

Cummington Council on Aging

March 2020 Newsletter



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

Chrisoula Roumaliotis
 413-634-2262
coa@cummington-ma.gov
 Office Hours: Tues. & Thurs. 9am-1pm

March Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 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	3	4	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 Ladies Lunch Bunch Ozzie's in Hinsdale Meet at church parking lot at 11:30 to carpool	12 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45	13 Trip to the Smith College Bulb Show Bus leaves at 9:15. Followed by lunch at the Snack Bar
16 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	17 Blood Pressure Clinic 11:30-12:00 Potluck Luncheon 12:00 Performance by Steve Henderson	18	19 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45	20
23 Foot Care Clinic appts start at 9 Exercise Class 9:30-10:30 Coffee Hour 10:45-11:45 Needlework Group 1:00-4:00	24	25	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	31			

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

Happy Birthday in March!

June Ferrin, Julia Aldrich, Charles Stickney, Bruce Larkin, Jim Martin, Jeanne Johns, Judy Bogart, Joyce Morin, Janet Martin, Eli Schotz, Joyce Wiernasz, Alan Weisman, Thomas Dyer, Paul Sonerson, Jane Dyer, Charlene Madison, Lawrence Remby, David Owen, Russell Sears, Murray Solomon, Linda Edwards, Scott Keith, John Bye, Donna Gibson, Leslie Ferrin, Susan Mikula, Christine Knox, Carla Ness, Rebecca Kravetz, Jane Harris-Toomey, Russell Mader, Valerie Talbot, Peter Feitner, Marie Wolf, Lonelle Stevens



Welcome

If you turn 60 this year, you will begin receiving the COA newsletter. If you prefer to receive a PDF via email, please contact me. Otherwise, you will continue to receive a paper copy. The Council on Aging provides programs and services to our over 60 population with a goal of promoting independence and productivity, and enhancing and enriching quality of life. We are here for you and here to advocate for you. You are invited to participate in our many activities. We are also always looking for more volunteers, including members for our Board of Directors.

A Trip to the Bulb Show

Reminder! We will be going to the Smith College Greenhouse Spring Bulb Show on March 13. The bus will leave at 9:15 from the church parking lot. On our way home, we will stop for lunch at the Snack Bar in Haydenville. The cost for the trip is \$5 for the bus (which must be paid in cash to the bus driver) and your lunch expenses. Sign up by calling the COA office (634-2262). There is one seat remaining on the bus.

Luncheon and performance

Our March luncheon will be held on March 17th. Steve Henderson will be performing his one act play "Mabel and Jerry – Obstacles to the Alter." This play is a funny, warm and exciting love story with characters who have a great joy for life. This program is being supported in part by a grant from the Cummington Cultural Council, which is supported by the Massachusetts Cultural Council. We will be serving corned beef and cabbage. Please bring a complementary side dish, salad or dessert.

The **Ladies Lunch Bunch** will be going to Ozzie's in Hinsdale on March 11. Those interested in car-pooling should meet at the church parking lot at 11:30 a.m.

What have we been up to?

Exercise – Every Monday and Thursday from 9:30 to 10:30, Anne Parsons leads an exercise group. The exercises work on balance and target different parts of the body. Some are done standing, while others are done in a chair. (Never down on the floor!) Weights are used for some and, on Thursdays, a few exercises with resistance bands are incorporated. There is a great group of about 8-10 regular attendees. Come join us!

Coffee Hour – Also on Mondays and Thursdays from 10:45 to 11:45 (except for the first Thursday of each month), a coffee hour follows exercise. You can stay after exercise or come just for the coffee hour. Share a warm beverage, a tasty treat and good conversation.

Monthly Luncheon – At noon on the third Tuesday of each month (except for August), the COA hosts a potluck luncheon. We provide a few main dishes, and ask everyone to contribute a side dish or dessert. Prior to the luncheon, nurse Mary Kane (from the health center) is here for a blood pressure clinic. Following the luncheon, there is either an educational presentation or a performance (usually music, although this month will see a one-act play). The food is delicious, the presentations are informative, and the entertainment is astounding.

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

This month we have a home fire safety check list. Please use it. Circle the Y (yes) or N (no).

Senior 
SAFE

- Y N Do you have working smoke alarms on every level of your house?
- Y N Do you stay in the kitchen while heating food?
- Y N Are space heaters placed 3 feet or more from things that can burn?
- Y N Are electrical wires in good condition (not damaged or cracked)?
- Y N Do you know two ways out of every room in your home?
- Y N Do you know what to do if your smoke alarm or CO detector sounds?

