

Cummington Council on Aging

413-634-2262 P.O. Box 95, Cummington, MA 01026

coa@cummington-ma.gov

Carolyn J. Urekew, Director, Office Hours: Wednesday & Friday 9AM – 12PM



April 2014

The lunch bunch is on the road beginning **April 9th**. We will meet at the Village Church to carpool to Spruce Corner Resturant in Goshen. We have a 12:15pm reservation. This is an open invite to all Cummington ladies.

And speaking of lunch... Our March luncheon was fantastic with huge thanks to our entertainment Laura Wetzler who had graciously offered to perform for us. Laura engaged the audience to dance and sing along to favorites. The food... what can I say except a huge THANK YOU to you all who provided side dishes and desserts to go along with the Corned Beef and Cabbage and all the fixin's provided by the board. It was all delicious and if I do say so myself, we really outdid ourselves once again. I would also like to take this opportunity to thank Pat and Phillip Perrault (newcomers to Cummington) for donating the decorated cake. It was marvelous! Council on Aging Potluck luncheons are for Cummington seniors and invited guests.

The next potluck luncheon will be a celebration of Easter and Spring on **April 15th at 12pm** at the Community House. And just so you know, Carolyn will be providing baked Ham. So plan to join us for good food, good friends and good fellowship. Following lunch we will enjoy

A performance of "Mabel and Jerry" - A comedy in one act, by Steve Henderson will be held at the Cummington Community House, 33 Main Street on April 15, 2014 at 1:00 p.m. Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love any way they can. Think Romeo and Juliet meet Burns and Allen. A terrific performance free and open to Cummington seniors and invited guests. This program is supported in part by the Cummington Cultural Council, which is supported by the Massachusetts Cultural Council.

Coffee and Chat will be held on **April 1st 9 - 11 a.m.** Drop in anytime!

Board of Directors will meet April 3rd at 9:30a.m.

Osteoporosis Exercise class meets on Monday's at 9:30a.m. Sue Forgea leads this class. If you haven't been, do yourself a favor and go! Anything that can help prevent future health problems is a plus!

Needle crafters meet Monday afternoons at the Community House **1:30p.m.-3:30p.m.** All skill levels are invited to bring whatever project you may be working on and join them.

NEWS FLASH.... Important computer alerts!!!! From Ken Graf

On April 8th Microsoft will stop support for Windows Xp.

This means that even though Xp **WILL** continue working, Microsoft will no longer provide updates, **including security updates**. Your Xp computer will be at risk (although small) and any sensitive data such as banking information, charge card numbers etc. could possibly be hacked. If you do not use your computer for these purposes and do not have a written record of these numbers or your passwords the risk is smaller. Microsoft is urging Xp users to upgrade to a more recent operating system such as Windows 7 or (heaven forbid) Windows 8.

Many computers now using Xp can be updated to Windows 7. If you are concerned about this denial of services from Microsoft and you think that you would want to update to Windows 7 perhaps I can help. Give me a call at 634-8860. Also.. **Danger!!!! A scam called "Ammyy" is DANGEROUS!!!!** If you get a call from someone who asks you to type "Ammyy" anywhere in your computer.. **HANG UP!!! HANG UP!!! If you need more info about this scam please call me. Ken Graf**

Diabetes Self-Management Program

A six week program on self-management of diabetes will begin in Worthington on Wednesday April 16th, at 9am. Each of the six weekly sessions will last 2 ½ hours. This evidenced based class was developed by Stanford University. Participants will learn about management of their disease through teaching techniques that include lecture, discussion, brainstorming, demonstration, practice and role-play. Topics include: making action plans, monitoring blood sugar, healthy eating, problem solving, preventing complications, stress management, exercise, depression, foot care and more. Both facilitators of the class successfully completed the official Stanford University leadership training and have offered the

program once before in the Hilltowns. This, however, is the first time it will take place in Worthington.

Sponsored by the Hilltown Community Health Centers and Highland Valley Elder Services this program is open to any adult who has diabetes, is pre-diabetic or who takes care of someone with diabetes. It is also open to both patients and non-patients of the health center. Non-patients should be Hilltown residents. The Worthington Council on Aging has graciously offered use of their meeting room for the six weekly sessions. The COA meeting room is located at the R.H. Conwell School, 147 Huntington Rd., in Worthington. Registration for the program is required and it is recommended that you sign up as soon as possible since some spaces are already taken.

If you would attend call Mary Wheelan at 238-5511 X 149 or Enette Claxton-Toliver at 667-3009 X 230. There is no charge for the program. Please see the flier for this program. There is no charge for the sessions.

There are several residents of Hillside Terrace who would like to get enough interest in having a class there as well. Also, a Chronic Disease Self-Management class beginning in late May or early June at the Hilltown CDC in Chesterfield, possibly at an early evening time is being organized. Please call Mary or Enette if you have any questions, or would like to register for that as well.

Hilltown FRTA Senior Van Alert.. The standards for riders on the van for medical & shopping trips and for who have been riding with volunteer drivers through the FRTA senior transportation service have been reviewed by the FRTA as many of you know. It was discovered that guidelines were not being followed. Here's the current info you need to know.

- 1) All scheduled transportation must go through the dispatcher, **Ellie Loomis (268-7582) in Goshen.**
- 2) Individual drivers are a back up to the van: van must be occupied before drivers can be used.
- 3) The fare needs to be paid up front. \$1.00 each way for trips within town, \$1.50 each way for trips to adjacent town; \$2.00 each way for trips beyond an adjacent town.
- 4) Residents using FRTA transportation **MUST** complete an application that gives your emergency contact information. You can get the form from Carolyn COA Director or call 634-2262.
- 5) If you are on MassHealth (Medicaid) rides to and from appointments are available to you by calling the number on the back of your MassHealth card. The FRTA van is not available for your health appointments. You may use the van for shopping and trips other than medical appointments.

