

Cummington Council on Aging

November 2024 Newsletter



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

Coordinator: Chrisoula Roumeliotis
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Thanksgiving Potluck

Wednesday, November 20th at Noon
Cummington Community House

Please join us on November 20th for a Thanksgiving potluck. Come at 11:30 for socializing and appetizers.



Lunch will be served at noon: turkey with mashed potatoes, squash, peas, stuffing, cranberry sauce and rolls. If you are able, please bring a dessert to share.

Following lunch, Worth Noyes will present a senior SAFE education program which will focus on things you can do to keep from falling in your home.

to arrange for delivery of additional sand, if needed. If you did NOT take part in this program last year and would like to have sand delivered to you, please contact the COA with your name, phone number and address.

Interested in Serving on the COA Board?

We are looking for additional board members. Please consider joining us! This is a wonderful way to work with an engaging and fun group of people and help serve the needs and interests of our town's older residents. If you are interested or have any questions, call the COA or any of the board members who are listed on the last page of this newsletter.

Flu* & Covid Vaccine Clinic

**regular and high dose*

Wednesday, December 4th, 1-4 pm
Cummington Community House

There will be a Covid (for ages 18+) and flu (all ages) vaccine clinic on Wednesday, December 4th from 1-4 p.m. at the Cummington Community House. Pre-registration is highly recommended to guarantee enough available vaccines; however, walk-ins are welcome. Please bring your insurance card. You can pre-register and make an appointment here: [Vaccine Registration - Welcome!](#) OR call 413-587-4903.

Homebound? Contact the Northampton Dept. of Public Health at 413-587-4903 to arrange an in-home vaccination or go to northamptonma.gov/2219/Vaccine-Programs

Sand Bucket Deliveries

We are working with the fire department to deliver 5-gallon buckets of sand to you. If you received a bucket of sand last year, you will either have already heard from us or you will hear from us soon

Want To Learn Tai Chi?

Richard Larson, a fellow senior and dancer from Goshen, will lead an ongoing class in the 8 Ways of Tai Chi at the **Community House on Tuesdays from 2-3pm**. These are 8 simple repeating movements, involving the principles of Tai Chi, to develop strength, balance, relaxation and peace of mind as a moving meditation. If you're interested, please contact the COA. Free, but donations are welcome.



Additional Healthy Bones & Balance Exercise Classes!

Starting on November 12th, there will be two additional free Healthy Bones & Balance exercise classes offered at the Community House. Polly Ryan will be leading these classes on **Tuesdays from 3:00-4:00 and Fridays from 9:30-10:30**. These classes are in addition to the current classes, which run on **Mondays and Thursdays from 9:30-10:30**. If you have any questions, contact the COA.

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
Leave your name and phone number with the COA to reserve your meal. Suggested donation of \$4 per meal goes to HVES.

Healthy Bones and Balance
Mondays, Thursdays and Fridays from 9:30 to 10:30 a.m.; Tuesdays from 3-4pm. (*The Tuesday and Friday classes begin on Nov. 12*)

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

Needlework Group
Thursdays, 1-4pm.

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**.

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

Resource Cart: Look by the windows, too! **We have a new supply of covid test kits on the cart. Please take what you need.** 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, 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.

Happy Birthday in November!

Patricia Stout, Patricia Brundage, Donna Douglas, John Eisenhower, Dennis Forgea, Bob Arbib, Daniel Loux, Charles Marinus, Margaret Urbanowski, Lawrence Tower, Mary Dygert, William Millington, Peg Daniels, Dann Emerson, David Gokey, Barbara Badner, Timothy Gibson, Allan Kidston, Barbara Konieczny, Gloria Robbins, Peter Watson, Jonathan Ginzberg, Beth Lang, Kathleen Watson, Joseph Gomes, Georgann Matuwezski, Gail Roberge, Rich Roberge, Shevaun Keogh-Walker, Amy Pulley, Herbert Kellogg, Alice Cozzolino, Robert Godfrey, Cynthia Lynds, Laura Sheppard, Kevin Higgins, Philip Morin, Robert McNamara, John Warriner, Mary Hubert, Tracy Granger

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

The big cool down of fall has already started and folks are firing up their wood and pellet stoves and plugging in their space heaters. Here are some things to consider as you prepare to use them.



For fireplace and solid fuel (coal, wood, pellet) stoves:

- ~ Have your chimney professionally inspected and cleaned.
- ~ Burn only dry, well seasoned hardwood to reduce creosote accumulation.
- ~ Do not use flammable liquid to start the fire.
- ~ Make sure the damper is open before starting the fire.
- ~ Keep any flammable material at least three feet away from the stove.
- ~ Always use a fireplace screen to keep flying embers and sparks in the fireplace.
- ~ Shovel ashes into a METAL BUCKET with a METAL LID, and place it on the ground well outside the house and away from the porch. Ashes and embers can stay hot for days and ignite combustibles.

