

Cummington Council on Aging

May 2021 Newsletter



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

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

A slow return to in-person activities

As the weather improves and more outdoor activities are possible, the COA is organizing a few in-person activities. These will all be held at the pavilion at the Pettengill Memorial Park on Main Street (next to Cummington Supply). We ask that Covid safety protocols continue to be followed – maintain distance, wear masks, wash your hands. We will have hand sanitizer available for you. Please note that, for the month of May, the bathrooms at the park will not be open.



Yarn Give-Away

Maureen DeMaranville, who died on November 22, 2019, generously donated her yarn to the COA. Her husband, Mark, has dropped off many bags full of beautiful yarn of all kinds. If you knit, crochet, or use yarn for any crafting, please come and take some yarn.



Please follow Covid safety protocols. Masks are required. Bring a shopping bag!

What? Yarn give-away
When? May 15 1-3 p.m.
(rain date: May 22 1-3 p.m.)
Where? Pavilion at Pettengill park

Weekly Gathering

Starting on **Monday, May 10**, we will be hosting a weekly get-together from 10 to 11 a.m. This will replace the current Zoom coffee hour. Again, please follow Covid safety protocols. Masks are required.

What? In-person chat hour
When? Every Monday
10-11 a.m., starting
on May 10th
Where? Pavilion at
Pettengill park



Elder Law Presentation

The Massachusetts Bar Association, with assistance from the Massachusetts Chapter of the National Academy of Elder Law Attorneys, is sponsoring Elder Law programs through the month of May. Attorney Sarah Dolven from the law firm Curtiss, Carey, Gates & Goodridge LLP will present to our COA the topic of “incapacity documents” – health care proxies, durable powers of attorney, HIPAA releases, etc.

This is currently scheduled as a Zoom event. If you are interested in attending, please contact me so that I can send you the link. You can reach me via email: croumeliotis@cummington-ma.gov or phone at 413-320-0663. (Please note: there is a small chance that this program will be presented at the pavilion and not via Zoom. Please be sure to contact me if you would like to attend so that I can give you the latest information on the location).

What? Elder Law Program
When? May 25 10-11 a.m.
How? Most likely via Zoom (contact Chrisoula for link)

Vaccine appointments

If you are having difficulty making an appointment or figuring out transportation to your appointment, please call Chrisoula at 413-320-0663.

Masks

I will continue to leave KN95 masks at the post office and will replenish as often as I can. If the basket is empty, check back on another day.

Computers are available!

The COA received a grant that allowed us to purchase two Chromebook tablets and two Chrome-

book 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 send me an email at croumeliotis@cummington-ma.gov

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: 413-268-7109, 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, May 11**. 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 2 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.

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 May!



Chester Gorski, Wil Hastings, Cynthia Joyner, Andrea Hoffnan, Lorena Thayer, Charles Quinlan, Theresa Panzeri, Peter Marcoux, Kathleen Knox, Carol Stoddard, Frederic Nudell, Ann McCollum, Martha Emerson, Cory Heath, Carolyn Hooks, Laura Pierce, Sandra Streeter, Julie Becker, Michelle Taylor, Donald Stupplebeen, Maria Rodriguez-Roldan, Antoinette Reed, Nancy Cole

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



As you take the winter sand off your lawn along with your other spring projects, here is an easy one for you to do. Check and see if your house number is visible from the street. If your house is not visible from the street, is your driveway clearly marked with a house number? Here are a few things you should consider:

- ⇒ Numbers must be at least 4 inches in height (larger would be even better) and facing the street.
- ⇒ Put numbers under lighting.
- ⇒ Use numbers with a contrasting background so they are visible at night.
- ⇒ If your driveway is long, post your house number on both sides of your mail box or on a sign pole at the end of the driveway near the road.
- ⇒ Be sure to keep the numbers visible by trimming bushes, tall weeds and trees.
- ⇒ Remember, emergency personnel from a neighboring community may not be familiar with your area. Paramedics, firefighters and police officers find you faster when your home is clearly marked.

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.

**When I don't need it:
I see it everywhere**



**When I actually need it:
I can't find it anywhere**

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 – Can We Change?

Last month I said we are all products of our upbringing. We are the result of genetics and life experiences, including seeing how our parents and peers handle money. From all this, we develop our habits and attitudes. From habits and attitudes, we move to how we manage our money, if and how we invest, how/why/when we spend or save, how easily we fall prey to a scammer, even on to the mechanisms and practices we use to pay our bills.

If we have habits and attitudes about money, can we change those to improve our lot in life? This is a huge topic, but bear with me as I share a little of what I read this month about one avenue of change. Some interesting research on traumatic stress (e.g., from abuse, serious health issues, and believe it, pandemics!) shows that stress can change parts of the brain, for instance, physically shrinking an area that allows us to reason logically and to assess risk. Another region of the brain that can physically change is responsible for working memory, mental flexibility, and self-control, what they call "executive function", all of which may impact our financial practices and skills.

