

# Cummington Council on Aging

## April 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

### Technology support available!

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

**April 18, May 16, June 20**

Need help using your smartphone, mobile phone, iPad, tablet, ePhoto frame, smart TV, laptop? Or, do you need help using the internet, an app, other software or even with printing? One-on-one assistance is available to you every third Tuesday of the month.



Call/text Peg Whalen in advance to schedule  
time: **413-404-4566** or  
email [nhillcoastech@gmail.com](mailto:nhillcoastech@gmail.com)

### Games Day

**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.



### Foot Care Clinic – lower cost for Cummington residents

Foot care for Cummington residents now costs \$40. 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 May 9th, please call the COA at 634-2262.

### Save the date!

The next potluck will be on **Wednesday, May 17th** from noon to 1:30. In addition to a delicious meal, the COA will be hosting a presentation from the Northwestern District Attorney's Office Elders Unit

titled "Knowledge is Power: Elder Safety Empowerment." Look for more information in the next newsletter.

### Upcoming events

Many of you attended the dance we held last August and the potluck picnic last September. Look for both of those events again this year. We are still working out the details, such as the date; more information will be coming in future newsletters.

We are also planning to increase the grab and go hot meals from twice each month to once per week. More information will be forthcoming in the next newsletter.

### Covid test kits



We have many test kits at the moment that we would like to share with you. They will be frequently restocked on the Resource Cart (which is located next to the COA office in the back part of the Community House (across from the kitchen)). While there, browse through the other items that we maintain on the cart. In addition to those test kits, you will find: personal health care journals, file of life forms, walking maps, games & puzzles, greeting cards for various occasions, the current Elder Law education guide, and more. Anytime the building is open, you can come by to take what you need.

### Ongoing Programs, Activities & Resources

*For more information on any of these programs, activities and resources, contact the COA at [croumeliotis@cummington-ma.gov](mailto:croumeliotis@cummington-ma.gov) or 634-2262.*

#### **Grab and Go Hot Meal**

The next meals will be distributed on **Tuesday, April 11th and Tuesday, April 25th**. 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](mailto:croumeliotis@cummington-ma.gov) by **April 4th**. 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 **May 9th** 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**

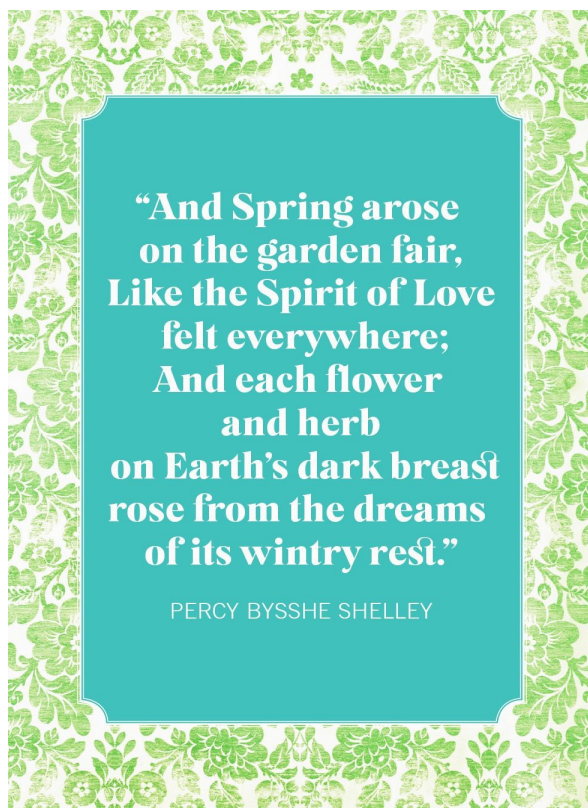
The next Zoom meeting for this group is **Tuesday, April 11th**. For more information on this program, contact directly Wynne or Lucy at **634-5576** or [wynlucy@gmail.com](mailto:wynlucy@gmail.com); or Annie at [annieb@crocker.com](mailto:annieb@crocker.com).

**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.

**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 April!**

Pearl Lynds, William Carver, Kenneth Price, Michael Falcone, Dorset Anderson, Susan Riley, Nancy Noyes, Karen Westergaard, Hilarione O'Leary, Randall Fisher, Robert Quigley, Jeanne Mangan, Jay Brumberg, Richard LaFrancis, Joyce Dempsey, Karen Barker, Judith Slezak, Margaret Parker, Luahn Page, Betty Tessier, Peggy Thorn, Diane Bevan, Greta Redzko, Matthew Grallert, David Bowman



***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](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!

### Writers Workshop in Goshen

If you have ever been told: "You really should write that down!" you might consider this workshop. It will be taught by a local writer and former psychologist who knows how paralyzing apprehension can be. We will do easy exercises to get past our reluctance to commit thoughts to paper. And we will select stories that offend nobody and bring smiles to our readers' faces.

This class will start with two sessions in May with the option to continue. People from all towns are encouraged to attend. It will be held at the Goshen Town Hall, upstairs dining room. **The classes will be on Friday May 12th and May 26th from 1-2:30.** Please call or email Kerry Normandin by May 8 to register for this great workshop: [413-268-8236 x118](tel:413-268-8236), [coa@goshen-ma.us](mailto:coa@goshen-ma.us)

### Your State Representatives

#### State Senator Paul Mark

Email: [paul.mark@masenate.gov](mailto: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](mailto:Lindsay.Sabadosa@mahouse.gov)

Phone: 413-270-1166.

