

# Cummington Council on Aging

## September 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

### Old Time Sing-along

Community Concert with Roger Tincknell

Saturday, September 9th, 3 pm  
Cummington Community House



Rain\* or shine\*\*!

\*indoors – seating provided

\*\*outdoors – bring a blanket/chair to sit on

**Lyrics will be provided ~ Bring your ukulele**

**Open to all ages!**

For more info, contact COA at 413-634-2262 or  
croumeliotis@cummington-ma.gov

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

### End-of-summer Potluck Luncheon

Wednesday, September 20th, Noon-1:30 p.m.  
Community House dining room

We will be serving:  
American chop suey,  
garlic knots, salad, des-  
sert. If you can, please  
bring a dessert or side  
dish to share.



#### Blood pressure clinics

**are back!** Prior to the potluck, at 11:30 a.m. on  
September 20th, a HOPE nurse from the Hilltown  
Community Health Center will be conducting a  
blood pressure clinic at the Community House.

### En plein air Painting Workshop

September 30th & October 1st, 9:30am - 4 pm

Paint Cummington's Main  
Street with instruction and  
guidance by Jeanne Johns.  
COA will supply canvases,  
paint, brushes and palettes,  
as well as some easels ~ you bring a folding table  
and chair and possibly an easel.



*All skill levels are welcome*

Completed work will be on display at the  
Community House

For more information, or to register (registration is  
required), please contact the COA:  
croumeliotis@cummington-ma.gov or 634-2262  
**by September 8th.**

*Paid for by a grant from the  
Cummington Cultural District Committee*

### Transportation News

#### Hilltown Driver Pool

The Massachusetts Council on Aging granted  
transportation funds to the COAs of Plainfield,  
Cummington, Windsor, Goshen, Worthington and  
Westhampton for residents over 60. This grant will  
subsidize the already existing "Hilltown Driver  
Pool" service that the Hilltown CDC provides (this  
is a separate service from the Easy Ride van).  
Locally hired drivers are available to take individu-  
als to doctor appointments or on errands when the  
van is not available. Please go to the HCDC web-  
site for more info: [hilltowncdc.org/transportation](http://hilltowncdc.org/transportation)  
To schedule a ride, contact Ed Pelletier at 413-  
296-4232.

#### Drivers wanted

The Hilltown CDC is looking to hire more drivers  
for the Driver Pool service. The pay is \$16/hour  
with \$0.625 per mile for gas reimbursement.  
Make your own hours. If interested, contact Hunt  
Chase, Director of Community Programs, at

huntc@hilltowncdc.org or call 413-296-4536 ext. 116.

### Gen Silent – a documentary

You are invited to attend a showing of the documentary Gen Silent on **Saturday, October 21st at 2 p.m. at the Anne T. Dunphy school in Williamsburg.** Gen Silent is a critically acclaimed documentary that explores the issues of aging in the LGBTQ community by speaking with older adults about their experiences accessing the medical field and trying to plan their futures.

The purpose of this event is to provide information in the context of all seniors' wellness. There will be time for discussion afterward. Please join us in being a welcoming community. For more information, contact the Williamsburg Senior Center at seniorcenterdirector@burgy.org or 413-268-8410.

### 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.*

#### **Weekly Grab and Go Hot Meal– Every Tuesday**

The next meals will be distributed on September 5, 12, 19 and 26 between noon and 12:30 at the Community House. Leave your name and phone number with the COA by **August 29th** to reserve your meal. Suggested donation of \$3 per meal goes to HVES.

#### **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.

**Technology Support-** Contact Peg Whalen via email at [pegwhalenworkshops@gmail.com](mailto:pegwhalenworkshops@gmail.com) (preferred) or by phone at 413-404-4566 for help with your technical questions.

**Foot Clinic-** The next foot clinic will be on **Tuesday, Sept. 5th** 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, Sept. 12th.** For more information on this program, contact directly Wynne or Lucy at **634-5576** or [wynlucy@gmail.com](mailto:wynlucy@gmail.com); [annieb@crocker.com](mailto:annieb@crocker.com).

