

Cummington Council on Aging

July 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.

Needlework Group

Thursdays from 1 to 4 p.m.

Boxed Lunches

The meal will be distributed on **Tuesday, July 12th and July 26th**. (See below for more information).

Living Fully, Aging Gracefully

The next Zoom meeting for this group is **Tuesday, July 12th**. For more information on this program, contact directly 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 clean equipment in good condition.

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.

2022 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.

Sign up for lunch – twice each month on the second and fourth Tuesdays!

Due to the overwhelming success of this program, we will begin offering lunch twice each month starting in July. The meals will be distributed on **TUESDAY, JULY 12 AND TUESDAY, JULY 26**. For the summer, the meals will be distributed at **the pavilion at Pettingill Park** from noon to 12:30. We invite you to stay at the pavilion to eat your meal.

If you are interested in either or both meals, leave your name and phone number with the COA at 634-2262 or croumeliotis@cummington-ma.gov by **July 5th**. We will be in touch shortly thereafter to confirm and to give you the menu options. You will make your choice at that time. There is a suggested donation of \$3 per meal, which goes to Highland Valley Elder Services, the agency that prepares these delicious meals.



Foot Clinic

The next foot clinic is scheduled for **July 5th** with Piper Sagan at the Community House. The cost is \$50 per session. If you are interested in making an appointment or have any questions, contact the COA at croumeliotis@cummington-ma.gov or 634-2262.

Art class to resume

Jeanne Johns will be resuming her painting class starting in mid-August. If you are interested, please contact the COA at 634-2262 or croumeliotis@cummington-ma.gov. The class runs weekly for 2 hours and should go through the winter. The COA will provide the supplies, while you pay Jeanne for her instruction and guidance, which is \$50 for each 5-class session. Some of the details are still being worked out; however, if you are interested, please be in touch.

Other options for exercise classes

If you are looking for an exercise class other than Healthy Bones & Balance, you might want to consider taking a class with Joan Griswold. Certified instructor Joan Griswold has been offering a variety of exercise classes on both Zoom and in person for the past several years. **Classes are offered on Zoom on Monday, Wednesday, Thursday and Friday at 10:15 a.m. She offers in person opportunities in Chesterfield on Friday mornings, one class at 9 a.m. and another at 10:15 a.m.** If you would like to learn more about these classes, please reach out to Joan directly at joan@bybhealth.com or 413-268-7985.

Save the Date! Join us on **August 14th at 3pm**, on the Bryant Free Library lawn, to celebrate its founding 150 years ago. We'll honor this still cherished gift from William Cullen Bryant with a program, refreshments and chance to share our town historical landmark.

~Mark DeMaranville, Librarian and Trustees

Walking maps

A few years ago, walking maps were created for several hilltowns. We currently have many copies of maps for Cummington, Huntington, Chester, Blandford, Westhampton, Worthington and Chesterfield. The maps include walking routes in these towns of varying lengths and levels of difficulty. If you would like maps to plan some spring-time walks/hikes, please contact the COA office at 634-2262 or croumeliotis@cummington-ma.gov.



Friday Night Café

Friday Night Café continues this summer at the pavilion at Pettingill Memorial Park on Main Street in Cummington. BYO chairs, snacks and drinks. Showtime is 6:30-8pm. Once again brought to you by the friendly folks at the Village Church who believe music can be a powerful force for building community.

July 8: One Part Luck



July 22: double bill --

Sarah Stockwell-Arthen and John & Shevaun

August 12: double bill – Gene Hall and Jack Swindlehurst

August 26: Lonesome Brothers

September 9: Louise Mosrie-Coombe

September 23: Mark Fromm & Andrew Kinsey

Community Contradance

Sat. July 2nd from 7-9 p.m. at Pettingill Park

Happy Birthday in July!



- Arnold Simmel, Patricia Lorda, Ruth Dexheimer,
- Allan Douglas, Richard Wolf, Worth Noyes,
- Russell Clark, Richard Gooding, Jean Schreier,
- Thomas Jay, Janice Loux, Sandra Shapiro,
- Gerald Howes, Joseph Pagano, Richard Fournier,
- Kristin Jay, Delia Nash, William Hoehne,
- William Dynok, Heather Allan,
- Edward Stempniewicz, Michael Holden,
- Michael Daniels, Peter Sloan, James Wettreau,
- Dennis Carr, Althea Fray, Laura Wetzler,
- Christopher Mesmer, Steven Schiff,
- Shaun Hebert, Mark Yamilkoski, Roger Huebner,
- Bryna Greenspan, Delbert Robbins,
- Pamela McLean, Wayne Higgins,
- James Toomey, Martin Pixley, Deborah Jordan,
- John Taylor

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



Worcester WooSox

August 20, 2022

Regional News



Come watch the Red Sox' WooSox host the Nationals' Rochester Red Wings at Polar Park in Worcester. This typical Triple-A minor league game starts at 4pm.

