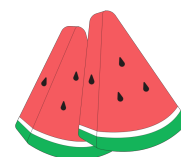


# Cummington Council on Aging

## August 2025 Newsletter



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

Coordinator: Chrisoula Roumeliotis  
COA Office Phone: 413-634-2262, menu option 8  
COA Email: [croumeliotis@cummington-ma.gov](mailto:croumeliotis@cummington-ma.gov)

### AN AFTERNOON OF GAMES, MUSIC & ICE CREAM

Please join us and the Recreation Committee for an afternoon of games, music and ice cream on **Saturday, August 16<sup>th</sup> from 3-6 p.m. at Pettingill Park.**

Join us to:

**PLAY** bocce, corn hole, croquet, horseshoes, pickleball and more!

**LISTEN** to music by

- Josh Wachtel: 3-4 p.m.
- Muddy Roads: 4-5 p.m.
- One Part Luck: 5-6 p.m.

**EAT** ice cream sundaes with Snow's ice cream and a large array of toppings!

You are also welcome to bring your own picnic. Please spread the word. We look forward to seeing you.

*\*Funded by the HVES Title III Multigenerational Grant\**

### 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 \$25 (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. We have a limited number of coupons and will distribute them first come, first served. Once we've exhausted our supply, we will start a waiting list in case we receive more.

To be eligible, your gross annual household income must be no more than \$28,953 for a household of one, and \$39,128 for a household of two.

[Non-Discrimination Statement | USDA](#)

### SAVE THE DATE:

The next COA potluck will be on Wednesday, September 17. We will be serving ham, potatoes, mac & cheese, salad and rolls.

### HAMPSHIRE ELDER LAW PROGRAM (HELP)

HELP provides civil legal services at no cost to low-income elders, sixty years old and older, who reside in Hampshire County. Services include bankruptcy, consumer protection, guardianship, health care proxies, powers of attorney, probate of estates and wills. Please reach out to the Hampshire County Bar Association with any questions: 413-586-8729 or [hcba@crocker.com](mailto:hcba@crocker.com).

*\*Funded by the Massachusetts Bar Foundation\**

### REACH OUT TO OUR COMMUNITY CONNECTOR!

Do you need help finding resources in the area? Please reach out to our Community Connector, Jen O'Connell. Jen can help with many issues, including:

- obtaining benefits such as Fuel Assistance, SNAP, Social Security, etc;
- continuing to live independently in your home;
- repairs;
- transportation assistance.

Jen can be reached at 413-296-4536 ext. 110 or [communityconnectjo@gmail.com](mailto:communityconnectjo@gmail.com)

*\*Funded by a grant from HVES through funding under the Federal Older Americans Act\**

## **Ongoing Programs, Activities & Resources**

For more information on any of these programs, activities and resources, contact the COA at [croumeliotis@cummington-ma.gov](mailto:croumeliotis@cummington-ma.gov) or 634-2262, option 8. Unless otherwise indicated, these programs take place in the dining room area of the Community House.

### **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 –**

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.

### **Resource cart**

Everything on the cart is free; available whenever the Community House is open

### **Exercise Equipment**

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

### **Drop in Tech support**

**Second Wednesday of every month, 10 a.m. to noon.** For more information, contact TechConnect at **413-296-5080**. No appointment needed.

### **Shine counselor (Medicare related insurance issues)**

Caroline Solan can be reached at **413-586-2000** or [csolan@lifepathma.org](mailto:csolan@lifepathma.org)

### **MassHealth/Medicaid**

Buliah Mae Thomas at the Hilltown Community Health Center: [bthomas@hchcweb.org](mailto:bthomas@hchcweb.org) or 413-238-5511.

### **Connector program (services beyond health insurance)**

Jennifer O'Connell at **413-296-4536 ext. 110** or [communityconnectjo@gmail.com](mailto:communityconnectjo@gmail.com)

### **Foot Clinic**

The next foot clinic will be on **Tuesday, September 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, August 12th**. For more information on this program, contact [annieb@crocker.com](mailto:annieb@crocker.com) or [fandellaf@gmail.com](mailto:fandellaf@gmail.com) or call Lucy at **634-5576**.

### **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; please reach out if you have something to donate.

### **Easy Ride Van & Driver Pool**

The Hilltown Easy Ride van and the Driver Pool program provide rides for medical appointments, medical errands and shopping to Northampton and Pittsfield. Contact Ed Pelletier of the Hilltown CDC Transportation program 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, Lenora Cote, Richard Hook, Richard Sheppard, Mark Bevan, Michael Augspurger, Christopher Robertson, Estire Khibkin, Anne Barbour, Lynn LaFountain, Tammy Reid, Marcia Winseck, Susanna Matthews, Michael Skowronek, Kevin Martin, Sergei Isupov, Rebecca Golash, Caroline Smith, Shawn Thayer

### ***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 make out your check to Cummington Council of Aging and mail to Cummington COA, PO Box 95 Cummington, MA 01026.)***

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_



### SENIORS AWARE OF FIRE EDUCATION

Cooking fires are still the leading cause of residential fires and fire injuries. Here are a few things you can do and not do be a fire S.A.F.E. cook:



- Keep the area around the stove clear of groceries, food packaging, and other items that can burn, like paper towels, hand towels and oven mitts.
- Wear tight fitting sleeves or short sleeves when cooking.
- Stand by your pan while boiling, broiling, or frying food.
- In the event of a fire starting in a pan or pot,
  - smother it with a lid or cookie sheet.
  - Do NOT try to move a burning pan and
  - Do NOT it douse it with water for fear of spreading the fire.
  - Just PUT A LID ON IT!

