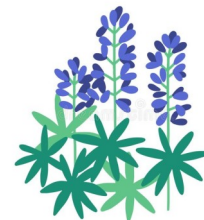


Cummington Council on Aging

June 2024 Newsletter



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

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

Newsletter Update – How to get the newsletter after July

Here is how you can get the newsletter starting in August:

1. **Via email.** If you have not already done so, provide us with your email address so that we can send you the newsletter as a PDF.
2. **Look for a PDF** on the website for the Northern Hilltowns Consortium of COAs: <https://northernhilltownscoas.org> or the website for the Town of Cummington: <https://www.cummington-ma.gov>
3. **Look for paper copies** at the post office, library, Hillside Terrace and Community House.
4. **If you are 80 and over, we will mail the newsletter to you.**

Additional information on the distribution of the newsletter will be shared as we fine-tune our plans. Also, turn to the regional section of this newsletter for more information.

Potluck Picnic at Pettingill Park

Our annual potluck picnic at the pavilion at Pettingill Park (Main Street, Cummington) will be on **Wednesday, June 12th, noon-1:30**. The COA will provide chicken, meatballs, baked beans, pasta salad, potato salad, chips, and beverages. Please bring a dessert or side dish to share. Music by One Part Luck. Join us!
Paid for in part by a grant from Highland Valley Elder Services.



Make your own Sheepy People

Register soon for this needle-felting class, to be held on **Wednesday, June 19th** from 1-4 p.m. at the Community House. It is open to all ages; how-

ever, it is not appropriate for young children. Cost is \$25 for Cummington residents and \$35 for non-residents. Call 634-2262 or email croumeliotis@cummington-ma.gov to register.

Home delivered meals from HVES

Highland Valley Elder Services has expanded its route for home delivered meals to Cummington. If you are interested in receiving home delivered meals Monday–Friday, please contact Information and Referral Services at HVES at 413-586-2000.

Art Shows & Receptions

The COA has been busy with two art projects. The first stems from a Cultural District grant, with which we offered a painting class themed “Main Street in Color” to celebrate the designation of Main Street as a cultural district. This class, which was led by Jeanne Johns, will display its work at the Community House in June, with an opening reception scheduled for **Friday, June 7**, from 5-7 p.m.

Subsequently, the COA’s ongoing art class – also taught by Jeanne Johns -- will display its paintings in July. The reception for this class is scheduled for **Friday, July 12**, from 5-7 p.m. Drop by the Community House to see the art and join us at the receptions!

Summer Dance



On **Friday, August 9th** from 6:00 to 8:30, we will be hosting a dance at the pavilion at Pettingill Park. Look for more information in the next newsletter. All ages are invited!

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 **June 4, 11, 18 and 25** between noon and 12:30 at the Community House. Leave your name and phone number with the COA by **May 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—NEW TIME

Mondays and Thursdays from 10:30 to 11:30 a.m.

Needlework Group

Thursdays, 1-4pm.

Technology support

See the regional section of this newsletter for up-to-date information on technology resources, including computer classes, technology support and more. Contact Peg Whalen: 413-296-5080 or coaTechHelp@gmail.com for additional information or with questions.

Foot Clinic

The next foot clinic will be on **Tuesday, July 2nd** 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 11th**. For more information on this program, contact directly Wynne or Lucy at **634-5576** or wynlucy@gmail.com; or Annie at annieb@crocker.com.

Resource Cart *Look by the windows, too!*

Located across from the Community House kitchen and to the left of the COA office – available to you anytime the building is open. Stocked with Covid test kits, medical/surgical masks, 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, pamphlets and info sheets on a variety of subjects, calendars and much more.

