

Cummington Council on Aging



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

- Mahjong - every Wednesday (except 6/24)**
 - Health Talk on June 16**
 - Summer Picnic on June 24**
- (more information on the following pages)**

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## SUMMER PICNIC

**Wednesday, June 24th**

**11:30: social time/noon: lunch**

Join us on **Wednesday, June 24th** for our annual summer picnic. Just like last year, we will be having it indoors – in the Community House auditorium. The COA will provide chicken, meatballs, baked beans, assorted summer salads, chips, and beverages. Please bring a dessert or side dish to share, if you are able.

*Paid for in part by a grant from Highland Valley Elder Services*

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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, June 16 from 9-11 a.m.** The topic is **Health Impact of Heat on Older Adults.** There will be a short presentation, plenty of time for questions, and blood pressure readings. *Light refreshments will be served.*

We plan to resume these presentations in the fall.

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 JULY\*

Mahjong – every Wednesday, 9:30-11:30  
Bingo – July 15, 2-4

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

### What is the Northern Hilltowns Consortium of COAs?

The Northern Hilltowns Consortium of COAs includes the town Councils on Aging of Williamsburg, Westhampton, Chesterfield, Goshen, Worthington, Cummington and Plainfield. This group of COAs has been meeting monthly since the late 1990s. It is a partnership, collaboration, support group, and network of dedicated, knowledgeable, and highly effective COA leaders. The group focuses on ways to improve quality of life, help maintain independence, and reduce isolation and loneliness to support aging in place in the Hilltowns. The consortium collaborates to get grants and create worthwhile events to bring to you and our communities.

Residents of the Hilltowns are welcome to attend events at any of the Consortium COAs. For more information, including a calendar of events and the newsletters for all of the seven consortium COAs, check out the website: <https://northernhilltownscoas.org/>

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#### Programs, Activities & Resources ~~attached 2 page sheet~~

Included in this issue of the newsletter is a 2 page "Programs, Activities & Resources" sheet. Although some of it is duplicative of page 4 of the newsletter, you will find more information here. Our hope is that you will hang on to these 2 pages, and refer to them as needed. Our plan is to update this every 6 months or so. If there is information that you don't see here that you think would be beneficial, please let us know.

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COMPUTER WORKSHOPS IN CHESTERFIELD

Free computer workshops and tech support sessions continue in Chesterfield. See the regional section of this newsletter for additional information.

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 _____

YOUR COMMUNITY CONNECTOR

Jennifer O'Connell is working for the Hilltown COAs as the Community Connector. She is available to help Hilltown residents who are experiencing challenges, hardship and/or need assistance. She can help you with:

- Benefits such as Fuel Assistance, SNAP, Social Security
- Living independently at home
- Arranging for repairs
- Connecting to local groups
- Transportation; and more.

Any and all inquiries are welcome.
Call Jennifer at 413-296-4536 ext. 110 or email communityconnectjo@gmail.com

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### MAHJONG

#### Weekly games every Wednesday\* Community House dining room

Meg Allard and Nancy Gokey continue to host 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 June 24.**

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### ELDER LAW EDUCATION GUIDE

The 2026 Elder Law Education Guide is now available online. It covers a vast range of subjects including: Estate Planning, Probate & Estate Tax Considerations, Health Care Decisions, Pensions, Social Security, Medicare, Medicaid, Veterans' Benefits, Older Adult Driving, Elder Abuse and Exploitation, Bankruptcy, Reverse Mortgages, Long Term Care Insurance, and much more. Find it online here:

[https://www.massbar.org/docs/default-source/default-document-library/elep\\_booklet\\_0409-mb-2-\(6\).pdf?sfvrsn=e892eab6](https://www.massbar.org/docs/default-source/default-document-library/elep_booklet_0409-mb-2-(6).pdf?sfvrsn=e892eab6)

