Senior Ctr.

Thurs. 4pm, Williamsburg Senior Ctr.

Hiking

Chuck Horn and Ray Fontaine organize hikes around the Westhampton / Easthampton area. To get on their email list, drop Chuck a line: charleshorn@gmail.com

Muscle Strengthening Classes

Strength training keeps your bones strong and helps maintain muscle mass. Led by Joan Griswold.

Mon. 10am, Plainfield Town Hall
Weds. 10am, Goshen Town Hall

T'ai Chi

T'ai Chi is a wonderful activity known to increase balance, centeredness within oneself, and an enhanced relationship with the natural world.

Mon. 9:30am, Chesterfield Comm. Ctr.
(Advanced; \$5/class)

Thurs. 6:30pm Chesterfield Comm. Ctr.
(Beginner; \$5/class)

Fri. 9:30am Williamsburg Senior Ctr.
*\$10/class**

Zumba!

*Led by Melissa Tee. All levels welcome. \$5/class.**

Mon. 6pm, Williamsburg Senior Ctr.

To find out more, and to register, please contact the appropriate COA:

Chesterfield:

Janice Gibeau, 296-4007,
coa@townofchesterfieldma.com

Cummington:

Chrisoula Roumeliotis, 634-2262,
coa@cummington-ma.gov

Goshen: Evelyn Culver, 268-3316, ematkc@aol.com

Westhampton:

Amy Landau, 203-3086, westhamptoncoa@comcast.net

Williamsburg:

Jenn Hoffman or Sherry Loomis, 268-8407,
sloomis@burgy.org * Financial aid may be available for Wburg residents.

Worthington:

Shelley Rice, 240-678-4518, coa@worthington-ma.us

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

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Cummington
Council on Aging**

Chrisoula Roumeliotis,
Coordinator
634-2262

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

Anne Parsons, 634-5707

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 September

Saturday, September 14th at 2pm
Author reading: *Bad Sleep* by Siegfried Haug
Goshen Public Library, 42 Main St., Goshen, MA

Siegfried Haug, a writer from Goshen, will read from his new mystery novel, *Bad Sleep*. Haug lectured nationally and internationally, and still appears on Channel 22 as a sleep expert. He is also the author of *I Want to Sleep: Unlearning Insomnia*.

Thursday, September 19th at 10:30am
Little Roots
Chesterfield Comm. Ctr, 400 Main Rd., Chesterfield

Come have fun! Play, sing, dance. All ages welcome. Sponsored by Davenport Child Care. Funded by Chesterfield COA grant from Highland Valley Elder Services.



Fri. September 20th at 9am & 10am
Spa Day at Smith Vocational
80 Locust St. Northampton

Smith Vocational is pleased to collaborate again with the Chesterfield COA 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. Cosmetology students are offering: Haircuts \$6.00;

Manicures \$5.00; Facials \$9.00. 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.

Sunday, September 22nd at 2pm
The Institute for Musical Arts
John James Memorial Hall, 42 Main St., Goshen, MA

Ann Hackler, IMA Co-founder, will discuss the founding of the Institute of Musical Arts, located on Cape Street, Goshen. The IMA is a non-profit organization that has been transforming the lives of girls and young women through its teaching programs, workshops, and concerts for 30 years. Sponsored by the Goshen Historical Society. All welcome!

Saturday, September 28th, 9-3pm
Fall / Winter Clothing Exchange
Goshen Congregational Church, 45 Main St., Goshen
Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Weds. Sept. 25th from 5-8pm and Fri. Sept. 27th from 9am-3pm, then come back to shop on Sat. the 28th from 9am-3pm! All are invited to participate whether you donate clothes or not.