

Cummington Council on Aging



What is happening at the COA in May? In addition to the regular, recurring events and activities, we will be offering:

- Mahjong - every Wednesday (except 5/13)
 - Potluck lunch on May 13
 - Health Talk on May 19
 - Elder Law presentation on May 21 (in Goshen)
- (more information on the following pages)*

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**POTLUCK LUNCH**  
**Wednesday, May 13th**  
**11:30: social time**  
**noon: lunch**

Join us on **Wednesday, May 13th** for a potluck lunch. We will be serving four kinds of homemade lasagna, salad and bread.

Please bring a dessert to share, if you are able.

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PUBLIC HEALTH PRESENTATIONS

The next **health talk** by the Public Health Nurses from the Northampton Dept. of Health and Human Services will be on **Tuesday, May 19th from 9-11 a.m.** The topic is **Step Safely: Caring for Your Feet to Prevent Falls**. There will be a short presentation, plenty of time for questions, and blood pressure readings.

Refreshments will be served.

Upcoming presentation:

June 16: Health Impact of Heat on Older Adults

33 Main Street
P.O. Box 95
Cummington, MA 01026
413-634-2262, option 8
croumeliotis@cummington-ma.gov

<https://www.cummington-ma.gov>
<https://northernhilltownscoas.org>

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Make sure you are receiving this newsletter every month!

- by email
- by picking it up at the post office, Hillside Terrace, Community House, transfer station or the library
- by mail (if you are 80 and over)
- on the town or consortium website

If you would like it emailed or mailed to you, please let us know!

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**SAVE THE DATES IN JUNE\***

Mahjong – every Wednesday, 9:30-11:30 (except 6/24)  
Health Talk – Tuesday, June 16, 9-11  
Summer picnic - Wednesday, June 24, 11:30

**\*look for more info on these events in the June newsletter**

### ELDER LAW PRESENTATION

May 21, 2 p.m., Goshen Town Hall

Hosted by the Cummington & Goshen COAs

Atty. James Loughman from Donovan, O'Connor & Dodgig, LLP will present on the following topics:

Veteran Affairs Financial Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Homestead and Life Estates, and Medicare/Medicaid changes.

See additional information in the regional section of this newsletter.

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FREE COMPUTER WORKSHOPS IN CHESTERFIELD & WILLIAMSBURG

Computer workshops and tech support sessions continue in Chesterfield and

Williamsburg. See the regional section of this newsletter for additional information.

ATM & ELECTIONS

Cummington's Annual Town Meeting --

May 1, 7 p.m.

Town Elections – May 11, 1-8 p.m.

MAHJONG

Weekly games every Wednesday*

Community House dining room

Meg Allard and Nancy Gokey are hosting a weekly Mahjong game every Wednesday, from 9:30-11:30 at the Community House. You do not need to attend every week's game. Come to play or just watch! Please call or email the COA and leave your name and phone number if you are interested in participating or have any questions.

*There is no Mahjong on May 13

Cross Pollination

Community Biodiversity Program Cummington

<p>* APRIL</p> <p>April 17 at 8:30am: Creamery Pollinator Garden Clean Up Day with Plant Euphoria</p> <p>April 19 at 2pm: Doug Tallamy Film Screening, Community House</p> <p>April 30: Request Free Native & Heritage Trees and Shrubs</p> <p>April 28-May 9: Arbor Day Planting Week</p>	<p>* MAY</p> <p>May 9 at 2pm: Film Screening of <i>The Extraordinary Caterpillar</i>, Community House</p> <p>* ON-GOING</p> <p>Request Free Home Pollinator Kit</p>	<p>* JUNE</p> <p>June 14 at 1pm, Transform Your Yard to Support Pollinators: A 12 Step Program with Heidi Dollard, Community House</p>
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Organizing Partners:

Support:

SCAM ALERT!

