

Cummington Council on Aging



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

**Art class reception on Saturday, October 10, 5-7
see page 3**

Bingo on Wednesday, October 14, 2-4 - see below

**Lunch & Learn Program -- Stay ahead of Scammers
on Tuesday, October 20, 11:30-1 (registration
required) - see page 2**

**Vaccine clinic on Wednesday, October 21, 10-1
(registration required) - see page 4**

**Coffee Hour Health Talk on Monday, October 26,
10:30-11:30; Topic: From Prevention to
Management: Making Sense of Lab Tests and
Screenings - see page 3**

BINGO

**Wednesday, October 14, 2-4 p.m.
*Community House dining room***

Join us in the dining room of the Community House
for some fun, free, casual games of Bingo on

Wednesday, October 14 from 2-4 p.m.!

A lovely opportunity to get together, play some low-
key games of Bingo and win fun prizes!

33 Main Street
P.O. Box 95
Cummington, MA 01026
413-634-2262, option 8
[croumeliotis@
cummington-ma.gov](mailto:croumeliotis@cummington-ma.gov)

[https://www.cummington-
ma.gov](https://www.cummington-ma.gov)
[https://northernhilltownscoas.
org](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 NOVEMBER\***

Lunch & Learn – Tues., November 3,  
11:30-1

Health Talk - Mon., November 16, 10:30-  
11:30

Thanksgiving potluck lunch - Wed.,  
November 18, 11:30

**\*look for more information on these events in  
the November newsletter**

**JOIN US FOR OUR SECOND FREE LUNCH & LEARN PROGRAM**

**STAY AHEAD OF SCAMMERS**

**PRESENTATION AND Q&A BY ANITA WILSON AND CAROLYN YOUNG OF THE  
NORTHWESTERN DISTRICT ATTORNEY'S CONSUMER PROTECTION UNIT**

**TUESDAY, OCTOBER 20, 11:30-1, Community House dining room**

**LUNCH PROVIDED BY ALICE'S KITCHEN**

**REGISTRATION REQUIRED**

**PLEASE CONTACT THE COA BY OCTOBER 16 TO REGISTER**

**Call 634-2262, option 8; or email [croumeliotis@cummington-ma.gov](mailto:croumeliotis@cummington-ma.gov)**

Stay ahead of scammers to keep your money and personal information safe. Anita Wilson and Carolyn Young from the Consumer Protection Unit of the Northwestern District Attorney's Office will share tips to help recognize the signs of a scam and tricks scammers use to gain trust. They will also share information about how to protect against identity theft.

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**SIGN UP NOW FOR OUR THIRD FREE LUNCH & LEARN PROGRAM**

**LEARN ABOUT MEDICAL ALERT DEVICES/SYSTEMS**

**PRESENTATION BY CHARLIE HAYES, SOCIAL SERVICES PROGRAM  
MANAGER AT THE HILLTOWN CDC**

**TUESDAY, NOVEMBER 3, 11:30-1, Community House dining room**

**LUNCH PROVIDED BY ALICE'S KITCHEN**

**REGISTRATION REQUIRED**

**PLEASE CONTACT THE COA BY OCTOBER 30 TO REGISTER**

**Call 634-2262, option 8; or email [croumeliotis@cummington-ma.gov](mailto:croumeliotis@cummington-ma.gov)**

Learn about medical alert devices/systems. Charlie Hayes, Social Services Program Manager at the Hilltown CDC, will share information about medical alert devices and systems. We will learn how they work, how to get one, and why they are important to have. Bring your questions to this timely and critical conversation.

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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\_\_\_\_\_

## COFFEE HOUR HEALTH TALKS

### COMMUNITY HOUSE DINING ROOM

Public Health Nurses from the Northampton Dept. of Health and Human Services will be joining us for a **monthly Health Talk** during **Monday morning coffee hour – between 10:30-11:30**. There will be a short presentation, time for questions, and optional blood pressure readings. Light refreshments will be served. No registration needed.

