

# Cummington Council on Aging

## June 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](mailto:croumeliotis@cummington-ma.gov)

### You are invited to a free take-home dinner!



The COA is offering a free take-home dinner-- prepared and served by The Creamery. This dinner will be a choice of slow roasted pork shoulder with savory BBQ rub **or** house-made black bean vegetarian glazed meatloaf. Each meal will come with a side of house-made baked macaroni & cheese and steamed broccoli. Pick up will be on Thursday, June 17<sup>th</sup> from 5-7 p.m. at the Creamery. The deadline for ordering this free dinner is Tuesday, June 8. Call the COA office at 634-2262 by June 8<sup>th</sup> to make your reservation. We can take reservations for up to 60 meals.

*What? Dinner*

*When? Thursday, June 17, 5-7 p.m.*

*Where? Pick up at Creamery*

*Reservation?* Reserve your free meal by calling 634-2262 **by June 8th** and leave your name, phone number and choice of meal (pork or vegetarian).

A few days before the 17<sup>th</sup>, you will get a confirmation call from the COA with details for picking up your meal.

### Weekly gathering

Join us on Mondays for a weekly get-together from 10 to 11 a.m. at the pavilion at Pettengill Park. Please follow Covid safety protocols. Masks are required.

### Looking for volunteers

From time to time, we need additional hands to help with various programs. If you are interested in being on our volunteer list, please leave a mes-

sage at the COA office (634-2262).

We are also interested in knowing whether there are programs that you would like to see happening. Is there something – such as a book club, walking group, bird watching club – that you would like to participate in? Would you like to lead it? We are looking for your ideas.

### Hilltown Mobile Market in Cummington

The Hilltown Mobile Market will return to the Kingman Tavern (41 Main Street) on Thursdays from 4:30-6 p.m. starting on July 22 and ending on October 7. Come and get your local veggies and fruit! Many forms of payment are accepted, including cash, credit, debit, SNAP, HIP, WIC and Senior FMNP Coupons.

You can also purchase an affordable Hilltown Community Farm Share on an income-based sliding scale, ranging from \$5-20 per week. This option allows you to choose any five produce items each week (for example, a bag of salad greens, 2 cucumbers, 1 bunch of scallions, 3 summer squash and a pint of blueberries). Households with SNAP/HIP can have the cost of the share fully reimbursed.



For more information, contact Seva Water at [sevat@hilltowncdc.org](mailto:sevat@hilltowncdc.org) or 413-824-1840 or visit [hilltownmobilemarket.info](http://hilltownmobilemarket.info).

### Vaccine appointments

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

### 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 send me an email at [croumeliotis@cummington-ma.gov](mailto: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, contact April: 413-268-7109 or [it.cummingtonfair@gmail.com](mailto: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](mailto:croumeliotis@cummington-ma.gov)

### Living Fully, Aging Gracefully

The next Zoom meeting for this group is **Tuesday, June 8**. For more information, please contact Wynne or Lucy at 634-5576 or [wynlucy@gmail.com](mailto:wynlucy@gmail.com); or Annie at [annieb@crocker.com](mailto: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.

### 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 June!



Helen Griffith, Judith Hinton, Linda Gero, Pamela Howland, Bruce Hoag, Judith Jenkins, Douglas Bailey, Lawrence Pasko, Daniel Smith, Rosemary Graf, Maureen Tumenas, Carolyn Urekew, Thomas Tear, Robin Robbins, George Fenton, Jeffrey Vanasse, Karen Tonelli, Stefanie Wondriska-Clark, Lisa Edson, Jeffrey Guiel, Michael Witt

***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



June seems to be the beginning of the cooking outdoors season. Here are a few ways to barbecue safely. (Sorry, no special recipes will be shared here.)

- ⇒ Use all barbecue grills outdoors and at least 10 feet from the side of any building.
- ⇒ Never leave a burning grill unattended.
- ⇒ Children should never play near grills or propane cylinders.
- ⇒ Grills may only be used on first floor decks, patios, and balconies if there is an outdoor stairway to the ground, or if it is on the ground level.
- ⇒ Grills are prohibited from being used on any porch, deck or balcony that has a roof or an overhang.
- ⇒ Keep all LP gas outside and away from buildings. LP gas is heavier than air and is a real fire risk. Keep LP gas 10 feet from building openings such as doors, windows, dryer vents and 20 feet from air intakes and all ignition sources.
- ⇒ With charcoal grills, use only charcoal lighter fluid to start them. Once there are lit coals, NEVER add more lighter fluid. Flames do travel very quickly up the stream of fluid causing serious burns.
- ⇒ Dispose charcoal ashes in a metal container.

