

Cummington Council on Aging

August 2022 Newsletter



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

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DANCE!

Friday, August 5th from 5:30-8:30
Pettingill Memorial Park

Snacks & beverages provided
DJ Bobby C – music for everyone!



All ages! Free!

*Paid for by a grant from
Highland Valley Elder Services*

Dance to some oldies!

You are all invited to a dance at the pavilion at Pettingill park on Friday, August 5 from 5:30 to 8:30. DJ Bobby C will be playing songs from the 50s to current music – something for everyone! Beverages and snacks will be provided. Feel free to bring a picnic dinner. So, put on your dancing shoes and head on down to the pavilion! Bring your kids, grandkids and neighbors – everyone is invited! If your feet are tired or you are not in a dancing mood, join us anyway and listen to some music while visiting with friends and neighbors. We look forward to seeing you there! Paid for by a generous grant from Highland Valley Elder Services.

Farmers' Market Coupons

Farmers' Market Coupons are available. Each booklet contains \$25 worth of coupons that can be used at various local farmers' markets, including the Hilltown Mobile Market.

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 1, the income limit is \$25,142/year and for a household of 2, it is \$33,874/year. Each recipient will receive a booklet of coupons worth \$25, which must be used by October 31. The coupons can be used on fresh, unprocessed fruits and vegetables, cut herbs and unprocessed honey. If you are interested, please call the COA office by **August 15th** at 634-2262 with your name and phone number.

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

When? **TUESDAY, AUGUST 9 AND TUESDAY, AUGUST 23**, Noon to 12:30

Where? Stay at the pavilion at Pettingill Park to eat or bring your meal home.

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 August 2nd. There is a suggested donation of \$3 per meal, which goes to Highland Valley Elder Services, the agency that prepares these delicious meals.

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 and the variety of cardio and strength workouts offered by Joan, please reach out to her directly at joan@bybhealth.com or 413-268-7985.

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 6:30-8 p.m. Once again brought to you by the friendly folks at the Village Church who believe music can be a powerful force for building community.

- August 12: double bill – Gene Hall and Jack Swindlehurst
- August 26: Lonesome Brothers
- September 9: Louise Mosrie-Coombe
- September 23: Mark Fromm & Andrew Kinsey

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.

Foot Clinic

Tuesday, September 13 with Piper Sagan at the Community House, \$50 per session. Contact the COA to make an appointment.

Boxed Lunches

The meal will be distributed on **Tuesday, August 9th and 23rd.** (See 1st page for more info.).

Living Fully, Aging Gracefully

The next Zoom meeting for this group is **Tuesday, August 9th.** 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.

Happy Birthday in August!



- Mary Streeter, Ann Kohn, Jeanette Horton,
- Lucy Fandel, Ann Eisenhour, Joel Hinton,
- David Sprague, Maureen Horak, Dennis Gero,
- James Drawe, Susan Boulanger, George Thorn,
- Beverly Prentice, Victor Morrill, Lenora Cote,
- Richard Sheppard, Mark Bevan, Michael Augspurger,
- Christopher Robertson, 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 _____

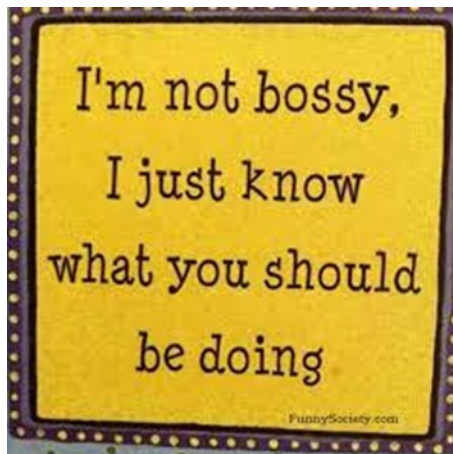
Address _____

Thank you for helping to Support Your Neighbors!

The Cummington Council on Aging

**Looking for:
Part Time Administrative Assistant
Chesterfield Council on Aging**

Position responsibilities include preparing schedules and documents, organizing events including coordination of publicity activities and materials and assistance with office functions. Flexible hours available for 5 hours/week. Preference is for someone with experience in areas of publicity and communications, coordinating schedules, and assisting with other office tasks. The goal is to have someone join the team who likes working with people, is goal-oriented, interested in learning new skills and working in a welcoming environment.



