

Cummington Council on Aging

April 2021 Newsletter



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

Chrisoula Roumeliotis
413-634-2262
croumeliotis@cummington-ma.gov

Welcome spring!

As another winter reaches its end, we have marked the one-year anniversary of the cancellation of many of our beloved COA activities. In March 2020, we had a wonderful luncheon planned, which was to be followed by a play. This month, we are offering a video viewing of a piece by that same artist. I encourage you to attend – more details are below!



I hope that you are all well and enjoying the bits of spring-like weather we have been having. As I write this, it is very sunny – the snow and ice are melting -- and it is forecasted to reach 50 degrees, with even warmer temperatures for tomorrow. Phew!

Vaccine appointments

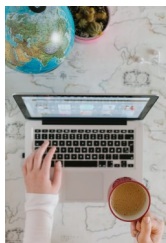
Many of you have reached out to me for assistance in making an appointment or just to vent about the frustrating process. Please continue to do so. If you are having difficulty making an appointment or figuring out transportation to your appointment, please call: 413-320-0663.

Confused by Zoom?

We are offering a couple of virtual programs via Zoom. If you are interested in attending, and need help navigating Zoom, don't hesitate to reach out to me. I am happy to walk you through the process.

Weekly virtual coffee hour

Our first virtual coffee hour was a success. It was so nice to see some faces that used to attend exercise class and coffee hour. This will continue to be a weekly event – **Monday's from 10-11 a.m.** Like all Zoom events, you will need to contact Chrisoula by phone at 413-320-0663 or email croumeliotis@cummington-ma.gov to request the link. If you have previously attended, I will send the link to you automatically.



We invite you to view "Mabel and Jerry"

Steve Henderson describes his show as possibly "the most hilarious blind date ever. Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and love any way they can." We will be showing the video on **Friday, April 30th at 1pm.** Contact Chrisoula at croumeliotis@cummington-ma.gov or 413-634-2262 for the link to the show.

This program is supported in part by a grant from the Cummington Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

Masks

Highland Valley Elder Services has provided us with many KN95 masks. I will be leaving them – each wrapped individually – at the post office and will replenish as often as I can. You can pick them up there or call me if you would like to make other arrangements.

Computers are available!

The COA received a grant that allowed us to purchase two Chromebook tablets and two Chromebook flips to lend out to residents of Cummington who are 60 years old or over.

These are small computers most commonly used to browse the internet, read/write email, read e-books, watch movies/videos, and use Skype or Zoom to communicate with others.

If you would like to borrow one or have any questions, leave a message at the COA office at 413-634-2262 with your name and phone number or email: croumeliotis@cummington-ma.gov

Hilltown Food Bucks

Food buck coupons are still available through the Hilltown CDC. These coupons can be used at local participating grocery stores and farms. The coupons match your spending in \$5 increments. So, for example, if you spend \$20 in groceries, you

can use \$10 in food buck coupons and you pay \$10. There are income limitations. If you would like more information, or an application, please contact Kate Bavelock at the Hilltown CDC at 413-296-4536 x116 or kateb@hilltowncdc.org

Cummington Fair photos

April Judd is working on a Cummington Fair history book and is looking for photos. If you have any that you would like to include in the book, please contact April at 413-268-7109 or it.cummingtonfair@gmail.com.



Pedal Exerciser

If you are interested in borrowing a pedal exerciser, contact Chrisoula at 413-634-2262 or croumeliotis@cummington-ma.gov

Living Fully, Aging Gracefully

The next Zoom meeting for this group is **Tuesday, April 13**. For more information, please contact Wynne or Lucy at 634-5576 or wynlucy@gmail.com; or Annie at annieb@crocker.com.

Library open by appointment & curbside pickup

The Bryant Free Library is now open on Saturdays from 8:30 to 12:30 by appointment and with space permitting – a maximum of two patrons are permitted inside at a time.

Curbside pickup of books, magazines, and DVDs continues on Saturday mornings from 8:30-12:30. Items can be ordered by calling the library and leaving a message at 634-0109.



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)

Foot Care Clinic

The foot care clinic with Piper Sagan at the Hadley Senior Center remains available to non-Hadley residents if appointments are available. Priority is given to residents of Hadley. The fee is \$45. For more information and to make an appointment, call the Hadley Senior Center at 413-586-4023, ext. 6.

Easy Ride Van

The Hilltown Easy Ride van continues to provide trips for shopping to Northampton on Tuesdays and to Pittsfield on Thursdays. Rides to medical appointments are available on Mondays and Wednesdays. Contact Ed Pelletier at 296-4232 for more information and to arrange a ride.

