

Cummington Council on Aging



ICE CREAM SOCIAL
AUGUST 15, 2-5 P.M., Pettingill Park
FREE!! ALL AGES!!!

Please join the Council on Aging and the Recreation Committee for an afternoon of ice cream, games and music on **Saturday, August 15th from 2-5 p.m. at Pettingill Park on Main Street.** Join us to:

- PLAY** assorted lawn games
- LISTEN** to music by local musicians
- EAT** ice cream sundaes with Snow’s ice cream and a large array of toppings! We will also have assorted sorbets as well.

You are welcome to bring your own picnic. Please spread the word to your friends, family and neighbors. We look forward to seeing you.

OUT OF THE OFFICE

Please note that I will be out of the office between Sunday, August 16 and Monday August 24. I will begin responding to voicemails and emails on Tuesday, August 25. All programs will continue to run as usual during this time.
Be well, Chrisoula

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>

Coordinator
Chrisoula Roumeliotis

Board of Directors
Worth Noyes, Chair
Ann Eisenhower, Recording Secretary
JoDee Simard, Treasurer
Gail Roberge
Brenda Emerson-Camp
Fionnghuala Reagan
Associate member: June Lynds

- 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 SEPTEMBER\***  
Lunch & Learn – Tuesday, September 15, 11:30 (registration required)  
  
Potluck lunch – Wednesday, September 23, 11:30  
**\*look for more information on these events in the September newsletter**

FARMERS' MARKET COUPONS

Farmers' Market Coupons are the equivalent of cash and can be used at various farmers' markets, including the Hilltown Market in Worthington, for fresh produce and honey. This is a great program that gives you \$25 (for free!) to spend at a farmers' market. If you meet the eligibility guidelines 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. Turn to **page 5** for specific eligibility guidelines/information, as well as the program's non-discrimination statement.

NEW UPCOMING PROGRAMS

Coffee Hour Health Talks

Health Talks will resume this fall, at a new day and time. Starting on Monday, September 28, we will have a **monthly Health Talk** during coffee hour – between 10:30-11:30. Look for details in the September newsletter.

Lunch & Learns

Starting in September, we will be launching a new series, called **Lunch & Learns**. These will be **free monthly presentations** on various topics. We will provide a catered lunch. See below for information on the first of the series. Also, look for additional details in the September newsletter. Please note: because the lunch will be catered, **registration is required** so that we know how much food to order!

JOIN US FOR OUR FIRST LUNCH & LEARN PROGRAM

THE REFUGEE HOSTEL: THE REAL CUMMINGTON STORY

Presentation by Grayson Hawthorn

TUESDAY, SEPTEMBER 15, 11:30-1

PLEASE CONTACT THE COA TO REGISTER BY SEPTEMBER 7

In 1940, Rev. Carl Sangree of the Cummington Congregational Churches opened a hostel on Main Street for German and Austrian refugees. Sangree and others assisted them as they adjusted to their new lives in America. The hostel was established to support the new arrivals with housing, food, English language skills, and employment. Many of the refugees fled from Europe due to Nazi Germany's rise to power, and faced challenges throughout their journey, whether it was visa issues or treacherous conditions. Over the next four years, 39 refugees stayed at the hostel, including professors, artists, writers, children and more. In 1944, the United States Office of War Information produced a film titled *The Cummington Story* based on the refugee hostel, which was filmed in Cummington and starred a few of the actual refugees as well as local residents. This talk will focus on the story of the refugees, Carl Sangree, as well as *The Cummington Story*. *Grayson Hawthorn is the Assistant Archivist at the Kingman Tavern Museum.*

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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\_\_\_\_\_

| Monday                                                              | Tuesday                              | Wednesday                 | Thursday                                                                         | Friday | Sat/Sun                                                                                  |
|---------------------------------------------------------------------|--------------------------------------|---------------------------|----------------------------------------------------------------------------------|--------|------------------------------------------------------------------------------------------|
|                                                                     |                                      |                           |                                                                                  |        | 1/2                                                                                      |
| 3<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 coffee<br>hour     | 4<br>12 Grab & Go                    | 5<br>9:30 <b>Mahjong</b>  | 6<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 coffee<br>hour<br>1 Needlework  | 7      | 8/9                                                                                      |
| 10<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 coffee<br>hour    | 11<br>12 Grab & Go<br>1 Living Fully | 12<br>9:30 <b>Mahjong</b> | 13<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 coffee<br>hour<br>1 Needlework | 14     | 15/16<br><br><b>ICE CREAM<br/>SOCIAL<br/>AUGUST 15, 2-5<br/>P.M.<br/>Pettingill Park</b> |
| 17<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 coffee<br>hour    | 18<br>12 Grab & Go                   | 19<br>9:30 <b>Mahjong</b> | 20<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 coffee<br>hour<br>1 Needlework | 21     | 22/23                                                                                    |
| 24/31<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 coffee<br>hour | 25<br>12 Grab & Go                   | 26<br>9:30 <b>Mahjong</b> | 27<br>9:30 Healthy<br>Bones &<br>Balance<br>10:30 coffee<br>hour<br>1 Needlework | 28     | 29/30                                                                                    |

