

Cummington Council on Aging

July 2024 Newsletter



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

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

REMINDER:

This is the last issue of the newsletter being mailed to all. Please make arrangements for how you will receive the newsletter as of 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. (Email newsletter designer Kristen Estelle with your name, mailing address and email.) If you have asked for the newsletter to be emailed to you, and you are NOT receiving it, let us know.

2. Look for a PDF on the website for the Northern Hilltowns Consortium of COAs: northernhilltownscoas.org or the website for the Town of Cummington: 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.

Drop in Tech support

We are offering drop-in tech support on the **second Wednesday of every month, from 10 a.m. to noon.** Stop by the Community House dining room for any type of tech help you need! For more information, contact TechConnect at **413-296-5548.**

Farmers' Market Coupons

Farmers' Market Coupons are available. Each booklet contains \$50 worth of coupons that can be used at various local farmers' markets for fresh locally grown produce.



The eligibility criteria are: at least 60 years old; household income at or below 185% of the federal poverty level (see below); or, disabled, under the age of 60, or living in elder housing .

To be eligible, your gross annual household income must be no more than \$27,861 for a house-

hold of one, and \$37,814 for a household of two. If you are interested, please call the COA office by July 19th at 634-2262 with your name and phone number.

Summer Dance

On **Friday, August 9th from 6:00 to 8:30**, we will be hosting a dance at the pavilion at Pettingill Park. DJ Patrick Callinan will provide the music, as well as karaoke! We'll provide some light refreshments. Bring your kids, grandkids and neighbors – everyone is invited! We look forward to seeing you there!



Paid for by a grant from Highland Valley Elder Services

Looking for volunteers

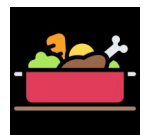
We are looking for a few people to help us clean and organize our large inventory of medical equipment. If you have a few hours this fall and would like to help, please reach out.

Art Show & Reception

Drop by the Community House in July to see the paintings made by our art class, taught by Jeanne Johns, and join us for a reception on **Friday, July 12**, from 5-7 p.m.

Save the Date

Our next **potluck luncheon** will be on **Wednesday, September 18th.**



Pay what you can Market

The Hilltown Market is starting a new pay-what-you-can farmers' market. On the second **Tuesday of every month** (July through November), from **1-3 p.m.**, they will set up at the **Community House.** This special market aims to make fresh, locally grown produce accessible to everyone in our com-

munity. No matter your circumstances, you can pick up fruits, vegetables, and other delicious goods from local farmers and pay whatever you can afford. Don't miss this wonderful opportunity!

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 **July 2, 9, 16, 23 and 30** between noon and 12:30 at the Community House. Leave your name and phone number with the COA by **June 26th** 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 10:30 to 11:30 a.m.

Needlework Group
Thursdays, 1-4pm.

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, July 9th**. 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

en and to the left of the COA office – available to you anytime the building is open. Stocked with medical/surgical masks, hand sanitizer, personal health care journals, walking maps, games & puzzles, greeting cards for various occasions, the current Elder Law education guide, pamphlets and info sheets on a variety of subjects, and much more. **Re-stocked: File of Life forms (large and small).**

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 rides 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 July!

Arnold Simmel, Patricia Lorda, Ruth Dexheimer, Allan Douglas, Richard Wolf, Worth Noyes, Russell Clark, Richard Gooding, Jean Schreier, Thomas Jay, Janice Loux, Sandra Shapiro, Margaret Allard, Gerald Howes, Joseph Pagano, Richard Fournier, Kristin Jay, Delia Nash, William Hoehne, William Dynok, Heather Allan, Edward Stempniewicz, Michael Holden, James Wettereau, Dennis Carr, John Dudek, Althea Frary, Laura Wetzler, Christopher Mesmer, Steven Schiff, Shaun Hebert, Mark Yamilkoski, Roger Huebner, Bryna Greenspan, Laurel Greenberg, Delbert Robbins, Pamela McLean, Wayne Higgins, James Toomey, Martin Pixley, Deborah Jordan, John Taylor, John Burns, Hannah Abdelhalim, Marilyn Ridel, Yuri Khibkin

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

In the last five years there have been more than 500 fires and explosions involving the use of illegal fireworks in Massachusetts. Seven firefighters were injured and the damage was estimated at more than \$1.5 million. More than 200 people, many of whom were children, were treated in medical facilities for serious injuries caused by fireworks.

Senior 
SAFE

No wonder Massachusetts law prohibits the possession and use of fireworks by people who are not certified and permitted to use them. The illegal fireworks include sparklers, party poppers, snappers, fire crackers, cherry bombs and the bigger rockets.

