

Cummington Council on Aging

March 2023 Newsletter



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

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

St. Patrick's Day Potluck Luncheon

Wednesday, March 15th, 12-1:30
Community House dining room

Featuring: Corned Beef, Cabbage, Potatoes, Carrots, Onions and Irish Soda Bread. If you can, please bring a side dish or dessert to share.



Games Day

Tuesdays, March 28 and April 25, 1-3 p.m.
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.



Monthly technical support now available!

On the 3rd Tuesday of each month between 1 and 3pm, Peg Whalen will offer technical support at the Community House (conference room next to the kitchen). She will assist with questions about assorted devices and their use, including smartphones, mobile phones, iPads, tablets, ePhoto frames, smart TVs, printing, laptops, internet, and many apps and software. Upcoming dates: **March 21, April 18**. Call or text Peg at **413-404-4566** or email nhillcoastech@gmail.com in advance to schedule enough time for help with your specific needs.

Technology support available!

Community House
3rd Tuesday of each month, 1-3 p.m.

March 21, April 18
May 16, June 20

Call/text Peg Whalen **413-404-4566** or
email nhillcoastech@gmail.com

Foot Care Clinic – lower cost for Cummington residents

At this time, we are able to offer a lower cost for foot care for Cummington residents. Appointments with Piper Sagan will cost **\$40** starting in March. The COA will pay the remaining \$10 to Piper. For now, the cost remains \$50 for residents of other towns who come to Cummington for foot care services. If you are interested in an appointment for the next foot care clinic on **March 7th**, please call the COA at **634-2262**.

Senior Snowshoeing – Weds. Mar. 8 & Mar. 15 in Ashfield and Goshen

Hilltown Land Trust and All Out Adventures are offering a series of snowshoe treks on Wednesday mornings. Two treks per day, departing at 10 am and 12 pm. on March 8 (at Bullitt Reservation, Ashfield) and March 15 (DAR State Forest, Goshen). Please arrive 15 minutes early. No cost; donation to All Out Adventures is appreciated. Snowshoes, poles and traction aids are provided for free. Registration is required. Contact **413-584-2052** or info@alloutadventures.org. Any questions? Contact Sarah: sarah@hilltownlandtrust.org

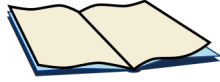
Resource cart – full of useful supplies!

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!

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, March 14th and Tuesday, March 28th**. 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 **March 7th**. There is a suggested donation of \$3 per meal, which goes to Highland Valley Elder Services.

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

The next foot clinic will be on **March 7th** with Piper Sagan at the Community House. The cost is \$40 for Cummington residents and \$50 for non-

residents Contact the COA to make an appointment.

Living Fully, Aging Gracefully

The next Zoom meeting for this group is **Tuesday, March 14th**. 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.

Easy Ride Van

The Hilltown Easy Ride van provides trips for shopping to Northampton on Tuesday and Thursday mornings and to Pittsfield once a month. Medical and other rides can be scheduled for Mondays, Tuesday afternoons, Wednesdays and Fridays from 8:30 to 4:30. The Driver Pool program is available for medical rides when the van is not available. Contact Ed Pelletier at **296-4232** for more information and to arrange a ride.

Happy Birthday in March!

June Ferrin, Charles Stickney, Bruce Larkin, Jim Martin, Jeanne Johns, Judith Bogart, Joyce Morin, Eli Schotz, Joyce Wiernasz, Alan Weisman, Thomas Dyer, Paul Sonerson, Jane Dyer, Cynthia Fournier, Charlene Madison, Lawrence Remby, David Owen, Murray Solomon, David Clark, Scott Keith, John Bye, Donna Gibson, Leslie Ferrin, Susan Mikula, Carla Ness, Rebecca Kravetz, Jane Harris-Toomey, Russell Mader, Valerie Talbot, Peter Feitner, Christine Knox, Marie Wolf, Lonelle Stevens, Earl Suriner, Mark Williams, Rory Ritz



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

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!

Your State Representatives

State Senator Paul Mark

Email: paul.mark@masenate.gov
Phone: 413-464-5635
Mail: 773 Tyler Street
Pittsfield, MA 01201
Nearby local office hours:
Williamsburg Town Hall
2nd and 4th Tuesdays from 1-3pm

State Representative Lindsay Sabadosa

Email: Lindsay.Sabadosa@mahouse.gov
Phone: 413-270-1166.
Mail: 76 Gothic Street
Northampton, MA 01060

May your troubles be less,
And your blessing be more.
And nothing but happiness,
Come through your door.

Irish Blessing



Caregivers Part 1, Credit Cards



Some of you reading this are or will become caregivers. So in addition to keeping yourself safe from scams, you may have the responsibility for someone else's financial safety. I'm offering some suggestions for meeting that responsibility.

First, an ad! Well, sort of. I'm just putting in a plug for setting up a robust durable Power Of Attorney. Having that paperwork done makes financial caregiving much easier! Contact me if you need a reminder on this.

Let's start with credit cards. You, using the POA, or the elder if they are on their own, can take these actions.

