

Cummington Council on Aging

June 2023 Newsletter



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

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Spring into Summer Picnic!

Wednesday, June 21st at Noon
Pettingill Memorial Park



Chicken, some side dishes, dessert & beverages provided. **Bring a dish to share!**

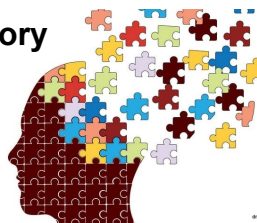
Music by One Part Luck

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

Do you need a ride to the potluck? If you would like a ride to the potluck, please call the COA office at 634-2262 by June 9th. The Easy Ride van is able to give rides to Cummington residents. The van will pick you up at your residence and bring you back home at the end of the potluck. There is no cost to you, as the COA will pay the fee.

A Conversation about Memory

You're invited to a conversation about memory on **June 22nd from 10-3** at the Chesterfield Community Center. Please be sure to see the details for this wonderful and important conference on pages 4-5 of this newsletter. Don't miss this!



Weekly Grab & Go

The grab & go meal is available every Tuesday. The next meals will be distributed on Tuesday,

June 6, 13, 20 and 27. Pick up your meal between noon and 12:30 at the Community House. If you are interested in any of the meals, leave your name and phone number with the COA by May 31st. There is a suggested donation of \$3 per meal, which goes to Highland Valley Elder Services.

Technology support available every month 3rd Tuesday from 1-3pm

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. Upcoming dates: June 20, July 18, August 15. Call/text Peg Whalen in advance to schedule time: **413-404-4566** or email her at nhillcoastech@gmail.com

Save the Dates

On **Friday, August 11th** from 5:30 to 8:30pm, we will be hosting a dance at the pavilion at Pettingill Park. DJ Bobby C will be playing songs from the 50s to current music. Look for more information in the next newsletter. All ages are invited!



On **Saturday, September 9th** at 3pm, Roger Tincknell will be joining us for a fun interactive musical performance at the Community House. Open to all ages. More details coming soon!

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: hand sanitizer, 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 from this cart.

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

Leave your name and phone number with the COA by May 31st for any of the meals in June, which will be distributed at the Community House between noon and 12:30 on Tuesday, June 6, 13, 20 and 27.

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 **Tuesday, July 11th** 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, June 13th**. 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.

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 June!

Helen Griffith, Judith Hinton, Linda Gero, Pamela Howland, Nancy Jamison, Judith Jenkins, Douglas Bailey, Lawrence Pesko, Daniel Smith, Rosemary Graf, Maureen Tumenas, Carolyn Urekew, Thomas Tear, Robin Robbins, George Fenton, Jeffrey Vanasse, Stefanie Wondriska-Clark, Lisa Edson, Jeffrey Guiel, Michael Witt, Elise Scheidel



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

You're invited to
A CONVERSATION ABOUT MEMORY



Thursday, June 22nd 10am-3pm
Chesterfield Community Center
400 Main Rd., Chesterfield

- ⇒ *Ever forget where you left your keys or phone ?*
- ⇒ *Recognize someone's face but can't recall their name?*
- ⇒ *Forget what you were looking for?*
- ⇒ *Love old memories but can't hold on to new ones?*
- ⇒ *Can't remember how to do something that you've done many times?*
- ⇒ *Do you ever get lost driving?*

Lunch and Refreshments will be provided

Sponsored by the
Northern Hilltowns Consortium of Councils on Aging

RSVP BY JUNE 16:
413-296-4007 or coa@townofchesterfieldma.com

*Northern Hilltowns Consortium of Councils on Aging
presents:*

A Conversation About Memory

- 10:00am: **Check in & Coffee**
- 10:30am: **Welcome and Program Overview**
Jan Gibeau, R.N. PhD. Director, Chesterfield COA
- 11:00am: **Understanding Memory Impairments**
Dr Rebecca Starr, MD, AGSF, Medical Director, Geriatrics,
Cooley Dickinson Healthcare

Sharon Asher, RN,BSN, MBA, Program Director
Pioneer Valley Memory Care Initiative