I've decided to sell
my vacuum
cleaner



Its just been
collecting dust..

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!

Next– the Living Will

First let me explain how one should NOT do a living will. In the late 70's I had not encountered such an animal. I lived in one state, my parents in another. In the mail came two copies of "A Living Will" signed by my parents, with no note. The will called for no unnecessary measures to prolong life, among other things. So I called home. No answer for two days. I called our neighbor. "Oh yes, your folks drove to the west coast. In case something bad happens, they thought you should know their wishes." Yikes.

So how should we do this important document? First, we should predict the future. *Right...* We are trying to give health care directions before they are needed and to cover a large variety of possible situations. But think it through. Consider family history and what could happen to your health. Think about limits on your activities and how unpleasant you would find them. Consider the "artificial procedures" we read about, such as ventilators, feeding tubes, and pain management. Do some reading – I can give you some good sources.

Second, we should talk to the people most involved in our lives, those who would be most affected by our serious illness and possible death. This is an enormously personal document to prepare, but that does not mean it is private. You need others, especially your Health Care Proxy, to know your wishes and help make sure they are followed. Talk it through.

Thinking for the future,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

August's Good News

By Deb Hollingworth

Today's best price for fuel oil in our zip code is \$5.61 a gallon. So...why am I checking fuel oil prices today, when the temperature is expected to hit 90 degrees? Because a West Chesterfield resident had to fill her oil tank last month and is still recovering after writing that check. She gave me a call, looking for help, because she was thinking ahead to winter when filling the oil tank might be necessary every month.

Did we ever imagine paying over \$5 a gallon, closer to \$6 a gallon for fuel oil? Especially when we got off so easy last winter when prices were as low as \$2.85 a gallon. So what can we do to get ready for the cold weather and calls to our oil dealer?



Where to start

Getting an energy audit with MassSave might be a good investment of your time....and it's free! (Actually we pay for it every month a few cents on our electric bill.) If you make an appointment with MassSave, they make a house call and look over any/all ways to reduce your energy costs.

Have you ever wondered if you are eligible for fuel assistance, weatherization programs, replacement of your furnace, or swapping out your older appliances for a new energy efficient refrigerator or stove? Do you know if you are eligible for a discount on your electric bill?

Besides giving you a report on where insulation, replacement windows or doors might reduce your heating costs, MassSave will let you know if you are eligible for any benefit programs that might help make those changes.

They have a great website, masssave.com or you can call them at 1-866-527-7283. Meanwhile

we hope that the price of oil (and gasoline) will shift in the other direction and we can see prices fall. It might also be good to investigate the process of installing solar panels on our barn roof, or in a sunny pasture so we can generate our own energy.



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A Nurse's Note

By Jan Gibeau

It seems that I always wanted to be a nurse. I recently saw a group photo from what must have been when I was in the 2nd grade. There I was, white dress, cap and cloak. Maybe because it was during World War II, as I was standing beside little sailors and soldiers. Maybe it was because in those days, every little girl learned you could grow up to be a wife (and mother), a teacher, a nurse or a nun with other professions often not even mentioned. My parents were descendants of French Canadian Catholics, so no surprise about the nun bit. Nevertheless, I started working at a wonderful nursing home while I was in high school owned by Mrs. Mary McKerly, LPN. Then I met Marion Nudd R.N, the head nurse, who, upon hearing that I planned to become a nurse, took me under her wing and became my mentor, although we didn't use such words then.

That's when I fell in love with the elders. Everyone was treated as an individual person known by their name and never called a patient or other such labels. Marion taught me that everyone had their own histories and stories to tell. I learned how to listen, an art that seems to have been fractured by the need to "take care of" medical devices, not so much the person who is attached to them. I was not yet 17 when I went into the room of Mary, a very old woman, as she had just died. I was very fond of her and Mrs. Nudd sat on the side of the bed with me as I took in the finality of death. She helped me learn what "loving care" meant and the importance of learning how to say goodbye. Then together, we carefully bathed and prepared her to leave the nursing home. I learned how to feel empty and full at the same time.