- ⇒ Reduce the credit limit on a card, thereby reducing the amount of potential damage by reducing the amount that can be charged.
- ⇒ Add the name of a trusted individual to the card so that person can also track charges. The trusted part comes in that they won't use the card!
- ⇒ Sign up for alerts by phone or email when a charge is made over a given dollar amount, an amount that you set. This may not prevent the charge but the damage can be stopped more quickly.
- ⇒ Some cards have a card lock that will stop a suspected transaction. The card's documentation will show if this is possible.
- ⇒ Go online and check the card's activities; do this at least monthly or after a use.
- ⇒ Follow the same guidelines as for avoiding scams in general. If you don't trust an offer, don't give your card. Don't give the card number to someone who calls you. Set a different and strong password for each account. Get two-factor authentication.

I know. Life is more complicated than it used to be.

Take care,

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

March's Good News

By Deb Hollingworth

Help Wanted: Part One

Have you ever considered working as a home maker or PCA/personal care attendant? Or have you ever tried to find a home care worker? Let me introduce you to PHCAST.

PHCAST stands for Personal and Home Care Aide State Training, and it is a free State resource that offers training for anyone who would like to become a home care worker. And PHCAST maintains a state wide directory to connect workers with those needing home care help. A two fold approach: to give you training and help you find work.



You must have an email address and internet access to use it. You can complete the 10 module online training at your own speed.....in your own home! You can repeat a module as often as you want. At the end of each module, you complete an assessment to advance to the next module. The entire training should take about 37 hours and you get a Certificate of Completion at the end.

It gets better. If you are looking for work as a home care worker, you can register on the State wide directory. Having the Certificate of Completion from PHCAST can be an important credential when looking to be hired.

For more information, go to www.mass.gov/PHCAST or just Google PHCAST and check out some of their videos to see if you might be interested.



*It's Maple Season.
Support your local Sugar House!*

March Tech Talk

by Peg Whalen

I talk with many folks that say they don't update their smartphones. They are concerned about an update resulting in their phone being hacked, information stolen, charges to their account or think the phone works fine and doesn't need updating. Here's why they are important. Updates contain privacy and security enhancements that better protect your phone, including improvements to phone features or additional features that make it more useful. **If your phone notifies you of an available update, be sure to allow it to happen.** Automatic updates can be enabled in Settings. iPhone updates can be accessed in Settings/General/Software/Update. Automatic iPhone updates will happen at 2:00am, but you must leave your phone on and plugged in overnight. Android updates can be made automatic as well in Settings / Software Update. Keep it plugged in! Updating only happens periodically so when you get a message saying an update is available, go ahead and update!

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!

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.

Day Trip April 16. Tina – The Tina Turner Musical- An amazing musical at the Bushnell Theater in Hartford. Featuring iconic songs "What's Love Got To Do With It", "River Deep – Mountain High," "Proud Mary." Show at 1pm in Orchestra seats. Then a dinner stop on your own at Blue Black Square in W. Hartford. Make payment to First Choice for **\$199** which is due NOW. Mail to the address above. **TWO seats left.**

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 **\$78** which is due NOW 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 NOW. **WAIT LIST ONLY.**

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 Breast of chicken, Baked Salmon, or Yankee Pot Roast. Two floors of historical exhibits to explore at the inn. A stop at Hebert Candy Mansion. Make payment to Landmark Tours for \$122 due **June 10th.** 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.

Multi Day September 29-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.

Day Trip November. Elvis- A Musical Revolution- North Shore Theater. An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make payment to First Choice for **\$259** by **July 21st.** Mail to the address above. **TWO SEATS AVAILABLE.**

Haircuts and Manicures at Smith Vocational High School



**Tuesdays & Thursdays,
March through May**

Cost is \$5.00 for a cut or a manicure for men and women. The Smith Vocational Cosmetology students provide the services with their teacher alongside. Simply call 413-587-1414 ext. 3531 for an appointment. The Salon is located in Room 124 of Building A at Smith Vocational High School, 80 Locust St., Northampton.

All Are Welcome!

Save the Date: **Saturday, April 29th, 9-3pm**

Spring / Summer Clothing Exchange



Goshen Congregational Church
45 Main St., Goshen

Get a new spring wardrobe for your family without spending a cent! Drop off your washed, gently-used men's, women's and children's spring/summer clothing and accessories at the church on Wednesday 4/26 from 9am-3pm or Friday 4/28 from 9am-3pm (you can also call Laura at 268-7005 to arrange a different time), then come back to shop on Sat. the 29th from 9am-3pm! All are invited to participate whether you donate clothes or not.

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.

SCAM ALERT!



*People you meet online aren't
always who they say they are.*

SIGNS OF A SCAM

- They profess love quickly.
- They ask for money to pay for an emergency or offer investment opportunities.
- They ask you to buy gift cards, transfer money, or invest in cryptocurrency.
- They claim to live or do business far away so that you can't meet in person.

WHAT TO DO

Never send money or gifts to anyone you haven't met in person—even if they send you money first.

Only scammers tell you to buy gift cards, wire money, or by cryptocurrency.

Once you send it, you won't get your money back.

*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**