Even if you are not currently a regular van use rider, but may need to use it in the future... don't wait.. get the application and get it sent in. It does take time for FRTA to process them.

Dolphin Dancers children's performance group in performance!!!!

Save the Date: Friday April 4th 6pm or Saturday April 5th 3pm at the Community House. Showing new and favorite dance works, including the World Premiere of solos performed by **Eva Markham (Voices in my Head)** and **Willa Sippel (Disconnections)**. Everyone is invited.

April Calendar

Monday: Osteoporosis Exercise 9:30-10:30 AM
Board of Assessors Assistant 9:30-11:30 AM (office hours)
Town Admin. Asst. 9:00-11:00 AM
Needlework Group 1:30-3:30 PM
Bryant Library 6:00-9:00 PM

Tuesday: Town Admin. Asst. 9:00-11:00 AM
Coffee and Chat 1st Tuesday of month 9:00-11:00 AM
COA POTLUCK luncheon 3rd Tuesday of month 12:00PM
Board of Health meeting: 1st & 3rd Tuesday 7:00 PM
Veteran Agent 1st and 2nd Tuesday 9:00-11:00AM

Wednesday: COA office hours 9:00-12:00 PM
Chair Yoga 12:00-1:00 PM
Bryant Library 6:00-9:00 PM
Beginner Tap Dancing (Basement) 6:30 PM
Compactor 5:30-7:30 PM

Thursday: COA Board of Directors 1st Thurs. of month 9:30 AM
Town Clerk 6:00-7:30 PM
Selectboard 7:00PM
Board of Assessors mtg: 2nd & 4th Thursday 6:00-8:00PM
Building Inspector 6:00 – 8:00PM

Friday:
COA office hours: 9:00–12:00 PM

Saturday: Compactor 7:00-11:00 AM
Bryant Library 8:30 AM - 12:30 PM

Dates to remember

April 12th Palm Sunday
April 20th Easter Sunday

April 14th Passover begins
April 22nd Earth Day

April 18th Good Friday
April 25th Arbor Day

REFERRAL SOURCES

Cummington Council On Aging Carolyn Urekew, Director 413 634-2262
Office Hours: Wednesday & Friday 9AM - 12PM
COA Chairperson – Anne Parsons 634-5707
COA Co-Chairperson – Elliot Ring 634-5666
Email: coa@cummington-ma.gov

Elder Abuse

Hotline 800 922-2275

Highland Valley Elder Services 413 586-2000

Elder abuse refers to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult age 60 or over.

First Call for Help Information and Referral Resources 800 339-7779

Fuel Assistance Application and Recertification 800 370-0940

Food Bank of Western Massachusetts Brown Bag Program 800 247-9632

Food Stamps -Supplemental Nutrition Assistance Program(SNAP) 413 552-5400

H E N – Hilltown Elder Network (sponsored by Hilltown CDC) 413 296-4536

Jane Neri local HEN Coordinator Help inside the home and errands 413 634-5703

Veteran’s Agent Tom Geryk tgeryk@northampton.gov

****Hilltown Van** call Eleanor Loomis ASAP before trip 413 268-7582

**To Northampton – Tuesday (\$4.00)

**To Pittsfield on Wednesday (\$4.00)

Salvation Army Emergency Food, Fuel or Medication Vouchers 413 586-5336/6564

SHINE Any questions or SHINE need should be sent to the Regional office 413-773-5555, ext 2287 to be handled on a case by case basis. **Medicare & Drug Coverage Part D & Prescription Advantage**

Mass Health and New Health Coverage/Worthington Health Center

John Bergeron 413 238-5511

Northampton Survival Center 413 586-6564

Hilltown Food Pantry –*Goshen Town Hall – Diane Meehan, Dir. 413 268-7578

Each Wednesday 1-3PM; 3rd Wednesday 1-6PM

***Please note:** Clients of the pantry may pick up free boxes of groceries monthly, as available. Please bring social security numbers of all family members applying at this site.

**** Van Schedule:** The weekly run to Northampton is for shopping on Tuesdays mornings. Afternoons are for medical appointments. Other van runs will be made to Northampton, Pittsfield, or special field trips on an “as needed” basis. Call Ellie 268-7582 in advance!

**CUMMINGTON COA NEWSLETTER HAS BEEN FUNDED IN PART BY:
THE TOWN OF CUMMINGTON, THE EXECUTIVE OFFICE OF ELDER AFFAIRS AND
HIGHLAND VALLEY ELDER SERVICES.**

MUSIC MUSIC MUSIC

**WHO: JAMES KITCHEN AND THE APPLIANCES AND OLD
COUNTRY ROAD**

DATE: APRIL 27TH

TIME: 2 – 4 P.M.

WHERE: GOSHEN TOWN HALL, GOSHEN MA

FREE AND OPEN TO THE PUBLIC! ALL AGES WELCOME!!

**Refreshments provided by the COA's, Handicap Accessible, Parking across the
street.**

This is the fourth concert in The Treasury of Hilltown Musicians series, co-sponsored by the Chesterfield and Goshen Cultural Councils, with support from George Propane and Hilltown Tree and Garden. Stay posted for blues and pop rock with the Rick Murnane Band in September.

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