If the cooking fire gets away from you, call 911 immediately.

Be sure to STAND BY YOUR PAN when cooking,

-- 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.*

### DEMENTIA AND FINANCES



On one of my trips home, Dad activated my Power of Attorney because he caught himself writing two checks to a charity, which dismayed him with worry about doing worse. Probably all of us have a vague or possibly real fear of

dementia. When it comes to finances, there is basis for that fear. This month's note comes directly from a recent New York Times column by Dana G. Smith on financial problems as a sign of possible dementia. "People with dementia can experience money problems or declining credit scores years before memory loss, or other cognitive symptoms, emerge. They might forget to pay their bills, for instance, or no longer be able to stick to a budget."

"One of the reasons why financial mismanagement can be a sensitive indicator is just because it's so complicated," involving the interplay of multiple brain regions, said Dr. Winston Chiong, professor of neurology at the Univ of California, San Francisco. "Consequently, finances can be one of the first areas where cracks in someone's cognition start to appear."

The author points out that poor financial decision-making is especially a concern for those with frontotemporal dementia, a relatively rare form of dementia affecting judgement very early on in the disease. These people might make impulsive purchases and decisions. Others might be more trusting of people than they had been. That of course increases their risk of being scammed.

So I send this not to be scary and alarmist, but to pay attention to a possible warning signal such as missing bill payments, falling for scams, or seeing lower credit scores. If a sign comes, it is important to have open, honest conversations about the future, document important information early, and develop support networks that can help us out.

Yours in health,

Jean O'Neil

TRIAD Committee member  
jeanoneilmass@gmail.com

413-268-2228

## TECH HELP AND TRAINING FOR AUGUST



### GREAT NEWS!

TechConnect will continue providing services through a partnership with Northampton Open Media. Although we have fewer trainings going forward, drop-ins and tech support will continue. Please take advantage of ongoing services.

### DELIVERING NOW & ACCEPTING NEW

#### REQUESTS: Internet Hotspots

It's not too late if you need affordable internet access. We have a solution that may work for you. Hotspots are small cellular devices you can use to access internet and work in most areas in the hilltowns. If you are interested in learning more, please contact us by phone or email. Call 413-296-5080 or email to [coatechdevices@gmail.com](mailto:coatechdevices@gmail.com).

### TECH SUPPORT AVAILABLE BY APPOINTMENT

Receive technology help by email, phone, drop-in, or by appointment:

[coaTechHelp@gmail.com](mailto:coaTechHelp@gmail.com) phone or text msg 413-296-5080 or check the website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org), for locations and time. You can attend drop-in at all locations, except Nash Hill.

### DEVICES FOR YOU: PC LAPTOPS, DESKTOPS, REFURBISHED CHROMEBOOKS, AND IPADS

There is still time to join the Digital World while supplies last. We have received more PC laptops, desktop computers, refurbished Chromebooks, and a few 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 by leaving a message at 413-296-5080, or use the online request form on our website, [www.northernhilltownscoas.org](http://www.northernhilltownscoas.org)

### DROP IN CENTERS:

ALL WELCOME AT ANY LOCATION  
(no appointment needed)

Chesterfield Community Center 400 Main Rd.

Weekly on all Tuesdays from 11:00 to 2:00

One Friday in August from 11:30 to 1:30, on 8/1

### DROP IN CENTERS: (CONTINUED)

Cummington Community House Drop-In tech support, 33 Main Street, 10 to Noon, 2<sup>nd</sup> Wednesday 8/13

Goshen Library, Drop-In tech support from Noon to 2:00, 3<sup>rd</sup> Thursday, 8/21

Plainfield Shaw Memorial Library Drop-In tech support, from 5:30 to 7:30, 3<sup>rd</sup> Thursday 8/21

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4<sup>th</sup> Thursday 8/28

#### Williamsburg

Meekins Library Drop-In tech support from 10 :30 to 12:30 2<sup>nd</sup> Tuesday, 8/12

Nash Hill Place Resident Drop-In tech support from 10:00 to Noon, 2<sup>nd</sup> Tuesday, 8/12

Worthington Drop-In tech support at COA office – call COA for date/time

### TECH TRAINING CLASSES AND WORKSHOPS:

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

### TECH WORKSHOPS AUGUST:

On Friday at 10:30 – 11:30 at Chesterfield Community Center

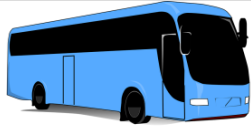
**8/1 - Google Drive 10:30 – 11:30**

### COMPUTER CLASSES:

No ongoing computer classes are scheduled. An alternate online resource for basic training can be accessed, with help from us, at <https://www.digitalliteracyassessment.org/login/?location=17640-MG8N-techconnect>. We can setup your access to this website and help you begin to train yourself for very basic to more advanced beginner digital literacy.

