

Cummington Council on Aging

November 2019 Newsletter



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

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

November Calendar of Events

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|--|--|---|--|---------------|
| | | | | 1 |
| 4 Veteran's Agent 9:00-11:00 Exercise Class 9:30-10:30 Flu Clinic 10:30-12:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00 | 5 | 6 Walking Club 9:00 Cummington Fairgrounds | 7 Exercise Class 9:30-10:30 COA Board Meeting 11:00 | 8 |
| 11 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00 | 12 Living Fully, Aging Gracefully 1:00-3:00 in Library Room | 13 Walking Club 9:00 Cummington Fairgrounds Ladies Lunch Bunch Webster's Fish Hook (Northampton) Meet at church parking lot at 11:15 | 14 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 | 15 |
| 18 Veteran's Agent 9:00-11:00 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00 | 19 Blood Pressure Clinic 11:30-12:00 Thanksgiving Luncheon 12:00 And... stories and songs by John Porcino | 20 Walking Club 9:00 Cummington Fairgrounds | 21 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 | 22 |
| 25 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 | 26 | 27 Walking Club 9:00 Cummington Fairgrounds | 28  Happy Thanksgiving | 29 |

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

Happy Birthday in November!



Donald Morton, Patricia Stout, Patricia Brundage,
Donna Douglas, John Eisenhour, Dennis Forgea,
Robert Arbib, Daniel Loux, Charles Marinus,
Margaret Urbanowski, Lawrence Tower,
Linda Streeeter, Mary Cynthia Dygert, Frances Henry,
Margaret Daniels, Dann Emerson, David Gokey,
Barbara Badner, Timothy Gibson, Allan Kidston,
Barbara Konieczny, Gloria Anne Robbins,
Peter Watson, Jonathan Ginzberg, Victoria Valenza,
Beth Lang, Kathleen Watson, Mary Johanna Sullivan,
Joseph Gomes, Georgann Matuewezski,
Gail Roberge, Rich Roberge, Shevaun Keogh-Walker,
Amy Pulley, Herbert Kellogg, Lisa Gladu,
Paula Pedersen, Alice Cozzolino, Robert Godfrey,
Cynthia Lynds, Laura Sheppard

Flu Clinic

A flu clinic is being held on **Monday, November 4th** from 10:30 to 12:30. Please bring your insurance card. If you don't have insurance, the vaccination costs \$17. You will need to fill out a couple of short forms. Light refreshments will be served.

Thanksgiving Luncheon and performance



Our monthly luncheon will take place on **November 19th**. You can look forward to a thanksgiving meal – complete with turkey, gravy, mashed potatoes, butternut squash, stuffing, cranberry sauce and desserts!

Following the luncheon, storyteller and musician John Porcino will engage us with a performance entitled "To Life" -- a patchwork quilt of humorous, tender, hopeful stories and songs that celebrate life. John has been described as a "combination of Robin Williams, Pete Seeger and Captain Kangaroo." It is bound to be very heart-

warming and enjoyable. Please join us!

Yoga

We are hoping to offer a yoga class. If this is something that you may be interested in, please contact Chrisoula. It would be helpful to have a sense of everyone's interests.

Ongoing Activities

We have many regular activities that are going strong. There are exercise classes twice a week, followed by a coffee hour, a weekly walking club, and a weekly needlework group. Please join us for one or all! The details are on the calendar page. In the next several newsletters, you will see each activity highlighted with descriptions of what the activities are all about and testimonials from participants. If you have not yet tried one of these activities, perhaps you will be enticed to do so!

Ladies Lunch Bunch

The Ladies Lunch Bunch will be going to Webster's Fish Hook in Northampton on **November 13th**. Their menu is online at webstersfishhook.net. Please meet at the church parking lot at 11:15am to carpool.

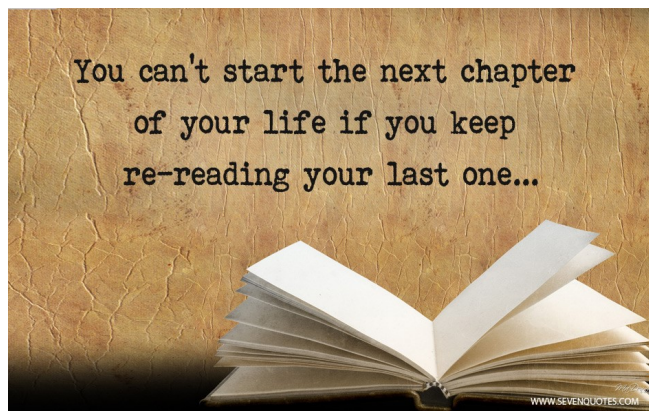
Foot Care Clinic

The next foot care clinic is on **Monday, November 25th**. Please call Ann Eisenhour at 634-2243 to schedule your appointment.