| Monday                                                               | Tuesday                                                                                      | Wednesday                                                                | Thursday                                                                              | Friday                                                      | Sat/Sun      |
|----------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------|--------------|
| <p>1<br/>9:30 Healthy Bones &amp; Balance<br/>10:30 coffee hour</p>  | <p>2<br/>12 Grab &amp; Go<br/>3:45 Healthy Bones &amp; Balance</p>                           | <p>3<br/>9:30 <b>Mahjong</b></p>                                         | <p>4<br/>9:30 Healthy Bones &amp; Balance<br/>10:30 coffee hour<br/>1 Needlework</p>  | <p>5</p>                                                    | <p>6/7</p>   |
| <p>8<br/>9:30 Healthy Bones &amp; Balance<br/>10:30 coffee hour</p>  | <p>9<br/>12 Grab &amp; Go<br/>1 Living Fully<br/>3:45 Healthy Bones &amp; Balance</p>        | <p>10<br/>9:30 <b>Mahjong</b></p>                                        | <p>11<br/>9:30 Healthy Bones &amp; Balance<br/>10:30 coffee hour<br/>1 Needlework</p> | <p>12<br/>10:30 <b>Computer workshop (Chesterfield)</b></p> | <p>13/14</p> |
| <p>15<br/>9:30 Healthy Bones &amp; Balance<br/>10:30 coffee hour</p> | <p>16<br/>9 <b>Health Talk</b><br/>12 Grab &amp; Go<br/>3:45 Healthy Bones &amp; Balance</p> | <p>17<br/>9:30 <b>Mahjong</b></p>                                        | <p>18<br/>9:30 Healthy Bones &amp; Balance<br/>10:30 coffee hour<br/>1 Needlework</p> | <p>19</p>                                                   | <p>20/21</p> |
| <p>22<br/>9:30 Healthy Bones &amp; Balance<br/>10:30 coffee hour</p> | <p>23<br/>12 Grab &amp; Go<br/>3:45 Healthy Bones &amp; Balance</p>                          | <p>24<br/>11:30 <b>SUMMER PICNIC (in Community House Auditorium)</b></p> | <p>25<br/>9:30 Healthy Bones &amp; Balance<br/>10:30 coffee hour<br/>1 Needlework</p> | <p>26<br/>10:30 <b>Computer workshop (Chesterfield)</b></p> | <p>27/28</p> |
| <p>29<br/>9:30 Healthy Bones &amp; Balance<br/>10:30 coffee hour</p> | <p>30<br/>12 Grab &amp; Go<br/>3:45 Healthy Bones &amp; Balance</p>                          |                                                                          |   |                                                             |              |

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](mailto: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, July 3** with Piper Sagan at the Community House. The cost is \$50 for Cummington residents and \$60 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, June 9. For more information, contact [annieb@crocker.com](mailto:annieb@crocker.com) or [fandellaf@gmail.com](mailto: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](mailto:coaTechHelp@gmail.com) to arrange a home visit.

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

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

**MassHealth/Medicaid**

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

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

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

Pamela Howland, Nancy Jamison, Georgia Glovatsky, Judith Jenkins, Douglas Bailey, Lawrence Pasko, Daniel Smith, Rosemary Seifert-Graf, Maureen Tumenas, Lisa Harvey, Carolyn Urekew, Thomas Tear, Robin Robbins, George Fenton, Jeffrey Vanasse, Stefanie Wondriski-Clark, Lisa Edson, Jeffrey Guiel, Michael Witt, Elise Scheidel, Scott Brown, Michael Cronin, Robert Douyard, Steven Paul, Donna Vanasse

# YOU ARE INVITED TO THESE NEARBY EVENTS

The Klines  
Music of Appalachia and Small Town America  
**Everybody is welcome!**  
Sunday, June 21, 2026  
3:00 P.M.  
At the Plainfield Congregational Church



Jim Armenti, Michael Kline, Carrie Kline & Joe Blumenthal



Michael and Carrie Kline's voices carry the songs with truth and authenticity, and their guitar accompaniments and haunting harmonies get you where you live. With their focus on West Virginia history and tradition, the Klines' performances give voice to the thousands of oral histories and musical performances they've recorded in both WV and Western MA

The Goshen COA invites you and your family to a **FREE**

## Ice Cream Social!

**Saturday, June 27th from 1-3pm**  
**Tilton Town Field**  
Wing Hill Rd. Goshen  
*(Rain location: Goshen Town Hall)*

**Featuring live music by...**  
Sidetracked

*Music & ice cream... can it get any better?*

The COA board will be scooping out bowls of ice cream and we will have plenty of toppings.

