

Cummington Council on Aging

February 2022 Newsletter



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

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

Ongoing Programs, Activities & Resources

For more information on any of these programs, activities and resources, contact the COA at croumeliotis@cummington-ma.gov or 634-2262.



Healthy Bones and Balance

Mondays and Thursdays from 9:30 to 10:30 a.m.

Coffee Hour

Mondays and Thursdays from 10:45 to 11:45 a.m.
(Coffee hour was temporarily suspended in January; please check in to be sure it is happening before you attend.)

Needlework Group

Thursdays from 1 to 4 p.m.

Boxed Lunches

Third Tuesday of each month. (See details below.)

Living Fully, Aging Gracefully

The next Zoom meeting for this group is **Tuesday, February 8th**. For more information, please contact Wynne or Lucy at 634-5576 or wynlucy@gmail.com; or Annie at annieb@crocker.com.

Medical Equipment

Walkers, crutches, shower seats and tub transfer seats, toilet seat risers, and more are available for your use. We also accept donations of equipment.

Exercise Equipment

Pedal exercisers and sets of hand weights (1, 3 and 5 pounds) are available for you to borrow.

Chromebooks

We have a few available for you to borrow.

2021 Elder Law Education Guide

This guide covers a wide range of legal issues affecting the lives of older adults. We have it in pdf format, as well as in paper copy.

Easy Ride Van

The Hilltown Easy Ride van provides 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.

Sign up for Monthly meals prepared by HVES: always the third Tuesday of the month

The next meal will be distributed on **Tuesday, February 15th** from noon to 12:30 at the Community House. You must wear a mask. While we do have bags for packing up your meal, feel free to bring one from home. If you are interested, leave your name and phone number with the COA at 634-2262 or croumeliotis@cummington-ma.gov by **February 7th**. We will be in touch shortly thereafter with the menu options. You will make your choice at that time. There is a suggested donation of \$3 per meal.

Would you like to receive a meal every month? If so, let us know. Then, you won't need to contact us each month to reserve your meal. We will still contact you to confirm and notify you of the menu options.

Save the date – March 4th Art Exhibit Opens

The participants in Jeanne Johns' art class will be showing their work at the Community House in March. On March 4th, there will be an opening for their work. More details will be forthcoming in the March newsletter. We hope you can attend!

Puzzles and games

We are still collecting puzzles and games to make available for borrowing. If you have any to donate, contact the COA at 634-2262 or croumeliotis@cummington-ma.gov to arrange a drop off.

The puzzles (preferably 500 pieces or less) and games must be in good condition and must contain all pieces (including any necessary instruction manuals).

Foot care clinic

We are happy to announce that we have resumed the foot care clinic with Piper Sagan. It is currently occurring every other month, with the next one scheduled for March. The cost is \$50 per session. If you are interested or have any questions, contact the COA at croumeliotis@cummington-ma.gov or 634-2262.

Senior snowshoe hike series at the DAR

The Hilltown Land Trust is partnering with All Out Adventures to offer a series of senior snowshoe treks this winter. **Join them on February 2, February 23 and/or March 16** for one to three mile snowshoe walks through the DAR state forest in Goshen. They will have two treks per day, departing at 10am and noon, divided into groups by ability level and interest. Please arrive 15 minutes early to sign in and get geared up. In the event of insufficient snow cover, they will hike together instead.

Snowshoes, poles and traction aids will be provided free of charge. There is no cost to attend, although a donation of \$5-20 in support of All Out Adventures programming is appreciated. Masks, social distancing, and passing a COVID-19 symptom screen are required. Pre-registration is required: call 413-584-2052 or email info@alloutadventures.org to register. If you have any questions, email sarah@hilltownlandtrust.org

Tax preparation assistance

Community Action Pioneer Valley is offering tax preparation assistance through its Volunteer In-

come Tax Assistance (VITA) program. The maximum income for 1 person is \$32,200 and for 2 people is \$43,550. For more information, including to check if you qualify, go to www.communityaction.us/freetaxassistance or call 413-376-1136 or 413-774-2318.