If you must use a space heater, here are a few ways to use it safely:

- ~ Do not use a space heater as your number one heating source.
- ~ Keep any flammable material at least three feet from the heater.
- ~ Plug the heater directly into the wall outlet. Do NOT use extension chords or power strips with the heater.
- ~ Always turn off the heater when going to bed or leaving the room.
- ~ Remember, it is illegal to use portable kerosene and propane heaters inside your home because they create carbon monoxide.

One more consideration:

- ~ Make sure you have working carbon monoxide detectors in your house. CO is a colorless, odorless gas, and is absolutely lethal.

Stay warm, 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.

Emergency Room Advice

Personal experience can be a terrific teacher. This is what I learned in the last 8 months or so. For this note, I will assume you are helping a family member or friend.

If it is necessary to send someone to the hospital emergency room, look at the transportation options, e.g., driving the future patient, or calling 911 and going in an ambulance. If the latter, the patient will be seen initially quicker than if he/she walked in. Plus, if there is a life-threatening issue or the patient is not capable of moving themselves, then obviously you want them to be in EMT care ASAP. Bless those folks.

Follow the ambulance safely – don't rush. It will take a little time for the ambulance to get there and into the hospital and for them to put the patient somewhere that you can see him/her. Take the time to get Necessary Stuff.

And what on earth is Necessary Stuff? This is a technical term (well, maybe not...) meaning identification, medicines, medicine list and schedule, paperwork, phone numbers, and things to do.

Identification – you may need the Medicare card or other insurance.

Medicines – toss (yes, carefully) the pill containers into a plastic bag. Include non-prescription items such as supplements. The hospital pharmacy is well-stocked but there may be meds that they don't have. In this case, they will package them and have you keep them safe. And, remember only the hospital staff is to give medicines while you are there.

Medicine list - Of course you already have this, right? Brand name, generic name, dose, and how many times a day and when the pill is taken.

Paperwork – the MOLST or POLST and a copy of the healthcare proxy. The hospital may already have these but you need to be sure. The default option, if they don't, is to label the patient Full Code and pull out ALL stops if the patient stops breathing. The health care proxy of course lets you ask questions and get answers, and make decisions to the benefit of the patient if they are unable to speak for themselves.

Phone numbers – You will need to call those who need to know, e.g., children, other family members, friends. You should have the number for the primary doctor, any consultants, or case managers. You may need to (*cont. on next page*)

Tech. Help and Training for November



Tech Support Available by Appointment

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

Still Available: Internet Hotspots, PC laptops, refurbished Chromebooks and iPad and Android tablets

Our 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: coatechconnect@gmail.com, **413-296-5080**, or use online request form on our website, www.northernhilltownscoas.org

Need affordable internet access?

We now have a way for you to affordably connect to the internet using an internet "Hotspot" device. They work like WIFI without cable or fiber service. If you are interested in learning more about how these devices work and how they could benefit you, please contact us by phone or email.

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 (11/1 and 11/15)
- Cummington Community House, 33 Main St.
Drop-In tech support, 2nd Weds. 10-12 (11/13)
- Goshen Free Public Library, 42 Main St.
Drop-in tech support, 3rd Thurs. 12-2 (11/21)
- Plainfield Shaw Memorial Library, 312 Main St.
Drop-In tech support, 3rd Thurs. 5:30-7:30pm (11/21)
- Westhampton Public Library, 1 North Rd.
Drop-In tech support, 4th Thurs. 2-4pm (11/22)
- Williamsburg
Meekins Library Drop-In tech support
2nd Tuesday 11/12 from 10 to Noon
Nash Hill Place Resident Drop-In tech support
2nd Tuesday 11/12 from 10 to Noon

- Worthington Library, 1 Huntington Rd.
Call COA for date & time: 413-238-5962.

Tech Training:

Must pre-register for training 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

Computer Classes:

Beginner's Windows Laptop Class will restart on Thursdays November 7- December 5 for four-weeks, 1:00- 2:30. Repeats on December 12, 19 and January 9, 16 from 1:00 - 2:30.

Intermediate Windows Laptop Class starts Wednesdays on October 23- November 27 for 6 weeks, 10:30-Noon. Repeats on December 4, 11, 18 and Jan 8, 15, 22, 10:30-Noon.