**Monday, October 26, 10:30-11:30 -- From Prevention to Management: Making Sense of Lab Tests and Screenings**

**Monday, November 16, 10:30-11:30-- Healthy Minds, Healthy Aging: Mental Health for Older Adults**

*\*NOTE: Monday morning coffee hour follows exercise class; you do not need to attend exercise class to attend coffee hour*

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## SAND BUCKETS

We are working with the fire department again to have 5-gallon buckets of sand delivered to you. If you would like sand delivered to your house, contact the COA as soon as possible. Please do not assume that sand will be brought to you just because you have received it in previous years. Let us know if you have an empty bucket to return.

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



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## ART CLASS SHOW & RECEPTION

### art show: month of October

### reception: October 10, 5-7

### Community House art gallery/dining room

The COA's art class has been meeting for several years, with a solid group of 8 or so members, including younger members. Class begins with a warm-up drawing exercise and then everyone is free to do what they want to do. Most recently, the class was able to practice En Plein Air painting. **The class's work will be on display in the Community House art gallery for the month of October. There will be a reception on Saturday, October 10<sup>th</sup>, from 5-7. Please stop by!**

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## SCAM ALERT!

Look out for possible scams on social media!

- Shopping scams offering high-priced items for cheap. Sometimes orders never arrive or are not what was ordered.
- Investment scams using ads and testimonials offering fool-proof investments.
- Romance scams where they build a love connection then invent problems and ask for money.

**To avoid scams on social media:**

- Limit who can see your posts and contacts on social media.
- Never let someone you met on social media direct investment decisions.
- Before you buy, check out the company. Search online for its name plus "scam" or "complaint."

**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

# VACCINE CLINIC - OCTOBER 21, 10-1 REGISTER NOW!

## COMMUNITY HOUSE AUDITORIUM

Get your Flu and Covid vaccines at the October 21<sup>st</sup> vaccine clinic at the Community House.

Registration required.

register online: [northamptonma.gov/2219/vax](https://northamptonma.gov/2219/vax)  
or call 413-587-4903

See more details on the flyer below. Need more help ? Call the COA at 634-2262, option 8.

## FALL VACCINE CLINIC

### Cummington Community House

33 Main St, Cummington, MA 01026

Wednesday  
October 21, 2026  
10:00am – 1:00pm



OR REGISTER ONLINE:

[northamptonma.gov/2219/vax](https://northamptonma.gov/2219/vax)



Hampshire Public Health  
Shared Services Collaborative  
Prevent. Promote. Protect.



**FLU VACCINE**  
Regular (6mos +)  
High Dose (65+)



**COVID Vaccine**  
Pfizer (65+)  
18+ & considered high risk.

\*If you are 18 + and unsure about getting a COVID vaccine, talk with your primary care provider. If they recommend vaccination, we can provide it at our clinic after you complete a vaccine eligibility screening questionnaire.



**NEED HELP REGISTERING?**  
Call: 413-587- 4903  
[nurses@northamptonma.gov](mailto:nurses@northamptonma.gov)

- Please bring your insurance card, vaccines are free to you
- Limited Walk-ins, pre-registering is recommended



## HOMEBOUND VACCINE PROGRAM

Amherst, Chester, Chesterfield, Cummington, Easthampton, Granby, Hadley, Hatfield, Huntington, Middlefield, Northampton, Plainfield, Southampton, Worthington



SCAN THE QR CODE



OR REGISTER ONLINE

[northamptonma.gov/2219/vax](https://northamptonma.gov/2219/vax)



Hampshire Public Health  
Shared Services Collaborative  
Prevent. Promote. Protect.



**NEED HELP REGISTERING?**  
Call: 413-587- 4903



**COVID VACCINE**  
Pfizer



**FLU VACCINE**  
Regular and High Dose  
(available during flu season)

- Homebound visit available for Covid, Flu vaccine for ADULTS only
- Homebound includes persons with limited mobility and/or difficulty getting out of the home and their caretakers.
- Please have your insurance card available



Are you homebound? Contact  
the Northampton Dept. of  
Health and Human Services for  
help. 413-587-4903

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## OTHER LOCAL VACCINE CLINICS

register online:

[northamptonma.gov/2219/vax](https://northamptonma.gov/2219/vax)

or call 413-587-4903

FRIDAY, OCTOBER 16, 9 A.M.-12 P.M.

CHESTERFIELD COA & COMMUNITY  
CENTER

TUESDAY, OCTOBER 20, 3-5 P.M.

