

# Cummington Council on Aging

## August 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

### More activities are returning!

As we continue to re-open, we are adding more activities to our schedule.

#### Healthy Bones and Balance

This exercise class (led by Anne Parsons) is being held on Mondays and Thursdays from 9:30 to 10:30 a.m.

#### Coffee hour

Join us after exercise or come just for coffee on Mondays from 10:45 to 11:45 a.m.

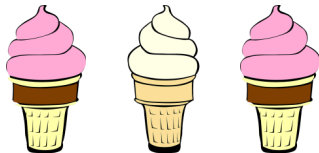
#### Needlework group

This is being held on Mondays from 1 to 4 p.m.

#### Living Fully, Aging Gracefully

The next Zoom meeting for this group is Tuesday, August 10th. For more information, please contact Wynne or Lucy at 634-5576 or [wynlucy@gmail.com](mailto:wynlucy@gmail.com); or Annie: [annieb@crocker.com](mailto:annieb@crocker.com)

### Ice Cream Social



Join us on **Tuesday, August 17<sup>th</sup> from 2 to 4 pm** at the pavilion (at Pettengill Park on Main St.) for an ice cream social. Spread the word! Bring your family, friends and neighbors, as we are inviting everyone in town. We will provide the ice cream, water, and live music. Currently scheduled to perform are One Part Luck (John Bye and Peg Cowan), Josh Wachtel, and Jack Swindlehurst.

### Farmers' Market Coupons

The 2021 Farmers' Market Coupons are now available. We have 10 booklets available for distribution – each booklet contains \$25 worth of coupons that can be used at various farmers' markets, in-

cluding the Hilltown Mobile Market that comes to the Kingman Tavern on Main St. in Cummington on Thursdays from 4:30-6 p.m.

You are eligible if you are at least 60 years of age and your income is at or below 185% of the federal poverty level. You are also eligible if you are disabled, under the age of 60, live in elder housing and receive nutrition program benefits and your income is at or below 185% of the federal poverty level. For a household of one, the income limitation is \$23,828 per year. For a household of two, the income limitation is \$32,227 per year.

If more than 10 people are interested, we will choose the recipients by lottery. Please call the COA office at 634-2262 if you have any questions or need more information. If you are interested in these coupons, call the COA office by August 15<sup>th</sup> and leave a message with your name and phone number. I will get back to you by August 20<sup>th</sup>.

### Medical Equipment – in need of wheelchairs and rollator walkers with seats

Many types of medical equipment are available for your use -- including walkers, wheelchairs, shower seats and tub transfer seats, toilet seat risers, and more. There is no charge; we only request that you return the item when you no longer need it. If you have borrowed a piece of medical equipment and are no longer using it, call the COA office to set up a time to return it.

If you have any equipment of this nature (in good, clean condition) that you would like to donate to our collection, call the COA office as well. We are especially in need of wheelchairs and rollator walkers with seats.

### 2021 Elder Law Education Guide

I have paper copies of the 2021 Elder Law Education Guide, which is the Massachusetts Bar Association's 12th Annual resource guide on a wide range of legal issues affecting the lives of older adults. I also have this guide in pdf form. In addition, the Mass. Bar Association's Elder Law Advisory Committee created three podcasts. The topics are: Reverse Mortgages as a Retirement Tool; Older Adults and Driving; and Medicare Explained.

If you would like the guide emailed to you, or would like to receive a paper copy, or you would like the links to the podcasts, please leave a message at 634-2262.

### 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 message 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. 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. 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 at HCHC

Free Covid-19 vaccinations are being offered to Cummington residents ages 18 and older by the Hilltown Community Health Center at its Huntington vaccination clinic. To schedule an appointment, or for more information, call 413-667-3009 ext. 261. If you are having difficulty making an

appointment or figuring out transportation to your appointment, please call the COA office at 634-2262.

### It's Fair Season!

The Cummington Fair is scheduled for August 26-29. For those who wish to travel a little further, below are the dates for other fairs.



