

Cummington Council on Aging

January 2023 Newsletter



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

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*What could be more welcoming than
Hearty Soup and Crusty Bread on a
cold winter day?*

The COA invites you to:

January Potluck Luncheon

Wednesday, January 18th 12:00-1:30
Cummington Community House Dining Room

The COA will provide the soup and bread. If you are able, please bring a salad or dessert to share.



Games Day

**Every 2nd Tuesday of the Month,
January through April, 1-3 p.m.**

(Jan. 10, Feb. 14, Mar. 14, Apr. 11)

Cummington Community House Dining Room

Pick up your Grab n' Go Meal and stay to play some games or come just for the games. Connect with old friends and make new friends. Feel free to bring your favorite game.



We need your feedback! All tech users and non-tech users!

A hard-copy survey will be mailed to all senior households in early January. We are asking that you take the time (10-15 minutes) to complete it and mail back to us (there will be a self-addressed, stamped envelope to do so). For those with internet and access to a computer, the survey will also be available online at this link: <https://tinyurl.com/3pkwfxk7>. You can copy this link into your browser to access the survey and complete it. Additionally, if you would prefer to respond to this survey over the phone, call the COA office at 634-2262 and leave a message.

The purpose of the survey is to gather information for future technology programming. We want to hear from tech users and non-tech users. During the pandemic we heard much about the digital divide – older adults lack of use of technology – and the hardship this can cause. Your answers will provide us with the best information about how to help older adults use technology in the way they choose. Some comments we have heard:

"I can do this from the comforts of home, especially if it is snowing!" This was from folks who do an online Zoom exercise class and another individual who was looking at rental properties for an upcoming move.

"We were able to fix them [passwords] and she showed me the security settings. Reviewing the security issues was the biggest thing. But now, I can use the calendar on my phone, and get notification of upcoming events! It has helped me simplify my daily life and provided me a lot of comfort knowing my safety was intact." This from someone who received some technology-use training.

This mailing is being funded by the Service Incentive Grant (from the state of MA) through the Northern Hilltowns Consortium (the 7 Hilltowns of Williamsburg, Westhampton, Chesterfield, Goshen, Plainfield, Cummington and Worthington). Thank you for taking the time to respond to the survey. Please contact the COA at croumeliotis@cummington-ma.gov or leave a message at 634-2262 with any questions.

Resource cart – full of useful supplies

Next time you are in the Community House, take a peek at the cart located to the left of the COA office. (For those who don't know, the COA office is located in the back of the building, across from the kitchen.) We will be filling the resource cart with various helpful supplies. When an item runs out, it will be refilled, so check back! Anytime the building is open, you can come by to take what you need from this cart. Currently, you will find:

- NEW ON THE CART: consumer protection calendars for 2023
- masks (both KN95 and N95)
- Covid test kits
- personal health care journals
- file of life forms
- greeting cards for various occasions
- the current Elder Law education guide
- Hilltown fall tourism brochures
- walking maps for Cummington and neighboring towns
- games & puzzles
- and more!



is a suggested donation of \$3 per meal, which goes to Highland Valley Elder Services.

Yoga

Yoga with Judy Messer will resume mid-January. For information and to register, contact Judy at 413-221-3012 or heartcoloration@gmail.com

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– Wednesdays, 1-4pm.

Foot Clinic

Tuesday, January 3rd with Piper 'Sagan at the Community House, \$50 per session. Contact the COA to make an appointment.

Living Fully, Aging Gracefully

The next Zoom meeting for this group is **Tuesday, January 10th**. For more information on this program, contact directly Wynne or Lucy at 634-5576 or wynlucy@gmail.com; or Annie at annieb@crocker.com.

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.

Grab and Go Hot Meal

The next meals will be distributed on **Tuesday, January 10 and Tuesday, January 24**. Pick up your meal between noon and 12:30 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 by **January 3rd**. There

Happy Birthday in January!