Come have a sundae and listen to some fun music at our beautiful Tilton Town Field!

There are a few picnic tables but feel free to bring your own chair.

**ALL AGES from ALL TOWNS WELCOME**  
to this **FREE** event!

*Event made possible by a grant from the  
Goshen Cultural Council / MA Cultural Council*



## IMPORTANT INFORMATION FROM THE NORTHWESTERN DISTRICT ATTORNEY'S CONSUMER PROTECTION UNIT

### SCAM ALERT!

If someone knocks on your door offering to repair your roof, fix your chimney, or do other home improvement projects, **it could be a scam!**

- Resist the pressure to act quickly even if it sounds like a good deal
- Get at least 3 written estimates before hiring someone to do work at your home
- Check their license with the state at 888-283-3757
- Never pay for the entire project up front
- Get a written contract even for small repairs

**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





# June Regional News

## HILLTOWN MARKET



Hilltown Market is open and ready for orders! See what's new this year and support local farmers while getting quality, delicious, local food!

The Hilltown Market's brick and mortar location is open Tuesday to Saturday 10AM to 5PM at [19 Sawyer Road, Worthington](#).

We do home delivery and drop-off at local businesses around the Hilltowns starting June 1st. We currently do door to door **delivery for a \$5 fee** to help us cover gas and labor. Picking up from pickup locations is totally free. You can find information regarding pickup on the [Hilltown Market Shop](#) webpage in early June.

For more information please contact Jake Russell, Director of Community Food Resilience at Hilltown CDC. 413-296-4536 ext 116 or by email [JakeR@Hilltowncdc.org](mailto:JakeR@Hilltowncdc.org). Our Community Connector, Jen O'Connell, also is available to help with [online ordering](#). She can be reached by email at [communityconnectjo@gmail.com](mailto:communityconnectjo@gmail.com) or by phone, 413-296-4536 ext 110.

Enjoy this Hilltown food resource. Access to fresh healthy food should be for everyone. The Hilltown CDC is working hard to make sure that no-one is left behind. Regardless of your economic status we want to ensure that our community is eating food produced by their neighbors. If you need help, want to help, or know someone who fits either of those categories let us know!

## TECH TALK

### Should I be charging my tech devices to 100%?

No! Your smartphone and your other devices do not need a 100% charge to run efficiently. Keep your battery charge between 30% and 80%. Once the level hits 30% charge it a bit. This level is best for keeping a battery healthy. If you remember, unplug it at 80%. Don't charge all night.

For devices, like a laptop or tablet, constantly being plugged in is not good for battery health. Keeping a device plugged in will stress the battery, not preserve it. Batteries, like people, need exercise. Use the device on battery power then recharge.

Folks often wonder if they have damaged their tech device if the battery runs down to zero percent. No, completely depleting the battery does not break it or the device. Although it should be avoided, it's not a catastrophe.

You can check the health of an iPhone battery by opening the **Settings** app. Tap the menu item **Battery**. On the next screen look for and tap **Battery Health and Charging**. The screen will show a percentage representing battery health. If it is under 80% the paragraph below may say the battery is "significantly degraded". Sounds bad!

It's not!! It only means you have to charge it more often. The percentage is a comparison with how long the charge lasted when it was new. For example, my iPhone battery says 79%. I use it a lot each day and find I only need to charge it in the evening. I'm happy with that. It's personal preference. Be wary. The recommendations come from the same company trying to up-sell you.

What if your battery dies out completely or needs a charge every few hours? Replace it, rather than spring for a brand new device. Batteries can be replaced. And if you do decide to buy another device, buy refurbished!

## GOOD NEWS FOR JUNE 2026

By Deb Hollingworth

Research shows over 80% of home care help for seniors and the disabled in this country is provided by family. It's estimated over 50 million family caregivers are helping with: errands, housework, transportation to medical appointments, laundry, medication oversight, money management and personal care like help with a shower, getting dressed or daily grooming. That's up 40% in the last decade as our population ages. AARP surveys suggest caregivers are providing an average of 24 hours of help per week. Without going into how much this might cost if families weren't helping, surveys show 78% of caregivers incur out of pocket costs, averaging around \$7,000 each year. A disproportionate amount of this falls on lower income households. AARP says 10% of adults consider themselves caregivers when asked. That's 1 in 10 American adults. In the last 2 months Good News articles, we've talked about where to go to get home care help, and who might help with the cost? This month, let's look at ways family caregivers can get paid.