PLAINFIELD SAFETY COMPLEX

| Monday                                                                                   | Tuesday                                                                                                       | Wednesday                                                       | Thursday                                                                         | Friday    | Sat/Sun                                             |
|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------------------------------------|-----------|-----------------------------------------------------|
|                                                                                          |                                                                                                               |                                                                 | 1<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 coffee<br>hour<br>1 Needlework  | 2         | 3/4                                                 |
| 5<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 coffee<br>hour                          | 6<br>9 Art class<br>12 Grab & Go<br>3:50 Healthy<br>Bones &<br>Balance                                        | 7<br>9:30 <b>Mahjong</b>                                        | 8<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 coffee<br>hour<br>1 Needlework  | 9         | 10/11<br>10/10 at 5: <b>Art<br/>class reception</b> |
| 12<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 coffee<br>hour                         | 13<br>9 Art class<br><b>1 Living Fully</b><br>12 Grab & Go<br>3:50 Healthy<br>Bones &<br>Balance              | 14<br>9:30 <b>Mahjong</b><br><br>2-4 <b>BINGO</b>               | 15<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 coffee<br>hour<br>1 Needlework | 16        | 17/18                                               |
| 19<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 coffee<br>hour                         | 20<br>9 Art class<br>11:30 <b>Lunch &amp;<br/>Learn</b><br>12 Grab & Go<br>3:50 Healthy<br>Bones &<br>Balance | 21<br>9:30 <b>Mahjong</b><br><br>10-1 <b>VACCINE<br/>CLINIC</b> | 22<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 coffee<br>hour<br>1 Needlework | 23        | 24/25                                               |
| 26<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 <b>Coffee<br/>Hour Health<br/>Talk</b> | 27<br>9 Art class<br>12 Grab & Go<br>3:50 Healthy<br>Bones &<br>Balance                                       | 28<br>9:30 <b>Mahjong</b>                                       | 29<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 coffee<br>hour<br>1 Needlework | <b>30</b> | 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](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 3:50-4:50

### **Coffee hour**

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

### **Needlework group**

Thursdays from 1 to 3 p.m.

### **Mahjong**

Wednesdays from 9:30-11:30. **Beginners are welcome!**

### **Foot care clinic**

The next foot care clinic will be on **Friday, November 6** 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.

### **Living Fully, Aging Gracefully**

The next Zoom meeting for this group is Tuesday, October 13. 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.

### **Exercise Equipment**

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

### **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. **See information on other drop-in centers in the Regional section of this newsletter.**

### **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 October**

Mildred Stevens, Ronald Wolf, Judith Suriner, Harriette Laurent, Jeffrey Matuewezski, Audrey Marcoux, John Earls, Howard Meister, Marguerite Yamilkoski, Stephen Yoshen, Mark Malinak, Patricia Keith, James Messineo, Jerome Dwight, Jane Crosby, Ilene Diamond, Robert Taylor, Ilse Godfrey, Tracy Ribken, David Cuddahy, Ben Bederson, Daniel Fitzgerald, Karl Cyr, Shari McCarthy, Janet Pixley, Ellen Paul

## YOU ARE INVITED TO THESE PROGRAMS IN GOSHEN

## Sharing and Caring: A Memory Cafe

A group led by two speech-language pathologists  
for adults with memory loss and their care partners.



Every 1st Thursday, 1pm-2:30pm, Oct 2026-Jun 2027

John James Memorial Town Hall, 42 Main St. in Goshen, MA

Contact Kerry at [COA@goshen-ma.us](mailto:COA@goshen-ma.us) or (413) 268-8236, ext. 118

# Take a RIDE!

**Western Mass Wheelers**  
Everyone deserves the joy of biking.

with the **WESTERN MASS WHEELERS!**

Come experience the joy of cycling!

**FREE**  
to take a ride!

**NO BIKING EXPERIENCE is necessary!**

**WEDNESDAY, OCTOBER 14**

**2:30 PM**

**GOSHEN TOWN CENTER PARKING LOT**

**RAIN DATE:** The event will be rescheduled in the event of inclement weather.

**Questions?**  
Joan Griswold  
[joan@bybhealth.com](mailto:joan@bybhealth.com)  
413-537-8337

Thanks to the Western Mass Wheelers for making the joy of biking possible for all!