- Take in the nostalgia and view Red Sox championship memorabilia.
- Enjoy a private ballpark fare buffet: (no waiting in lines) Hamburgers, Hotdogs, Mac & cheese, Potato salad, Kettle chips, Cookies, Water, Tea, & Lemonade.

Transportation, driver gratuity, buffet and entrance to the park all included for \$129. Discount \$10 if paid by July 9, 2022.

Sponsored by Friends of Northampton Senior Center (FNSC). Meet the Bus at Sheldon Field, Old Ferry Rd, Northampton. Departure time TBD. Contact Francine Frenier at 413-296-4291 or email Francine.frenier@gmail.com for tickets or more info.

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!

And what does my Health Care POA do?

So let's say I am in that coma from last month's note, and therefore unable to speak or say what I want to have happen to me on my sickbed. Do I want more treatment? Should I be let go to wend my way to the hereafter? Happily, I arranged for a trusted friend to be my advocate, to make medical decisions on my behalf. That person is my Health Care Proxy or Health Care Agent.

What does this person do to benefit me? They can:

- ⇒ authorize a particular treatment to start, e.g., hook me up to a ventilator
- ⇒ authorize a particular treatment to stop, e.g., remove me from a ventilator
- ⇒ request that a treatment be modified, e.g., increase the frequency of an injection
- ⇒ consent to have me undergo surgery
- ⇒ arrange for a second opinion on my care
- ⇒ request comfort measures
- ⇒ advocate for quality of life at any stage. Examples below!

My mother could still speak but not effectively argue her case that she was ready to go into hospice. I did that for her and her last weeks were much improved.

My father went into the hospital 6 months before his death, for a two-day stay. He made me promise that he would not have to go to the hospital ever again! Done.

Somewhere in that last 6 months he got a new doctor at the rest home. Dad was almost 98 years old. The rest home called to tell me that this new doctor thought Dad should not have any salt in his diet – bad for him, you know? Eating was something he still enjoyed, and you know what saltless food tastes like. With my POA powers, I got that order removed by lunch time.

All is still well!
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

July's Good News

By Deb Hollingworth

Happy Birthday, Burgy! Be sure to see all the events in their newsletter this month, and check out the town website for a calendar of coming events for the 250th birthday celebration! And be on the lookout for lots of activity in the surrounding Hilltowns (like our 4th of July celebrations) as we take advantage of events that can be held outside.

Meanwhile the Covid surge that isn't making headlines continues. Last month, at my house, after a family visit, I started getting emails saying the people we had hugged had tested positive and were sick with Covid. I'm hearing this happening more and more frequently. I had a few test kits, but expected to run out if we wanted to test every day, so I called my Senior Center and sure enough, they had test kits I could pick up. So just a reminder that test kits are available from your Senior Center. And here's a piece of Good News: after kissing both these family members who tested positive....after spending an afternoon with them at a family picnic....and after getting their emails....we began quarantining just in case, but my husband and I never got it, never tested positive, never had any symptoms, which gives me great faith in the booster shot which we both had gotten three weeks before.

Boosters work.
Can't say enough about that.

So if you haven't gotten a booster recently, and you qualify, but you don't know where to go, or don't have a ride, call your Senior Center. They can help, so that all of us can get our boosters, wear masks, socially distance, but still enjoy a family visit or get together with our neighbors, like at a 250th birthday party.

Have a good summer, and stay safe!



2022 Household Hazardous Waste Collection Events

HRMC announces regional HHW Events including the annual HRMC HHW Collection on **Saturday, October 22, 2022 from 9 a.m. until noon**. Once a year, the HRMC holds a Household Hazardous Waste (HHW) Collection Event for residents of the HRMC member communities. **The 2022 event will take place on October 22 in Westhampton**. Pre-registration is required for this event and will take place from October 1-October 16. Residents are asked to email the HRMC with their name, address (Street and Town), and phone number. HRMC confirmation of your reservation (done via email) is required to participate. If you are unable to attend the HRMC HHW event, we have reciprocal arrangements with other regional Towns that are offering HHW events.

In 2022, the HRMC has agreements with the following communities to allow HRMC member Town residents to participate in their events. In all cases, pre-registration is required. Registration for each of the events typically begins 3-4 weeks prior to the event. If you are an HRMC resident, please contact the HRMC Administrator at **413-685-5498** or email **hrmc@hrmc-ma.org** to inquire about attending one of the following regional events.

2022 Regional Reciprocal HHW Collection Events

- 7/16/22 9 am-noon Northampton
- 7/23/22 9 am-noon Belchertown
- 9/10/22 9 am-noon Agawam
- 9/24/22 9 am-noon Amherst
- 9/24/22 9 am-noon Greenfield (FCSWMD Towns)
- 9/24/22 9 am-noon Orange (FCSWMD Towns)
- 10/01/22 9 am-noon Chicopee
- 10/08/22 9 am-noon West Springfield
- 10/22/22 9 am-noon Westhampton (HRMC Towns)

The Hilltown Resource Management Cooperative is composed of these member towns: Ashfield, Chesterfield, Cummington, Goshen, Huntington, Middlefield, Plainfield, Westhampton, Williamsburg, and Worthington.