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 and medical errands (such as picking up prescriptions) 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, Pamela Howland, Nancy Jamison, Judith Jenkins, Douglas Bailey, Lawrence Pesko, Daniel Smith, Rosemary Seifert-Graf, Maureen Tumenas, Lisa Harvey, Carolyn Urekew, Thomas Tear, Robin Robbins, George Fenton, Jeffrey Vanasse, Stefanie Wondriska-Clark, Lisa Edson, Jeffrey Guiel, Michael Witt, Elise Scheidel, Michael Cronin, Robert Douyard, Steven Paul, Donna Vanasse



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

Seniors Aware of Fire Education

As summer approaches, many of us are planning road trips, staying in hotels and motels. Here are a few fire safety tips for hotel/ motel stays:

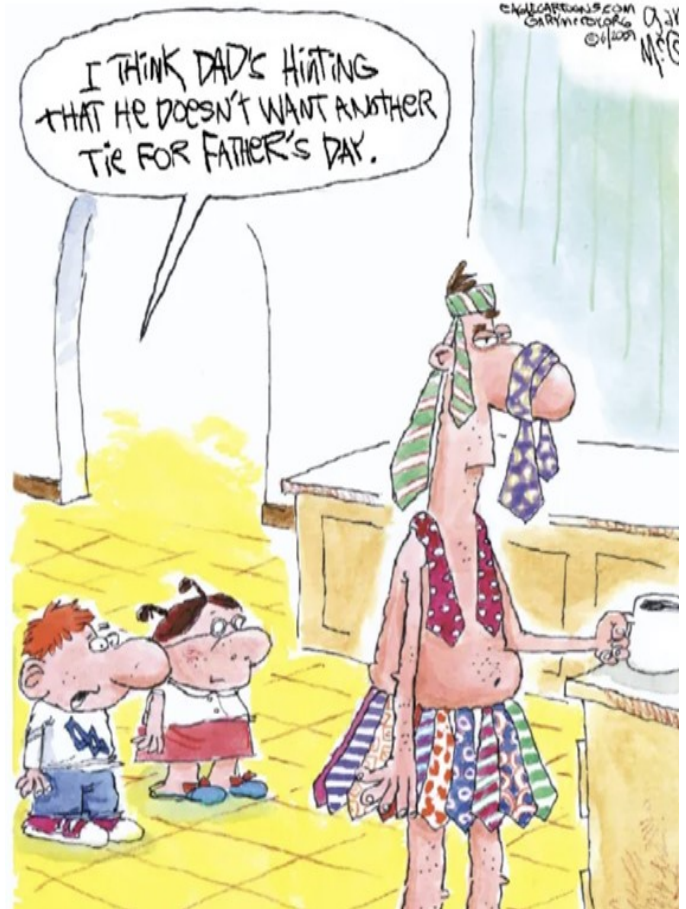


- Select places that have sprinklers and smoke alarms in each room.
- When you get your room, count the number of doors down the hall to the nearest exit.
- If you are deaf or hard of hearing, ask for a Hearing Impaired Kit or for a room that has a strobe alarm in the room.
- Keep your room key, eyeglasses, wallet and flashlight on the night table. When the smoke alarm sounds, take these things with you.
- Feel the door with the back of your hand. If it is hot, don't open it.
- If it is cool, open the door a crack. Be ready to close the door if heat, flames and smoke rush in.
- If there is just some smoke in the hall, get low and go, go down the hall counting the doors to the exit.
- Get out and stay out until the fire officials say it is safe to return.

Have great and SAFE adventures!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. of Fire Services.



Crypto – warning, Will Rogers...

You've read some news about cryptocurrency, right? Bitcoin? Blockchain? Cryptocurrency is digital money that can be used to purchase things or to form part of an investment strategy. Please do remember though that it is unregulated and the values are highly volatile, so getting into this new form of currency is a high-risk venture.

Also, the skeptic in me points out that the word "crypto" means secretive or hidden, often used in combination with other words such as cryptography, the "practice and study of hiding information". Cryptic coloration is one form of camouflage in animals.

I have paid only passing attention to the development of cryptocurrency, but now, what a surprise, we find crypto sneaking into scams. Actually, there is nothing sneaky about it. Barging is more the correct word! When a scammer requests that we pay up, he or she used to ask us to wire money or send gift cards. Now they may request that we buy cryptocurrency.

Worse, as I learned in a recent AARP newsletter, there are ATM machines that deal in cryptocurrency. The scammer can tell us to go find one of those, easily done, and put in X amount of cash. We might as well be digging a black hole and dumping the cash into it!