Assistance with paying for home modifications

Community Action Pioneer Valley is offering a new program – Older Adult Home Modification Program (OAHMP) - designed for eligible lower-income homeowners, age 62 and older. This program offers no-cost modifications to improve the safety of your home through the installation of grab bars, railings, temporary ramps, tub/shower transfer benches, raised toilet seats with hand rails, and stair steps. The maximum income for a household of 1 is \$54,601 and for a household of 2 is \$71,401. To learn more about this program and to see if you are eligible, contact Community Action at 413-774-2310 option 4, email homerepairs@communityaction.us or go to www.communityaction.us/homerepair.

Happy Birthday in February!



- Carol Piacentini, Carolyn Wolf, Bernie Forgea,
- Joan Strong, Roger Gunn, Barbara Sprague,
- Ernie Strong, Christine Brandon, Bill Adams,
- Donn Boulanger, Geraldine Wilcox,
- Patricia Corley, Judith Pasko, Beth Eisenberg,
- Ken Howes, Debra Howes, Edward Konieczny,
- Richard Frary, Rox-Anne Kellogg,
- Michael Kolodny, Christopher Bagg, Frank Noel,
- Michael Tattan

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

In observance of National Burn Awareness Week that happens in February, this month's topic is on preventing and treating burns. This is a hot topic for our age group because skin thins with age and a burn will be much deeper on an elder than on a younger person.

Senior 
SAFE

A decreased sense of touch from diabetic neuropathy can lead to worse burns. Here are a few things of which to be mindful in preventing and treating burns:

- ⇒ Use oven mitts to protect against hot liquids and touching hot pots or ovens.
- ⇒ Set the hot water heater temperature to 125 degrees F. Burns occur in seconds at higher temperatures. (State law requires it to be set between 110 and 130 degrees.)
- ⇒ Heating pads and electric blankets are a significant cause of burns for seniors.
- ⇒ Consider a heating pad where you have to hold the control to keep it on.
- ⇒ We teach children to *Stop, Drop, Cover and Roll* if their clothing catches fire. If getting up off the floor is a problem for you, smother the flames with a towel, blanket or coat.
- ⇒ Cool a burn. Run cool water over a minor burn -- not cold water, not ice, just cool water, which will cool the boiling liquid under your skin.
- ⇒ Call 911 immediately for serious burns.

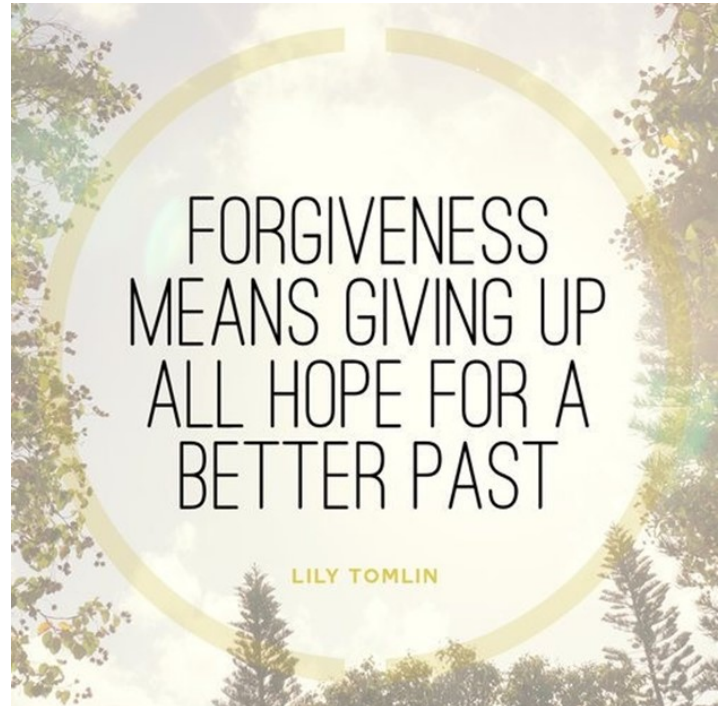
Have a S.A.F.E. February!

--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** to be put on the email list. Include your address so I will know which mailing list to take you off of. Thanks!



Just playin' my harp...

I do love music and played drums and piano at one time, but I'm not going to break out in song here. This harping is on the need for all of us to take care of the Big Five. I spent 6 months in early 2019 on these if you need to refresh.