- ⇒ Heath Fair -- August 21-22
- ⇒ Three County Fair (Northampton) -- Sept. 3-6
- ⇒ Franklin County Fair (Greenfield) -- Sept. 9-12
- ⇒ Big E (West Springfield) -- Sept. 17-Oct. 3

### Chromebooks and Pedal Exercisers

If you are interested in borrowing a Chromebook or a pedal exerciser, leave a message at the COA office at 413-634-2262 with your name and phone number or send an email to [croumeliotis@cummington-ma.gov](mailto:croumeliotis@cummington-ma.gov)

### Happy Birthday in August!



Mary Streeter, Jeanette Horton, Lucy Fandel,  
 Ann Eisenhower, Joel Hinton, David Sprague,  
 Maureen Horak, Dennis Gero, James Drawe, Susan  
 Boulanger, George Thorn, Beverly Prentice,  
 Victor Morrill, Lenora Cote, Richard Sheppard,  
 Mark Bevan, Mike Augspurger, Christopher Robert-  
 ertson, Anne Barbour, Lynn LaFountain, Tammy  
 Reid, Marcia Winseck, Susanna Matthews

***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

# THE ANGEL PARK CONCERT SERIES 2021

Angel Park in Williamsburg Center  
Wednesday Evenings • 6pm to 7:30pm  
July 7th through August 18th

- Louise Mosrie - July 7th
- Katie Clarke and Larry Leblanc - July 14th
- Annie Guthrie - July 21st
- The Group DeVille Trio - July 28th
- Tom Shields and Barely Standing - Aug. 4th
- Lonesome Brothers - August 11th
- Christa Joy and the Honeybees - August 18th

Please join us for seven wonderful evenings of entertainment!

Sponsored by Florence Savings Bank,  
The Williamsburg and Massachusetts Cultural Councils,  
and contributions from area music lovers.



**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!

## How do WE do it?

So how and why do we fall victim to these scammers? We're thinking adults, not inexperienced children. What goes wrong for us?

Well, when we lose our wallet, we may lose the carefully stored Social Security card and vaccination card. We might even lose our Medicare card that allows a scammer to hack our account and ruin our medical reputation. (No, I don't expect you to memorize that entire number. But you can make a copy of the card, cut it to shape, block out four characters, and memorize them. You shouldn't need the full number until you go to a new medical provider.) I should note - now that our SSN is not our Medicare number, this is not as large an issue as it used to be.

We enjoy posting online and playing social media games, playing with known friends, and we let our guard down. We tend to forget that someone besides our good friends may be watching the screen and picking up answers to our security questions or otherwise adding to the online profile they are generating. We also may still have an inclination to pick up the phone when it rings, whether or not we know the caller.

Then there's the collection of poor passwords we have. What's that? You only have ONE password?! Yikes! Watch for a password note in this newsletter next month.

One final thought for now. As we age, we lose some ability to feel doubt or to assess risk. We show increased optimism and positivity, and are more likely to assess someone as trustworthy based on a face or voice quality. We miss the warning signs. What to do about that? All I can say right now is "Let's be careful out there!" Thanks, Sgt Esterhaus of NYPD Blue.

Again, carefully,

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

## August's Good News

By Deborah Hollingworth

The good news this month is about housing options. From time to time AARP does surveys asking older adults where they prefer to live. The answer never changes, 85%-90% of us want to stay in our own homes for as long as possible. (And sometimes longer). Being able to do that depends on our keeping fit, not developing any medical conditions that limit our ability to take care of ourselves.....and having enough retirement income to keep up with increases in the cost of our household overhead. Property taxes, homeowners insurance and utility costs are never going to go down, so this can be a challenge if we have changes in our income, from a loss of life partner, or we outlive our assets.

If we have to consider moving, leaving our home, the best strategy is to move to a place where we will be able to stay regardless of how infirm we become or regardless of our shrinking financial resources.

So what are the possibilities?