If someone knocks on your door saying they have "leftover asphalt" and they offer to pave, repair, or seal your driveway today, **it's a scam!**

- Resist the pressure to act quickly even if it sounds like a good deal
- Get a written contract even for small repairs
- Never pay for the entire project up front
- Get at least 3 written estimates before hiring someone to do work at your home
- Report suspicious paving crews to police

Northwestern District Attorney's Consumer Protection Unit

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

Working in cooperation with the Office of the Massachusetts Attorney General

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 on Aging and mail to Cummington COA, PO Box 95 Cummington, MA 01026.)

Name _____ Telephone _____
Address _____
Email _____

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
				1 9 Foot care clinic 10:30 Computer workshop (Chesterfield) 7 Annual Town Meeting	2/3
4 9:30 Healthy Bones & Balance 10:30 coffee hour	5 12 Grab & Go 3:45 Healthy Bones & Balance	6 9:30 Mahjong	7 9:30 Healthy Bones & Balance 10:30 coffee hour 1 Needlework	8	9/10
11 9:30 Healthy Bones & Balance 10:30 coffee hour 1-8 Town Elections 1:30 Computer workshop (Williamsburg)	12 12 Grab & Go 1 Living Fully 3:45 Healthy Bones & Balance	13 11:30 Potluck lunch	14 9:30 Healthy Bones & Balance 10:30 coffee hour 1 Needlework	15 10:30 Computer workshop (Chesterfield)	16/17
18 9:30 Healthy Bones & Balance 10:30 coffee hour	19 9 Health Talk 12 Grab & Go 3:45 Healthy Bones & Balance	20 9:30 Mahjong	21 9:30 Healthy Bones & Balance 10:30 coffee hour 1 Needlework 2 Elder Law presentation (Goshen)	22	23/24
25 9:30 Healthy Bones & Balance 10:30 coffee hour	26 12 Grab & Go 3:45 Healthy Bones & Balance	27 9:30 Mahjong	28 9:30 Healthy Bones & Balance 10:30 coffee hour 1 Needlework	29 10:30 Computer workshop (Chesterfield)	30/31

More information on these events or activities can be found throughout the newsletter.

ONGOING PROGRAMS, ACTIVITIES AND RESOURCES -- for more information on any of these programs, activities and resources, contact the COA at croumeliotis@cummington-ma.gov or 634-2262, option 8. Unless otherwise indicated, these programs take place in the dining room of the Community House.

Grab and Go 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 and Thursdays from 9:30 to 10:30 a.m.; Tuesdays from 3:45-4:45 p.m.

Coffee hour

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

Needlework group

Thursdays from 1 to 3 p.m.

Resource cart

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

Foot care clinic - NEW DAY

The next foot care clinic will be on **Friday, May 1** 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.

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 413-296-4232 for more information and to arrange a ride.

Exercise Equipment

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

Sand deliveries - buckets

If you received a delivery of sand this past winter, please hold onto any leftover sand (as well as the bucket). If your bucket is empty, please return it to the COA or to the transfer station.

Living Fully, Aging Gracefully

The next Zoom meeting for this group is Tuesday, May 12. For more information, contact annieb@crocker.com or fandellaf@gmail.com or call Lucy at 413-634-5576.

Drop in Tech support (no appointment needed)

Chesterfield Community Center, every Tuesday, 11 a.m. to 2 p.m. For more information, contact TechConnect at 413-296-5080.

In-home Tech Support (by appointment)

Call or text 413-296-5080 or email coaTechHelp@gmail.com to arrange a home visit.

Shine counselor (Medicare related insurance issues)

Caroline Solan at 413-586-2000 or csolan@lifepathma.org

MassHealth/Medicaid

Buliah Mae Thomas at the Hilltown Community Health Center at 413-238-5511 or bthomas@hchcweb.org.

Community Connector program (services beyond health insurance)

Jennifer O'Connell at 413-296-4536 ext. 110 or communityconnectjo@gmail.com -services include assistance with obtaining benefits, such as Fuel Assistance, SNAP, Social Security; helping you live independently in your home; assistance with home repairs and transportation; and more.

