

# Cummington Council on Aging

## September 2022 Newsletter



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

Chrisoula Roumeliotis  
413-634-2262  
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### Time for a Picnic!

Wednesday, September 21st at Noon  
Pettingill Memorial Park



Chicken, side dishes,  
dessert & beverages provided


Bring a dish to share.  
**Free!**

You are invited to join us for a potluck picnic at the pavilion at Pettingill Park on Wednesday, September 21st at noon. The COA will provide chicken, baked beans, pasta salad, potato salad, chips, dessert and beverages. Please bring a dish to share. The COA board members and volunteers will be serving the food in order to ensure utmost cleanliness and safety for all. There will also be live music. Please join us!

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

### Grab and Go Hot Meals

Pick up at Community House  
**Every month on the  
second and fourth Tuesdays**

Call COA 634-2262 or   
email [croumeliotis@cummington-ma.gov](mailto:croumeliotis@cummington-ma.gov)  
Suggested donation \$3

**The word is out – these meals are  
great!**

*We had a great time at the Community Dance!*

*Pat & Scott Keith*



*Ann & Allen  
Irvine*

The next grab and go hot meals will be on **Tuesday, September 13 and Tuesday, September 27**. Pick up your meal between Noon and 12:30pm at the Community House.

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](mailto:croumeliotis@cummington-ma.gov) by **September 6th**. There is a suggested donation of \$3 per meal, which goes to Highland Valley Elder Services, the agency that prepares these delicious meals.

**Puzzles and Games – take one, leave one**

Thank you for your patience as it has taken a little longer than planned for us to get this set up. But, now, it is finally ready. To the left of the COA office door at the Community House, there is a shelf of puzzles and games available for you to take, use and return when done. You are welcome to pick one up whenever the Community House is open.

**Ongoing Programs, Activities & Resources**

*For more information on any of these programs, activities and resources, contact the COA at [croumeliotis@cumington-ma.gov](mailto:croumeliotis@cumington-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 13th and 27th**. (See 1st page for more info.).

**Living Fully, Aging Gracefully**

The next Zoom meeting for this group is **Tuesday, September 13th**. For more information on this program, contact directly Wynne or Lucy at 634-5576 or [wynlucy@gmail.com](mailto:wynlucy@gmail.com); or Annie at [annieb@crocker.com](mailto: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.

**Walking Maps**

We have copies of maps of walking routes of varying lengths and levels of difficulty for Cummington, Huntington, Chester, Blandford, Westhampton, Worthington and Chesterfield.

**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.

**Happy Birthday in September!**



- Ida Pearce, Verna Ridel, Gregory Prentice,
- Helen Larkin, Wynne Busby, Susan Forgea,
- Jason King, John Maruskin, Lawrence Panzeri,
- Elaine Drawe, Barbara Robb, Deborah Hoehstetter,
- Jane Adams, Cynthia Jirak, Carol Hoehne,
- David Simard, Mark Silverman, John Miller,
- Paula Zindler, Paul Streeter, Margaret Kelleher,
- Aliza Ansell, Maureen Lavigne, Linda Matuewezski,
- Roger Wolf, Kathleen Beaudin, Sarah Stockwell-
- Arthen, Mark Whelihan, Claudia Waite, Jack Morse

***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

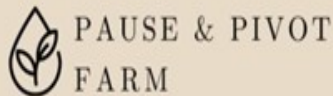
# Oliver's and Friends Season Celebration

A BENEFIT FOR THE GOSHEN LIBRARY

11 AM-3 PM  
SATURDAY, SEPTEMBER 17TH  
36 MAIN STREET, GOSHEN, MA

- HILLTOWN ARTISANS AND MAKERS
- "GRAZE BOXES" LOCAL FOODS SAMPLERS
- FARMS FROM AROUND THE REGION

This event brought to you by:



**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!

## The Living Will - MOLST – Which?

You may read that Massachusetts does not recognize the legality of a living will. So why on earth did I say last month you should do one? Can't I just do the Medical Orders for Life-Sustaining Treatment form (MOLST) and be done with all this? Well, yeah, but the living will is kind of a conversation, while the MOLST is an order. The conversation, including talks with your health care proxy, helps make decisions on what is documented in the MOLST.

A MOLST form is a binding medical order in our state that you fill out with your medical provider. It is intended for adults with serious illness and speaks to the use of life-sustaining treatments, generally in an immediate situation. The MOLST should be followed by care providers in all treatment settings, including emergency and ambulance transport.

In addition to being a medical order, the MOLST is part of a person's long-term planning and preferences. It is a personal document and can be changed if the situation or personal feelings change.

It is a good idea to post your MOLST where emergency personnel can find it. The usual bright pink form is bright and pink so it is easily findable. Your doctor will also have a copy.

