

Cummington Council on Aging September 2020 Newsletter



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

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End-of-summer greetings to all!

I hope that your summer has been a good one and that you are looking forward to the cooler temperatures of autumn.

A few notes:

1. The next Zoom meeting for Living Fully, Aging Gracefully is September 8. Please contact me if you would like to participate.
2. Although we are not meeting for in-person activities, the COA remains open to serve you. If you need assistance from the COA, please contact me.

Groceries & Prescription pick-up/delivery

Call 634-5452 or email cummingtoncertcvhelp@gmail.com to arrange for prescription pick-up and delivery as needed, as well as grocery deliveries from the Creamery and Sawyer Farm on Tuesdays and Fridays. Orders must be in by Mondays and Thursdays at 2 p.m.

Emergency food

If you find yourself in need of food and cannot wait until your next grocery trip or next pick up from the food pantry, CERT can help you. Please call 634-5452.

Library curbside pickup

The Bryant Free Library is open on Saturday mornings from 8:30-12:30 for curbside pickup of books, magazines, and DVDs. Items can be ordered by calling the library and leaving a message at 634-0109.

★ **A Reminder of Important Contacts:** ★
★
★ • **Cummington Emergency Response Team** ★
★ CummingtonCERTCVHelp@gmail.com or ★
★ call Sarah Fournier-Scanlon and Lee Four- ★
★ nier-Lewis at 634-5452. ★
★
★ • **Non-emergency police matters:** 634-0056 ★
★
★ • **COA:** 413-320-0663 or ★
★ coa@cummington-ma.gov ★
★
★ • **Do you need a mask?** Email ★
★ Leni@titaniumarts.com or call the COA ★
★

Mobile Market in Cummington

Get your fresh local produce every week at the Hilltown Mobile Market. There is a wide variety of produce, including blueberries, beets, corn, cucumbers, salad greens, zucchini, various herbs, scallions, carrots, kale, cabbage, tomatoes. The Market is in Cummington on Thursdays from 4:30 to 6 p.m. in front of the Kingman Tavern (41 Main St.). It is also at the Maples (48 Old North Road) in Worthington on Thursdays from 2-3:30 p.m. You can pay with cash, credit, debit, SNAP, WIC, or Senior FMNP Coupons. For more information, visit www.hilltownmobilemarket.info/.

Other Resources Available to You

Hilltown Food Pantry

The Food Pantry's satellite location in Worthington has now closed. The Goshen Food Pantry is open for curbside pickup on Wednesdays from 1-3 p.m. No reservation is needed. It is located at 40 Main St., in the lower level of Goshen's town offices. Home delivery is possible if you are home bound. You may also designate someone to pick up for you.

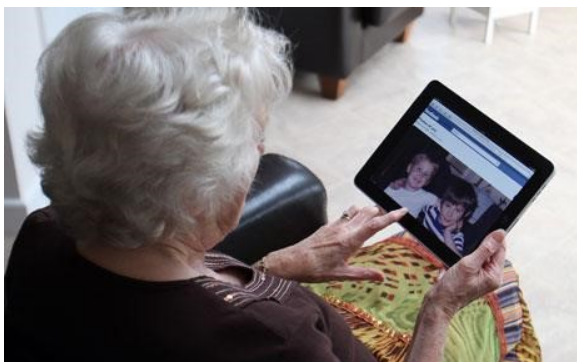


Seeking Board Members

If you have been considering volunteering some of your time to a local organization, please consider joining the COA's board of directors. We are looking for a few more board members to share the joyful work of identifying and responding to the needs and interests of Cummington's older adults by planning and implementing various programs, services, and activities. We are especially in need of someone who has experience with bookkeeping or accounting. If you are interested, or would like some more information, please contact me at 413-320-0663.