Edith Morton, Stuart Carduner, Geoffrey Kenseth, George Brownfield, Donna Forgea, Elliot Ring, Eric Hardendorff, Keith Jenkins, Ana Busto, Alma Owen, John Walker, Corinne Sharkey, Mark Demaranville, Sheila Tower, Leni Fried, Cynthia Cutter, Christine Earls, Nancy Bean, Peg Cowen, Patricia Wilcox, June Lynds, Bobby Ann Higgins, Erik Jernstrom



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



Out and About this Winter

Art in 2023 with Lena Garcia- Register Now! Winter Watercolor Class

Jan. 23– March 27 (9 classes)

Mondays 1-3pm

Register at www.lenagarcia.com

Coming next: A Taste of Oil Painting Class
Shadow Puppetry Workshop



Becoming Winter / Restorative Yoga Workshop

Sunday, January 22 (Snow Date Jan 29th) 3-5:30 PM,
Parish House, 21 Main Street, West Cummington

Judy Messer will guide you in a process of becoming fearless in the darker, cooler season of winter by helping you to let go while finding your own natural rhythm. Following this restorative yoga there will be journaling and teatime to conclude the practice. This transcending yoga takes place on the floor. Please bring a yoga mat, blanket, pillowcase, journal, and warm clothing. To make a reservation call Judy Messer at 413-221-3012. Check her out at judymesser.com. Funded by a HVES grant.

Being Mortal Discussion Group

Thursdays, Feb. 2nd through March 2nd, 1-2:30pm
John James Memorial Hall, 42 Main St. Goshen
Upstairs Dining Room

The Goshen COA is excited to announce that Peg Whalen will be offering a five session discussion group based on the book by Atul Gawande named *Being Mortal*. Through riveting, honest, and humane stories this book shows that the ultimate goal is not a good death but a good life- all the way to the very end. It is about maintaining dignity, independence, and quality of life as we age. It is recommended (but not required) that you read the book which is available at local libraries, on Kindle or Nook, and there is an audiobook version. Please register by emailing Peg at pegwhalenworkshops@gmail.com or calling/texting her at 413-404-4566. Messages left should include your name, cell/home phone number, and your email address. Adults of all ages from all towns are welcome to register.

Matt York Brings Johnny Cash to Chesterfield

Sunday, February 12th at 2pm
Chesterfield Community Center
400 Main Rd. Chesterfield

Longtime New England musician/author Matt York will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950's to his passing in 2003 . York was recently nominated for the Boston Music Award for Best Country Artist and his album Gently Used was just named one of Worcester Magazine's best albums of 2022.

Regional News



Romance will be in the air! But first...

Thanks to Rachel Seneca in the DA's office – a font of knowledge about scams, especially those we are seeing in our towns. Here are two to watch for.

Soon it will be Valentine's Day, when the advertisements remind us to love, give, and eat chocolate. I'm certainly in favor of all three. But there is also the scammer who is faking it on romance!

The scammer will reach you on social media, dating sites and the like, start a conversation, get to "know you", flatter you some, then start asking for money. They say "It would be so nice if you could send me some money to come visit you! I would pay but am a little behind because my father had to have surgery." They may ask to wire money, or send a gift card with the pin.

Now wouldn't ya know it – the second scam is asking you to send some cryptocurrency to pay for their trip to meet you or maybe to invest. Recently we have seen a lot of headlines about this digital (not real!) money. The Federal Trade Commission has a good website about crypto, and includes this no-nonsense message: "If you meet someone on a dating site or app, and they want to show you how to invest in crypto, or asks you to send them crypto, that's a scam."

Read the FTC site for more info:
consumer.ftc.gov/articles/what-know-about-cryptocurrency-and-scams#paying

Stay safe,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com; 413-268-2228

January's Good News

By Deb Hollingworth

How did Medicare get so complicated? It was created in 1965 as Medicare A & B and stayed that way for almost 40 years. Medicare D (for Rx) was added in 2006 to subsidize the cost of our prescriptions. Medicare is a Federal benefit we get when we turn 65 if we've paid our 40 quarters (10 years) into social security, or if we are married to someone who has. Medicare also is the main insurance for the disabled collecting social security disability benefits.