MassHealth has 2 programs where you can hire your own caregiver, and that caregiver can be a family member, or friend... anyone you are not married to. To qualify: you must be 18 or older, have a primary care physician, need significant daily assistance, and be eligible for MassHealth. Your home, or the caregiver's home if you move in with your caregiver, must meet health and safety guidelines. This program works well for young disabled adults as well as seniors.

The Adult Family Care (AFC) program RN makes an initial assessment to determine needs and provides ongoing RN support making home visits on a routine schedule. This program also provides social work support to help with issues including paperwork, and help for the caregiver locating additional resources if/when needed.

The AFC program pays a 24/7 caregiver to provide or manage care that includes getting you to medical appointments, providing meals, grocery shopping,

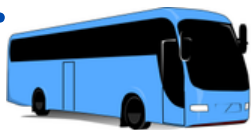
laundry, personal care and socialization. This works whether you live with your caregiver, or your caregiver moves in with you.

Example: Mary Smith lives with her daughter and goes to a day program during the week while her daughter works. She also receives PT, and other services which her daughter coordinates. The AFC program pays Mary's daughter a monthly tax free stipend for the care and services she manages for her Mom. For more information on AFC program providers, you might start with a call to Highland Valley Elder Services 413-586-2000 and ask for an Options counselor.

The PCA program (Personal Care Attendant) is another MassHealth program that pays family caregivers for the hours of hands on help you need. To be eligible, you can be any age, have a primary care physician, need hands-on care, and be eligible for MassHealth. The PCA program RN makes the initial assessment and determines a Care plan that is reviewed annually unless medical conditions change, in which case the RN can make changes to your Care plan. You must need help with hands on personal care....as the program name suggests. Your Care plan might allow for 9 hours of help a week, or more, depending on your need. (The most generous Care plan I've seen was for 90 hours of help weekly for a quadriplegic). Your PCA worker(s) can be friends, neighbors, family or someone you hire from the State PCA registry. You must be able to hire/fire/supervise your worker, or have a surrogate that provides that oversight. One of the oldest PCA program providers in our area is STAVROS for Independent Living located in Amherst. For more information you can contact them at 413-256-0473 or Highland Valley and ask for their Information and Referral department or their Options counselor.

Both these programs require you to be eligible for MassHealth which has financial eligibility guidelines. To learn more about MassHealth regulations, you can check with your COA to see if a SHINE counselor would be the way to start.

## 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](mailto:francine.frenier@gmail.com)

**Mail: 11 Stage Rd. Williamsburg, MA 01096**

*Day Trip July 12, 13, 14 or 15th Tall Ships in Boston.* Contact First Choice Tours 413-665-9090 for additional info.

Also, Southamptn Senior Center has a trip scheduled for July 13th. Cost is \$157. Departs at 6am. Call 413-529-2105 to sign up.

*Day Trip August 3rd Encore Casino.* \$50 Cost Includes: bus transportation round trip, driver's gratuity & \$20 in free slot play. Meals on your own. Make check payable to Francine Frenier and mail to address above by July 1, 2026. **Just 8 more** passengers are needed for this trip to go.

*Day Trip September* Date 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.

**TECH CONNECT**  
SUCCESS FOR OLDER ADULTS



**TECH HELP FOR JUNE**

### TechHub workshops & tech support sessions

Chesterfield workshops are one hour beginning at 10:30am and technical support will follow from 11:30 to 1:30. Sessions will be held at 400 Main Rd., Chesterfield, downstairs. Classes are free and there is no need to register.

### Workshops in Chesterfield

June 12      Designing with Canva  
June 26      Zoom Basics

**Tech Support home visit is available by appointment.** Call or message 413-296-5080 to arrange a home visit.

**Devices for you: Refurbished PC laptops** 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 from us 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, 6/18

Westhampton Library Drop-In tech support, from 2:00 to 4:00, 4th Thursday 6/25

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, 6/9

Worthington tech support - contact Eileen Daneri [eadaneri@gmail.com](mailto:eadaneri@gmail.com).

