

Cummington Council on Aging

August 2024 Newsletter



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

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Summer Dance

Friday, August 9th 6-8:30pm
Pavilion at Pettingill Park

You are all invited to a dance at the pavilion at Pettingill Park on Friday, August 9th from 6:00 to 8:30! 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.*

Thank you for your patience as we adapt to this new method of distributing our newsletter. If you have any questions, don't hesitate to reach out.

How to receive the newsletter:

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 (regionalcoanews@gmail.com) 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: www.northernhilltownscoas.org or the website for the Town of Cummington: 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.



Farmers' Market Coupons

Farmers' Market Coupons are the equivalent of cash and can be used at various farmers' markets, including the Hilltown Market, for fresh produce and honey. This is a great program that gives you \$50 (for free!) to spend at a farmers' market.

If you are at least 60 years old, meet the income guidelines (see below) and are interested, please call the COA at 634-2262 right away with your name and phone number.

To be eligible, your gross annual household income must be no more than \$27,861 for a household of one, and \$37,814 for a household of two.
www.usda.gov/non-discrimination-statement

Drop in Tech Support

Stop by the Community House dining room for any type of tech help you need at our drop-in tech support on the second Wednesday of every month, from 10 a.m. to noon. See more TechConnect news in the regional section.

FREE -- bladder leak pads

We have many packages of Always brand pads for bladder leaks, which we would like to give to whoever needs them. You will find some on the resource cart (to the left of the COA office) and by the windows in the Community House dining room. If you need more, let us know.

Pay what you can Market

On the second Tuesday of every month (through November), from 1-3 p.m., the Hilltown Market will set up its pay-what-you-can farmers' market at the Community House. 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!



Save the date!

Our next potluck luncheon will be on **Wednesday, September 18th at noon**. We will be serving meatloaf, mashed potatoes, green beans and more.

Ongoing Programs, Activities & Resources

For more information on any of these programs, activities and resources, contact the COA at croumeliotis@cumington-ma.gov or 634-2262.

Weekly Grab and Go Hot Meal– every Tuesday
The next meals will be distributed on **August 6, 13, 20 and 27** between noon and 12:30 at the Community House. Leave your name and phone number with the COA by **July 31st** 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, Sept. 3rd** with Piper Sagan at the Community House. The cost is \$40 for Cumington 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, Aug. 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.

Resource Cart: 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 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.

Exercise Equipment: Pedal exercisers and sets of hand weights (1, 3 and 5 pounds) are available for you to borrow.

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 August!

Carol Kner, Jeanette Horton, Lucy Fandel, Ann Eisenhour, Joel Hinton, David Sprague, Maureen Horak, Dennis Gero, James Drawe, Susan Boulanger, George Thorn, Jan Storm, Beverly Prentice, Victor Morrill, Richard Sheppard, Mark Bevan, Michael Augspurger, Christopher Robertson, Anne Barbour, Lynn LaFountain, Tammy Reid, Marcia Winseck, Susanna Matthews, Kevin Martin, Sergei Isupov, Rebecca Golash, Caroline Smith

The Cumington Council on Aging counts on YOUR support to continue our important programs for local seniors!

I would like to contribute to the Cumington COA. My contribution of \$_____ is attached.
(Please write your check to the Cumington Council on Aging, and mail to Cumington COA, PO Box 95, Cumington, MA 01026)

Name _____
Address _____

Thank you for helping to Support Your Neighbors!

The Cumington Council on Aging

Seniors Aware of Fire Education

Emergencies happen fast and need to be quickly attended to. Here are three things you can do to plan for emergencies.

Senior 
SAFE

1. Make sure your house number is clearly visible from the street, so first responders can find your home quickly.
2. Get a FILE OF LIFE from your Council On Aging center, fire or police department. Fill it out with the names of the medications you are taking; post it on or in your fridge (EMTs will look for it if they are transporting you to the hospital).
3. Notify E-911 when someone in your house uses a life support system such as home oxygen or has some other disability. Dispatch will notify first responders which will enable them to render aid more quickly.

Plan to be SAFE!

--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.



QR codes – Questions!

What are they?

They are the ubiquitous white squares printed on labels and packaging that contain black squares and squiggles (most likely a technical term). They might make you think of bar codes, the multiple black lines printed on labels. But the QR code is sort of a spiffy bar code, where more data can be stored in the image. QR codes can store data such as web sites, text, images, payment information, and application downloads.

What does QR stand for?

My guesses were Quaint Rabbit, Quiet Roommate, and Quintessential Realist. Turns out it stands for Quick Response. Who knew. The general idea is that an electronic reader such as on your cell phone can access tons of information quickly. Sorry – Quickly.

Is there a problem?