So what 's the big deal? Two things: 1. *uncertainty*, and 2. *mental condition*. We know there is uncertainty in life, including not usually knowing how and when our life will end. We don't know what tomorrow will bring, how our health will hold up, how family relationships will go. Being prepared with our will, health care proxy, durable power of attorney, advance directive, and HIPAA release adds some stability and certainty to life, maybe a small feeling of relief.

Mental condition. I do charge right in there, don't I? Well, *someone* has to say these things. If you or someone you care about is going down the dementia path, PLEASE get these documents in order. If you wait too long, the person may not be able to make a good set of decisions. If you wait too long, an attorney may be unsure that the person is still sufficiently capable to be able to understand and sign the documents. The alternative then may include a court-ordered conservatorship or guardianship. Quite the bother...

It would be music to my ears if I hear from you that you've done even 3 of the 5!

And on that note,
Jean O'Neil, TRIAD committee member
413-268-2228, jeanoneilmass@gmail.com

February's Good News

By Deb Hollingworth

Here it is, the beginning of a New Year and perhaps a good time to think ahead? I call this "next chapter" planning: when we pause from our daily routine and take time to think about the future and dealing with the "what if" situations in life. What if you have a life changing event, like a medical issue? Or what if you're stressed by diminishing financial resources, not just grocery bills, but health care costs, household overhead...everything seems to cost more and you wonder if your resources will last as long as you do?

While everyone may have these questions, planning ahead can be more challenging if you are caring for someone with dementia, or if you are taking care of yourself and think you may be developing some memory issues.

Where do we start?

Having a conversation with someone familiar with available resources might be a good way to sort through the seemingly limitless amount of information on the internet, in the news and in print. The Good News is that we live in an Information Age.....the challenge is that we live in an Information Age and it can be overwhelming and confusing. So who can you talk to?

If your Senior Center has an Outreach worker, that's a good first call. And for our seven hill towns, Highland Valley has funded a grant for a program called The Connector which helps you find the resources you need and helps you deal with the process of getting connected with those resources. If you call your senior center, they can put you in touch with The Connector.

Options Counselors are another resource, helping in a similar way. You can call Highland Valley 413-586-2000 and ask to speak to their Options counselor, but if you want to check out the website for Greater Springfield Senior Services (the agency, like Highland Valley that covers the Springfield area) , it is GSSSI.org. You can download their Elder Guide which is over 60 pages of resources for seniors, including: housing options, day programs, assisted living residences and nursing homes with dementia supports, caregiver programs, information on legal issues, reverse mortgages, food resources and much more. Options counselors can help you understand these resources and help determine if you are eligible.

The Alzheimers Association has their 24 hour help line, 800-272-3900, and also a Care Consultant (617-393-2100) who can help you understand the disease process, answer your specific questions and concerns and create strategies

to cope effectively as your situation changes. Caregiver support groups, now even more available virtually, are a great way to talk with other caregivers, dealing with the same issues you worry about. You can look online for support groups, or ask the Alzheimers Care Consultant for recommendations.

So the first step for future planning is to find someone to talk to who knows the resources available; someone who can offer suggestions and guidance. Remember you are not alone and there is help, just a phone call away.

On the Road Again...



2022 Trip Lineup

These are some of the bus trip destinations in different stages of planning with various travel groups. Most trips are limited to 36 passengers. More information to come in future newsletters. Vaccinations are required. Contact Francine Frenier by calling 413-296-4291 or emailing francine.frenier@gmail.com.

Day Trip. Encore Boston Harbor Casino. Postponed till Summer 2022.

Multi Day April 24-30. Myrtle Beach Show Trip. 7 days. Cost TBD, \$25 discount if paid early. Flyer available. This will be rescheduled for 2023.

Day Trip May 5. Country Shopping in Southern Vermont Trip. Includes visit to Grafton Village Cheese, lunch at The Marina, and stops at the Vermont Country Store & Allen Brother's Farm Market. Cost \$103, \$10 discount if paid by 3/24/22. Vaccination proof requirement by the restaurant. Flyer available.

Multi Day May 23-27. Lancaster, PA. Sight & Sound Theater presents David. 5 days. \$549, \$25 discount if paid by February 16, 2022. Flyer available.

Taking interest lists on the following:

Day Trip May 18: Dancing Dream Abba Tribute Band at Aqua Turf in Plantsville, CT. Includes lunch. Cost to be determined. Approx. cost \$120, \$10 discount if paid by 3/31/22. Flyer available.