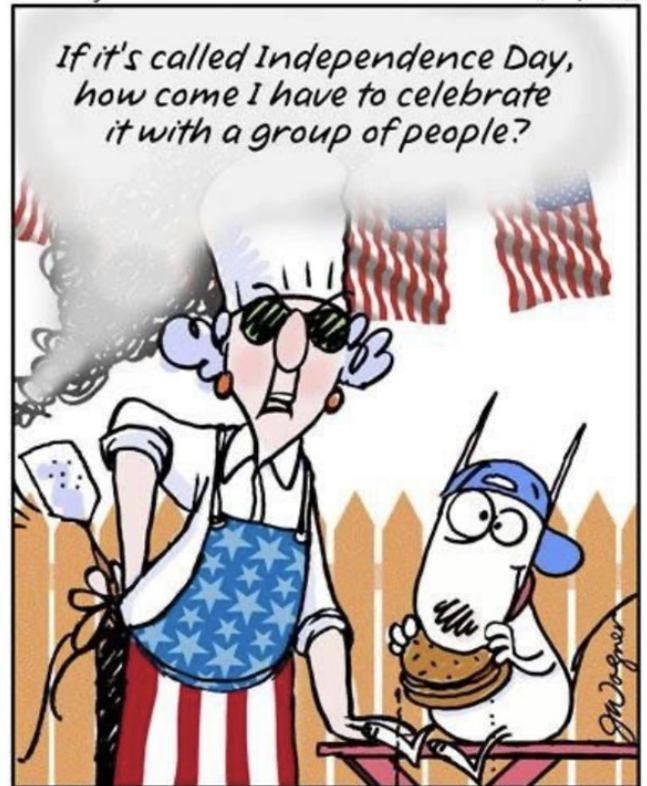
There are a whole lot of fireworks events run by certified-permitted people in our area around the Fourth of July. Enjoy them safely!

--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.

Crabby Road

7-4-12



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So Whaddaya Think?

Since my pay for writing these notes depends on how useful you find them – oh wait, I don't get paid! Oh well. I would still like to find out how useful you find them. I've been writing these since 2014 and mostly decided the subjects myself. Occasionally one of you will write or call with a question that ends up as a topic, and that is good. It makes me do more research and learn more. When I am out of my knowledge base, I have several experts I can consult and learn more.

With the transition of the newsletter and the reinvigoration of the Northern Hilltowns Consortium website (northernhilltownscoas.org), it's a good time to do a check. I've written on:

- credit reports
- scams and more scams
- financial literacy
- our mind and money
- the Big Five and extensions thereof
- electronic safety
- nuisance calls and emails
- organizing our life of paper

So which of these topics have caught your attention? Which have you found most helpful, and which should be explored more? Which might be ripe for an update? AND have I left out a topic you think should be covered? I really would like your input.

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

Tech. Help and Training for July



Tech Support Available

Receive technology 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: All are Welcome at Any Location! (no appointment needed)

- Chesterfield Community Center, 400 Main Rd.
Weekly on all Tuesdays from 11:00 to 2:00
Bi-Weekly on Fridays, 1:30 to 3:30 (7/12, 7/26)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (7/10)
- Goshen Town Hall, 42 Main St.
Drop-in tech support, 3rd Weds. 1-3pm (7/17)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5-8pm (7/18)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (7/25)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 7/9 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 7/9 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
Drop-In tech support, 2nd Thurs. 1-3pm (7/18)
{appt. preferred}

Tech Training:

Must pre-register for classes no later than one week before the scheduled training date.

- Beginner's Computer / Laptop Class
will resume in September
- Intermediate Windows Computer Class
Wednesdays 10:30 – Noon, until 7/17
- Chromebook training will be available in August.
See next month's newsletter for date & time.

All classes held at the Chesterfield Community Center, 400 Main Rd, lower level. To register, email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Tech Workshops:

- Managing Passwords
Chesterfield Com. Center, Thurs. 7/18 3-4pm

- Accessing Your COA Newsletter Online
Chesterfield Comm. Center, Mon. 7/29 3-4pm

Devices Available:

We have many PC laptops, refurbished Chromebooks and refurbished iPads. 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 request form on our website: www.northernhilltownscoas.org

VOLUNTEERS STILL NEEDED: to learn more about what we need volunteers to help with, contact Volunteer Coordinator: coatechvolcoor@gmail.com, 413-296-5548, or 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.

Day Trip Wednesday, August 7. Resorts World Casino-- Catskills, NY trip. Can you get enough of Elvis? Enjoy a lovely ride to the Catskills. Included: King in Concert show, Buffet Lunch and \$25 free slot play, driver gratuity. The \$145 Payment to Friendship Tours is due NOW. Please mail it to the address above. Please include your date of birth for the player card. **This trip is a go. Just a few seats remain.**

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. Departs from the Calvary Baptist Church, Easthampton.