Enjoy barbecue season SAFELY,

--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.*



**Would you like to receive your newsletter, in color, by email instead of snail mail?**

If so, please email Kristen at [regionalcoanews@gmail.com](mailto: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!

## Oh, Those Scammers

They are so clever, always alert to what will work. I have two topics for you. One is vaccination cards, a prized commodity for many of us. The other is an example of a scam, or not...

Vaccination cards – those little white cards with your full name and birthdate and vaccination info. There are also official records of your shots but this card is the record you can control. I read that you should leave the original in a safe place (maybe with your Social Security card?) and carry a copy or a photo of the card for if you need it. At this point, we don't know when the card might be needed again, so keep it safe. Some recommend laminating it but that could make the ink run, and would keep you from adding information, e.g., about a booster shot. Of course, you know to not take a picture with your birthdate showing and post it online...

The second topic is based on a mailing a friend received. It is a "Prayer by Letters" from Saint Matthew's Churches in Tulsa. They sent a letter, two flyers, and a prayer rug. They will pray for you if you return the prayer rug and perhaps a donation. The Church is a 501(c)(3) organization, a registered charity, but Charity Navigator has no ratings for it. Some folks have written heartfelt complaints about being taken for large sums of money. I could not, however, determine if it is or is not a scam. What struck me was how well they played to many different triggers to solicit money, offering the possibility that their prayers could bring prosperity, increased wisdom, a secure future, physical healing, peace, and other desirable things. Watch out - they can touch us all!

Carefully,  
Jean O'Neil, TRIAD committee member  
413-268-2228, [jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)



## June's Good News

By Deborah Hollingworth

Governor Baker has extended the "freeze" on MassHealth benefits again... this time until the end of the year, December 31st. Anyone who has MassHealth coverage now, will not lose it. This is part of an effort to make sure that people don't lose their health insurance coverage during the pandemic. Also, remember that MassHealth pays caregivers for the care they are providing if the recipient is a MassHealth beneficiary. If you are frail enough to need daily in home care in order to avoid a nursing home placement, your income can be as much as \$2,380/month and still qualify for MassHealth. If you have questions about how to go about getting MassHealth, you can call your senior center and ask for a SHINE appointment.



Have you ever wondered what SHINE is? SHINE stands for Serving the Health Insurance Needs of Everyone and is a program which trains thousands of volunteers in all 50 States. Volunteers learn about Medicare and other insurance coverage, and become consultants for anyone with questions about their health insurance. You can find SHINE volunteers by contacting your senior center or in our area, by calling Highland Valley Elder Care, 586-2000.

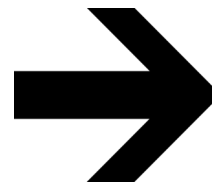
More good news: the Soldiers' Home will potentially begin admissions this Fall. If you've been on their wait list, you may receive a call. If you don't feel ready, or refuse the bed, you may be dropped from the wait list and need to submit a new application in the future. To check on your wait list status, or to get more information about the Soldiers' Home, you would call your VSO, Tom Geryk: 413-587-1299. If he doesn't cover your town, he will connect you with the Veterans Service Officer who does. Tom is also a great resource for other benefits, including home care that the VA offers.

Next month, I look forward to sharing more resources on how to reduce the cost of your Prescriptions!

