

# Cummington Council on Aging

## September 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

### Summer Dance – New date!

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

As you all know, we postponed the summer dance that had been planned for August due to inclement weather. Please join us on **Friday, September 6th from 6:00 to 8:30** for our summer dance at the pavilion at Pettingill Park. DJ Patrick Callinan will provide the music, as well as karaoke! We'll provide some light refreshments, including ice cream. 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.*

### Potluck Luncheon

Wednesday, September 18th at 11:30am  
Community House

Our next potluck luncheon will be on Wednesday, September 18th! Join us at 11:30 for appetizers. Meatloaf, mashed potatoes, green beans and more will be served at noon. If you can, bring a dessert or side dish to share.

At 12:30, Registered Dietician and Nutritionist Brandon Walton from Highland Valley Elder Services will present "The Spices of Life."

*Spices and herbs are what we use in the kitchen for flavor, but they also have important effects on our health. This presentation will go over three common spices – garlic, ginger and cinnamon -- and talk about the important health benefits they each offer. We will also look at the history of their uses. There will be a demonstration, and a tasting of ginger snap cookies for everyone!*



**Tech Connect Fair– Sept. 21st** from 9am-1pm  
at New Hingham Regional Elementary School.  
See the regional section for more info!

### Upcoming Events from the Recreation Committee

**Pettingill Park / Ballfield Opening Celebration –  
September 28th (rain date Sept. 29)**

Come celebrate the renovations at the ballfield: all day event with open use of the courts, history on the Pettingills, a community kick-ball game, a potluck in the evening and a showing of ET to end the evening.

**Town Wide Tag Sale - Oct. 6th,  
9am-1pm;** call Stacey Mackowiak at  
634-8853 by Sept. 21st to get on the  
map



### 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 3, 10, 17 and 24** between noon and 12:30 at the Community House. Leave your name and phone number with the COA by **August 28th** to reserve your meal. Suggested donation of \$4 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.

*(Continued on next page)*

### 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. For more information, contact TechConnect at **413-296-5080**.

### Additional 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 [coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com) or **413-296-5080** for additional information or with questions.

### Foot Clinic

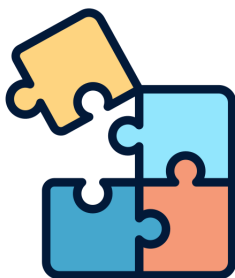
The next foot clinic will be on **Tuesday, Sept. 3rd** with Piper Sagan at the Community House. The cost is \$40 for Cummington residents and \$50 for non-residents. Contact the COA to make an appointment.

### Living Fully, Aging Gracefully

The next Zoom meeting for this group is **Tuesday, Sept. 10th**. For more information on this program, contact directly Wynne or Lucy at **634-5576** or [wynlucy@gmail.com](mailto:wynlucy@gmail.com); or Annie at [annieb@crocker.com](mailto:annieb@crocker.com).

### Resource Cart: Look by the windows, too!

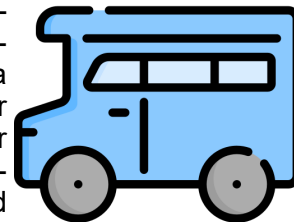
Located across from the Community House kitchen and to the left of the COA office – available to you anytime the building is open. Stocked with medical/surgical masks, hand sanitizer, personal health care journals, file of life forms, walking maps, games & puzzles, greeting cards for various occasions, the current Elder Law education guide, pamphlets and info sheets on a variety of subjects, 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.

**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 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



***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

September has been designated "Fall Prevention Month." So, here are some things you can do to keep from falling down to avoid serious injuries:

Senior   
**SAFE**

1. Stay active.
2. Try balance and strength exercises. Your COA may sponsor exercise sessions.
3. Make your home fall-proof.
4. Wear slip-proof shoes.
5. Have your eyes and hearing checked regularly.
6. Find out what the side effects are from the medications you are taking.
7. Get enough sleep.
8. Limit your consumption of alcohol.

Enjoy a S.A.F.E fall without falling!

--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.*



### TECH CONNECT FAIR

**Saturday, September 21st, 9am-1pm**  
*New Hingham Regional Elementary School  
30 Smith Road. Chesterfield, MA*

Don't miss the Tech Connect Fair on Saturday, September 21st at the New Hingham Regional Elementary School! You can drop in anytime from 9am to 1pm. Residents from all towns are welcome to attend! Come and discover an array of tech vendors, engage in mini workshops, attend informative sessions, and participate in tech-centric activities.