There are many aspects of planning for future housing, but today we'll focus on Assisted Living facilities. First, let's dispel some myths. Assisted Living is



not a nursing home. Far from it. I describe it like "a cruise ship that never leaves the dock". Meals, housekeeping and if needed, help with personal care and Rx management. In addition, most ALFs have a myriad of activities that include arts, crafts, music, day trips, book clubs and exercise classes. In fact, socialization is often the most important aspect of assisted living residences. Next myth, ALFs are only for people with significant financial resources, "I could never afford it". If you calculate what your monthly household overhead is...and then realize that when you move to an ALF you no longer have property taxes, utility bills, homeowners insurance, and home repairs...then the monthly rent begins to sound more reasonable. Still, rent at an ALF can range between \$3,000-\$5,000 per month depending on what kind of support services you need.

How is this affordable? Many people sell their homes when they move to an ALF and use the proceeds from the sale to pay their rent for a couple years. If you are planning ahead, it's a good idea to know about ALFs that have rent subsidy programs for low income residents who exhaust their assets. We are fortunate to have several in

our area: The Arbors Assisted Living residences in Westfield, Chicopee, Greenfield, and Amherst, Landmark at Monastery Heights in West Springfield, Heritage Hall in Westfield to name a few. To get more information about the possibility of your moving to an Assisted Living, you can call Highland Valley, LifePath, WestMass Elder Care, or Greater Springfield Senior Services and ask for their Information department, who should be able to refer you to an Options Counselor to talk about your situation and possible housing options.

### **Wanted: Part Time Administrative Assistant Chesterfield Council on Aging**

Position responsibilities include preparing schedules and documents, assistance with office functions and services to older adults. Flexible hours available for 5 hrs/week at \$18 hr. Great position for someone looking to balance work and family life. Preference is for someone with experience and background working with older people in service or business settings. The goal is to have someone join the team who likes working with older adults, is goal-oriented, interested in learning new skills and working in a welcoming environment. Send letter of application to Jan Gibeau, Director of Council on Aging, Box 7, Chesterfield MA 01012.

### **Farmers' Market Coupons**



Farmers' Market Coupons are available through your town's COA. Each booklet contains \$25 worth of coupons that can be used at various local farmers' markets.

The eligibility criteria are:

- ⇒ 60 years old
- ⇒ household income at or below 185% of the federal poverty level
- ⇒ disabled, under the age of 60, live in elder housing and receive nutrition program benefits and income at or below 185% of the federal poverty level.
- ⇒ For a household of one, 185% of the federal poverty level is \$23,828 per year. For a household of two, it is \$32,227 per year.

If you are interested, contact your town's COA.

## On the Road Again..



Here is a brief outline of future bus trips for 2021. Please know nothing is written in stone and things can change. Some trips are originating from the Southampton Council on Aging, but Francine will be the contact person for all trips mentioned below. All trips include taxes and tips.

**The Chesterfield COA is offering a \$20 refund on any non-sponsored Chesterfield trips listed here (\*) to folks 60 years of age and older.**

If you would like to share your email address with Francine so we can keep in touch, please send a short message to [francine.frenier@gmail.com](mailto:francine.frenier@gmail.com) or call 413-296-4291. Please make your interest known 4-6 weeks prior to the trips so plans can be confirmed.

- ⇒ **September 20.** Big E, \$12 for Chesterfield residents, \$15 for out of towners. Entertainment: Rainer Martin in ***The Donna Summer Experience***. Door to door service, 2 pickup locations COA & Elks Lots, no parking fee, driver tip included. Payment due by September 1st.
- ⇒ **September 21.** Guided tour of **Quabbin Reservoir** & Lunch at Salem Cross Inn, shopping stop at Oakwood Farm Christmas Barn- \$67 due by August 10th.\*
- ⇒ **October 8-18.** 11 day bus trip to **Colorado Springs**. Sit back, relax and enjoy the beautiful scenery. Activities almost every day. Many meals included. \$1,190 due **now**. Only 4 seats left.\*
- ⇒ **November 4.** **Plymouth 400th Anniversary** program & Thanksgiving buffet luncheon \$133 *if paid in full by 9/30/21*. *Seating is limited*.\*
- ⇒ **December 9.** Pizza & Salad lunch prior to tour of **Bright Nights**, Springfield, MA. Cost to be determined.\*



### Part Time Work Available: Hilltown Elder Network (HEN Program)

Help Williamsburg area elders with housework, occasional transportation to appointments, and various household chores.

