

CUMMINGTON COUNCIL ON AGING

NEWSLETTER

AUGUST, 2015

Cummington Council on Aging
P.O. Box 95,
Cummington, MA 01026
413-634-2262
coa@cummington-ma.gov



Carolyn Urekew, Director
Hours:
Wednesday & Friday
9 AM—12 PM

EVENTS – AUGUST, 2015

Mondays:

Osteoporosis Exercise	9:30-10:30 am
Coffee Hour	10:30-11:30 am
Board of Assessors Assistant	9:30-11:30 am
Town Admin. Assistant	9:00-11:00 am
Needlework Group	1:30-3:30 pm
Bryant Library	6:00-9:00 pm
Veteran Agent - 1 st & 3 rd Mon.	9:00-11:00 am

Tuesdays:

Town Admin Assistant	9:00-11:00 am
COA Picnic, August 11th	12 Noon
at the Community House	
Board of Health meeting 1 st & 3 rd Tuesday	7:00 pm

Wednesdays:

COA office hours	9:00 am -12:00 pm
Chair Yoga	12:00-1:00 pm
Tap Dancing	4:00-4:45 pm
Bryant Library	6:00-9:00 pm
Compactor	5:30-7:30 pm

Thursdays:

****COA Board of Directors, August 6th, 9:30 am**

Town Clerk	6:00-7:30 pm
Selectboard	7:00 pm
Board of Assessors meeting	
2 nd & 4 th Thursday	6:00-8:00 pm
Building Insp.	6:00-8:00 pm

Fridays:

COA office hours	9:00 am-12:00 pm
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Saturdays:

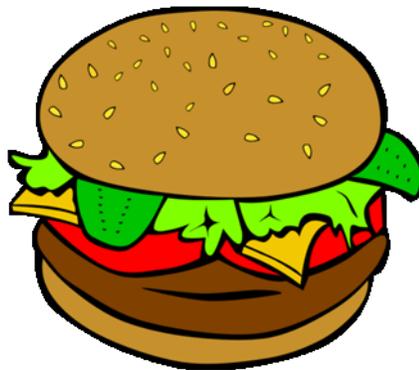
Compactor	7:00-11:00 am
Bryant Library	8:30 am-12:30 pm

**What's Happening at the
Other Senior Centers?**
See the back page for a sampling.
Anyone can go to these events!



Save the Date: COA PICNIC!

As you are probably aware your COA goes into a recess mode in August. Well, hang onto your hats!!! This year we are shaking it up. **The COA is hosting a Hamburg/Hot Dog Picnic. This will take place at the Community House on Tuesday, August 11th at noon.** The board will be cooking and guests are requested to bring a side dish, dessert or donation. If you are interested in attending we will have a sign-up sheet at the COA office, as we will want to get a general idea how many to plan for. Otherwise just call Carolyn, 634-2262.



****Board of Directors will meet on August 6th at 9:30 am.**

Coffee Hour is being held at **10:30-11:30 am every Monday** after the Osteoporosis exercise class.

If you are having **Medicare issues** please call 268-8407 to make an appointment with **SHINE rep, Wayne Glaser in Williamsburg.**



Neighbor to Neighbor

Because of all the generous donations that have been made to the Council on Aging for program support, we will continue to offer this. At the current time, drivers are in short supply so if you have spare time and wouldn't mind helping out a neighbor please call Carolyn Wednesday or Friday, 9-12, at the office- 634-2262. New drivers will need to provide current registration, license and will be CORI checked.

If you are a regular FRTA van user you are probably already aware that as of July 1st the van is no longer available to us.

Osteoporosis Classes are held at the Community House on Monday's at 9:30 am. Join us for Coffee Hour, 10:30-11:30 am, after the class.

Tap Dancing Class is continuing on with Sue Forgea. The class meets at the Community House every Wednesday 4 pm. For more info, give Sue a call at 634-5458.



Feldenkrais Awareness Through Movement Class

8 week series

Tuesdays, September 8-October 27

4:30 - 5:30

Prakasa Yoga Studio

152 Ball Road, Goshen

Taught by Kate Stevenson, MA GCFP

413-588-7203



Happy Birthday!

Mae Wolf will soon be celebrating her **100th birthday!** All family and friends are invited to an open house on Saturday, August 8th, 11 am - 4 pm at her home, 417 Stage Road, Cummington.

Cummington Ladies Lunch Bunch met at Elmer's in Ashfield on July 8th. We all enjoyed the food and fellowship. We will not be meeting in August. However we are going to meet in September. We would love to go to the Lake House in Ashfield but will have to wait to see if they have reopened due to renovation work.

Landscape

by Mary Oliver

Isn't it plain the sheets of moss, except that they have no tongues, could lecture all day if they wanted about

spiritual patience? Isn't it clear the black oaks along the path are standing as though they were the most fragile of flowers?

Every morning I walk like this around the pond, thinking: if the doors of my heart ever close, I am as good as dead.

Every morning, so far, I'm alive. And now the crows break off from the rest of the darkness and burst up into the sky-as though

all night they had thought of what they would like their lives to be, and imagined their strong, thick wings.