## Find your food sources on the map!

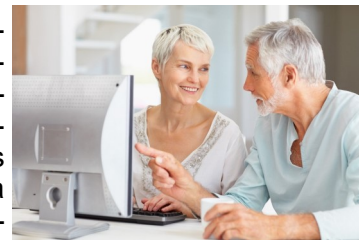


Thanks to the Smith Students in the Landscape Studies program and Caitlin Marquis from the Collaborative for Educational Services, we now have a map showing all the locations for access to food in the Hilltowns. It's one of those gifts that "keeps on giving" and is set up to change as locations and terms of programs change. To see more, just go to the Northern Hilltowns on Aging website: [northernhilltownscoas.org](http://northernhilltownscoas.org)



## Broadband Discounts

Whip City Fiber is participating in the Emergency Broadband Benefit Program. For eligible households, this program will provide a discount of \$50.00 toward monthly broadband service (one credit per household). Since this is a limited time program which will end when funding runs out, we encourage you to apply promptly. **APPLICATIONS WILL BE ACCEPTED ONLINE STARTING May 12, 2021.** A household is eligible for a monthly \$50 credit if one member of the household meets at least one of the following criteria:



- ⇒ Has an income that is at or below 135% of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid or FCC's Lifeline program;
- ⇒ Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision, in the 2019-2020 or 2020-2021 school year;
- ⇒ Received a Federal Pell Grant during the current award year;
- ⇒ Experienced a substantial loss of income through job loss or furlough since February 29, 2020 and the household had a total income in 2020 at or below \$99,000 for single filers or \$198,000 for joint filers.

For more info: [getemergencybroadband.org](http://getemergencybroadband.org)

# Western Mass Hilltowns Food Access

Developed in partnership w/ Healthy Hampshire & Northern Hilltowns Consortium of Councils on Aging, Spring 2021

**1. Old Creamery Co-Op**  
 445 Berkshire Tr, Cummington  
 (413) 634-5560  
 Daily 7am-7pm  
 SNAP, Hilltown Food Bucks, Plainfield Mutual Support Network Benefits, ♿

**2. Hilltown Mobile Market Cummington**  
 41 Main St, Cummington  
 (413) 824-1840  
 Thurs 4:30-6pm  
 SNAP, WIC, HIP, Sr Farmers Market, ♿

**3. Northern Hilltown Food Pantry**  
 40 Main St, Goshen  
 (413) 268-7578  
 Wed 1-3pm, ♿

**4. Sawyer Farm**  
 19 Sawyer Rd, Worthington  
 (718) 594-6612  
 Mon-Sat 2-6pm  
 SNAP, Hilltown Food Bucks, ♿

**5. Williamsburg Market**  
 3 Main St, Williamsburg  
 (413) 268-3006  
 Mon-Sat 9am-6pm, Sun 9am-2pm  
 SNAP, WIC, Hilltown Food Bucks, ♿

**6. Four Corners Farm**  
 27 Old North Rd, Worthington  
 (413) 238-4441  
 Daily 8am-5pm  
 Hilltown Food Bucks, ♿

**7. Corners Grocery**  
 2 Packard Pk, Worthington  
 (413) 238-5531  
 Mon-Sat 10am-7pm; Sun 9am-5pm  
 SNAP, Hilltown Food Bucks, ♿

**8. Chesterfield General Store**  
 423 Main Rd, Chesterfield  
 (413) 296-4354  
 Thurs-Sat 7am-7pm; Sun 7am-3pm  
 Hilltown Food Bucks, ♿

**9. Chesterfield Brown Bag**  
 40 Main Rd, Chesterfield  
 (413) 296-4007  
 2nd Thurs 11am-12pm, ♿

**10. Hilltown Mobile Market Worthington**  
 156 Huntington Rd, Worthington  
 (413) 824-1840  
 Thurs 2pm-3:30pm  
 SNAP, WIC, HIP, Sr Farmers Market, ♿

**11. Crabapple Farm**  
 100 Bryant St, Chesterfield  
 (413) 296-0310  
 Sat 10am-2pm  
 SNAP, WIC, HIP, Hilltown Food Bucks, Sr Farmers Market, ♿  
*Call beforehand for EBT*