Call Fran Goebel: 413-268-7411

\$15.00 per hour

*A Hilltown CDC Program*

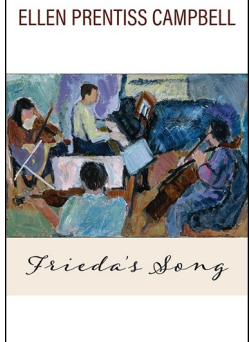
***Friends of the Chesterfield Library presents***

**Author Ellen Prentiss Campbell in-person  
for a discussion of her new novel  
FRIEDA'S SONG**

**Sunday, August 1st at 4pm**

**Chesterfield Community Center  
400 Main Rd.**

Join us as author Ellen Prentiss Campbell discusses her new novel *Frieda's Song*, inspired by the life and work of renowned psychiatrist Frieda Fromm-Reichmann who fled Nazi Germany in 1935 and lived and worked at the Lodge in Rockville, Maryland, establishing its reputation for innovative treatment of mental illness, dying in her custom-built cottage on the grounds in 1957.



Campbell's riveting novel explores the lives of the remarkable Frieda Fromm-Reichmann and current day psychotherapist Eliza Kline who—decades after Frieda's death—lives in the Cottage. Eliza, a struggling clinician and single mother, seeks inspiration in Frieda's work and finds surprising ways Frieda still inhabits the Cottage. The novel is a tale of how history and chance, and the work and people we love, shape our lives—and how the past remains present.

Campbell, a Smith College alum and award-winning author of the historical novel *The Bowl with Gold Seams*, worked as a psychotherapist in Rockville for many years. She lived so close to the Lodge she awoke to the smell of smoke the day the hospital, empty for several years, burned to the ground. Frieda's Cottage survived the blaze and has been recently restored and designated a National Historic Landmark. For more about *Frieda's Song* and Ellen Prentiss Campbell, visit [www.ellencampbell.net](http://www.ellencampbell.net)

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

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US POSTAGE  
PAID  
PERMIT 183  
Greenfield MA

**Cummington  
Council on Aging**

Chrisoula Roumeliotis,  
Coordinator  
634-2262

Elliot Ring, Chairman  
634-5666

Gail Roberge, 512-0660

Worth Noyes, 634-8003

Kathy Knox, 634-8041

Ann Eisenhour, 634-2243

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Kristen Estelle,  
Newsletter Designer  
regionalcoanews@gmail.com

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*Monday, Sept. 13th 1-3pm at the Chesterfield Community Center*

**Peg Whalen presents: iPhone Workshop**

Want to catch up with your grandchildren who tell you using an iPhone is simple and easy? The fact is, figuring how to use all of the features of an iPhone is often not obvious at all. Join us at the workshop, hang out with friends and have fun "learning the ropes".

- Understand some basics of getting your phone to do what you want it to do.
- Learn things you have been told it can do but you have not figured out how.
- Understand your phone enough to feel comfortable with using it for new tasks and activities.
- Understand what you should be wary of.
- Identify ways to find out more about your phone

Some of the issues to be covered include how to:

- Get your pictures off your phone and onto your computer.
- Use it as a flashlight, compass or level.
- Set it up for printing to a wireless printer.
- Find and install apps.
- Determine whether you can use it for banking, bill paying, accessing medical records and reaching your doctor's office or pharmacy.



**Interested in attending?**

Please call the Chesterfield COA, **413-296-4007**, or send an email to **coa@townofchesterfieldma.com** to register by August 30th. It would be helpful to include information about how long you have used a cell phone, what make and model of cell/smart phone you currently have, and what questions you would like answered. Can't join us but want to learn more? If you can't attend this workshop on the scheduled date and time but would be interested if it is repeated in the future, let us know. This information will help us determine whether additional workshops should be scheduled.

*\* Please note: This workshop will not cover how to troubleshoot an ongoing problem with your phone or how to fix broken parts of your phone.*