Medicare A covers hospital costs and some home care benefits. Medicare B covers everything else like doctor visits, lab tests, medical treatments. Medicare A is free, Medicare B has a monthly premium that is usually deducted from our social security benefit, so we often forget we are paying for it. Medicare C is another name for Medicare Advantage plans that began about 20 years ago and were originally called Managed Care plans because that's what they do. They manage our Medicare A&B benefit. And more recently these plans began to include Rx coverage. If you enrolled in a Medicare Advantage plan, it managed your Medicare A & B and D.

You'd think this would simplify things, but it didn't. And this is where it gets complicated: Medicare Advantage plans are offered by private insurance companies like BlueCross, Health New England, United/AARP, Tufts, etc. and are for profit enterprises. These Advantage plans come in many variations, with different benefits like dental, hearing, vision, subsidy for your gym membership. But let's remember, they manage your Medicare benefit. And in most cases, you must have a referral for medical treatments, sometimes prior authorization for care, and they can decline to cover the treatment/hospital/doctor you want.

Advantage plans have co-pays for all services. If you're healthy an Advantage plan is not expensive, but if you're not healthy, those co-pays can quickly add up. So if you decide to supplement your Medicare A & B...and D, it can get complicated.

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!



January Tech Tip

By Peg Whalen



I want to share an experience I had so that others can benefit from my misadventure. Recently, I traveled to Philadelphia by train to see family. I had two carry-on bags with me and my laptop in a separate case. I briefly left my seat, so to keep the laptop safe, I tucked it overhead between two carry-on bags. Later, when I was exiting the train, I got distracted. Yup, you guessed it. I left the laptop behind.

Losing the laptop device was frustrating but could be replaced at some expense. The information loss was a tragedy. Before leaving, I had not backed up the files, photos, and programs on the laptop. I know better! It happened anyway. What should I have done? I could have used one of the "clouds", like Microsoft OneDrive, Google Drive, Apple iCloud, or my external hard drive at home. Most of my information is lost: taxes, medical records, technology workshop handouts, pre-retirement work. So, even seasoned users of technology lose equipment and computer information. Backup your information in case of device loss, viruses, scams, equipment failure. If you do not know how to protect electronic information, find assistance with ways to stay safe.

The Regional COA Newsletter benefits from your support!

I would like to contribute to the COA Newsletter. My contribution of \$_____ is attached.

(Please make out your check to "Northern Hilltown Consortium/ Town of Chesterfield" and mail to: Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)

Name _____ Telephone _____

Address _____

Email _____

Thank you for helping support this vital resource for our seniors!

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 , Information and Referral Resources	800 339-7779
Fuel Assistance , Application and Recertification	800 370-0940
Hilltown Elder Network – HEN (sponsored by Hilltown CDC)	413 296-4536, ext. 120
Veterans' Service Officer : Williamsburg - Dan Nye or Steve Connor	413 587-1299
Westhampton – Joe Henning	413 207-3541
Plainfield – Brian Brooks	413 772-1571

Food Services

Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
SNAP, Supplemental Nutrition Assistance Program (Food Stamps)	413 552-5400
Or call Chesterfield COA, 296-4007 or Williamsburg Sr. Ctr, 268-8410 for assistance	
Hilltown Food Pantry , Goshen Town Hall – Diane Drohan, Director	413 268-7578 Weds. 1-3
Meal Site , Williamsburg Senior Center Café	413 268-8419 Mon-Thurs
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
Grab and Go Meals : Chesterfield COA, Thursdays, 11:30	413 296-4007
Cummington COA, 2 nd & 4 th Tuesdays, Noon	413 634-2262
Goshen COA, 3 rd Tuesday, 11:30	413 268 9354
Westhampton COA, 3 rd Thursday, Noon	413 387-3960
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336 or 586-6564