Happy Birthday in May

Cynthia Joyner, Lorena Thayer, Charles Quinlan, Theresa Panzeri, Peter Marcoux, David Poindexter, Kathleen Knox, Carol Stoddard, Alexandra Cherau, Fredric Nudell, Ann McCullom, Martha Emerson, Cory Heath, Carolyn Hooks, Laura Pierce, Sandra Streeter, Michelle Taylor, Donald Stupplebeen, Antoinette Reed, Nancy Cole, Harry Box, Thomas Farrington, Kathleen Sheridan, Kara Falcone, Karen Mohan, Nancy Howes, Raymond Vandoloski



May Regional News

ELDER LAW ISSUES



Local seniors are welcome to come learn about Elder Law issues at a **free** event. This presentation is hosted by the Goshen and Cummington COA's on May 21, 2026. It is being held at 2:00pm in the Goshen Town Hall.

Atty. James Loughman from Donovan, O'Connor & Dodgig, LLP will be the volunteer speaker.

This event is part of the statewide Elder Law Education Program presented by the Massachusetts Bar Association (MBA). Their education program corresponds with the publication of a revised and expanded "2026 Elder Law Education Guide," the 17th edition of the resource guide. The guide will be available at the event and is online at the MBA's companion website, www.massbar.org/elderlaw.



The topics to be discussed this year include:

- Veteran Affairs Financial Benefits,
- how to protect your home and assets,
- power of attorney and health care proxies,
- reverse mortgages,
- Homestead and Life Estates, and
- Medicare/Medicaid changes.

For more information about the presentation, contact Kerry at coa@goshen-ma.us or Chrisoula at croumeliotis@cummington-ma.gov

STRENGTH IN NUMBERS - A FALL PREVENTION PROGRAM

Strength In Numbers- A Fall Prevention Program will be a six-week program starting on May 4 at the Goshen Town Hall at 1:30-2:30pm.



Taught by Physical and Occupational Therapists from the Cooley Dickinson VNA, this

free program covers topics including:

- determining our own risk of falling,
- strength and balance activities to do at home,
- managing medications,
- visual concerns and age-related changes,
- home safety recommendations.

Practical items will be distributed free of charge to participants.

To reap the full benefits of the program, participants are asked to commit to all six sessions if possible. We will meet on six consecutive Mondays with the exception of Memorial Day on May 25.

This program is **free** thanks to grants from the Eversource Energy Foundation and the Roy Foundation.



To **sign up** please contact Kerry Normandin **by April 29** at coa@goshen-ma.us or call 268-8236 ext 118.

We welcome and encourage older adults from all the Hilltowns to attend.

GOOD NEWS FOR MAY 2026

By Deb Hollingworth

When looking for home care help, it's important to understand that Massachusetts does not regulate these businesses unless they have contracts with MassHealth, other State agencies, or are certified Medicare home care providers. Being regulated means they have to meet standards of care in order to keep their certification.

Of approximately 400 home care companies in Massachusetts, only about 1/3 of them are subject to regulation. Standards of care include CORI checking their employees, supervising them on the job, and providing ongoing training to ensure a level of skill. So, that's a good thing.

But odds are, you are more likely to find a company that is not regulated. Does this matter?

Depends on what kind of help you need, and perhaps how long you expect to need it. Because home care help is expensive and regulated companies can bill Medicare, and MassHealth, and may have contracts with the VA or State Home Care agencies like Highland Valley. Which means there may be help paying for the services you need.

Unregulated companies are most likely to be private pay only. Cost of care varies depending on where you live, what you need and how many hours per day, or a week you need.

One good thing in favor of the private pay providers.... the customer is always right, because if you're not happy, you can take your business elsewhere, so these home care providers are highly motivated to please.

While the regulated, certified providers must meet standards of care, they sometimes have issues when it comes to customer service. So there's a trade off.

Let me say that there are many Certified/Regulated home care providers that provide excellent customer service and understand the importance of maintaining a reputation for same. You might look for well established companies who have been in business long enough to establish a reputation for excellence.

Where do you go to look for these providers? You might start with the [Medicare.gov](https://www.medicare.gov) web site. This site lists certified Medicare providers and starts by asking your zip code to narrow the search for those companies near you.

The Massachusetts Home Care Aide Council also has a helpful web site. This council is a non-profit association of home care agencies that provides training opportunities as well as guidelines for standards of care.