One of our previous year's attendees shared, "This event ignited my passion for learning. I have so many items on my list to learn, and now I know how to get started." We're sure you'll gain new insights, get your tech queries solved, and maybe even find a new passion. Plus, we've got door prizes and giveaways adding to the fun. **Can't wait to see you!**

### All Those Papers! Part 1

So you know how you throw something out and the next day wish you had it? Sadly, that can happen with papers! We've gone over what papers you should have and how to file them (The Book), now - please don't yell - do I HAVE to keep them ALL??? The good news in short, no. The bad news, you have to figure out which ones. Some of these decisions are personal, some are not. So here we go.

*Personal* - should you keep old love letters? Photos of past boy or girl friends? The registration for your first car? You decide, we all don't care.

*Not personal* - here we care as we don't want you to be sad. We'll start with taxes and finish next month with other items. I have to admit I cheated this month and let the IRS write for me. This is too important to chance an error.

**Taxes.** I used this link - [www.irs.gov/businesses/small-businesses-self-employed/how-long-should-i-keep-records](http://www.irs.gov/businesses/small-businesses-self-employed/how-long-should-i-keep-records) and added emphasis on a definition. Let me know if you want more details, or a print of this link. Records here means your tax returns and associated documents, like 1099s, or other documents that were filed with the return or that could have an effect on your return in future years.

"The length of time you should keep a document depends on the action, expense, or event which the document records. Generally, you must keep your records that support an item of income, deduction or credit shown on your tax return until you can amend your tax return to claim a credit or refund, or the IRS can assess additional tax.

1. Keep records for 3 years if situations (4), (5), and (6) below do not apply to you.
2. Keep records for 3 years from the date you filed your original return or 2 years from the date you paid the tax, whichever is later, if you file a claim for credit or refund after you file your return.
3. Keep records for 7 years if you file a claim for a loss from worthless securities or bad debt deduction.
4. Keep records for 6 years if you do not report income that you should report, and it is more than 25% of the gross income shown on your return.
5. Keep records indefinitely if you do not file a return, or
6. If you filed a fraudulent return."

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

## Tech. Help and Training for September



### Tech Support Available

Receive technology help by email, phone, drop-in or appointment: [coaTechHelp@gmail.com](mailto: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 (9/6 and 9/20)
- Cummington Community House, 33 Main St.  
Drop-In tech support, 2nd Weds. 10-12 (9/11)
- Goshen Free Public Library, 42 Main St.  
Drop-in tech support, 3rd Thurs. 12-2 (9/19)
- Plainfield Shaw Memorial Library, 312 Main St.  
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (9/19)
- Westhampton Public Library, 1 North Rd.  
Drop-In tech support, 4th Thurs. 2-4pm (9/26)
- Williamsburg  
Meekins Library Drop-In tech support  
2nd Tuesday 9/10 from 10 to Noon  
Nash Hill Place Resident Drop-In tech support  
2nd Tuesday 9/10 from 10 to Noon
- Worthington Library, 1 Huntington Rd.  
On hold for now.

### 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](mailto:coaTechConnect@gmail.com); call or text **413-296-5080**, or sign up through the website [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### Computer Classes:

Beginner's Windows Laptop Class will resume on Thursdays September 5, 12, 19, 26, 1:00 - 2:30

Intermediate Windows Laptop Class starts Wednesdays 10:30 – Noon, on 9/11 for 6 weeks

### Tech Workshops:

- Zoom – Fri, 9/6/2024, 10:30 – 11:30
- Mac basics – Wed, 9/11/24, Noon-1pm
- Google Drive – Fri, 9/20/2024, 10:30 – 11:30

- Accessing the newsletter online – Mon, 9/30 at Noon - 1:00pm
- Facebook – Fri, 10/4/2024, 10:30 – 11:30
- What does THAT mean: tech terms – Wed, 10/9/24, 11:00 - 12:00pm
- MS Excel – Fri, 10/18/2024, 10:30 – 11:30
- Streaming – Sat, 10/26/24, 10:30 - 12:00pm