A Tablet Lending Library

For those unfamiliar with it, a tablet is a small computer with a touch screen that is most commonly used to browse the internet, read/write email, read e-books, watch movies/videos, use Skype or Zoom to communicate with others, and more. The COA has received a grant that will be used to purchase tablets to create a lending library so that you can borrow a tablet and use it at home. More information – including the procedures and policies for borrowing a tablet – will be forthcoming. If you think you might be interested in borrowing a tablet once this lending library is up and running, let me know. You can reach me at 413-320-0663 or coa@cummington.ma-gov.



Your COA board members are:

- Elliot Ring, Chairman (634-5666)
- Gail Roberge (512-0660), Worth Noyes (634-8003)
- Kathy Knox (634-8041)
- Ann Eisenhour, Foot Care Coordinator (634-2243)
- Anne Parsons, Recording Secretary (634-5707)



Happy Birthday in September!



- Jane Emerson, Ida Pearce, Verna Ridel,
- Gregory Prentice, Helen Larkin, Wynne Busby,
- Susan Forgea, Jason Joel King, John Maruskin,
- Lawrence Panzeri, Elaine Drawe, Barbara Robb,
- Deborah Hoehstetter, Jane Adams,
- Cynthia Jirak, Dale Hoag, Carol Hoehne,
- David Simard, John Miller, Paula Zindler,
- Paul Streeter, Margaret Kelleher, Aliza Ansell,
- Maureen Lavigne, Linda Matuewezski,
- Roger Wolf, Kathleen Beaudin,
- Sarah Stockwell-Arthen.

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!

The Cummington Council on Aging

Seniors Aware of Fire Education



Wow! It is already September and it is still hurricane season, which has already messed with us. With this in mind, here are a few ideas on how to prepare for any emergency.

- Have a plan on how to get out of the house in 3 minutes or less.
- Keep eyeglasses, canes, walkers, hearing aids, COVID masks near where you are sleeping
- Make sure pathways are clear of clutter.
- Install night lights (LEDs work well) throughout the house to prevent falls.
- Make sure your house number is clearly visible from the road so first responders do not have to spend crucial time finding you.
- Get and fill out a FILE OF LIFE from your Council On Aging and post it on the refrigerator.
- Know where you can seek shelter and sustenance; this pre-planning is very important during this COVID time of social distancing.

Stay strong and be SAFE!

--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.

I still can't believe people's survival instincts told them to grab toilet paper.	I'm going to stay up on New Year's Eve this year. Not to see the New Year in, but to make sure this one leaves.	If I had only known in March it would be my last time in a restaurant, I would have ordered dessert.
At the store there was a Big X by the register for me to stand on... I've seen too many Road Runner cartoons to fall for that one.	Having some states lock down and some states not lock down is like having a peeing section in a swimming pool.	Until further notice, the days of the week are now called, thisday, thatday, otherday, someday, yesterday, today & nextday.
THEY SAID A MASK AND GLOVES WERE ENOUGH TO GO TO THE GROCERY STORE THEY LIED, EVERYBODY ELSE HAD CLOTHES ON	The dumbest thing I've ever purchased was a 2020 planner.	When Does Season TWO of 2020 Start? I Do Not Like Season ONE.
Keep in mind, even during a pandemic, no matter how much chocolate you eat, your earrings will still fit.	The buttons on my jeans have started social distancing from each other.	I never thought the comment "I wouldn't touch him/her with a 6 foot pole" would become a national policy, but here we are

Would you like to receive your newsletter, in color, 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!

What Luck...

So you know I'm a fan of checking our credit reports to make sure information is correct, that no one has absconded with our information, and as a reminder to do good financial management. The recommended practice is to check one of the three major credit bureaus every four months, so each one is checked once a year at no cost.

Well, what luck! Because of the virus we have grown to hate, the bureaus are allowing free weekly access to our reports through April of next year. If somehow you haven't been checking your reports, here you go - www.annualcreditreport.com/reviewYourReport.action. Look at each one now, dispute anything that is wrong, get it fixed, then start the annual cycle of checking.