MOLST and similar forms from other states are not considered valid medical orders in Massachusetts, though they are still considered as evidence of a patient's preferences. People who regularly spend time in another state should discuss these forms with their medical professionals in both states.

Still thinking for the future,  
Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com); 413-268-2228

## September's Good News

By Deb Hollingworth

With the cost of everything going up, and for many of us, our income not keeping up, it's good news when we see a change that will actually save us money!

The Governor recently signed the Budget for next year which includes an increase for the MassHealth Buy-in programs. This translates to an increase in the amount of income allowed to be eligible for the Buy-in. This is the program that pays your Medicare B premium. We sometimes forget that our Medicare B premium comes out of our social security benefit before it's direct deposited in our bank account. This year that's \$170 per month. If we qualify, the MassHealth Buy-in program will pay our \$170 per month premium and social security puts that money back in our check. (That would be a little over \$2,000 for the year!)

Currently the income limits are \$1,869 per month or \$2,518 if married. Your assets need to be less than \$16,800 or less than \$25,200 married. The asset limit will stay the same, but next year the income limit will change. You will be able to have as much as \$2,548 per month, or \$3,433 if married. This welcome income increase could effect about 60,000 Massachusetts residents. If you think you might be one of them, you should give your senior center a call and ask to speak with a SHINE counselor. We expect this change to go into effect January 1st 2023.

Keep tuned next month for more good news in Governor Baker's budget for 2023.

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### September is Falls Awareness Month: Why is this important?

- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- One in four Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk.

Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

To promote greater awareness and understanding here are 5 common myths—and the reality—about older adult falls.

#### **Myth 1: Falling happens to other people, not to me.**

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

#### **Myth 2: Falling is something normal that happens as you get older.**

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

#### **Myth 3: If I limit my activity, I won't fall.**

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

#### **Myth 4: Muscle strength and flexibility can't be regained.**

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

#### **Myth 5: Using a walker or cane will make me more dependent.**

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility

*Source: National Council on Aging National Falls Prevention Resource Center*



## On the Road Again...



### 2022 & 2023 Upcoming Trips

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.

*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 NOW. Payable to Landmark Tours. Mail to address above.

*Day Trip Sept. 19. The Eastern States Exposition— Big E.* Free Performance by Young at Heart Chorus at the Court of Honor Stage. Cost \$10 for Chesterfield Seniors and \$17 for all others. Check payable to Chesterfield COA and mail to address above by September 6th. NO REFUNDS due to bargain price. Pick up locations in Chesterfield or Northampton.

*Day Trip Oct 1. Hoosac Train Excursion.* 10 mile round-trip train excursion in Adams. Luncheon at Lakeside Bar & Grill in Cheshire. Cost \$20 for Chesterfield seniors 60 and over and \$30 for all others. Check payable to Chesterfield COA and mail to address above by September 6th. NO REFUNDS due to bargain price. Pick up locations in Northampton and Chesterfield.

*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.

*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 address above.

### 2023

*Multi Day Late April 2023. Myrtle Beach Show Trip.* Legends in concert, Carolina Opry, "One the Show." 7 days. Cost \$TBD, \$25 discount if paid early. Contact Francine to reserve your seat.

*Day Trip May 22, 2023. Staying Alive - A Tribute to The Bee Gees.* Five course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNCS for \$TBD due by February 1st,

so we can get good seats. Mail to address above.

*Multi Day September 29 through October 9, 2023. 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. Contact Francine to reserve your seat.



## The BIG E – West Springfield, MA Monday, September 19<sup>th</sup>



Cost Includes: round trip bus transportation, gratuities & entrance fee to the Exposition

### Young at Heart Chorus Performs @ at the Court of Honor Stage 2pm--FREE

Chesterfield Seniors (age 60 or over) **\$10**  
Open to all ages and all communities for **\$17**

Meet the Bus : 8:45 A.M.  
COA parking lot, 400 Main Rd, Chesterfield, MA

Bus Leaves: approx. 4:45 P.M. from the BIG E  
Cash or checks payable to Chesterfield COA due by September 6th.

Scooter or wheel chair assistance available at the entrance for a fee.

Reserve your seat, call Francine Frenier 296-4291  
or call the COA 296-4007

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

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

**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.

**LITTLE ROOTS**



**FAMILY MUSIC**

*SING TOGETHER ACROSS THE GENERATIONS*

*Funded by Highland Valley Elder Services*

**Two Thursdays in September from 10 - 10:30 am**

**-SEPTEMBER 15 with Annie Stevenson**

**-SEPTEMBER 29 with Maggie Shar**

**at the Chesterfield Community Center**

**free and open to all!**