So can we change? Yes! All the things *They* keep telling us that are good for our overall health (physical exercise, reasonable diet, socialization, mindfulness, etc.) can work in our favor to reduce stress and so improve our brain function. We may even bring about physical changes in the brain that result in improved memory, more rational thinking, better planning, and better decisions. Thus a person may move from being an impulsive spender to being a saver, or a denier may decide to jump into the shallow end of the investing pool.

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

Foot Care from Highland Valley Elder Services (HVES)



If you are a client of HVES, you may be eligible for in-home foot care. Call your Care Advisor to see if you're eligible. If you don't have a Care Advisor, call Highland Valley's main number (413-586-2000) to ask about eligibility.

May's Good News

By Deborah Hollingworth

At last the long-awaited spring has arrived with tulips, apple blossoms and time to plant our vegetable gardens! Many more of us have had our



Covid vaccine shots and are beginning to make those postponed medical appointments: trips to the dentist, the eye doctor, and perhaps time to schedule knee or hip surgery. If you find the rehab process from surgery requires some medical equipment that is not covered by your health insurance, you might call your senior center to ask about their "loan closet". If your town doesn't have a senior center because they share space in a town building, call them anyway because there is a regional loan closet for our Northern Hilltowns in Cummington. If you need a walker, wheelchair, raised toilet seat, commode, crutches or quad cane, you can give your senior center a call and they will check out the Cummington "closet" to see if that item is available for loan. Likewise, if you have items to donate, the Cummington loan closet can take them.

Many items, like hospital beds or wheelchairs can be rented on a short term or extended time basis. And some health insurances, like Hospice, will cover the cost of these rentals.

It is always a good idea to speak to someone at your senior center to see if you might get other support services, like meals, help grocery shopping, or a friendly visitor, as you rehab from surgery. And if you've had your Covid shots, you may be able to help if someone needs a ride to a medical appointment or help with grocery shopping.

It's time to reconnect and lend a helping hand to a neighbor as we come out of a long winter.

Senior Farm Share



2021 Enrollment begins May 1!

If you're over the age of 60 and meet income eligibility requirements, you are eligible to apply for a Senior Farm Share!

What it is: Ten weeks of fresh, local produce delivered to participating Senior Centers and Councils on Aging. Shares are valued at \$135, and participants pay a one-time fee of \$10 during enrollment. Many sites accept SNAP/HIP payments for this \$10 fee. If you participated last year, an application will be mailed to you from CISA. If you would like to participate this year, please contact us at 413-296-4007, email coa@townofchesterfieldma.com or write to COA, Box 7, Chesterfield MA, 01012, and we will mail you a new application. **Applications will be accepted until June 1st.**

**THIS TOO
SHALL PASS.**

**IT MIGHT PASS
LIKE A KIDNEY
STONE.**

but it will pass.

**I'VE LEARNED
SO MUCH FROM
MY MISTAKES,
I'M THINKING
OF MAKING
A FEW MORE.**

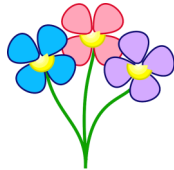
**"The world's favorite season is the spring.
All things seem possible in May."**

- Edwin Way Teale



**"The sun was warm but the wind was chill.
You know how it is with an April day.
When the sun is out and the wind is still,
You're one month on in the middle of May.
But if you so much as dare to speak,
a cloud come over the sunlit arch,
And wind comes off a frozen peak,
And you're two months back in the middle of March."**

- Robert Frost



**"The country ever has a lagging Spring,
Waiting for May to call its violets forth,
And June its roses--showers and sunshine bring,
Slowly, the deepening verdure o'er the earth;
To put their foliage out, the woods are slack,
And one by one the singing-birds come back.**

**Within the city's bounds the time of flowers
Comes earlier. Let a mild and sunny day,
Such as full often, for a few bright hours,
Breathes through the sky of March the airs of May,
Shine on our roofs and chase the wintry gloom--
And lo! our borders glow with sudden bloom."**

- William Cullen Bryant, *Spring in Town*, 1850

"Never yet was a springtime, when the buds forgot to bloom."

- Margaret Elizabeth Sangster

**"It's spring fever.... You don't quite know what it is
you do want, but it just fairly makes your heart ache,
you want it so!"**

- Mark Twain

**"Every spring is the only spring - a perpetual astonish-
ment."**

- Ellis Peters



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.*



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PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

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HOME IMPROVEMENT



If you're going to hire a Home Improvement Contractor...

- Make sure they're registered or licensed with the state
888-283-3757 www.mass.gov/consumer;
- Make sure the payment schedule is broken into 3 payments: 1/3rd at the start of the project, 1/3rd in the middle and 1/3rd when the work is complete;
- Make sure the contractor takes out the building permit in their name;
- Make sure you check the contractor's references;
- Make sure you have a written contract;
- Make sure you have a copy of the contractor's insurance;
- Make sure you check to be sure there are no complaints against the contractor.

*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
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