Friday Night Café

Friday Nite Café continues with performances by Radio Free Earth on **November 8** and by Sarah Stockwell-Arthen on **November 22** at 7pm. No admission fee; donation only. You may remember Radio Free Earth from our July picnic -- they were wonderful! And, if you have not yet heard Sarah's voice, you are in for a treat.

You can't start the next chapter
of your life if you keep
re-reading your last one...



Save the date

Prepare for a HUNT-A-BOOK lead up event

On Sunday, December 8, 2019 from 3-5pm at the Chesterfield Community Center, local author, journalist, teacher, set dresser, editor and spoken word artist, Joe Gannon will talk about books, writing, research and questions how an author deals with the truths of the past while writing for audiences in modern times. After Joe's talk, there will be time for questions and edible treats.



Joe spent three years in the army, graduated from the University of Massachusetts at Amherst and received his MFA at Pine Manor College. During the Sandinista Revolution, he worked as a freelance journalist in Nicaragua and wrote for The Christian Science Monitor, The Toronto Globe and Mail and the San Francisco Examiner. At present, he writes a monthly column for the Daily Hampshire Gazette and the Valley Advocate, and teaches in Springfield.

His first novel, *The Night of the Jaguar*, published in 2014 by St. Martin's Press, was named one of the best debut mystery novels by Booklist. His second novel, *The Last Dawn*, was published in 2016, and his next book, *The Girl in the Well*, is a fictional account of New York's first sensational murder trial in 1800.

And what is a HUNT-A-BOOK? Watch this space, prepare to think about Chesterfield haunts, look for publicity that gives hints...and, and, AND...get ready to HUNT-A-BOOK.

The Massachusetts Councils on Aging held their annual fall conference in the first week of October in Danvers, MA. Our own Chair of the Northern Hilltowns Consortium, Janice L. Gibeau, along with Deborah Hollingworth, Regional Facilitator and Sue LaRock, Coordinator, Plainfield Council on Aging presented "Down in the Weeds: Grass Root Development of Rural Age Friendly Communities".

The Northern Hilltowns Consortium of Councils on Aging has found that regularly meeting together creates a strong forum for sharing problems, strategies and specific techniques to build cohesive community networks. The presentation/workshop focused on the dynamics of community development when changes are sought, strategies for creating cohesive relationships within the community and its stakeholders. It also addressed stages of development of an Age Friendly Community.



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.

It's Personal!

OK – we always say “don't give out personal information”, but what all does that mean? Say someone comes to your door and wants to chat before selling you something. Someone calls on the phone, or you get a real-looking email. What don't you want to tell them?

What is considered personal information is numbers. Numbers for you: Social security, Medicare or Medicaid, medical insurance, driver's license, bank account, credit or debit card, street address.

But wait, there's more! Also considered personal information is your middle name, your mother's maiden name, the town you were born in, the town from which you graduated high school, the year you graduated, a favorite pet's name. Seriously, Jean? Yes, seriously. Many people use a pet's name as part of their password system, and may even say the pet's name during a phone call.

Some of the damage criminals do is incremental – they get one of your numbers, add a piece of personal information, and away they go, opening a new charge card or withdrawing cash on a fake ID card. The designations of mother's maiden name and other such information specific to you are often used as part of password recovery settings, so they can take a guess and then reset your password.

I hate to sound paranoid, but it is not paranoia if scammers are actually out to get you!

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

Worried about Dementia?

As life expectancy grows, and the population of people 60 years or older, we're all seeing an increase in the level of concern about how well people will live, not just how long they will live. It's not uncommon for people to say: **"I just want to keep my marbles"**. Those marbles, as it were, are the ability to remember things and the ability to manage their lives and not be a burden to others. These are not small concerns. Rather than silently worrying about "how bad am I", it's important to know how to find out and where to turn for help. The person experiencing memory loss is often the first to notice it, but it's also families and friends who recognize how and if things are changing. One of the most troubling worries is the problem of Alzheimer's disease, but it's important to not jump to conclusions. Not all dementias are due to Alzheimer's disease. Dementia is a collection of symptoms that can occur due to a variety of possible reasons.