Please be safe,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com

Tech. Help and Training for June



VOLUNTEERS STILL NEEDED: to learn more about what we need volunteers to do for individuals in your town, contact Volunteer Coordinator: **413-296-5548**, coatechvolcoor@gmail.com, or through www.northernhilltownscoas.org

Tech Support Available

Help by email, phone, drop-in or appointment: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within a day.

Drop in Centers:

(no appointment needed)

- Chesterfield Community Center, 400 Main Rd.
Weekly on Tuesdays from 11:00 to 2:00
Bi-Weekly on Fridays from 1:30 to 3:30
- Williamsburg
Meekins Library Drop-In tech support monthly
2nd Tuesday 6/11 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
monthly, 2nd Tuesday 6/11 from 10 to Noon
- Worthington Library
Drop-In tech support, 2nd Thurs. 6/13, 1-3pm
{appt. preferred}
- Goshen Town Hall, 42 Main St.
Drop-in tech support, Weds. 6/19 from 1-3pm
- Plainfield Shaw Memorial Library
Drop-In tech support, 3rd Thursday 6/20

Tech Training:

- Beginner's Computer / Laptop Class
Thursdays 1:00 – 3:00, 6/6 through 7/11
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, 6/5 through 7/10

All classes held at the Chesterfield Community Center, 400 Main Rd, lower level. Must pre-register for classes no later than one week before the scheduled training date. Email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Tech Workshops:

"Cutting the Cable" with Streaming

- Chesterfield Community Center Tues 6/18,
6:00 to 7:00pm
- Westhampton Public Library Wed 6/26,
10:30 to Noon

Devices Available:

We have PC laptops, Chromebooks and tablets. If you need a device to connect to the internet, have something so old it is not working effectively, or need a different type of device, please contact us.

Email coatechconnect@gmail.com, leave message at **413-296-5080**, or use online form on our website: www.northernhilltownscoas.org

On the Road Again... 2024 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.

NEW Day Trip Friday, June 14. Block Island. Enjoy a guided island tour and luncheon at the National Hotel. Make payment to Landmark Tours for \$160 and mail to the address above NOW.

NEW Day Trip Tuesday, July 2. Encore, Everett, MA Casino trip. Free \$20 slot play. Lunch on your own, options available on site. Make payment to Francine Frenier for \$42 and mail to the address above NOW.

NEW Day Trip Friday, August 23. Essex Steam Train & Riverboat, Essex, CT. A train and riverboat excursion awaits. Includes luncheon at Griswold Inn. Make payment to Landmark Tours for \$136 and mail to the address above by July 20th.

NEW Day Trip Friday, September 13. Boston, MA Charles River Sightseeing Cruise & Harvard Museum of Natural History, home of the Glass Flowers. Includes lunch at The Cheesecake Factory. Make payment to Landmark Tours for \$124 and mail to the address above by August 1st.

Day Trip September 9-29 TBD. Big E. Dependent on the offered entertainment.

Four Day Trip September 30- October 3. Lancaster, PA. Sight & Sound production of the biblical show Daniel. Cost \$646, per person dbl. occupancy - \$25 discount if paid in full by **June 20th**. Includes: Sight & Sound Theater show, tour of Philadelphia, time in Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail to the address above. Call now to reserve your spot. Ten seats available.**

Continued on back page.

The Newsletter is Changing

There are some changes coming with this newsletter and we'd like to let you know what to expect.

First, a brief background. In its current format, the newsletter is a group effort of all seven towns that make up the Northern Hilltowns Consortium of COAs: Chesterfield, Goshen, Cummington, Plainfield, Worthington, Westhampton and Williamsburg. The newsletter has both a local section and a regional section. The regional section is the last four pages of the newsletter and includes information relevant to folks in all the Consortium towns. The local section is either two or four pages, depending on which town you live in. The local section includes information about activities and services specific to your town.

For the last several years, the monthly newsletter has been primarily funded by a generous Service Incentive Grant originally administered by the Executive Office of Elder Affairs and, recently, by the Massachusetts Councils on Aging. Last year we also received some funds from a specific line item in the state budget.