How does memory work?
What is normal for memory in older adults?
Types and range of memory changes
Evaluation and treatment of memory impairments
Getting help: resources available
Pioneer Valley Memory Care Initiative
- 12:00pm: **Group Discussion: Sharing the Journey**
- 12:30pm: **Lunch**
- 1:15 pm: **Impact of Dementia on Personal and Family Life**
Deb Hollingworth, LCSW, Regional Connections Facilitator
Adjusting to the impact of learning about your diagnosis
What it's like to be a caregiver or being the one who needs help
Common challenges for both care recipients and caregivers
Tips for better communication
- 2:00pm: **Tools for improving memory**
- 2:30pm: **Closing remarks**
What's Next? Suggestions for additional programs and supports

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 July 20. **Lake George Cruise-*** Take a 2 ½ 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 NOW. **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 24. **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. **NOTE DATE CORRECTION.**

*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. **WAIT LIST ONLY.**

*Day Trip November 4. **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.

June's Good News

By Deb Hollingworth

The Bucket List

When my kids were growing up, teenagers, I used to be on their case to clean up their rooms. Pretty much constantly. And they would assure me they were working on it. To which I would reply, "Will it happen in my lifetime?"

I have a "Will it happen in my lifetime? bucket list. First item on that list is changing eligibility rules so that when we turn 65 MassHealth doesn't count our assets. They don't count our assets when we're younger, just when we hit 65.

In Massachusetts if we are low income, or disabled, we can get affordable (subsidized) health insurance, with premiums determined by our income. The lower our income, the lower our monthly premiums. Until we reach 65. Then the eligibility rules change, and our assets count. So if we saved for retirement, or have a life insurance policy with a cash surrender value, or any savings, then we lose our affordable health insurance.

We become eligible for Medicare at 65, but Medicare has monthly premium(s), and if we want to purchase a supplement to our Medicare, then that's another monthly cost.

So as a SHINE counselor, the question I get quite frequently is: why do I lose my subsidized health insurance when I turn 65 and might need it most? And the Good News is: Mass Senior Action Council is working on changing that. Last month I wrote about the income eligibility changes to the Senior Buy-in Program where income and asset limits were raised so that more seniors (an estimated 60,000 of us) will now be eligible to have the Buy-in Program pay our Medicare B monthly premium, and get our Rx co-pays subsidized. We can thank Mass Senior Action Council for lobbying our legislators to get that change. Now they are working at doing away with the asset eligibility limit altogether! This would mean Massachusetts would join eleven other States to offer subsidy for low income seniors 65 and older. **This is Huge.** If you qualified, your co-pay for brand name Rx...like Eliquis...would be \$10. And at the risk of being too optimistic, it looks like this could become a reality in the near future. Mass Senior Action Council could use our help; have our voices join their effort.

You can Google Mass Senior Action Council to learn more and join. There is no membership fee and they are working hard for us and getting results!

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If I die

at home, what should happen? Triad is all about making elders more secure, and while that usually includes avoiding scams and bad financial situations, there are other issues in our lives. For example, a reader asked "What do you do if someone dies at home, maybe at night, maybe unexpectedly, who do you call? What do you have to do? And remember we are in the hilltowns."

Good question, so here is what I learned for three scenarios.

- **For an expected death, if hospice has been caring for the person**, call the hospice nurse who will know what to do. They will be able to pronounce death and facilitate transporting the body.
- **For an expected death, but hospice has not been involved**, call 911. Emergency personnel will know what to do to obtain a legal pronouncement of death that is needed for a death certificate. Survivors should not move the body.
- **For any unexpected death**, call 911.

Two Comments:

⇒ Every person should have a MOLST (MA Medi-

cal Orders for Life Sustaining Treatment) or CC/DNR (Comfort Care / Do Not Resuscitate Order Verification) form on file to handle the question of whether cardiac resuscitation attempts should be made by emergency personnel. Other forms such as Living Wills may be prepared and address other emergency care options. Designation of a Health Care Proxy is also very desirable.

⇒ Even though we are a bit distanced in the hilltowns, we have terrific emergency response teams who know what to do and will do it with respect.

Take care,

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

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!