HRMC, PO Box 630, Williamsburg, MA 01096
Phone: 413-685-5498 Email: hrmc@hrmc-ma.org
Website: www.hrmc-ma.org

On the Road Again...

2022 Trip Lineup & Upcoming in 2023



These are the bus trips being planned for 2022 and 2023 with various travel groups. Most trips are limited to 36 passengers. *Friends of Northampton Senior Center* helps with the cost of some trips. Contact Francine Frenier if you are interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com.

Updates

Niagara Falls trip -CANCELLED. Diamond Tours has cancelled all Canadian trips in 2022. Covid restrictions on bus travel are too great. We'll try again in 2023.

Day Trip Sept/Oct -CANCELLED. Wareham, Ma. Cranberry Bog Tour. Could not coordinate vendors within requested time-frame.

Coming up in July and beyond

Day Trip July 28. Winnepesaukee Railroad luncheon and train ride. Turkey dinner aboard the train catered by Hart's Turkey Farm. \$102 due NOW. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096 Flyer available via email. WAIT LIST ONLY.

Day Trip Aug 10. The Jersey Tenors, a musical tribute to Frankie Valli & the Four Seasons at Aqua Turf in Plantsville, CT. Includes family style luncheon: Chicken Parmesan & Broiled Scrod. Cost \$114. Due NOW. Flyer Available.

Aug 12 at Noon. Lady Bea River Boat Excursion. A Lady Bea narrated river boat excursion on the Connecticut River is happening! Lunch will be provided on board (included in ticket price). A bar is also available on board (at your own expense). We will board at Brunelle's Marina, 1 Alvord Street, South Hadley, MA. Hilltown Easy Ride will transport up to 12 passengers and 1 wheelchair rider. Cost is \$5/per person round trip from Plainfield Town Hall (10:30am departure time). Boat ticket prices will depend on the number of reservations as well as taking into consideration a sliding scale price for those who may need one. Maximum cost will be \$30/person. Boat capacity is 49.

For reservations (or questions) contact Polly at 413.212.1581 or pryan@town.plainfield.ma.us. Plainfield residents get first dibs.

Multi Day Aug 15-17. Kennebunkport & Portland Maine Coastal Tour. 3 days/ 2 nights. A nice, short, relaxing getaway. Cost \$359. Payment due NOW. Flyer available.

Day Trip August 20. Triple A affiliates, Red Sox **Woo Sox** vs Rochester Red Wings at Polar Park

in Worcester, MA. Private ballpark-fare buffet for our group included. \$129. Discount of \$10 if paid by July 9, 2022. Flyer available.

Day Trip August 25. Lobster Luncheon at George's of Galilee and Shopping in Newport. Includes 1.25 lb. lobster at Georges of Galilee Waterfront Seafood Restaurant. \$101 due by July 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available via email.

Day Trip September 10. Thomaston, Connecticut. **Naugy Scenic Train Ride.** Stop at Fascia's Chocolate Factory. \$120.00. \$10 discount if paid by July 30. Lunch entrée choices: Chicken Marsala, Salmon or Pork Tenderloin at Black Rock Tavern. WAIT LIST.

Day Trip September 22. Norman Rockwell Museum & Studio tour with Lunch at Red Lion Inn. Lunch choice: Chicken Pot Pie or Jack's Meatloaf or Fish & Chips. \$100 due by August 23rd. Payable to Landmark Tours. Mail to Francine Frenier, 11 Stage Rd, Williamsburg, MA 01096. Flyer available via email.

Day Trip Sept. The Big E. Free Entertainment at Court of Honor Stage. Date & Cost TBD.

Multi Day Oct 14-23. Nashville, Memphis & Rock & Roll Hall of Fame—10 days. Graceland, Grand Ole Opry, Madame Tussauds Wax Museum, Two shows. \$1,205 due NOW. Flyer available. Only a few seats remain.

2023

Multi Day Late April. Myrtle Beach Show Trip. Legends in concert, Carolina Opry, "One the Show." 7 days. Cost \$TBD, \$25 discount if paid early.

Multi Day October. Mt. Rushmore— South Dakota & Devils Tower— Wyoming. 11 days. Cost \$TBD, \$25 discount if paid early.



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

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Cummington
Council on Aging**

Chrisoula Roumeliotis,
Coordinator
634-2262

Elliot Ring, Chairman
634-5666

Gail Roberge, Treasurer
512-0660

Worth Noyes, 634-8003

Ann Eisenhower,
Recording Secretary,
Foot Care Coordinator
634-2243

June Lynds, 695-4893

Kristen Estelle,
Newsletter Designer
regionalcoanews@gmail.com

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

DOOR-to-DOOR SALES



**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**