**Resource Cart–** Stocked with Covid test kits, hand sanitizer, personal health care journals, walking maps, games & puzzles, greeting cards for various occasions, and more. Take what you need anytime the Community House is open.

#### **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.

### **Happy Birthday in September!**

Ida Pearce, Verna Ridel, Gregory Prentice, Helen Larkin, Wynne Busby, Susan Forgea, Jason King, John Maruskin, Lawrence Panzeri, Elaine Drawe, Deborah Hoehstetter, Jane Adams, Cynthia Jirak, Carol Hoehne, David Simard, 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.**

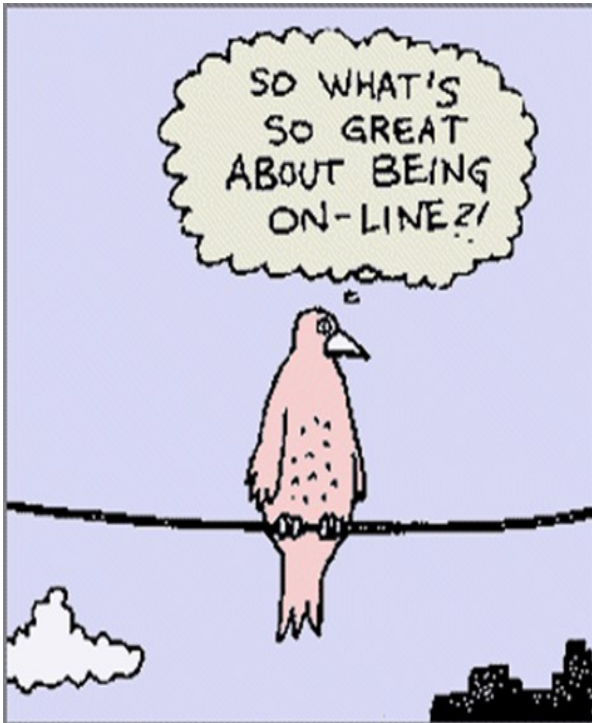
*(Please write your check to the Cummington Council on Aging, and mail to Cummington COA, PO Box 95, Cummington, MA 01026)*

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

*Thank you for helping to Support Your Neighbors!*

The Cummington Council on Aging



### Good News for Northern Hilltown Seniors!

The seven Northern Hilltowns COAs were awarded nearly \$300,000 over 18 months to increase rural digital literacy and internet access for each of seven towns (Goshen, Williamsburg, Chesterfield, Westhampton, Plainfield, Cummington and Worthington) between September 2023 and January 2025. The funding was secured using the information from the survey we collected early in 2023. The project has four goals: give Whip City or Comcast internet service to those households without; give people laptop/tablet devices to connect to our digital world; train folks to use their new or current devices; offer technical support either in face-to-face appointments, by phone, at drop-in center, through classes, workshops, Zoom, and videos on the Northern Hilltowns Consortium of Councils on Aging website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

We also are **seeking volunteers** for many tasks and a few paid staff to help meet digital needs in our towns. Watch for regular updates, volunteer opportunities, hiring announcements, and schedules for tech support and training. We will be kicking off the grant with a Digital Fair this fall. See [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org) for exact dates and locations or look for flyers and lawn signs. We are excited to offer new digital resources and services and hope you will participate actively.

**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!

### Ongoing Computer/Laptop Classes starting in October

*Classes held on second and fourth Thursdays from 1-3pm in the Chesterfield Community Center.*

Learn more about using a computer or laptop! You don't need to own or bring a computer/laptop. Geared toward everyone, from those interested but know nothing, to beginners, to people comfortable with basics but wanting to learn more specific skills, and intermediate users. The goal of the class is to explore computers, internet, or learn something new! Participants can learn everything from turning on a computer, basic terms, how to make, find, reorganize files, get on the internet, and programs you want to get proficient using. People from all communities are welcome to attend. **Registration requested but not required by calling 296-5080 or emailing [pegwhalenworkshops@gmail.com](mailto:pegwhalenworkshops@gmail.com)** or just stop in. Come on October 12 to the first class! See what it's about, 1-3pm at the Chesterfield Community Center. Classes scheduled for 10/12, 10/26, 11/9, 12/7, 1/4, 1/18.