Day Trip June 9. Corvettes Doo Wop Revue. Lobster Tail or Prime Rib for lunch. Self Drive to the Log Cabin. Cost to be determined.

Day Trip Aug 10. The Jersey Tenors, a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes lunch. Cost \$114, \$10 discount if paid by 6/30/22. Flyer Available.

RESOURCE DIRECTORY

Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 387-3120
If you need help in an emergency, call 911 or the Safe Passage hotline	888 345-5282
National Suicide Prevention Lifeline	800 273-8255
Elder Abuse Hotline	800 922-2275
First Call for Help	800 339-7779
Fuel Assistance	800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC)	413 296-4536 x120
Veterans' Service Officer Robert Vignault	413 587-1299
(Westhampton) Joe Henning	413 207-3541
(Plainfield) Brian Brooks	413 772-1571
DO NOT CALL Registry	888 382-1222

Food Services

Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP)	413 552-5400 or 413 296-4007
Call Chesterfield COA for assistance	413 296-4007
Hilltown Food Pantry - Goshen Town Hall - Diane Drohan, Director	413 268-7578 Wed 1-3; 3 rd Wed 1-6
Meal Site Williamsburg Senior Center	413 268-8407
Meals on Wheels Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center , 265 Prospect St. Northampton	413 586-6564
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336/6564

Health Services

Highland Valley Elder Services Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center- Medical & Dental	413 238-5511, ext. 131
HOPE Nurse, Mary Kane	413 238-5511, ext. 322
Ellie Mathias, HealthWise Community Health Worker	413 238-5511, ext. 322
Podiatrist Dr. Michael Coby, call Williamsburg Senior Center	413 268-8407
to schedule (Alternating months at the Senior Center)	
Foot Care Piper Sagan, RN	
foot care in Cummington, call Ann Eisenhower	413 634-2243
foot care in Goshen, call Piper for appt.	413 522-8432
foot care in Williamsburg or in-home visits	413 268-8407
Deb Dean, foot care in Westhampton	413 667-5363
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Lorraine York-Edberg	413 773-5555, ext. 2275
Deborah Hollingworth (Chesterfield)	413 296-4007 or 413 268-8317
Mass Health and New Health Coverage	
Buliah Mae Thomas at Hilltown Comm. Health Center	413 667-2203

Transportation Services

Cummington Neighbor to Neighbor Drivers	413 634-2262
Westhampton transportation Appts or groc. shopping, Louise Jasionkowski	413 527-5134
Williamsburg Medical & Carpool Rides (call to schedule)	413 268-8407
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center)	866 277-7741
Hilltown Easy Ride Van & Driver Pool Ed Pelletier	413 296-4232

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cummington COA , Chrisoula Roumeliotis	413 634-2262
Goshen COA , Evelyn Culver	413 268-3316
Plainfield COA , Susan Metcalfe Honneus	413 743-5345
Westhampton COA , Amy Landau	413 203-9808
Williamsburg Senior Center , Melissa Wilson	413 268-8410
Worthington COA , Phyllis Dassatti	413 977-6799

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P.O. Box 95
Cummington, MA 01026

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Cummington Council on Aging

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Ann Eisenhower,
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634-2243

Kristen Estelle,
Newsletter Designer

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

Winter Farmer's Markets

Fresh, local food is available all year!



All of these markets take HIP! HIP is free extra SNAP money for fruits and vegetables. Ask the market manager to learn more!

- **Northampton Winter Market**, 67 Conz St. Northampton. Every other Saturday 10am-2pm, through April 2nd.
- **Winter Market at Hampshire Mall**, 367 Russell St., Hadley. Saturdays 10am-2pm, through April 2nd.
- **Easthampton Winter Market**, 122 Pleasant St. Easthampton. Sundays 10am-2pm every other week through March 27th.

The Savvy Caregiver Program

The Savvy Caregiver Program is a FREE six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias.



Join Us:

Tuesdays (will be held virtually)
2/22/2022 – 3/29/2022
1:00-3:00pm

For More Information:

Contact: Erin LaBreck
(413)588-5749
Email: elabreck@highlandvalley.org

www.healthyliving4me.org