# October Regional News

## Seniors Aware of Fire Education



October is Fire Safety Month, making it a good time to take a few minutes to review your family's home escape plan. Fires can spread quickly, and having a plan ahead of time can make a big difference.

- Know two ways out of every room.
- Keep hallways, doorways, and stairs clear.
- Practice your escape plan with everyone in your household.
- Keep glasses, keys, medications, and a phone where they can be easily reached.
- Choose a meeting place a safe distance from your home.
- When a smoke alarm sounds, get out and stay out. Call 911 from a safe location.

A few minutes of planning today can help protect you and your loved ones when every second counts.

Stay SAFE this Fire Safety Month!

Capt. Steve Estelle,  
SAFE Educator  
Goshen Fire Department

### In case of a FIRE ---- CALL 911

If you have questions about fire related issues, see below.

#### FIRE DEPARTMENT Chief Contact Number

- Chesterfield **David Hewes** 413-296-4049
- Cummington **Adam Dragon** 413-634-0333
- Goshen **Cameron Lacey** 413-268-7161
- Plainfield **Rob Shearer** 413-634-5566
- Westhampton **Dave Antosz** 413-529-7181
- Williamsburg **Jason Connell** 413-268-7233
- Worthington **Michael Dondiego**  
413-238-4445



## TECH HELP FOR OCTOBER

TechConnect will be offering **Q&A style classes this fall on the second Tuesday of each month** at the Chesterfield COA Community Center. Bring your questions and contributions to our roundtable discussion. Hosted by Lizzy Canady from 1-2pm on the following dates:

10/13/2026: Putting your digital house in order  
11/10/2026: Medical Portals, taught by Peg Whalen  
12/8/2026: Artificial Intelligence: Trends & Topics

**No registration necessary.**

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

### Devices for you: Refurbished PC laptops

We have free refurbished laptops while supplies last. Please call 413-296-5080 and leave us a message if you are interested. If you received a device from us and are not using it, please call us to arrange a return so someone else can use it.

### Drop-in Centers *(no appointment needed)*

Sites open to residents of all towns  
(except Nash Hill location)

Chesterfield Community Center 400 Main Rd.

Weekly on Every Tuesday from 11:00 to 2:00

Goshen Library, Drop-In tech support from

12:00 to 2:00, 3rd Thursday, 10/15

Westhampton Library Drop-In tech support, from

2:00 to 4:00, 4th Thursday 10/22

Williamsburg

**Meekins Library** Drop-In tech support (call library for latest information) 413-268-7472

**Nash Hill Place** Resident Drop-In tech support from 10:00 to Noon, 2nd Tuesday, 10/13

Worthington tech support - contact

Eileen Daneri [eadaneri@gmail.com](mailto:eadaneri@gmail.com)



# GOOD NEWS FOR OCTOBER 2026

By Deb Hollingworth

Open Enrollment is here again...October 15th - December 7th where we have an opportunity to switch our health insurance. For those of us with Medicare Advantage plans (HMOs or PPOs) and those of us who have a Medicare D plan for our Rx coverage, this is the time each year when we can review our coverage, check out any changes ...and see if what we have, is what we want to keep for next year. If we don't do anything...our coverage will automatically renew January 1st for next year.

Here are the things we can do during Open Enrollment:

1. Enroll in a Medicare D plan, or switch your D plan.
2. Enroll in a Medicare Advantage plan, or switch Advantage plans.
3. Enroll for the first time in a Medicare Advantage plan.
4. Or drop your Medicare Advantage plan and switch back to original Medicare with a Medicare D plan.

If you need help figuring all this out...you can contact your SHINE counselor, Caroline Solan at Highland Valley 586-2000 and make an appointment to see her in person, or email her with your questions and she can help that way. [csolan@lifepathma.org](mailto:csolan@lifepathma.org).

Caroline works Wednesdays, but will have Tuesday appointments as well during Open Enrollment.

Last year SHINE appointments across the State were booked up quickly. If this happens again (as expected) you can also get help through Medicare by calling 1-800-633-4327..... 24 hours x day, 7 days a week! I have heard good reports from folks using the Medicare help line. And all you night owls can catch them when phone lines are perhaps less busy.