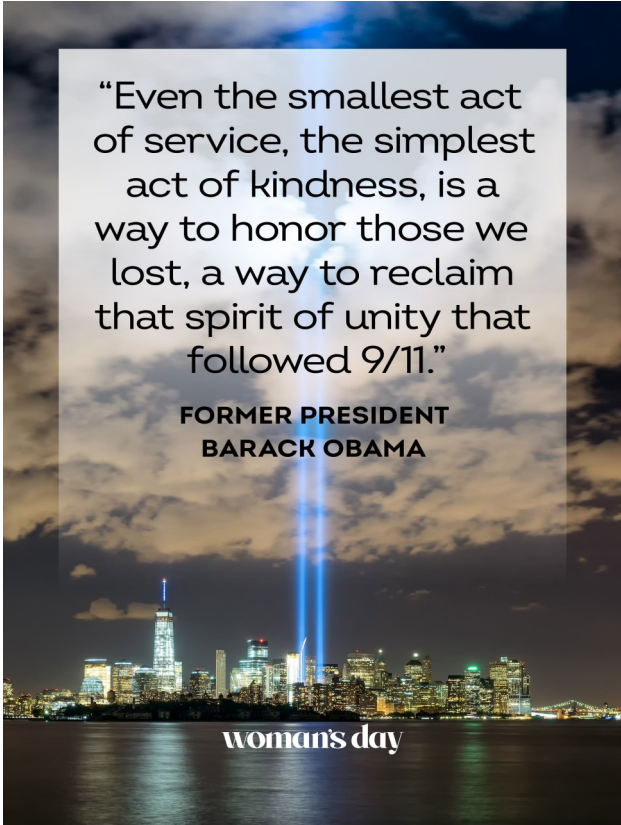
### **TechConnect Fair**

New Hingham Regional Elementary School  
Sat. Sept. 21st, 9:00 - 1:00  
Check website for details!

[www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

**Devices ready for distribution:** Our recently hired staff member Ky Martus, is distributing devices. Please remind us if you requested one and are still waiting. We have more PC laptops, refurbished Chromebooks and iPad and Android 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](mailto:coatechconnect@gmail.com), leave message at **413-296-5080**, or use online request form on our website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

**Cummington Drop-In Volunteer Needed - Will Train:** to learn more about what we need help with, contact Volunteer Coordinator: **413-296-5548**, [coatechvolcoor@gmail.com](mailto:coatechvolcoor@gmail.com), or through [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)



“Even the smallest act of service, the simplest act of kindness, is a way to honor those we lost, a way to reclaim that spirit of unity that followed 9/11.”

FORMER PRESIDENT  
BARACK OBAMA

womans day

## 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 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 NOW. NO REFUNDS due to bargain price.

**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.

*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 NOW. Please mail a check to the address above. Waitlist available.

*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. Waitlist available.

**October 2025~~~~Blue Ridge Mountains Asheville, North Carolina**



## Fall / Winter Clothing Exchange

Saturday, September 21st, 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 9/18 from 6-8pm or Friday 9/20 from 9am-3pm, then come back to shop on Sat. the 21st from 9am-3pm! All are invited to participate whether you donate clothes or not.

## A WILLIAMSBURG FORUM ON OUR CLIMATE AND ENERGY FUTURE

**Sunday, September 22, 2 pm**

### Our Climate Future: What to Expect in New England

Temperature and precipitation projections for New England, anticipated challenges of these changes and what you can do to prepare.

Presented by:  
Toni Lyn Morelli,  
Northeast Climate Adaptation  
Science Center, UMass

Events are at the Anne T. Dunphy School in Williamsburg. Childcare and light refreshments will be provided.

Brought to you by Indivisible Williamsburg and the Williamsburg Energy Committee

### SAVE THE DATE!

Sunday, October 6, 2 pm	Sunday, October 20, 2 pm	Sunday, November 3, 2 pm
How to Save Money with Energy Upgrades	Your Electricity Bill 101	Our Electricity Future

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

**Cummington  
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JoDee Simard

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# SCAM ALERT!



*You get a message saying  
your package cannot be  
delivered. They provide a link  
to click to schedule delivery.  
**What should you do?***

- Stop and verify the information before you act.
- Don't click on the link or call to claim the package or schedule a delivery.
- Keep tracking information if you are expecting a delivery.

**VERIFY THE  
INFORMATION**

USPS.com  
1-800-275-8777

UPS.com  
1-800-742-5877

FedEx.com  
1-800-463-3339

*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  
with the Office of the MA  
Attorney General.**