Mail: 76 Gothic Street  
Northampton, MA 01060

### Caregivers Part 2: Banking

More thoughts on keeping your care recipient financially safe. Last month was credit cards, now we give attention to banking.

Again, this is all easier if you have a robust durable Power of Attorney (POA) that allows banking functions. With this, you can talk to bank officials, go online to check deposits and balances, make deposits and withdrawals, balance the checkbook, and request the settings below. Different banks have different policies, so check with your particular bank on the specifics but this should give you good questions to ask. For instance, even without a POA the bank might allow you to monitor another person's bank statement, after clearing you.

**Create alerts.** Get a message from the bank when a withdrawal goes over a set amount, or a balance falls lower than you want. You may also be able to get an email every day showing the available balance on the account.

**Set transaction limits.** If a withdrawal is requested that goes over a set amount, the transaction can be halted.

**Stop payment.** If something does go awry, you can request that the bank stop the payment.

**Check overdraft status.** Banks offer protection against the account going into the red, but you should choose how or if you want that protection. This is a not one-size-fits-all decision.

Take care,

Jean O'Neil  
TRIAD Committee member  
[jeanoneilmass@gmail.com](mailto:jeanoneilmass@gmail.com)  
413-268-2228

**April's Good News** By Deb Hollingworth

**Help Wanted: Part Two**

Finding home care help in the hilltowns can be a challenge. There's a shortage of available workers and Medicare certified home care agencies often can't fill requests for help. Many of us rely on family and friends or programs through our senior center which may work for short term solutions, but what if you anticipate needing help for an extended period of time? Did you know that there are programs that let you hire your own worker? That worker can be a family member or friend (not spouse).

MassHealth has two different programs that pay family caregivers for the care they provide. You must meet financial eligibility requirements for MassHealth. Many folks assume they "won't be eligible because I have money in the bank". But there are ways to qualify and you should check with your SHINE counselor. Income has to be less than \$2,742/month with limited assets. But, you can transfer assets without a 5 year look back period if you are intending to remain at home instead of entering a nursing home. Also, for those of you who are not going to qualify for MassHealth, Highland Valley has a program called "self-directed care" which allows you to hire your own worker. If you are a veteran, you might qualify for some home care help. And while it's less common, if you are one of those folks with a Long Term Care Insurance policy, that policy will also pay for home care help. Need help sorting through all the options? Check with your senior center and ask to speak to the SHINE counselor.



**Haircuts and Manicures at Smith Vocational High School**

*Tuesdays & Thursdays,  
April & 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!**

**Beyond Basics Smartphone Workshop**

**Friday, May 19th  
1:30-3:30pm**

**Chesterfield Community Center**

*Presented by Peg Whalen*

Want to know how to find and listen to podcasts? Wondered how to make a mobile deposit with your banking app? Desperate to block unwanted calls and text messages? This workshop will help you do things you have wondered about but have not figured out how to do. Sign up for Beyond Smartphone Basics. If you have an iPhone OR an Android smartphone this workshop is for you.



**Interested in coming?**

**Reserve a spot by Tuesday, May 16th.** To register, contact workshop presenter Peg Whalen, at [pegwhalenworkshops@gmail.com](mailto:pegwhalenworkshops@gmail.com) or 413-404-4566. Email, leave a voicemail or text including your name, email address, what type of smartphone you have (iPhone or Android), whether you use mobile banking and your home or cell phone number.

***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 \_\_\_\_\_

## 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 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 FNSC for **\$78. WAIT LIST ONLY.**

*Day Trip June 20. Encore Casino.* Boston Harbor casino trip. **Free \$20 slot play.** Make payment to Francine Frenier for \$42 by **April 21st.** *Special \$22 discount for Chesterfield seniors aged 60 and over.* Lunch on your own, options available on site. 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. Danny Lombardo performs on the keyboard. Make payment to Landmark Tours for \$113 due **April 1st. WAIT LIST ONLY.**

*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 August 23. Saratoga Racetrack,* Saratoga Springs, NY. This trip includes lunch at the Inn at Saratoga. Entrée choices are Chicken Normandy or Pasta a la Saratoga. After lunch, spend time at the racetrack in our reserved grandstand seats. Over 60 concession stands on the grounds. Make payment to Landmark Tours for \$130 due **June 10th.** Mail to the address above.

*Multi Day 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. Make payment to First Choice for \$748 p/p double occupancy due **June 21st.** Mail to the address above.

*Day Trip September 14. Lake Sunapee Luncheon Cruise- Vermont Country Store.* A two hour luncheon cruise on Lake Sunapee in New Hampshire. This trip includes Luncheon buffet and

a stop at the Vermont Country Store. Make payment to Landmark Tours for \$111 due **July 10th.** Mail to the address above.

*Multi Day Trip 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. A few seats available.



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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Greenfield MA

**Cummington  
Council on Aging**

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

## Encore Boston Harbor Casino Day Trip

**Tuesday, June 20, 2023**

**\$42.00 cost includes:**

- round trip bus transportation
- driver gratuity
- \$20 in free slot play!

Meals on your own

*\$22.00 special discount for Chesterfield seniors  
age 60 and over*

Meet the bus: Sheldon Field, Old Ferry Rd.  
Northampton. 7:00 A.M, subject to change  
Bus leaves casino: 3:30 P.M.

Cash or checks payable to Francine Frenier **due April 21, 2023**

Only 30 seats available ~NO REFUNDS due to bargain price~

**Contact: Francine Frenier 413-296-4291 or Francine.frenier@gmail.com**