If you or your loved one is experiencing memory problems, don't immediately conclude that it's dementia. A person needs to have at least two types of impairment that significantly interfere with everyday life to receive a dementia diagnosis. In addition to difficulty remembering, the person may also experience impairments in: language, communication, focus, and reasoning.

1. Subtle short-term memory changes. Trouble with memory may be an early symptom of dementia. The changes are often subtle and tend to involve short-term memory. An older person may be able to remember events that took place years ago but not what they had for breakfast. Other symptoms of changes in short-term memory include forgetting where they left an item, struggling to remember why they entered a particular room, or forgetting what they were supposed to do on any given day.

2. Difficulty finding the right words. Another early symptom of dementia is struggling to communicate thoughts. A person with dementia may have difficulty explaining something or finding the right words to express themselves. Having a conversation with a person who has dementia can be difficult, and it may take longer than usual to conclude.

3. Changes in mood. A change in mood is also common with dementia. If you have dementia, it isn't always easy to recognize this in yourself, but you may notice this change in someone else. Depression, for instance, is typical of early dementia. Along with mood changes, you might also see a shift in personality. One typical type of personality change seen with dementia is a shift from being shy to outgoing. This is because the condition often affects judgment.

4. Apathy or listlessness, commonly occurs in early dementia. A person with symptoms could lose interest in hobbies or activities. They may not want to go out anymore or do anything fun. They may lose interest in spending time with friends and family, and they may seem emotionally flat.

5. Difficulty completing normal tasks. A subtle shift in the ability to complete normal tasks may indicate that someone has early dementia. This usually starts with difficulty doing more complex tasks like balancing a checkbook or playing games that have a lot of rules. Along with the struggle to complete famil-

iar tasks, they may struggle to learn how to do new things or follow new routines.

6. Confusion. Someone in the early stages of dementia may often become confused. When memory, thinking, or judgment lapses, confusion may arise as they can no longer remember faces, find the right words, or interact with people normally. Confusion can occur for a number of reasons. For example, they may misplace their car keys, forget what comes next in the day, or have difficulty remembering someone they've met before.

7. Difficulty following storylines. Difficulty following storylines may occur due to early dementia. This is a classic early symptom. Just as finding and using the right words becomes difficult, people with dementia sometimes forget the meanings of words they hear or struggle to follow along with conversations or TV programs.

8. A failing sense of direction. The sense of direction and spatial orientation commonly starts to deteriorate with the onset of dementia such as not recognizing familiar landmarks and forgetting regularly used directions. It also becomes more difficult to follow a series of directions and step-by-step instructions.

9. Being repetitive. Repetition is common in dementia because of memory loss and general behavioral changes. The person may repeat daily tasks, such as shaving, or they may collect items obsessively. They also may repeat the same questions in a conversation after they've been answered.

10. Struggling to adapt to change. For someone in the early stages of dementia, the experience can cause fear. Suddenly, they can't remember people they know or follow what others are saying. They can't remember why they went to the store, and they get lost on the way home. Because of this, they might crave routine and be afraid to try new experiences. Difficulty adapting to change is also a typical symptom of early dementia.

It's important to remember that forgetfulness and memory problems don't automatically point to dementia. These are normal parts of aging and can also occur due to other factors, such as fatigue. Still, you shouldn't ignore the symptoms. If you or someone you know is experiencing a number of dementia symptoms that aren't improving, talk with a doctor. They can refer you to a neurologist who can examine you or your loved one's physical and mental health and determine whether the symptoms result from dementia or another cognitive problem. The doctor may order:

- a complete series of memory and mental tests
- a neurological exam
- blood tests
- brain imaging tests

With treatment and early diagnosis, it may be possible to slow the progression of the disease and maintain mental function. The treatments may include medications, cognitive training, and therapy. It's important to have a thorough evaluation before deciding that you or a family member have Alzheimer's Disease. You can learn more by contacting the Alzheimer's Association and checking to see if there are Memory Clinics or programs in your area.

