

# Cummington Council on Aging

## October 2019 Newsletter



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

Chrisoula Roumeliotis  
413-634-2262  
coa@cummington-ma.gov  
Office Hours: Tues 9-1, Thurs 4-8

### October Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<b>1</b>	<b>2</b> <b>Walking Club</b> 9:00 Cummington Fairgrounds	<b>3</b> <b>Exercise Class</b> 9:30-10:30 <b>COA Board Meeting</b> 11:00	<b>4</b>
<b>7</b> <b>Veterans' Agent</b> 9:00-11:00 <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>8</b> <b>Living Fully, Aging Gracefully</b> 1:00-3:00 in Library Room	<b>9</b> <b>Walking Club</b> 9:00 Cummington Fairgrounds <b>Ladies Lunch Bunch</b> The Boat House at Brunelle's Marina Meet at church parking lot at 11:00	<b>10</b> <b>Exercise Class</b> 9:30-10:30 <b>Coffee Hour</b> 10:45-11:45	<b>11</b>
<b>14</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>15</b> <b>Blood Pressure Clinic</b> 11:30-12:00  <b>Potluck</b> 12:00 Followed by informational session with MLP board	<b>16</b> <b>Walking Club</b> 9:00 Cummington Fairgrounds	<b>17</b> <b>Exercise Class</b> 9:30-10:30 <b>Coffee Hour</b> 10:45-11:45	<b>18</b>
<b>21</b> <b>Veterans' Agent</b> 9:00-11:00 <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>22</b>	<b>23</b> <b>Walking Club</b> 9:00 Cummington Fairgrounds	<b>24</b> <b>Exercise Class</b> 9:30-10:30 <b>Coffee Hour</b> 10:45-11:45	<b>25</b>
<b>28</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>29</b>	<b>30</b> <b>Walking Club</b> 9:00 Cummington Fairgrounds	<b>31</b> <b>Exercise Class</b> 9:30-10:30 <b>Coffee Hour</b> 10:45-11:45	

## Happy Birthday in October!

Mildred Stevens, Wilma Hatch,  
Barbara Regan, Ronald Wolf,  
Walter Korzec, Carolann Skaling,  
Judith Suriner, Ronald Woodland,  
Diane Harris, Jeffrey Matuewezski,  
Audrey Marcoux, John Earls, Howard Meister,  
Marguerite Yamilkoski, Sarah Tompkins,  
Stephen Yoshen, Mark Malinak, Patricia Keith,  
James Messineo, Jane Crosby, Robert Taylor



### 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, Corresponding Secretary  
and Treasurer (634-5051)  
Anne Parsons, Recording Secretary (634-5707)

### Some name and address errors

It has come to my attention that some newsletter recipients have had their names accidentally changed in the last few newsletters. That problem should now be resolved. I am hoping that your names are correct in this newsletter. If not, please let me know. Also, please share with me address updates or any other problems with the way your newsletter is being addressed to you. Drop by during my office hours (Tues 9-1, Thurs 4-8), call (634-2262) or email (coa@cummington-ma.gov).

### Attending activities in other towns

Just a brief reminder that you are all welcome to attend classes, activities and programs sponsored by the COAs of our neighboring towns. You can find out what is going on in the other towns in the regional section of this newsletter.

### Ladies Lunch Bunch

The Ladies Lunch Bunch will be going to the Boathouse at Brunelle's Marina in South Hadley on **October 9th**. This restaurant opened in the summer of 2018 where the Dockside Restaurant used to be. If you would like to glance at their menu, you can find it online at boat-housedining.com. Please meet at the church parking lot at 11am to carpool.

### October Potluck

October's potluck will be on **Tuesday, October 15th at noon**. After the luncheon, members from the town's Municipal Light Plant board will be presenting information on the status of providing high speed internet service to the town. They will explain how this will affect you, how and why this pertains to you and what you need to do to ensure that your home has access to high speed internet. Bring your questions!

### Walking Group

The weather is cooling off and the foliage is looking lovely! This is a wonderful time of year to join a walking group. Meet at the Cummington Fairgrounds every Wednesday at 9am.

### Foot Care Clinic

There is no foot care clinic in October. The next foot care clinic is on **Monday, November 25th**.

### Friday Nite Café

Friday Nite Café has resumed its bi-monthly musical performances at the Village Church on Main St. at 7pm. Larz Young will perform on October 11. On October 25, One Part Luck will be playing. This is a lovely way to hear talented local musicians. There is no admission fee; however, there are donation baskets for the benefit of the performers and the use of the church.