Many people in the Consortium have worked long hours to apply for and then manage this funding. This includes keeping in contact with people in the relevant agencies and our state legislators. That funding allowed us to produce, copy and mail a paper edition of the newsletter to all of you.

All of us- COA coordinators, directors and volunteers- have happily done this work because we truly believe the newsletter is a vital resource for our communities. Because it has been mailed to every household in the seven Consortium towns that has a resident who is 60 years old or over, it is our primary means of sharing information with you about everything we do – from lunches and crafting groups to information about home safety and medical insurance and everything in between.

We also believe that a paper newsletter matters to our readers, even if the world is moving on to solely electronic means of communication. Many of you have told us how much you value receiving a traditional paper newsletter.

Unfortunately, the funding that has allowed us to copy and mail this newsletter has nearly run out. Despite our best efforts, we have been unable to find alternate funding. In an increasingly digital world, funding for copying and mailing a paper newsletter is no longer supported. Reading online has become the norm.

To that end, we would like to inform you about what will be changing. Unless your COA makes

specific alternative arrangements, the July 2024 issue of this newsletter will be the last time we mail a paper copy to you. After July, we can still provide you with an electronic copy of the newsletter.

Readers who currently receive the newsletter as a PDF via email will continue to receive it that way. Readers who do not receive the newsletter via email but would like to, please contact our newsletter editor, Kristen Estelle, with your name, email **and mailing address**, so she knows which town's newsletter you'd like to subscribe to: **regionalco-anews@gmail.com**

In anticipation of this change, we have created a user-friendly and informative website, where you will be able to access the newsletter for all the consortium's towns: **northernhilltownscoas.org**

We understand that many of you may not want to receive the newsletter by email or do not have the technology to do so. Please know we are working to ensure the newsletter reaches you. As you see on the previous page, our TechConnect team offers technology classes, as well as free devices you can use to go online. Additionally, some of the COAs are considering leaving paper copies in public places around town. Check the local news portion of the newsletter to see what your town's COA has planned in this regard.

You are always invited to contact your COA with any questions or concerns.



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

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

**Cummington
Council on Aging**

Chrisoula Roumeliotis,
Coordinator
634-2262

Worth Noyes, Chairperson
634-8003

Ann Eisenhour,
Recording Secretary,
Foot Care Coordinator
634-2243

Gail Roberge, Treasurer
512-0660

June Lynds, 695-4893

Kristen Estelle,
Newsletter Designer
regionalcoanews@gmail.com

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

On the Road Again: 2024 Trips
continued from page 4

NEW Day Trip Friday, October 4. Vermont's Finest. Stops at Scott Farm Orchard for freshly pressed cider and slice of apple pie, & Robb Family Farm Sugarhouse to sample maple cream and syrup. Lunch at The Marina included. Make payment to Landmark Tours for \$127 and mail to the address above by August 19th.

NEW Day Trip Tuesday, October 15. Culinary Institute of America-- Enjoy a "CIA" experience, lecture and tasting with lunch at Catarine de Medici. The \$147 payment to Francine Frenier is due by August 15th. Please mail a check to the address above.

Day Trip Monday, October 21. Boston Fine Arts Museum. Guided tour and many exhibits to explore on your own including: Jewelry--Beyond Brilliance, Art of Japan, Dali: Disruption and Devotion. Lunch on your own at one of three dining options within the Museum, or bring your own to eat outside the Museum. The \$72-\$88 (depends on how many passengers) payment to Francine Frenier is due by August 21st. Please mail a check to the address above. **Call NOW to reserve a seat so the price can be set.**

Day Trip Friday, December 13. Festival of Trees and Red Rose Lunch. Enjoy the uniquely decorated Christmas Trees at the Mass Mutual Center in Springfield. Enter a chance to win a tree and associated gifts. Some are worth hundreds of dollars. Then walk over to the Red Rose Italian Restaurant for lunch: pizza, salad and bread. The \$TBD Payment is due by October 25. Please mail a check to the address above.