While you are there, put a freeze on each report. That will keep unsavory people from accessing your report, stealing your information, and gaining credit or opening an account in your name. Just make very very very sure that you print out or write down the pin they give you. You will need that to thaw your report, if / when you want to be considered for credit.

Q. If I have a freeze, do I still need to check my report for correctness? Or can I just trust credit card companies and mortgage holders to always provide the right information? A. Yup. Nope.

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

Good News!

By Deborah Hollingworth

We should be baking zucchini bread. It freezes well, and by now if we don't watch it, they can get to be the size of baseball bats.

As we enter another month of Covid, stretching resources gets to be more challenging. Families out of work, bills still needing to be paid, groceries getting more expensive- it's good that our gardens are finally producing after what seemed like a slow start. Let's hope for a late frost.

This is a reminder for folks to check out the Hilltown Mobile Farmer's Market which is in Blandford and Huntington on Friday afternoons and Worthington and Cummington on Thursday afternoons. The Market runs July 23rd to October 9th this year and accepts SNAP (food stamps) benefits, HIP (Healthy Incentive benefits as well as cash. Produce is from local farms and looks terrific. Blueberries, peaches, apples soon, tomatoes, squash, corn, kale, onions, beets, you name it, you can probably find it at the Market. If you can't get to the Market, there are volunteers who can shop for you if you call your senior center and ask. And of course, you can be one of those volunteers and shop for a senior, or someone who is having difficulty getting out...or struggling to make ends meet.



This has been an amazing time to watch the generosity of our neighbors helping neighbors. Senior centers are getting donations of food, money and time from a growing band of volunteers. The Food Pantry is in full swing in Goshen on Wednesday afternoons, and the Chesterfield Cupboard is open daily. Chesterfield's effort to help those in town who need groceries has been a real community effort, getting up and running, and now with volunteers helping to shop, stock shelves, clean and manage inventory. It has been exciting to see more families use the cupboard, and more donations come in.

Williamsburg's Take and Eat weekend meal program continues to help seniors every other weekend with a home delivered meal made by volunteers at Our Lady of the Hills, and the Williamsburg Congregational Church. If you know someone who could use a meal, or if you'd like to be a volunteer and help to continue this effort, you can give the Williamsburg Senior Center a call. The office may not be open, but the staff is still working and can be reached daily.

Here's a pitch for those of you who may not have checked out the SNAP program, also known as food stamps. You can apply online. The application process takes about 20 minutes. Don't have a

computer? Call your senior center to get help getting that application started. Benefits have been expanded. So if your income is less than \$1,777 a month for an individual, \$2,146 for a couple, \$2,514 for a family of three....you could qualify. With the price of groceries continuing to increase, this might help at the check out counter.

Meanwhile, let's bake and share zucchini bread?

2 cups of graded zucchini
3 eggs lightly beaten
1 cup salad oil
1 cup sugar
3 1/2 cups flour
2 teaspoons of vanilla
1 teaspoon baking powder
1 teaspoon baking soda
A pinch of salt, a pinch of cinnamon
Add raisins, chopped walnuts, if you want



Bake at 350 degrees for an hour. Makes 2 loaves.

Recipe from:

Garden Ways Zucchini Cookbook, 1977.



The 2020 Census is underway! It counts every living person in the USA. From **August 11 to September 30th**, Census takers will interview homes that haven't responded to the 2020 Census.

If you have not responded, you can do so by returning the mailings you should have received from the U.S. Census Bureau.

If you didn't receive your mailings, no problem! You can fill out your information over the phone with a verified Census Bureau representative at 844-330-2020. If you have any questions or concerns, please reach out to the Secretary of the Commonwealth's staff to have a conversation about Census operations at 833-621-2020.

Your community depends on your Census response for funding and representation for the next decade to come. The impact on your community include: school lunches, plans for highways, support for firefighters and families in need. Census results affect your community every day. Please respond if you haven't already done so.