### Tech support hours for Sept., Oct., Nov.

Drop-in center open Wednesdays, 10am-3pm, first and third weeks of each month, at Chesterfield Community Center. Just stop by or pre-schedule a time slot online at:

[northernhilltownscoas.org/p/86/Sign-up-for-technology-help](http://northernhilltownscoas.org/p/86/Sign-up-for-technology-help)

Starting 9/6, 9/20, 10/5, 10/4



## The Book! Part 1. First Priority, Emergency

By Jean O' Neil and Deb Hollingworth

**The Problem.** So, are we all drowning in paperwork? Do we have piles of Probably Important Papers around? Are there some actually important papers that we can't put our hands on? If, heaven forbid, someone had to come in and deal with our paperwork life, would they want to just run away? We are guessing at least some of these questions have some truth in their answers.

**The Solution.** We plan on suggesting some ways to tame the paper beast. If you use the ideas that we are going to share for the next several months, you should be able to get your paper life in order. We have broken the whole enchilada into bite-sized, doable pieces.

**The Benefits.** Why would you want to tackle this? What if getting your paperwork organized could save you money, or be critical to your well-being in an emergency, or help your family take care of things if you can't?

We will be writing for three scenarios. One, there is a sudden death or incapacity. Two, there is a prolonged illness. (In both cases, others will have to step in to keep things going). Three, there is a desire to just get organized and not fret. We've all heard of the benefits of decluttering...

**FIRST PRIORITY.** Let's start with information that is needed in an emergency. Say you have a 911 event and the EMTs are here to take you or a loved one to the hospital. If you have a red packet of File of Life on your refrigerator and have kept the paper inside current, you have helped yourself a great deal. Our Senior Centers can get you a File of Life magnet.



Even without that magnet, you can write out the relevant information and carry it in your wallet and give a copy to a trusted friend or family member.

### That includes:

- Your name, birthdate, address, and phone numbers
- Health insurance provider
- A list of medicines, allergies, any recent medical events
- Chronic medical conditions such as heart disease or diabetes
- The name and number of your primary care doctor
- Contacts to tell about your situation, who to call first, who to call as backup
- Contact information for your Durable Power of Attorney and Health Care Proxy (see June and July 2022 newsletters)
- Location of your critical information binder or folders (see next newsletter!)

### Other priority information may include:

- Location of your house and car keys
- Codes for a security system or lock box, for the garage door
- Passwords for computer systems
- Pet care (name of caretaker, food and medicine instructions, name of vet)

You will have to decide where to keep this information as some of it is sensitive. It should be made available to those who need it but kept secure against access by others.

The next chapter, if you want to get a head start, will be on Assets and Liabilities, which can include an inventory of assets, and listing of financial obligations like mortgages, credit cards, loans, and monthly household overhead/bills.

**When we're young,  
we sneak out of our  
house to go to  
parties.**

**When we're old, we  
sneak out of parties  
to go home.**



## 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 September 22. **The Big E**, an annual favorite, with free entertainment at Honor Court Stage. **Cost is FREE to the first 20 Chesterfield Seniors and all others \$18**. Make your check payable to FNCS and mail to the address above. NO REFUNDS due to bargain price.*

*Day Trip October 9. **Lake George Cruise** - Take a 2.5 hour luncheon cruise through the vistas of Lake George. A Captain's Luncheon Buffet will be served on board. Special pricing for Worthington Seniors \$75, for all other seniors the cost is \$125. Make your check out to Landmark Tours and mail to Worthington COA, PO Box 7, Worthington, MA 01098 by September 5th. Two pick up locations-- Worthington and Northampton. A similar trip sold out recently, so reserve early. For further information contact Phyllis Dassatti at 413-238-5962.*