So thinking that if an electronic reader, operated or accessed by a human being, can get all that information, is there a chance for mischief? What a surprise, yes, there is and it is called Quishing (I did not make that up). When the reader such as our phone scans the code, information is obtained that could be used to steal identity or money. I just got a bulk -mail letter from an insurance company with a QR code; even if they are a reputable company, if I scan that, I will give them some of my electronic information and they will at a minimum start sending me emails and maybe texts. The FTC warns that standard security programs may not be able to catch problems with QR codes.

Safety precautions are similar to other electronic “things” to which we are asked to respond. Be sure you know where you are clicking, the context, reputation, etc. In other words, who might be trying to push you to a fraudulent website. The AARP Fraud Line gives these three “Don’ts”: Don’t download an app from the code. Find and use the app from your phone’s app store. Don’t pay a bill by clicking on a QR code. Don’t follow a QR code you got online or from a text.

Quietly I leave you for this month,
Jean O’Neil
TRIAD Committee member
jeanoneilmass@gmail.com
413-268-2228

Tech. Help and Training for August



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, 11:30-1:30 (8/9 and 8/23)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (8/14)
- Goshen Free Public Library, 42 Main St.
Drop-in tech support, 3rd Thurs. 12-2 (8/15)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5-8pm (8/22)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (8/29)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 8/13 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 8/13 from 10 to Noon
- Worthington Library, 1 Huntington Rd.
8/12 from 1-3pm. Appt. preferred.

Tech Training:

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

- Beginner's Computer / Laptop Class
will resume on Thursdays September 5, 12, 19, 26, 1:00 - 2:30
- Intermediate Windows Computer Class
starts, Wednesdays 10:30 – Noon, on 9/11 for 6 weeks

Tech Workshops:

- Chromebook Training, 8/9, 10:30-11:30
- iPad Basics Workshop, 8/22, 9-10:30

- Windows Basics Workshop, 8/23, 10:30-11:30
- Accessing the Newsletter Online, 8/28, 10:30-11:30

SAVE THE DATE:

Second TechConnect Fair

New Hingham Regional Elementary School

Sat. Sept. 21st, 9:00 - 1:00

Check website for details!

www.northernhilltownscoas.org

Devices ready for distribution: We have many PC laptops, refurbished Chromebooks and tablets. If you need or are waiting for 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

GOSHEN VOLUNTEER NEEDED WILL TRAIN: to learn more about what we need help with, contact Volunteer Coordinator:

413-296-5548, coatechvolcoor@gmail.com, or visit 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 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 NOW. Waitlist only.

*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 is FREE for Chesterfield Seniors 60+ and \$18 for other seniors.** Make your check payable to Francine Frenier and send it to the address above by September 6th. NO REFUNDS due to bargain price.

*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. Waitlist available.

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 60+ and \$131 for other seniors. Call Phyllis 413-238-5962 for details and to reserve a seat by September 1. Limited seating. Two pick up locations, Worthington and Northampton.

*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. Waitlist only.

NEW *Day Trip Monday, October 21. **Boston Fine Arts Museum.*** 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. Waitlist only.

*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 Asheville, North Carolina

Virtual Good News for August By Deb Hollingworth

Confused? The Good News is that many of you applied for the Medicare Savings Program when MassHealth released the new application in March. And many of you have been approved. Congratulations!

You should have gotten notification from social security that they would be putting your Medicare B premium back in your check, so your social security check should be bigger now. It can take a couple of months for that to happen, but it looks like they are processing faster now. You should also receive a MassHealth ID card (which looks like an ATM card). It's blue and has your MassHealth ID number on it.

Why are you getting a MassHealth card... does this mean you have MassHealth?

No, the Medicare Savings Program is a Federal benefit....not MassHealth. I know you must be sick of me saying that...over and over....but it's easy to think you have MassHealth if they send you an ID card.

Depending on your income, you may need to show that MassHealth ID card at the pharmacy, or when you have doctor visits, because there are additional benefits for those with incomes less than \$2,385 / month (single) or \$3,237/ month {married}. For those at this income, the Medicare Savings Program automatically enrolls you in Extra-Help which will subsidize your Rx co-pays and also pays your co-pays for doctor visits.

So tuck that new MassHealth ID card away in your wallet, and make sure to show it to your medical providers.

Cummington Council on Aging
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PAID
PERMIT 183
Greenfield MA

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SCAM ALERT!



*You get a call or message saying that you did not appear for **jury duty**, you need to pay a fine or you will be arrested.*

What should you do?

- Hang up! It's a scam.
- No one will call if you miss jury duty.
- The sheriff's department will **never** call and ask you to pay a fine.

***VERIFY THE
INFORMATION***

**Massachusetts
Office of the Jury
Commissioner**

(800) 843-5879

*If you have a
consumer problem or
question, contact the*

**Northwestern
District
Attorney's
Consumer
Protection Unit**

**Greenfield
(413) 774-3186
Northampton
(413) 586-9225**

**Working in cooperation
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