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.;

**NOTE:** The Tuesday class is cancelled for the summer

### **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, September 4** 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, August 11. 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 August**

Carol Kner, Jeanette Horton, Lucy Fandel, Ann Eisenhour, David Sprague, Maureen Horak, Dennis Gero, James Drawe, Susan Boulanger, George Thorn, Jan Storm, Beverly Prentice, Victor Morrill, Lenora Cote, Richard Hook, Mark Bevan, Michael Augspurger, Christopher Robertson, Estire Khibkin, Anne Barbour, Lynn LaFountain, Tammy Reid, Marcia Winseck, Susanna Matthews, Scott Short, Michael Skowronek, Kevin Martin, Sergei Isupov, Rebecca Golash, Caroline Smith, Shawn Thayer



## FARMERS' MARKET COUPONS

Sign up for \$25 worth of coupons that can be used like cash at various local farmers' markets for fresh locally grown produce and honey.

To be eligible, you must be 60 years old or older, or disabled and live in housing primarily occupied by older individuals where congregate nutrition services are provided, and have a household income at or below 185% of the federal poverty level.

For a household of 1, the income limit is \$29,526/year or \$2,461/month

For a household of 2, the income limit is \$40,034/year or \$3,337/month

Cummington residents: contact the Council on Aging at 634-2262 if you are interested or if you have any questions as soon as possible. Coupons are limited; first come, first served.

### Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). USDA is an equal opportunity provider, employer, and lender.

## SAVE THE DATE!

**SEPTEMBER 23, 2026, NOON**  
**Chesterfield Community Center**  
**400 Main Road**  
**COA Event for all Hilltown**  
**LGBTQ+ Residents & Allies**

We are coming together to share a meal, see folks we know and meet those we don't. Come talk about life in the Hilltowns and Happy Valley. This opportunity gives us space to share experiences, concerns and talk about life in or before retirement.

**RSVP requested: call 296-4007**

**For more information,**  
**contact Bev at**

**[henrichsen.bev907@gmail.com](mailto:henrichsen.bev907@gmail.com)**

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

### SCAM ALERT!

If you get a text message you weren't expecting, **it could be a scam!** What it looks like:

- A message saying there's a problem with payment information.
- An alert about suspicious charges to a bank account or a credit card.
- A package delivery notification.
- An invoice for unpaid tolls or traffic tickets.
- A notice for failure to report to jury duty.
- A bill for an expensive product or service you didn't order.
- A random message from a number you don't recognize or someone you don't know.

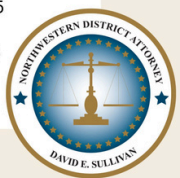
What to do: Don't reply. Slow down and verify the information independently. Block and report suspicious messages.

**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





# August Regional News

## Seniors Aware of Fire Education

Summer heat can be dangerous, especially for older adults. Heat related illnesses can develop quickly and become life threatening if not recognized and treated early.



**Heat exhaustion** occurs when the body loses too much water and salt through sweating. Signs may include heavy sweating, weakness, dizziness, headache, nausea, muscle cramps, and cool, clammy skin. If someone is experiencing heat exhaustion, move them to a cool place, offer water or a sports drink, loosen clothing, and apply cool wet cloths to help lower body temperature.

**Heat stroke** is a medical emergency. Signs include confusion, slurred speech, hot dry skin, seizures, or loss of consciousness. Call 911 immediately and begin cooling the person while waiting for help.

### During hot weather:

- Drink plenty of water.
- Avoid strenuous activity during the hottest part of the day.
- Wear lightweight clothing.
- Stay in air-conditioned spaces when possible.
- Check on neighbors, friends, and family members.

Stay cool, stay hydrated, and stay S.A.F.E. this summer!

Capt. Steve Estelle,  
SAFE Educator  
Goshen Fire Department

## TECH CONNECT SUCCESS FOR OLDER ADULTS **TECH HELP FOR AUGUST**

**Tech Support home visit is available by appointment.**

To arrange a home visit call or message  
**413-296-5080**

### **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 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)*

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

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, 8/20

Westhampton Library Drop-In tech support,  
from 2:00 to 4:00, 4th Thursday 8/27

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, 8/11

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



# GOOD NEWS FOR AUGUST 2026

By Deb Hollingworth

I'm going to take a stab at trying to clear up some confusion about the Medicare Savings Program (MSP) that many of you have applied for and gotten.