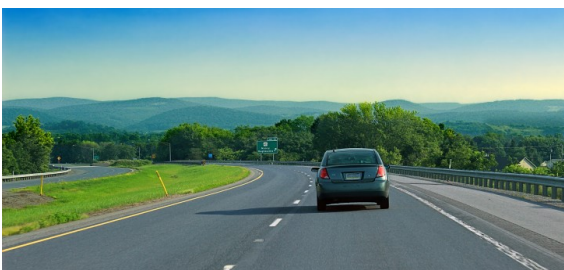
*Day Trip November 4. **Elvis- A Musical Revolution- North Shore Theater**. An exciting musical in Beverly, MA where you will hear 40 of Elvis' hits. Lunch at Danversport Yacht Club included. Make \$259 payment to First Choice **NOW**. Mail to the address above. A few seats remain.*

### ~~COMING IN 2024~~

*Multi Day Trip May 2024. **Nova Scotia, Prince Edward Island & New Brunswick. Passport required**. Cost TBD per person dbl. occupancy. **This 9 day trip includes:** 8 nights lodging including 5 nights in Canada, one night stay in Maine coming and going. 14 meals including: 8 breakfasts and 6 dinners. Guided Tour of Acadia National Park, Guided Tour of Halifax, Peggy's Cove & Lunenburg.*

*~~Since Lake George and Lake Sunapee were so popular and sold out in 2023, I will run these two trips in 2024.~~*

*Looking for day trip ideas for 2024. Please email Francine at address above.*



Northern Hilltowns Consortium of COAs presents:

## Another Conversation About Memory Thursday, September 28th

Chesterfield Community Center, 400 Main Rd.  
Chesterfield, MA 01012



### Program:

- 10:00 **Check in & Coffee**
- 10:30 **Welcome and Program Overview**  
Jan Gibeau, R.N. PhD. Director,  
Chesterfield Council on Aging
- 11:00 **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*
- 12:00 **Tools and Tips for improving your memory**
- 12:30 **Lunch**
- 1:30 **Impact of memory impairments 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  
How to talk with someone with memory  
impairments*
- 2:30 **Closing remarks: What's Next?**

*Lunch and refreshments will be provided*

**RSVP BY SEPTEMBER 21st:**

coa@townofchesterfieldma.com or  
413-296-4007



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

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

**Fall / Winter Clothing Exchange**  
**Saturday, September 30th, 9-3pm**

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 9/27 from 6-8pm or Friday 9/29 from 9am-3pm, then come back to shop on Sat. the 30th from 9am-3pm! All are invited to participate whether you donate clothes or not.

**WHY ENGLISH IS HARD TO LEARN**

We'll begin with *box*; the plural is *boxes*,  
But the plural of *ox* is *oxen*, not *oxes*.  
One fowl is a *goose*, and two are called *geese*,  
Yet the plural of *moose* is never called *meese*.

You may find a lone *mouse* or a house full of *mice*;  
But the plural of *house* is *houses*, not *hice*.  
The plural of *man* is always *men*,  
But the plural of *pan* is never *pen*.

If I speak of a *foot*, and you show me two *feet*,  
And I give you a *book*, would a pair be a *beek*?  
If one is a *tooth* and a whole set are *teeth*,  
Why shouldn't two *booths* be called *beeth*?

If the singular's *this* and the plural is *these*,  
Should the plural of *kiss* be ever called *keese*?

We speak of a *brother* and also of *brethren*,  
But though we say *mother*, we never say *methren*.  
Then the masculine pronouns are *he*, *his*, and *him*;  
But imagine the feminine . . . *she*, *shis*, and *shim*!

**- ANONYMOUS**  
via LoveThisPic.com