Happy Birthday in April!



Pearl Lynds, William Carver, Kenneth Price, Michael Falcone, Dorset Anderson, Susan Riley, Nancy Noyes, Karen Westergaard, Hilarione O’Leary, Randall Fisher, Robert Quigley, Jeanne Mangan, Jay Brumberg, Richard LaFrancis, Joyce Dempsey, Karen Barker, Judith Slezak, Margaret Parker, Luahn Page, Betty Tessier, Peggy Thorn, Diane Bevan

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



If you or a loved one uses home oxygen, you should be aware of the fact that using home oxygen increases the risks of fire and burns. Using home oxygen increases the amount of oxygen in the air, hair, clothing, bedding, and furniture, making it a whole lot easier for a fire to start and spread. With more oxygen in the air, fires burn hotter and faster. Here are a few things for you to consider on using home oxygen safely:

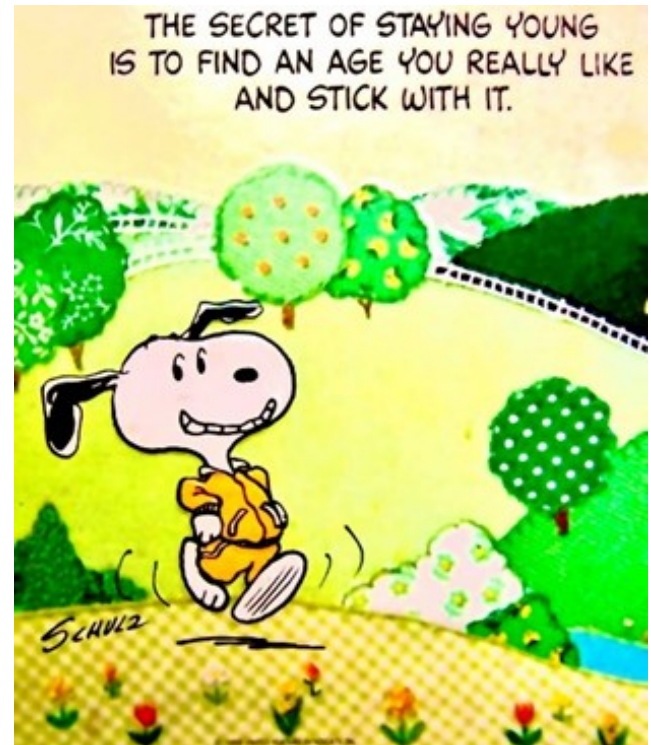
- Do not smoke.
- Keep oxygen and tubing 10 feet away from heat sources like candles, lighters, wood stoves, hair dryers, stoves, heaters, electric razors.
- Avoid using petroleum-based products like lip balms or lotions, which catch fire easily.
- If you or anyone in your house has to smoke, smoke outside the house. Make sure that you have working smoke alarms.
- Plan and practice a home escape plan with a minimum of two ways out of every room and an outdoor meeting place.

Have a SAFE spring!

--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.

Regional News



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!

Personality of Money

We are all products of our upbringing. As adults, we may follow what we were taught and what we observed, or veer away from that. This is particularly interesting to me when it comes to how we view and manage our money, or in shorthand, our money personality. Motley Fool reported on five personalities:

- ⇒ **Planners.** Disciplined savers, reasonable risk takers, e.g., carefully invest in the stock market. These folks probably turned in homework before it was due. 23% of Americans are in this category.
- ⇒ **Savers.** Somewhat cautious, and somewhat risk-averse. For 19% of us, money under the mattress is good. No unexpected event like needing new tires will catch a saver! Savers can become planners.
- ⇒ **Strugglers.** Financial setbacks occur, and are very harmful. Strugglers are not able to get or keep an emergency fund going; sadly, this covers 18% of Americans.
- ⇒ **Impulsives.** May plan and save, but an impulsive's large buy can ruin things. We are 24% strong and not good with credit cards.
- ⇒ **Deniers.** Dislike financial planning, don't believe it can work. 15% of us would rather not even think of money either now or in the future.

Understanding ourselves is of course necessary to make changes that we think will be beneficial. These five personality types offer a simplistic view, one view, and there are other ways of categorizing ourselves. Let me know if you'd like more to read on this.

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

April's Good News

By Deborah Hollingworth

The days are longer, the sun is warmer, more of us are able to get our Covid vaccine shots, so it puts a "spring" in our step as we begin to think about gardens, farmer's market and getting out and about.