When calling the Medicare help line, they will encourage you to make a Medicare.gov account, a tool that lets you see the activity on your Medicare coverage. The Medicare.gov web site has good step by step directions on how to do that.

## BlueCross Blue Shield MA and Mass General Brigham Coverage Issues

Last month, there were news articles and letters about the BlueCross Blue Shield HMO/PPO Advantage plan changes regarding Mass General Brigham and Woman's primary care provider (PCP) coverage.

As of October 1st, Primary Care Providers are unable to bill the BlueCross Advantage plan, and consumers with BlueCross PPO's can expect to pay higher fees for their PCP visits.

Fortunately the October 1st deadline for coverage has been extended to December 31st. This extension allows for continuity of care, giving consumers time to make changes to their coverage.

If you have a BlueCross HMO Advantage plan, or a BlueCross PPO plan, you should call the customer service number on the back of your insurance card. And during Medicare Open Enrollment (October 15th - December 7th) you should consider switching to coverage that your PCP can bill.

Here are your options:

1. You can disenroll from your Advantage plan by enrolling in a Medicare D plan. (Enrolling in a D plan will automatically cancel your Advantage Plan)
2. You can enroll in another/different Medicare Advantage plan.
3. You can go back to "original Medicare" and enroll in a Medicare D plan so you have Rx coverage  
**(Any of these changes would take effect January 1st)**

If you go back to original Medicare with a D plan,.....remember you can enroll in a Medex-type supplement any time during the year if you need more coverage than original Medicare provides.

Still have questions? BlueCross customer service can help, or your SHINE counselor, or the Medicare help line at 1-800-633-4327.

## 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**

#### **NEW Day Trip Monday October 12th**

##### **Worthington COA Fall Foliage Bus Trip.**

Hudson River Narrated Cruise aboard the Rip Van Winkle II, choice of gourmet boxed lunch on board, and Market stop. Room still available.

Discounted price for Worthington seniors over 60 and \$140 for other seniors.

Call Phyllis at 413-238-5962 or email [coa@worthington-ma.us](mailto:coa@worthington-ma.us) for details & to reserve a seat.

#### **Trips in 2027**

##### **Multi Day Trip April 25- May 1 Savannah, Jekyll Island & Beaufort, SC. Seven days, six nights.**

Visit Savannah, "The Belle of Georgia," Magnificent Beaufort, SC "The queen of the Carolina Sea Islands," and the Port Royal Sound Maritime Museum

and more. Includes hotels, breakfasts and 4 dinners. Price \$987 per person, double occupancy. A \$25 discount is given if paid in full by January 25, 2027. Sign up NOW and pay later. Make the check payable to Diamond Tours and mail to the address above *after the first of the year.*

##### **Multi-day trip Chicago, 7 days, 6 nights,**

The partial itinerary includes a tour of Chicago, a skyline cruise on Lake Michigan, a visit to historic Navy Pier and museums. Includes hotels, breakfasts and 4 dinners. Price \$946 per person, double occupancy. A \$25 discount is given if paid in full by July 17, 2027. Sign up NOW and pay later. Make the check payable to Diamond Tours and mail to the address above.

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Please email Francine NOW so she can see if there is enough interest to make these trips a go:

**** 3-day/2 night trip to Baltimore to see the Red Sox play a game against the Baltimore Orioles along with some sightseeing and visit to the National Aquarium. Waiting for the 2027 MLB schedule to come out in December to determine dates.**

**** Day trip for shopping and lunch.**

TechConnect TECH TIP from Peg Whalen

Blue light is just one of the ways tech devices can interfere with sleep. It's The blue light from a phone, laptop, or other device confuses the brain into thinking it's time to wake up instead of fall asleep. Electronic screen light comes in all colors, but the blues are the worst. Blue light fools the brain into thinking it's daytime. When that happens, the body stops releasing a sleep hormone called melatonin. Melatonin is nature's way of helping us wind down and prepare for bed. The body starts releasing it a couple of hours before bedtime. Darkness helps trigger the release of melatonin; blue light delays it. It is best to shut off alerts when you go to sleep and keep screens that emit light out of your bedroom, dimmed or off.