***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** \_\_\_\_\_

\_\_\_\_\_

### Seniors Aware of Fire Education

This month, we will focus on those of you who benefit from medical oxygen in your home. Here are a few safety ideas for you to live with:

Senior   
**SAFE**

- A patient on oxygen should not smoke.
- No one should smoke in a home in which oxygen is being used.
- Keep oxygen cylinders at least five (5) feet from a heat source, open flames or electrical devices.
- Keep body oil, hand lotion, and items containing oil and grease away from areas in which oxygen is being used.
- Something to remember: when medical oxygen is used in the home, the amount of oxygen in the air, furniture, clothing, hair, and bedding can increase, making it much easier for a fire to start and spread.

Stay SAFE at home!

--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.*

### Be Your Best

#### Joan Griswold Brings Exercise Program to Chesterfield: Strength for Life

Maintain good posture with total body strength and flexibility so your physical capabilities keep you active in your everyday life. Join in this social, health-enhancing workout being offered at the Chesterfield Community Center on Friday mornings at 10am. **The first session is on October 25th.**



The popularity of the sessions Joan Griswold holds in Goshen and Plainfield leaves many wanting more. She will now come to Chesterfield and expand on the very popular ball exercise classes held in previous years. Now people who want to attend her sessions will have three days a week to choose from:



**Plainfield: Mon. 10am;  
Goshen: Weds. 10am;  
Chesterfield: Fri. 10am.**

#### 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.

### Ack! Talk to a lawyer!?

Every once in a while I write about documents we all really should have in place to make things easier for ourselves and our loved ones. Those notes usually include "You might need to see a lawyer about this." I suspect that tends to help procrastination, right?

So I'm hoping these suggestions will help move things along. They apply whether you are looking for help with a contract, being sued, have a personal injury, are trying to right a wrong, drafting your will or setting up a trust, or helping settle someone's matters after death. In today's society, there are many reasons for consulting a lawyer.

So...

1. Gather all documents and information you might need, make copies to give to the lawyer. Include names of other people who might be involved, with how to contact them.
2. Think of the questions you will need to ask and write them down.
3. Be ready to take notes as you get answers, or ask someone to go with you to do that.
4. Ask about fees for the tasks you need done and get a printed copy of the response.
5. Ask the questions about your issue.
6. Read and understand everything you are going to sign; ask questions again if needed.
7. Get copies of everything you sign for your files, and keep them safe.
8. Understand what happens next and when, meaning actions by you or by your lawyer.
9. And my favorite – ask him or her: "What other questions should I ask?"

Remember you can talk to your lawyer and the conversation is confidential. Also remember that if you don't get questions answered clearly and to your satisfaction, you may need to find another lawyer.

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

# Hilltown Easy Ride and Hilltown Driver Pool



## Answers to Common Questions

**Need a ride?** Hilltown Community Development provides transportation for shopping, medical and COA outings for seniors in the towns of Chesterfield, Cummington, Goshen, Plainfield and Worthington. Our primary program is operating a FRTA van, which runs five days a week, prioritizing medical rides on Monday, Wednesday and Friday. Tuesdays we go to the Big Y in Northampton and Thursdays we go to Market 32 in Pittsfield – both of those shopping trips have the option of also shopping at Walmart and other stores in their respective plazas. The shopping trips are a great way to get food and errands done while leaving your car at home – plus we have a great group of regulars which add to the enjoyment of the outing each week.

You must be 60+ to be eligible to ride the Hilltown Easy Ride and fill out a Demand Respond Application with FRTA. We would gladly help you with that process, or you may go on the FRTA website and download an application. It takes about a week to be processed, and once you get the acceptance letter you can start booking rides.

For those occasions when the van is unavailable for a medical appointment, we supplement with the Hilltown Driver Pool – a pool of drivers from the community who can take passengers in their personal vehicles to medical appointments which the van cannot accommodate due to scheduling or service area restrictions. Please make your appointment request to Ed Pelletier, Dispatch Coordinator, and he will determine which option will work according to the schedule: 413-296-4232.

### Frequently Asked Questions:

#### **Will the van take me anywhere I want to go?**

The Hilltown Easy Ride is operated under a contract with Franklin Regional Transit Authority and they do give us restrictions on which towns we serve (Chesterfield, Cummington, Goshen, Plainfield and Worthington), where we go and how it is used. Re-occurring medical appointments and appointments more than 30 miles away are not al-

lowed as they overburden program resources. For this reason we secured a small grant for the Hilltown Driver Pool to help us cover those limited instances. Shopping, wheelchair accessible transportation, and medical rides we can cluster are all great uses of the van! The Hilltown Easy Ride is public transportation, not a taxi service, so sometimes there is a bit of a wait to be picked up or for other passengers to complete their shopping.

So yes, the van can take you almost anywhere with a few exceptions, caveats and within the grant funding we have available. But we are always happy to work through scheduling conflicts and program restrictions – so call us! We can only keep these programs funded if they are well used and we consider riders an essential part of our Hilltown transportation team.

#### **What does it cost?**

Van fares depend on distance, but the average rides are from \$3.50 to \$4.50 round-trip. Hilltown Driver Pool rides are by a suggested donation of \$5 to \$15.