It's been 2 years now since Massachusetts dropped the asset limit and now determines eligibility based on income alone. This was a huge change for this Federal program. Only 12 states have dropped the asset requirement.

MSP...Medicare Savings Program is a Federal program which:

1. pays your Medicare B premium,
2. automatically enrolls you in the Extra Help program which subsidizes the premiums and co-pays for your Rx and
3. automatically makes you eligible for Health Safety Net which gives you free care at any Federally funded clinic or hospital.

MSP is administered by MassHealth. Which is where the confusion may start. If approved, you get a letter from MassHealth. MSP is not a MassHealth program....but you are given a MassHealth ID number and once a year, they send you a re-certification application (looks just like the 2 page MSP application you filled out originally). In order to keep your MSP, you need to complete and return that paperwork to MassHealth.

The Extra Help program that you were automatically approved for when you got MSP, is administered by social security. Fortunately, they don't require recertification every year. Extra Help automatically enrolls you in a Medicare D plan and pays the premium. And when you go to the pharmacy to pick up your Rx, the pleasant surprise is that co-pays are very

low for generics and no more than \$12.50 for any Brand name Rx. The beauty of Extra Help is that enrollment in a Medicare D plan happens automatically without your having to do anything. And as long as you keep your MSP...you will keep your Extra Help.

So where's the confusion?

1. I get calls from folks who say...I never applied for this Medicare D plan? So how did I get one?

It happened automatically...and if you don't like what you were assigned, you can switch. (A SHINE counselor can help with that.)

2. I get folks asking why they have a MassHealth ID number if they didn't enroll in MassHealth? And...medical providers seeing your MassHealth ID number in the system may say "Oh, I see you have MassHealth?"

To which you should answer, "No I don't have MassHealth, I have the Medicare Savings Program which is a Federal program, that subsidizes my Medicare". Even your doctor's office may not understand the difference.

3. Some folks that are approved for Medicare Savings Program have a low enough income to qualify for QMB, and those MSP folks will be mailed a MassHealth ID card. Don't throw it out!

QMB folks have the added benefit which pays any/all co-pays from medical providers. So, if you receive a MassHealth card in the mail, show it to your doctor, and make sure they have it in your medical record.

Questions?

Call your senior center, or your SHINE counselor at Highland Valley, Caroline Solan: 586-2000.

## 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 September 28, Monday. The Big E.** An annual favorite, free entertainment at The Court of Honor Stage. Frankie Avalon performs his hits. Cost \$18 for Northampton Seniors, all other seniors \$20. **Make your check payable to Francine Frenier and mail to the address above.** Due Now. NO REFUNDS due to bargain price. The bus leaves from Sheldon Field.

**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.

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

Call Phyllis for details at 413-238-5962 or email [coa@worthington-ma.us](mailto:coa@worthington-ma.us) to reserve a seat by September 1st.

### **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 Storowton'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. Wait list only.

### **Trips in 2027**

Watch for upcoming details on a **3-day/2 nights trip to Baltimore to see the Red Sox play** a game against the Baltimore Orioles along with some sightseeing. Waiting for the 2027 MLB schedule to come out in December to determine dates.

## **SCAM ALERT: BEWARE OF TEXT SCAMS**

The texts often warn you about a problem you didn't know existed and then try to get you to act quickly to resolve it. Some of the common ruses seen are contained in the scam alert on the last page. The Northwest DA Office Consumer Protection Unit encourages folks to report these types of messages by calling 413-586-9225. NWDA also encourages you to mark suspicious messages as SPAM and block the sender. Need help blocking, contact TechConnect to learn how, 413-296-5080



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# Courage in Cummington

## The World War II Refugees



- Saturdays, 2-5 from July 11 to August 29

- With extended hours for Hilltown History Trail— August 1, 10-5

**The Old Parsonage, 38 Main Street, Cummington**

**The Kingman Tavern Museum, across the  
street, is open for free tours on these dates!**



The Cummington Historical Commission has a special exhibit, "Courage in Cummington, the WWII Refugees," on display at the Kingman Tavern Museum. In 1940, Cummington minister Reverend Carl Sangree organized a temporary haven in a home in Cummington for recently emigrated European refugees. Between 1940 and 1944, a total of 39 refugees, many of whom were artists and intellectuals, used their time at the hostel to refine and retool their skills to find permanent jobs and homes in the United States. This exhibit centers the refugees' stories of exile and new experiences in America. This exhibit will run through the end of August. The museum is open on Saturdays from 2-5 and is located at 38 Main St., Cummington.