## On the Road Again...

### 2025 TRIPS



Contact Francine Frenier to reserve your seat **BEFORE** mailing payments. For more info call 413-296-4291 Email: [francine.frenier@gmail.com](mailto:francine.frenier@gmail.com)  
Mail to: 11 Stage Rd. Williamsburg, MA 01096

**Day Trip** Sept. 15th The BIG E, an annual favorite, with free entertainment at The Court of Honor Stage. The Stylistics perform hits from the 70's. Cost \$18 for Northampton Seniors, all other seniors \$20. Make your check payable to Barbara Kaczinski & send to 39 Leeno Terr. Florence, Ma 01062 by Sept. 1. NO REFUNDS due to bargain price. Bus leaves from Sheldon Field. NOTE: check info and mailing address.

**NEW Day Trip** WED. October 8 Historic Salem Cross Inn. Includes luncheon, choices available. Tour of Quabbin and Stop at Brookfield Orchards. Discounted price for Worthington Seniors over 60 and \$103 for other seniors. Call Phyllis 413-238-5962 or email [coa@worthington-ma.us](mailto:coa@worthington-ma.us) for details & to reserve a seat by Sept 1. Limited seating.

**Day Trip** Oct 9 A Chorus Line. Center orchestra seating for the 50<sup>th</sup> Anniversary Production at the Goodspeed Opera House in East Haddam, CT. Center Orchestra seating. Lunch at The Gelston House. Price \$177. Make your check payable to Landmark Tours and mail it to the address above by August 1. A few seats available.

**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. Make check payable to Diamond Tours and mail to address above. One bus only. Wait list still available.

**2026 Multi Day trips** to  
Washington DC and Mackinac Island

**Day Trip** Dec 7, Sunday A Holiday Event in Waltham, Ma. Reagle Music Theater Players beloved Christmas extravaganza – 100 performers,

live orchestra, dancers, living nativity, and yuletide tunes. Pre-show lunch at the Chateau Restaurant. Price \$160 (approx.) Make check payable to Landmark Tours and mail to address above by Oct. 13. Call or email to be added to the Wait List

There are **day trips** to Bronx Zoo, Statue of Liberty, Salem, Radio City Rockettes leaving from Chicopee. Call 413-296-4291 or 413-593-3939 for more information.

## GOOD NEWS FOR AUGUST 2025

By Deb Hollingworth

It's been awhile since I've talked about the Pharmacy Outreach Program, a great resource for folks who have questions about RXs. This telephone help line (866) 633-1617 has been around for about 20 years and is available M-F 8:30 to 5. Located at UMass Medical-Worcester, and funded by the MA College of Pharmacies and Executive Office of Aging & Independence. Their information line connects you with pharmacists or information specialists who understand prescriptions and the drug plans that cover them.

They can tell you about drug interactions, generics vs. brand names, whether there is another RX that might work as well as the one you are currently taking and review your prescription list. But the number one question information specialists get is about RX cost. And if you are one of those folks who take more than 8-10 RXs daily, co-pays mount up and can be a financial hardship.

If there's a less expensive way to get your RX, the Pharmacy Outreach specialists will know. Whether it's manufacturer's patient assistance programs, prescription discount cards, Rx coupons, free trial offers, manufacturer co-pay cards or co-pay foundations. They can guide you through the labyrinth of options.

As you might guess their phones ring off the hook during Open Enrollment (October 15th - December 7th) when it's time to pick a Medicare D plan for the coming year. They have already begun taking appointments for Open Enrollment, so if you have a complicated RX list with multiple medications with significant co-pays, you might want to give them a call (866) 633-1617. Book your appointment now!

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

Cumington Council on Aging

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Peg Whalen

Regional Newsletter  
nhills7newsletter@gmail.com

This newsletter is supported by the Cumington Council on Aging

# SCAM ALERT!



*Did you get a message saying that you have **unpaid toll charges?***

*The message warns that your license or registration will be cancelled or suspended if you don't pay.*

## WHAT TO KNOW

EZDriveMA **does not** send text messages asking for payments for unpaid tolls.

## WHAT TO DO

**-Stop!** It's a scam!

**-Don't click on the link** in the message to make a payment.

**-Call EZDriveMA** at (877) 627-7745 to see if you owe money for unpaid tolls.

*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  
Massachusetts Attorney  
General.**