Tech Workshops:

- Internet Basics– Fri. 11/1, 10:30-11:30am
- Using Medical Portals & Telehealth-
Thurs. 11/14, 10:00-12:00pm
- Microsoft Word– Fri. 11/15, 10:30-11:30
- Computer Maintenance– Fri. 12/6, 10:30-11:30
- Organizing, Storing, & Moving Digital Photos (ONLINE CLASS) - Mon. 12/9, 1-2:30pm
- Windows Accessibility– Fri. 12/13, 10:30-11:30
- Android Phones– Tues. 12/17, 1-2:30pm



(ER Advice, cont. from previous page) call a friend who has a key and can take care of pets.

Things to do – there will be some down time so reading or handwork might be appreciated. That's of course in addition to the worrying which I know you can handle.

Yours in health,
Jean O'Neil
TRIAD Committee member
jeanoneilmass@gmail.com

On the Road Again... 2024 & 2025 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, 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 NOW. Please mail a check to the address above. NO REFUNDS due to bargain price. Waitlist available.

~~~~~2025~~~~~

*Multi Day Trip June 22-26. Montreal & Ottawa. Passports required.* Visit the Biodome, Notre Dame Basilica, Montreal's Underground City, Parliament Hill, Cruise on the St. Lawrence River. Price \$1,052. Discount of \$25 if paid in full by March 26, 2025. Make the check payable to Diamond Tours and mail to the address above.

*Day Trip TBD. Winnepesaukee Railroad.* Enjoy a delicious turkey dinner, prepared by Hart's Turkey Farm Restaurant, aboard the train. Tour the shores of Lake Winnepesaukee. Price TBD.

*Multi Day Trip October 12-18. Biltmore Estate & Smoky Mountains, Asheville, NC.* Seven days, six nights. Visit the Biltmore Estate, the St. Lawrence Basilica, historic Gatlinburg, TN & Asheville, NC. Guided tour of the Smoky Mountains National Park. Price \$1,099. Discount of \$25 if paid in full by July 18, 2025. Make the check payable to Diamond Tours and mail to the address above. **As of November 2024, Diamond Tours is expecting this trip to go, despite the hurricane damage. Please stay tuned.**

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More day trips to come! Any new ideas or special events are always welcome. Please email Francine at francine.frenier@gmail.com. Any interest in a Woosox game? Please email me.

THANK YOU to all the passengers who joined the trips. I hope you enjoy travelling to various places and meeting new friends as much as I do.

~ Francine



Haircuts, manicures, colors, facials, and other hair care options are being offered at Smith Vocational High School on every other Wednesday, starting **October 12 through mid May**.

The cost is \$5.00 for a haircut (please call for other prices.) The Smith Vocational Cosmetology students provide the services with their teacher Ms. Daniels alongside. Simply call 413-587-1414 ext. 3531 for an appointment.

The Salon is located in Room 124 of Building A at Smith Vocational High School, 80 Locust St. Northampton.

All are welcome!

Local chorus invites the public to sing along

Heart of the Valley Chorus, a women's voices barbershop a cappella group, is inviting members of the community to sing along with them at several open rehearsals this holiday season. Anyone aged 8 to 108 who enjoys singing in the "treble" range – soprano, alto, mezzo, and high men's parts – are encouraged to come learn a few holiday songs, with an option to perform along with the chorus at the Bombyx Center for Arts and Equity in Northampton on December 14. Singers under 16 are welcome with an adult.

Heart of the Valley Chorus has been bringing its unique blend of barbershop harmonies to the Pioneer Valley for 40 years. Members come from Longmeadow, Holyoke, Easthampton, Hadley, South Hadley, Leeds, Florence, and Goshen, and range in age from their 20s to their 70s! Singing a variety of music – jazz, Broadway, contemporary, and inspirational – all in four-part barbershop style, the group is dedicated to sharing their music with underserved populations and creating a safe and welcoming space for all singers.

The group's open holiday rehearsals are scheduled for Wednesdays 11/13, 11/20, 12/4, and 12/11 at 6:30pm at the Christ United Methodist Church on Rocky Hill Rd in Northampton. Anyone interested in joining this special holiday program should contact Stephanie at heartofthevalleychorus@gmail.com or visit www.heartofthevalleychorus.org for a registration form.

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P.O. Box 95
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**Cummington
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SCAM ALERT!



You get a call or message from a charity looking for donations. Should you donate?

Scammers try to fool you into giving them money.

- They rush you into giving out your credit card number over the phone.
- They use names that sound like a real charity.
- They change the caller ID to make you think it's a local caller.

What to do:

-Research before donating. Look up the charity online & read what others are saying about it.

-Ask the caller to send you more information.

-Don't feel obligated to donate to someone who calls you.

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.**