Other important things I learned from Mrs. McKerly, Mrs. Nudd, the cook and all the folks who lived and worked there was the importance of trust and honesty but a kind of honesty that is softened a bit before it's delivered; how to laugh with people, not at them; giving yourself permission to cry without blubbering and feeling embarrassed, among other things. When I went on to the Mary Hitchcock School of Nursing in Hanover, New Hampshire, I knew that Marion Nudd had been and was my first and best role model and I hoped I could become as good a nurse as she was. Her skills, strengths and guidance in confronting the intimacies of caring provided a great primer for a young nursing student. Those feelings have stayed with me for over 67 years.

Now that I'm an elder myself and running some bumps and potholes in my road I'm keeping my eyes peeled for a descendant of Marion Nudd.

Aren't we all?

On the Road Again...

2022 Trip Lineup & Upcoming in 2023



Contact Francine Frenier if you are interested or want more information by calling 413-296-4291 or emailing francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

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 Alford 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 (10:30 am departure time). Donations will be accepted towards the overall cost of the excursion (to be collected the day of the event). Maximum donation is \$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.

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 address above.

Day Trip Sept. The Big E— Eastern States Exposition. Free Entertainment at the Court of Honor Stage. Date TBD. Cost \$15 for Northampton Seniors and \$17 for others and all out of town folks. Mail your check payable to FNCS to Francine Frenier 11 Stage Rd, Williamsburg, Ma 01096 by August 31st. NO REFUNDS due to bargain price.

Day Trip Oct 1. Hoosac Train Excursion. 10 mile round-trip train excursion in Adams. Luncheon at Lakeside Bar & Grill in Cheshire. Cost TBD for Chesterfield seniors 60 and over and TBD for other seniors. Mail your check payable to Chesterfield COA to Francine Frenier, 11 Stage Rd., Williamsburg, MA 01096 by September 1st. NO REFUNDS due to bargain price.

Day Trip Oct 6. Mystic Aquarium and Luncheon. This trip is being planned by Worthington Council on Aging. Includes admission to Mystic Aquarium, a delicious luncheon at the Griswold Inn, bus transportation and gratuities. Worthington residents 60 and over contact Phyllis for special pricing and for all other seniors the cost is \$148. Call Phyllis at 413-238-5962 and leave a clear message by September 20th. Seating is limited and Worthington residents get priority.

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

Day Trip Dec 8. Yesterday Once More - A Tribute to The Carpenters captures The Carpenters' concert experience. Self-Drive to the Log Cabin. Luncheon will include Gorgonzola Sirloin & Stuffed Haddock. Make payment to FNCS for \$68, \$10 discount if paid by October 12th. Mail to Francine Frenier, 11 Stage Rd. Williamsburg, MA 01096.

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 September 29 through October 9. Mt. Rushmore— Crazy Horse - S. Dakota & Devils Tower - Wyoming. 11 days. Stops at Corn Palace, Wall Drug, National Museum of Great Lakes, Iowa Museum of Natural History, Des Moines Art Center, and Eck Visitors Center at Univ. of Notre Dame. Cost \$1,178, \$25 discount if paid in full by June 22, 2023.

Tech Talk with Peg Whalen

I have been doing smartphone workshops and providing individual technical support through the COAs. This column offers easy tips for resolving vexing issues. This month I am offering a tip for iPhones. Does your iPhone screen go dark or gray or ask again for your Passcode after a very short time? This problem is caused by an adjustable setting called Auto Lock. To lengthen the time before your phone fades out on you do the following.

Open your **Settings** App using the icon that



looks like this:

Follow the list of settings down to **Display & Brightness** and tap, scroll down the list to **Auto-Lock** and tap, the Auto-Lock screen will give you a list of time options from 30 seconds to Never. Tap on the time length you want your screen to stay active before going to lock screen, getting dark, or asking again for a Passcode.

That's all there is to it!

Cummington Council on Aging
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Saturday, September 24th, 9-3pm

Fall / Winter Clothing Exchange

Goshen Congregational Church
45 Main St., Goshen



Keep your family warm without spending a cent! Drop off your washed, gently-used men's, women's and children's fall/winter clothing and accessories at the church on Wednesday 9/21 from 6-8pm or Friday 9/23 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 24th from 9am-3pm! All are invited to participate whether you donate clothes or not.

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the “**donut hole**” If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit prescriptionadvantagemma.org.