Source: Adapted from Alzheimer's Association

RESOURCE DIRECTORY

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| Domestic Violence Advocate , Hilltown Safety at Home (HS@H) If you need help in an emergency, call 911 or the Safe Passage hotline | 413 387-3120 888 345-5282 |
| Elder Abuse Hotline | 800 922-2275 |
| First Call for Help Information and Referral Resources | 800 339-7779 |
| Fuel Assistance Application and Recertification | 800 370-0940 |
| Hilltown Elder Network – H E N (sponsored by Hilltown CDC) | 413 296-4536 x120 |
| Veterans' Service Officer Tom Geryk (Westhampton) Joe Henning (Plainfield) Brian Brooks | 413 587-1299 413 207-3541 413 772-1571 888 382-1222 |
| DO NOT CALL Registry | |

Food Services

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| Food Bank of Western Massachusetts Brown Bag Program | 800 247-9632 or 413 268-8407 |
| Food Stamps - Supplemental Nutrition Assistance Program (SNAP) Call Chesterfield COA for assistance | 413 552-5400 or 413 296-4007 413 296-4007 |
| Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director | 413 268-7578 Wed 1-3; 3 rd Wed 1-6 |
| Meal Site Williamsburg Senior Center | 413 268-8407 |
| Meals on Wheels Highland Valley Elder Services (HVES) | 413 586-2000 or 800 322-0551 |
| Northampton Survival Center , 265 Prospect St. Northampton | 413 586-6564 |
| Salvation Army Emergency Food, Fuel or Medication Vouchers | 413 586-5336/6564 |

Health Services

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| Highland Valley Elder Services Intake referral for homecare, etc. | 413 586-2000 |
| Hilltown Community Health Center- Medical & Dental HOPE Nurse, Mary Kane Ellie Mathias, HealthWise Community Health Worker | 413 238-5511, ext. 131 413 238-5511, ext. 322 413 238-5511, ext. 322 |
| Podiatrist Dr. Michael Coby, call Williamsburg Senior Center to schedule (Alternating months at the Senior Center) | 413 268-8407 |
| Foot Care Piper Sagan, RN foot care in Cummington, call Ann Eisenhour 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 | 413 634-2243 413 268-7122 413 522-8432 413 268-8407 413 667-5363 413 374-0457 |
| SHINE, Medicare & Drug Coverage Part D & Prescription Advantage Wayne Glaser Lorraine York-Edberg Deborah Hollingworth (Chesterfield) | 413 268-8407 413 773-5555, ext. 2275 413 296-4007 or 413 268-8317 |
| Mass Health and New Health Coverage Buliah Mae Thomas at Hilltown Comm. Health Center | 413 667-2203 |

Transportation Services

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|--|--------------|
| Cummington Neighbor to Neighbor Drivers | 413 634-2262 |
| Westhampton transportation Appts or groc. shopping, Louise Jasionkowski | 413 527-5134 |
| Williamsburg Medical & Carpool Rides (call to schedule) | 413 268-8407 |
| PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center) | 866 277-7741 |
| Hilltown Easy Ride Van & Driver Pool Ed Pelletier | 413 296-4232 |

Local Councils on Aging

| | |
|--|--------------|
| Chesterfield COA , Janice Gibeau | 413 296-4007 |
| Cummington COA , Chrisoula Roumeliotis | 413 634-2262 |
| Goshen COA , Evelyn Culver | 413 268-3316 |
| Plainfield COA , Susan Metcalfe LaRock | 413 743-5345 |
| Westhampton COA , Amy Landau | 413 203-9808 |
| Williamsburg Senior Center , Jennifer Hoffman | 413 268-8410 |

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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 November

Mon. November 11th, 9am-10am
Veterans Day Breakfast

Cfield Comm. Ctr. 400 Main Rd., Chesterfield

Free! All Hilltown veterans and spouses welcome.
RSVP welcome, call Maryanne Coleman: 296-4787.
Sponsored by the Chesterfield Grange.



Fri. November 15th, 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.

Sat. November 16th, 4-7pm
Williamsburg Polka Party

Williamsburg Town Offices Auditorium
143 Main St. Haydenville

Steve & Tom Duo will be playing polkas. Polish-inspired food to be served. All are welcome! \$5.00 Entrance Fee (donations also accepted). **Get your dancing shoes ready! Fundraiser for Williamsburg Senior Center.**

Sun. November 17th, 2pm
Music with AJ & Sylvia

Cfield Comm. Ctr. 400 Main Rd., Chesterfield

Come enjoy music by the Lapinskis! Refreshments will be served.

Save the Date!

Wednesday, December 4th, 6 pm
An Intro to Aromatherapy: The Basics

Williamsburg Town Offices Café
143 Main Street, Haydenville

Presenter: Kay Judge,
Clinical Aromatherapist



This class is designed to provide a basic understanding of what the use of essential oils is all about. Create a room spray from commonly used essential oils to take home. A materials fee of \$25.00 will be collected. All are invited!