Mass Personal Care Attendant (PCA) Directory helps those who would like to become a PCA worker, those looking for PCA training.... and those looking to hire a PCA worker.

You also might speak with your doctor's office, hospital or rehab for a recommendation, especially if you think Medicare might pay for services.

To get you started.... Your senior center may be able to recommend several home care providers. A lot will depend on what kind of help you need, and whether or not there are ways to get help paying for it.

Next month we'll explore who pays for home care help and whether or not you might qualify for MassHealth benefits.

On the Road Again.. TRIPS IN 2026



**Contact Francine Frenier to reserve your seat
BEFORE mailing payments.**

For more info call **413-296-4291**

Email: francine.frenier@gmail.com

Mail: 11 Stage Rd. Williamsburg, MA 01096

Day Trip June 11th, Thursday, Million Dollar Quartet play. New London Barn Playhouse presents a jukebox musical that dramatizes a real and remarkable moment in music history. Four future legends, Elvis Presley, Johnny Cash, Carl Perkins, Jerry Lee Lewis happened to gather in the same studio. Includes a buffet luncheon at Colby-Sawyer College. Price \$177. Make a check payable to Landmark Tours and mail NOW to the address above.

Day Trip June 23rd, Tuesday, Portsmouth Harbor Cruise and Fosters' Lobster/Clambake. Before the Portsmouth Harbor cruise, enjoy lunch at Fosters in York Maine offering a choice of **Lobster or BBQ chicken or Vegetarian option**. Price \$160. Make a check payable to Landmark Tours and mail NOW to the address above. Wait list only.

Day Trip July 12, 13, 14 or 15, Tall Ships in Boston
Contact First Choice Tours 1-413-665-9090.
Also, Southamptton Senior Center has a trip scheduled for July 13th. \$ 157. Departs at 6:00 AM. Call 413-529-2105 to sign up.

Day Trip August 3rd, Monday, Encore Casino. \$50 Cost Includes: round trip bus transportation, driver gratuity & \$20 in free slot play. Meals on your own. Make a check payable to Francine Frenier and mail to address above by June 6, 2026. 19 more passengers are needed for this trip to go.

Day Trip September, TBD Big E.

Day Trip, December 8th, Merry Christmazz Holiday Variety Show. Jimmy Mazz performs seasonal traditional and contemporary tunes from various artists. Yankee Pot Roast lunch and show at Storrowton's Carriage House, W. Springfield. A drive through Bright Nights follows. Make an \$80 check payable to Francine Frenier and mail to address above by October 6, 2026.



TechHub workshops and tech support sessions
Chesterfield workshops are one hour beginning at 10:30 am and technical support will follow from 11:30-1:30. Sessions will be held at 400 Main St., Chesterfield, downstairs. Classes are free and there is no need to register. Meekins Library also will host TechHub for workshops and tech support sessions.

Workshops in Chesterfield

May 1 Cloud Basics & Google Drive

May 15 MS Excel Basics

May 29 Windows 11 Operating System Basics

June 12 Designing with Canva

June 26 Zoom Basics

Workshops at Meekins Library (Workshop at 1:30 followed by 1 hour of tech support)

May 11 Google Workspaces

June 1 Cloud Basics

Tech Support home visit appointments available.

Call or message 413-296-5080 to arrange a home visit.

Devices for you: Refurbished PC laptops and iPads.

If you are looking for a free refurbished laptop or iPad, please call 413-296-5080 and leave us a message. We will offer free devices while our supply lasts. If you have received a device and are not using it, please call our number to arrange a return so someone else can use it.

Drop-in Centers (no appointment needed)

Chesterfield Community Center 400 Main Rd.

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

Goshen Library, Drop-In tech support from 12:00 to 2:00, 3rd Thursday, 5/21

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 5/28

Williamsburg

Meekins Library Drop-In tech support
(call library for latest information)

Nash Hill Place Resident Drop-In tech support
from 10:00 to Noon, 2nd Tuesday, 5/12

Worthington tech support - contact Eileen Daneri
eadaneri@gmail.com.