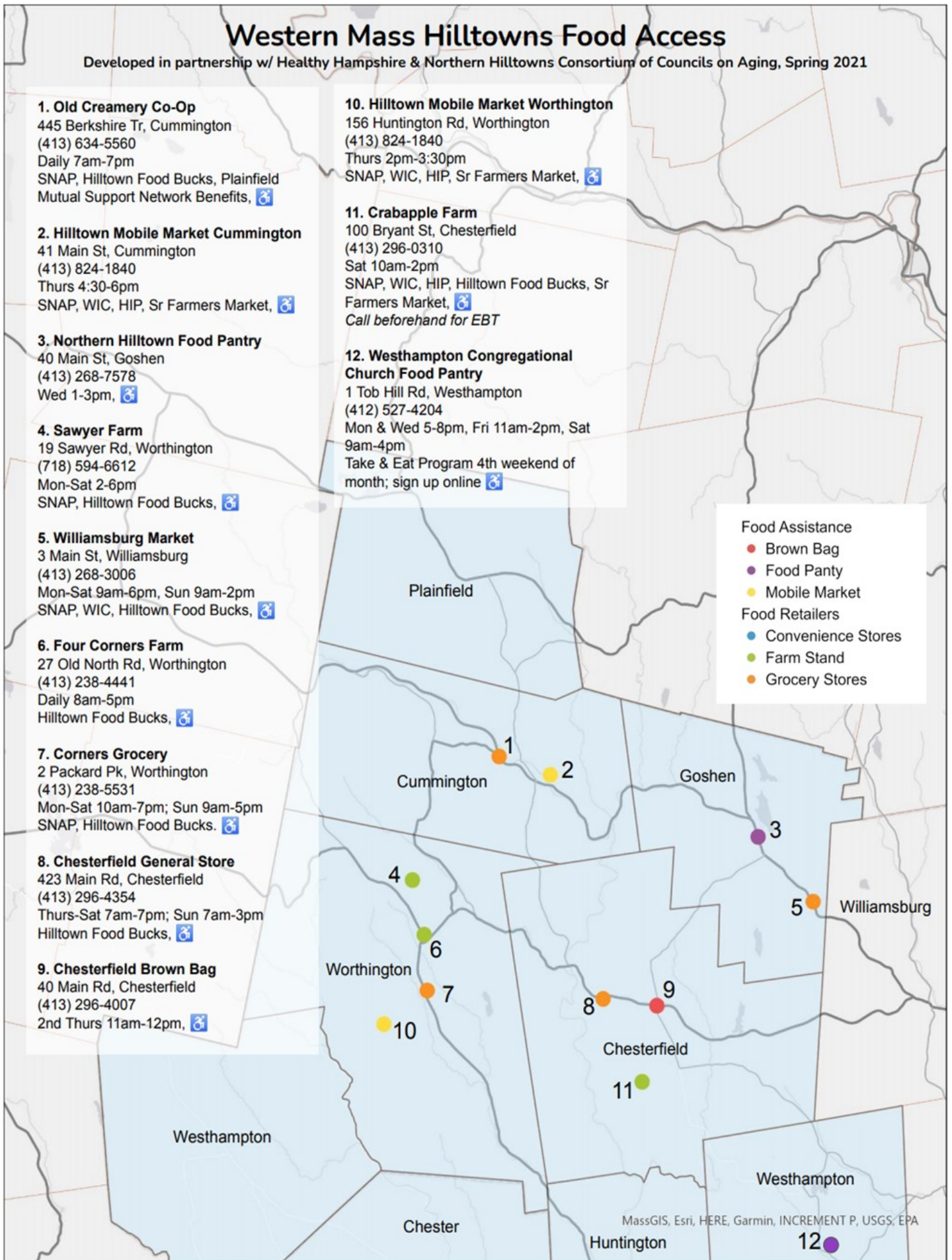
**12. Westhampton Congregational Church Food Pantry**  
 1 Tob Hill Rd, Westhampton  
 (412) 527-4204  
 Mon & Wed 5-8pm, Fri 11am-2pm, Sat 9am-4pm  
 Take & Eat Program 4th weekend of month; sign up online ♿

### Food Assistance

- Brown Bag
- Food Pantry
- Mobile Market

### Food Retailers

- Convenience Stores
- Farm Stand
- Grocery Stores



**Cummington Council on Aging**  
**P.O. Box 95**  
**Cummington, MA 01026**

PRSR STD  
US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

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# DOOR- to-DOOR SALES



Hire me  
NOW!

**If you're considering hiring someone  
who knocks on your door and offers  
home improvement services...**

- Don't rush or feel pressured into making an immediate decision;
- Get a written estimate and tell them you will get back to them;
- Ask for and check their references before agreeing to have the work done;
- Get bids from established, local companies and compare prices;
- Check with your town hall to see if they need a license or permit to solicit door-to-door;
- Check with your local consumer protection program or police department.

*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**