If you checked NO to any of these questions, you are at a greater risk for being injured in a home fire. Do what you need to do to be able to say YES to all the questions. Senior S.A.F.E. will help you along the way.

Have a S.A.F.E March!

--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.

Crabby Road

Crabby Road



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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. Include your address so I will know which mailing list to take you off of. Thanks!

Social Security – Something else to check!

Along with death and taxes, we find the Social Security Administration (SSA) in our line of sight. Our interest is in making sure our earnings records are correct. The SSA keeps track of our earnings and calculates our benefits from those records, so if there is an error, we could lose money. I assume it would never be an error the other way...

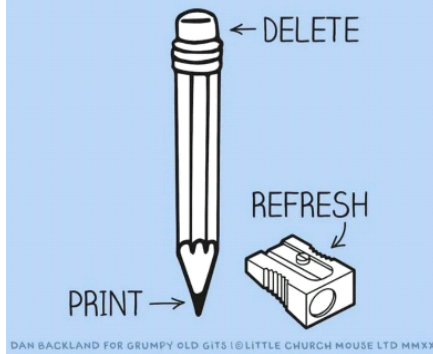
The SSA sends earnings statements every five years until a person turns 60, then they are sent every year until retirement. When you look at the statement, the first thing is to verify that this is YOUR record and your social security number. The second thing is to check their figures against your pay stubs or income tax forms.

Dealing with Social Security online is quite beneficial – the main page is **www.ssa.gov**. If you don't have a computer, it might be worth your time to have someone help you get an online account; you can go to the library to access it.

And I know you know this – a phone call saying your social security card has been compromised, or that you need to send it in to be renewed, or that you need to send money to reinstate your account - is poppycock. This is one of the biggest frauds going these days. In fact, says the Federal Trade Commission – "A Social Security scam was the top government fraud scam and phone calls were the number one way people reported being contacted by scammers. While most people said they hung up on those calls, those who lost money reported a median loss of \$1,000 in 2019."

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

WHEN I WAS A KID, THIS WAS MY COMPUTER:



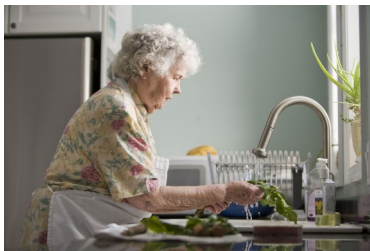
Cancer Connection Spring / Summer Guide 2020

If you are, or know someone, in treatment for cancer or are a cancer survivor, call Cancer Connection at 413-586-1642 to ask for their current Guide, or check out their website at www.cancer-connection.org. You may be surprised at the many free activities and classes available to you. For example: Hands in Clay, Creating Collage, Spirit of the Written Work, Improv, as well as support groups, integrative therapies, and several kinds of exercise and physical activity.

Good News!

In the late 1990's, **MassHealth** changed income and assets regulations for residents 65 or older who are significantly frail. This is called the **Frail Elder Waiver**. If you are "frail" enough to need significant home care support in order to avoid a nursing home placement, MassHealth allows you to have up to \$2,313/ month in income. (This amount increases each year according to the COLA) The asset limit of \$2,000 remains the same, but if the applicant is married, "excess assets" can be transferred to the healthy spouse, and even better, MassHealth will not count the healthy spouse's income! The good news here is that when you are frail enough to require nursing home care, MassHealth makes it easier to qualify and get the care you need to stay home. The objective is to provide an alternative to nursing home placement.

Better yet, there are two MassHealth programs that will pay family caregivers for the help they provide. Anyone you are not married to can be paid for help bathing, dressing, help with meals and medication management, help getting to medical appointments, grocery shopping, and laundry. These two programs are called Adult Family Care and the Personal Care Attendant program. Adult Family Care pays a monthly tax free stipend, the Personal Care Attendant program pays an hourly wage.



It should be mentioned that MassHealth also pays for Rx, for Adult Day Health programs, and all co-pays and deductibles for medical goods and services, acting as a secondary insurance for Medicare. Between the two, once you qualify for MassHealth, you have 100% coverage.

For more information about MassHealth regulations, MassHealth Adult Family Care and Personal Care Attendant programs, or help with the MassHealth application, you can ask at your senior center how to get in touch with a SHINE counselor.