#### **How do I book a ride?**

Call our dispatch coordinator Ed Pelletier at 413-296-4232 and tell him about your trip request. We do need 48 hours notice (two business days – call Friday for a Tuesday request) as our drivers are all “on-call” and need to be set up.

#### **How do I know if the ride is confirmed?**

Ed will secure the driver and adjust the schedule and call you back the day before to confirm.

#### **What if the dispatch doesn't answer the phone?**

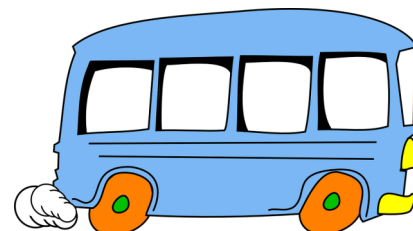
Ed works 8-10am so often riders leave him a voicemail. He checks and returns calls within 24 hours – please feel free to leave a message and he will get back to you.

#### **Is there a low-income eligibility requirement?**

**NO**, any resident of those five towns who are 60 years old and over, plus veterans of any age, may ride regardless of income.

#### **Why do I have to do paperwork to apply?**

The van belongs to FRTA who contracts with us, so we are required to use their forms and they keep approved rider lists. It is also important for your safety that we have your full name, contact information and an emergency contact on file while riding with us. Some terminology on the application is unfamiliar, or maybe you don't have a copier at home to make a photocopy of the required drivers license. We are happy to help, call Ed if you require assistance with the application.



# 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.**

**Oct. 10: A Day in Vermont.** Cost \$78. 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– Possible Multi Day Trips:

*Destiny USA Mall in Syracuse, NY  
Memphis-Tunica, Niagara Falls, and  
Nantucket!*

## Possible Day Trips:

*New England Air Museum, Shows, Casino,  
Majestic Theater*

**Suggestions are always welcome.**

## Attention Medicare Beneficiaries... Open Enrollment Time Approaches

It's that time of year when your mailbox may begin to fill up with marketing materials from your Medicare D plan, or your Managed Care Plan.



**Open Enrollment starts October 15th and runs through December 7th.** It's the time of year when you can switch health insurance plans if you're not happy with your current coverage... or you might just want to check to see if there's a better health insurance plan out there. For those of you who are enrolled in a Medicare Managed Care plan, you have an even longer Open Enrollment time, extended to March 31st now.

Consider this your "annual health insurance check up".

Ask yourself the following questions:

- does my current plan cover all my Rx?

- are the copays for my Rx affordable?
- has my income changed significantly this past year, which might make me eligible for subsidy help with my health insurance now?
- have I received letters from my health insurance that I don't understand? Or are just confusing?
- have I discovered my Plan has significant co-pays for ambulance rides, hospitalizations, or rehab services?
- do I want to sign up for a Medicare Managed Care Plan because I only have Original Medicare A & B?

If you answered yes to any of these questions, or if you are just curious about any new health insurance options that might work better for you, contact your SHINE counselor.

You can call your senior center; Highland Valley Elder Services, 413-586-2000; or the Regional SHINE office at 413-773-555 to schedule an appointment.

## Self Help Options:

- you can check your Medicare and You handbook which can be accessed online if you don't have a hard copy.
- you can call 1-800-MEDICARE and say "Agent". Help is available 24 hours a day including weekends.
- you can go online, to medicare.gov and check out their brand new, user friendly, website if you are looking for information on the Medicare D Plan Finder.

**NOTE:** any changes you may make to your health insurance during Open Enrollment take effect January 1st, 2020.



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

PRSR STD  
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**Cummington  
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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 October



**Tues. October 1st at 3pm**  
**Keys to Aging Well Expo**  
*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](http://www.HighlandValley.org) or find us on Facebook at [www.facebook.com/HighlandValleyElderServices/](https://www.facebook.com/HighlandValleyElderServices/)

**Sat. October 5th at 6pm**  
**Ukulele Workshop**  
*John James Memorial Hall, 42 Main St., Goshen, MA*

For all ages: 8 to 98! Ukulele provided. Taught by David Maloof. Wish to participate? Register by calling or stopping by the Goshen Free Library: 413-268-8236 x111.

**Fri. October 18th at 9am & 10am**  
**Spa Day at Smith Vocational**  
*80 Locust St. Northampton*

Smith Vocational is collaborating 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.

**Sun. October 20th at 2pm**  
**The Not-So-Good-Life of the Colonial Goodwife**  
**By Velya Jancz-Urban**  
*John James Memorial Hall, 42 Main St., Goshen, MA*

This enthusiastic delivery is funny and frank. Laugh, grimace and honor our foremothers' journeys while learning about the little-known life-ways faced by women of New England during the Colonial era. Sponsored by the Goshen Historical Society. All welcome!