Day Trip Friday, September 13. Boston. 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 Monday, September 23. The Big E, an annual favorite, with free entertainment at Honor Court Stage. Herman's Hermits starring Peter Noone performs at 2pm. **Cost TBD.** Make your check payable to Francine Frenier and send it to the address above. NO REFUNDS due to bargain price.

Continued on back page.

Resource Directory

Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 387-3120
If you need help in an emergency, call 911 or the Safe Passage Hotline	888 345-5282
National Suicide Prevention Lifeline	800 273-8255
Elder Abuse Hotline	800 922-2275
First Call for Help , Information and Referral Resources	211
Fuel Assistance , Application and Recertification	800 370-0940
Hilltown Elder Network – HEN (sponsored by Hilltown CDC)	413 296-4536, ext. 120
Veterans' Service Officer: Williamsburg, Chesterfield, Cummington, Goshen	
Dan Nye or Steve Connor	413 587-1299
Westhampton – Joe Henning	413 207-3541
Plainfield – Brian Brooks	413 772-1571

Food Services

Food Bank of Western Massachusetts Brown Bag Program	413 338-2920 or 800-247-9632
SNAP, Supplemental Nutrition Assistance Program (Food Stamps)	413 552-5400
Williamsburg Sr. Ctr, 268-8410 for assistance	
Hilltown Food Pantry , Goshen Town Hall – Diane Drohan, Director	413 268-7578 Wed. 1-3
Meal Site , Williamsburg Senior Center Café	413 238-2920 Mon.-Thurs.
Meals on Wheels , Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center , 265 Prospect St., Northampton	413 586-6564
Grab and Go Meals: Chesterfield COA, Mondays, Thursdays, 11:30	413 296-4007
Cummington, Plainfield COAs, Tuesdays, Noon	413 634-2262
Goshen COA, 3 rd & 4 th Tuesday, 11:30	413 268-8236 x 118
Westhampton COA, 3 rd Thursday, Noon	413 387-3960
Williamsburg COA, Tuesday Wednesday 11:30	413 338-2920
Worthington COA Thursday, 11:30	413 238-238-5962
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336 or 586-6564

Health Services

Highland Valley Elder Services , Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center , Medical & Dental	413 238-5511, ext. 131
Hope Nurse Greta Cullett	413 238-5511, ext. 322
HealthWise Comm. Health Worker, Ellie Mathias	413 238-5511, ext. 322
Foot Care , Piper Sagan, RN. -Williamsburg or in-home visits	413 268-8407
Plainfield, Cummington, call COA	413 634-2262
Goshen, Call Piper for appt.	413 522-8432
Worthington, call Deb Dean	413 667-5363
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Lorraine York-Edberg	413 773-5555, Ext. 2275
Deborah Hollingworth call COAs,	
Williamsburg, Chesterfield, Goshen	
Worthington, Cummington, Plainfield, Westhampton	
Mass Health & Insurance Coverage	
Buliah Mae Thomas, Navigator: Hilltown Comm. Health Ctr.	413 238-5511

Transportation Services

PVTA Dial-A-Ride Williamsburg	413 268-8407 or 866-277-7741
Hilltown Easy Ride Van and Driver Pool , Ed Pelletier	413 296-4232
Westhampton Transportation , appts. or shopping Danielle Buzzee	413 246-0278
Williamsburg Medical and Carpool rides , call to schedule	413 268-8407

Local Councils on Aging

Chesterfield COA , Janice Gibeau	413 296-4007
Cummington COA , Chrisoula Roumeliotis	413 634-2262
Goshen COA , Kerry Normandin	413 268-8236, ext. 118
Plainfield COA , Polly Ryan	413 212-1581
Westhampton COA , Amy Landau	413 203-9808
Williamsburg Senior Center , Melissa Wilson	413 268-8410
Worthington COA , Phyllis Dassatti	413 238-5962

Cummington Council on Aging
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On the Road Again: 2024 Trips
continued from page 4

Four Day Trip September 30- October 3. Lancaster, PA. Sight & Sound's spectacular theatrical experience of the biblical show Daniel. Cost \$646, per person dbl. occupancy. Highlights: Sight & Sound Theater show, tour of Philadelphia, visit the Liberty Bell, Holocaust Memorial, The Mint, and spend time at Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail to the address above now. Call now to reserve your spot. Four seats available.**

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 Monday, October 14. Thimble Islands Cruise along the Connecticut shore line aboard the Sea Mist. Includes luncheon, choices available. Discounted price for Worthington Seniors over 60 and \$131 for other seniors. Call Phyllis 413-238-5962 for details and to reserve a seat by September 1. Limited seating.

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.

NEW 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 \$85 payment to Francine Frenier is due by August 21st. Please mail a check to the address above. **Call NOW to reserve a seat. This trip is a go.**

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 \$30 Payment to Francine Frenier is due by October 25. Please mail a check to the address above. **NO REFUNDS due to bargain price.**

October 2025~~~~Blue Ridge Mountains