Sleep Study

The UMass College of Nursing is doing a sleep study involving caregivers of individuals with mild cognitive impairment or early Alzheimer's Disease. Members of the pair must live together and not have a diagnosed sleep disorder.



Sleep problems are very common in people with mild cognitive impairment. Because they are often dependent on their caregivers, this interferes with the sleep of their caregivers as well.

Their study question is: can objective sleep data help guide self-management strategies for better sleep for both?

For more information, contact Cynthia Jacelon: (413) 545-9576 or jacelon@umass.edu.

Adapting Home to Age in Place

Plan to stay in your own home as you grow older? Here are some of the possible remedies that can make life easier and safer:

Difficulty: Balance and Coordination

- Bath seat in the tub or shower
- Bathtub with transfer bench
- Walk-in shower with pull-down seat
- Grab bars near the bath and toilet
- Handrails extending beyond the top and bottom of the stairs
- Stairway handrails on both sides

Difficulty: Hearing Impairment

- Dishwasher is ultra-quiet to reduce background noise.
- Increased volume on phones.
- Smoke detectors have strobe lights.

RESOURCE DIRECTORY

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

Food Services

Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP)	413 552-5400 or 413 296-4007
Call Chesterfield COA for assistance	413 296-4007
Hilltown Food Pantry - Goshen Town Office Bldg- 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

Highland Valley Elder Services Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center- Medical & Dental	413 238-5511, ext. 131
HOPE Nurse, Mary Kane	413 238-5511, ext. 322
Ellie Mathias, HealthWise Community Health Worker	413 238-5511, ext. 322
Podiatrist Dr. Michael Coby, call Williamsburg Senior Center	413 268-8407
to schedule (Alternating months at the Senior Center)	
Foot Care Piper Sagan, RN	
foot care in Cummington, call Ann Eisenhour	413 634-2243
foot care in Goshen, call Liz Loven for appt.	413 268-7122
foot care in Williamsburg or in-home visits	413 268-8407
Deb Dean, foot care in Westhampton	413 667-5363
Diane Roeder, foot care in Chesterfield	413 374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Wayne Glaser	413 268-8407
Lorraine York-Edberg	413 773-5555, ext. 2275
Deborah Hollingworth (Chesterfield)	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

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 , Sherry Loomis	413 268-8410
Worthington COA , Shelley Modestow	413 238-5532

Cummington Council on Aging
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Cummington, MA 01026

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PERMIT 183
Greenfield MA

Cummington Council on Aging

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JoDee Simard, 634-5051

Ann Eisenhour, 634-2243

Ann 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 March

Saturday, March 7th at 5pm
Corned Beef and Cabbage Dinner
Chesterfield Congregational Church

Cost is \$14.00 for adults; children 12 and younger \$7.00; children under 3 no cost. Everything is home-made and served family style. Take out available. Contact Nancy Hewes with reservations 296-4230.

Sunday, March 8th, 8:30am-10 am
Irish Celtic/Gaelic Music & Breakfast
Chesterfield Church

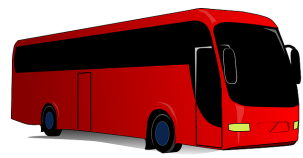
Irish Celtic/Gaelic music by The Rolling Scones (Banjo, Guitar, fiddle, stand up bass). Full breakfast- Irish crime French toast, pancakes (pure maple syrup), eggs, home fries and a variety of homemade scones. Donations welcomed.

Wednesday, March 11, 12:15 pm
A lively participatory program by Davis Bates!
Williamsburg Senior Center, 141 Main St. Haydenville

Williamsburg Senior Center invites you to "A Celtic Celebration, Stories and Songs of the Season" in honor of St. Patrick's Day. Sponsored by the Williamsburg Cultural Council. All are welcome--Join us!

Sunday March 15th at 8am and returning at 6pm
Foxwoods Casino Bus Trip

The bus will be leaving the Goshen town parking lot at 8am. This bus trip is a fundraiser for the Chesterfield veteran's park committee and Friends helping Friends. Good break from the winter and not far to drive. To sign up or if you have any questions, call Kris Zdaniewicz: 413-329-8919.



Save the Date!
Sat. April 25th 9am-3pm
Spring/ Summer Clothing Exchange
Goshen Congregational Church, 45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Weds. April 22nd from 5-8pm and Fri. April 24th from 9am-3pm, then come back to shop on Sat. the 25th from 9am-3pm! All are invited to participate whether you donate clothes or not. Thank you everyone for your contributions!