The good news this month is a reminder about the Healthy Incentive Program which gives SNAP recipients an instant rebate on fresh fruits and vegetables when purchased from certain farm stands, and our Mobile Farmers market which we anticipate will be at the Maples in Worthington and in downtown Huntington again this year. The Healthy Incentive Program will give up to \$40 per month for households of 1-2 people. Benefits are added to your EBT (food stamp card) each month, making your food stamp dollar stretch farther!

For a listing of HIP locations, you can check their new website map. When you type in your zip code, the site will sort locations by those closest to you. Check it out:

buylocalfood.org/open-hip-locations

The site is continually updated, so you can find markets that will accept your SNAP and HIP benefits.

For those of you who might be interested in applying for SNAP benefits, the income eligibility is \$1,383 for a single person household, and \$1,868 for a two person household. If you are interested in learning more about the Food Stamp program, (called SNAP), and getting help with an application, you can contact your senior center or get in touch with the Williamsburg Senior Center, which is a designated SNAP site: 413-268-8407. They can help you apply.

Correction— Cummington Fair Photos

In the March newsletter's Cummington Fair photo article, the incorrect email address to send photos was given. The correct email is:

it.cummingtonfair@gmail.com



As a reminder: April Judd is working on a Cummington Fair history book and is looking for photos. If you have any that you would like to include in the book, please contact April: **413-268-7109**, it.cummingtonfair@gmail.com. You can email the photos to April or she can borrow them, scan them and return them to you.



Hilltown Mobile Market

FRESH, LOCAL, HILLTOWN-GROWN

www.hilltownmobilemarket.info

Blandford, Cummington, Huntington & Worthington

July 22-October 8, 2021

The Hilltown Mobile Market is back for a third season this summer and fall! Starting in July, we will bring our colorful veggie van to Blandford, Cummington, Huntington, and Worthington each week for twelve weeks, stocked with the freshest Hilltown-grown produce from our neighborhood farms.

Come and get your local lettuce, squash, potatoes, peaches, and so much more! We welcome many forms of payment including cash, credit, debit, SNAP, HIP, WIC, and Senior FMNP Coupons. You can also sign up for a Hilltown Community Farm Share to guarantee your pick of the week's harvest for as little as \$5 per week! Registration begins April 1st.

For more information, visit:

hilltownmobilemarket.info

or call or email Seva Water at

sevat@hilltowncdc.org or 413-824-1840

*The market is supported by
Healthy Hampshire,
Hilltown Community Development and the
Hilltown Community Health Center.*



Joan Griswold's Exercise classes: Six years and going strong!

One of the most stable ways to stay strong during the COVID pandemic has been to join Joan's classes. Reading her email updates and reminders alone makes the day seem brighter. Over a third of the class has been with her for several years, with another 41% participating at least a year. Once in, people usually stay. Nearly 20% attend at least once a week and another 29% take part three times a week. Most members of the groups say that the class has helped maintain their personal health and feel improvements in their overall strength and energy. Good reasons to still be going after six years. Moving forward, we will continue to offer classes online but look forward to also having on-site programs as soon as we can. It's clear that the commitment to exercise is keeping things going and growing.



Want your own exercise ball at home?

We have too many at the Community Center in Chesterfield. Call Jan at 296-4007.



**The Cummington Council on Aging
invites you to a show!**

Mabel and Jerry



By Steve Henderson

This could be the most hilarious blind date ever! Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love any way they can. Think Romeo and Juliet meet Burns and Allen and you will be on the right track.

**See the show on video!
April 30, 2021 at 1:00 p.m.**

Contact the Cummington Council on Aging at croumeliotis@cummington-ma.gov or 413-634-2262 for the link to the show (as well as help navigating the technical aspects of viewing the show).



This program is supported in part by a grant from the Cummington Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

**Cummington
Council on Aging**

Chrisoula Roumeliotis,
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634-2262

Elliot Ring, Chairman
634-5666

Gail Roberge, 512-0660

Worth Noyes, 634-8003

Kathy Knox, 634-8041

Ann Eisenhour, 634-2243

Ann Parsons, 634-5707

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

TECH SUPPORT SCAM

The phone rings, the caller says your computer has a virus & needs to be fixed. Watch out for tech scams.

- They might try to gain access to your computer to steal your personal information

Here's what you can do:

- Just hang up
- Don't click on any links in an email or pop-up screen
- Never give someone else control of your computer & don't share your passwords
- Don't give out financial information to someone you don't know
- Keep your computer's security programs up to date



If you have a consumer problem or question, contact the Northwestern District Attorney's Consumer Protection Unit:

Greenfield (413) 774-3186
Northampton (413) 586-9225



Working in cooperation with the Office of the MA Attorney General