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
HealthWise Community Health Worker, Ellie Mathias	238-5511, ext. 322
Podiatrist , Dr. Michael Coby at Williamsburg Senior Center	413 268-8407
Call to schedule alternating (odd) months at the Senior Center	
Foot Care , Piper Sagan, RN. - Williamsburg or in-home visits	413 268-8407
Cummington, call Ann Eisenhour	413 634-2243
Goshen & Chesterfield, Call Piper for appt.	413 522-8432
Westhampton, call Deb Dean	413 667-5363
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Lorraine York-Edberg	413 773-5555, Ext. 2275
Chesterfield, Deborah Hollingworth	413 296-4007 or 268-8317
Williamsburg, Deborah Hollingworth	413 268-8407
Mass Health & New Health Coverage	
Buliah Mae Thomas at Hilltown Comm. Health Ctr.	413 667-2203

Transportation Services

PVTA Dial-A-Ride (Tickets sold at Williamsburg Senior Center, 413 268-8407)	866 277-7741
Hilltown Easy Ride Van and Driver Pool , Ed Pelletier	413 296-4232
Westhampton Transportation , appts. or shopping, Louise Jasionkowski	413 527-5134
Williamsburg Medical and Carpool rides , call to schedule	413 268-8407

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cummington COA , Chrisoula Roumeliotis	413 634-2262
Goshen COA , Kerry Normandin	413 268-8236, ext. 118
Plainfield COA , Polly Ryan	413 212-1581
Westhampton COA , Amy Landau	413 203-9808
Williamsburg Senior Center , Melissa Wilson	413 268-8410
Worthington COA , Phyllis Dassatti	413 238-5962

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

On the Road Again... 2023 Trips



Contact Francine Frenier to reserve your seat **before** mailing any payments to determine availability: 413-296-4291, francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

Multi Day April 23-29, 2023. Myrtle Beach Show Trip. Five shows—Legends in Concert, Carolina Opry Show, The Man of a Thousand Voices, Anthems of Rock and an evening show at the Alabama Theater. There will be a stop at the Airborne and Special Operations Museum in Fayetteville, NC. This 7 day trip includes bus transportation, driver gratuities, all hotels and most meals for \$829. Get a \$25 discount if paid in full by **January 30, 2023**. Contact Francine to reserve your seat.

Day Trip May 18. Beatles Show- Ticket to Ride - A 4- piece band that plays high quality, exacting renditions of songs written by the Beatles spanning their entire decade together. Self-Drive to the Log Cabin. Arrive 11:15am. Luncheon will include whole steamed LOBSTER, & chicken & ribs. Make payment to FNCS for \$120 by **February 1st**, so we can get good seats. Mail to the address above.

Day Trip May 22. Staying Alive- A Tribute to The Bee Gees. Five-course luncheon included at the Aqua Turf in Plantsville, CT. Make payment to FNCS for \$120 due by February 1st, so we can get good seats. Mail to the address above.

Day Trip May 31. Oh What A Night! And Resorts World Casino- An exciting musical revue show from Las Vegas features hits from Franki Valli & The Four Seasons. Luncheon buffet and \$25 bonus slot play at the Casino in the Catskills, NY included. Make payment to FNCS for \$132 due by **February 21st**. Mail to the address above.

Day Trip July 20. Lake George Cruise- Take a 2 1/2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet will be served on board. A stop at the Lake George Outlets. Make payment to Landmark Tours for \$TBD due **April 21st**. Mail to the address above.

Day Trip August 10 Garden in the Woods- This trip includes a walking guided tour of the Garden in the Woods in Framingham followed by a luncheon at the Longfellow's Wayside Inn. Entrée choices are Roast Prime Rib of Beef or Baked Atlantic Salmon. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$120 due **June 10th**. Mail to the address above.

Multi Trip September 10-12. Nantucket Island. Three days to two nights. Includes ferry to and from the island, guided tour of the island and all access pass to historical sites. Cost TBD. Make payment to First Choice for \$748 p/p double occupancy due **June 21st**. Mail to the address above.

Day Trip September. BIG E. A YEARLY favorite. Make payment to FNCS for \$TBD by **August 1st**. Mail to the address above.