**Part-Time Work Available:
Hilltown Elder Network**

The HEN program needs caregivers in Williamsburg and Goshen. Help elders with housework, various household chores and transportation to appointments. Pays \$15.00 per hour. For application, call Fran Goebel at 268-7411. *The HEN program is sponsored by the Hilltown Community Development Corporation.*

Shop or Volunteer at the Hilltown Mobile Market

The Hilltown Mobile Market is an innovative collaboration to increase the availability of fresh, local, and affordable produce to Hilltown residents of Western Massachusetts. We are back for our second season in 2020! Your support during our pilot season last year resulted in increased grant funding to purchase a market vehicle and broaden our reach to more communities. From July 23rd - October 9th, the market is visiting The Maples in Worthington from 2-3:30pm on Thursdays, the Kingman Tavern in Cummington from 4:30-6pm on Thursdays, the Post Office in Blandford from 2 -3:30pm on Fridays, and the Town Green in Huntington from 4:30-6 pm on Fridays. Stop by and shop with cash, credit, debit, SNAP, WIC, or Senior FMNP Coupons! Or if you have some free time and would like to get more involved in the market, you can sign up to volunteer by visiting: tinyurl.com/HMMvolunteer or emailing Seva Tower at sevat@hilltowncdc.org.

Survey shows that Joan Griswold’s Exercise Program Responds to Successes and Need for More Sessions

A recent survey of the 38 participants in Joan’s classes makes it clear that the group now has several members who have been exercising with Joan for several years (38%) and another 41% who have been with the class for at least a year. New membership continues to grow with another 22% who have just started participating in the past six months. More classes have led to more frequent participation. One in 5 of the participants attend one a week, 17% twice a week and 29% three times a week.

Have the programs had an impact on their personal health? Over 60% reported that they feel a difference in their overall strength, 11% have increased energy and physical endurance, 13% more flexibility, 5% less pain exercises, while 11% not having noticed a change in their bodies. Another 14% requested a 4th class, which Joan has scheduled and started in Williamsburg on Thursdays at 10:15am. This class will be offered as an entry level class. Folks who might be interested in the class need to contact Joan (joan@bybhealth.com) to review expectations about their current health status and abilities to ensure the class is a good fit. She will also help in navigating the system for those who have not enrolled.

It’s clear that the desire and commitment to exercise is consistent and growing. Joan notes that everyone, COAs and students alike, “have all worked hard to bring the current level of fitness to an incredible place”.

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New Hingham Regional Elementary School and Goshen COA sponsor first virtual multigenerational program

Fran Ryan, well known for her captivating, educational programs on the lives and habits of wildlife, will be presenting a session on **Introduction to the Life of the Black Bear** on **September 25 at 1pm**. Filmed and broadcast from New Hingham through Zoom, students at the school and older adults in the area will be linking and learning together. Thanks to a grant funded by Highland Valley Elder Services, and managed by the Chesterfield COA through a partnership with several other COAs, this program launches one of the new normal ways to connect several generations, from young to old, who now share the experience of feeling isolated. Many a grandparent is missing seeing their grandkids and kids are struggling with virtual learning.

To join this event please contact the New Hingham Regional Elementary School: 413-296-0000.

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**Cummington
Council on Aging**

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

Need something to celebrate?

Here are 12 lesser known holidays in September!

- 5th: National Cheese Pizza Day
- 6th: Read a Book Day
- 9th: National Teddy Bear Day
- 10th: Sewing Machine Day
- 11th: No News is Good News Day
- 12th: Chocolate Milkshake Day
- 16th: Collect Rocks Day
- 19th: International "Talk Like A Pirate Day"
- 20th: Wife Appreciation Day
- 21st: Miniature Golf Day
- 26th: National Hunting & Fishing Day
- 28th: Ask a Stupid Question Day