COMMUNITY PAGES

Scams! Bank Accounts

Hello all,
This is one of the basic places to check to make sure you are not being scammed or that something else has gone wrong, such as simple errors. My bank statements have been unremarkable for years, then within the last four months I found two posting errors. Glad I always save my receipts until the end of the month... One error was a restaurant ticket that debited my account for \$18 more than it should have. I disputed this with my bank; they sent me to the restaurant which restored my money. On the second error a waitress did not get her tip, so I returned and gave her cash as I probably should have done in the first place.

Besides simple errors by a merchant, we need to verify that bank charges are correct or have not changed without our full awareness. Sometimes the legalese we receive is hard to decipher.

We all need to check for small withdrawals or debits that are not recognizable. Scammers can get your account information and take just a bit, say \$1.98, to check the system. If you do nothing, they can make that same debit each month and nickel and dime you (and many others!) or they can then do a larger debit. As soon as you see this, contact your bank. Time is truly money here.

When might this dastardly deed occur? Glibly I'll say "anytime" but do watch those unsolicited phone calls that request your banking information. Also, watch for this after another suspicious activity. For instance, I got an email – subject "Your Amazon.com order has been declined". Well, I do order from Amazon sometimes but have not for months, so was skeptical and did not open the message. I would bet good money that the message was a virus or a hacker waiting for me to open a door to my computer. It also could have been a scammer after my bank account. So for the next several months I will watch for an errant charge of the \$1.98 variety.

This short web page is a very good review of credit or bank debit cards - <http://www.consumerfinance.gov/blog/four-steps-you-can-take-if-you-think-your-credit-or-debit-card-data-was-hacked/>. This page describes debit scams in more detail - <http://www.consumer.ftc.gov/articles/0196-automatic-debit-scams>

Jean O'Neil, TRIAD committee member

Hilltown Elder Network (HEN)

HEN provides eligible seniors with up to two hours of housework/shopping/etc. per week. HEN is run by the Hilltown Community Development Corp. (HCDC). **If you could use a little help around the house, call the Cumington Coordinator, Jane Neri at 413-634-5708** or Charlie Hayes at 413-296-4536, Ext. 120.



My Life, My Health: Managing a Chronic Condition

Many of us can feel overwhelmed when faced with a long-term health problem. The difficulty of adjusting to new medications and lifestyle changes plus managing added pain and fatigue can make us feel we are no longer in control of our life.

The Hilltown Community Health Center is offering a free six-week series of workshops, *My Life, My Health*, to help people develop new ways to manage and cope with chronic conditions. The series is designed to assist adults with a variety of health issues including hypertension, arthritis, heart disease, stroke, lung disease, cancer, and diabetes. Participants discuss reducing stress, dealing with stressful emotions, planning for the future, locating and using community resources, building communication skills, and asking for help.

My Life, My Health, also known as the Chronic Disease Self-Management Program, is a participant education program developed by Stanford University. It has been extensively researched and the information and support offered has been proven to be effective in the management of chronic diseases. It helps participants build confidence in their ability to manage their health and maintain active and fulfilling lives. The series is offered in cooperation with Highland Valley Elder Services.

The series will be taught by CDSMP certified trainers Diane Meehan and Janet Dimock of the health center's Health Wise program. The series will begin August 27th at 1:30 p.m. at the Huntington Health Center located on Route 20 in Huntington. To register call Diane at 667-2203 or Janet at 238-5511 ext 149.

You May be Eligible for Help! Need Help Filling Out Forms? Wondering if you are eligible to receive help?

Some of the Senior Centers have applications and training to help you apply for resources available to you! (Fuel Assistance, SNAP, Brown Bag, Verizon, National Grid, etc.) **Call your Senior Center or call Janet Dimock, Community Health Worker** at the HCHC (also known as the Worthington Health Center) **at 413-238-5511, ext. 149** to see how she can help you.



Programs and/or services are made possible (in whole or in part) by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act.

Williamsburg Senior Center Still Offering Summer Salads!

Our Summer Salads are a big success! Williamsburg Senior Center is offering a Salad Luncheon every Monday through the end of August. We will be serving a nice green salad with your choice of toppings and dressing, along with a protein, such as chicken, tuna, salmon, & egg salads. Also serving bread and dessert. All for the price of \$2.00! Meals-to-go will also be packed for those of you who like to take them home or have them delivered.

Veggies are so good for our health and well-being—Come to the **Café** at the Williamsburg Senior Center at 11:45 for your meals or pick-up. **Please call by Thursday** to reserve your meal(s), **413-268-8407**. **All are welcome—we hope to see you there!**

We Don't Want ANY Hilltown Seniors to Go Hungry!

We have many programs to help you out in this day of high prices and fixed incomes. **Congregate Meals, Brown Bag, and the Senior Center Food Pantry are all FREE!** (Donations are always accepted.) Congregate Meals are served every Tuesday, Wednesday and Thursday in the Williamsburg Senior Center in Haydenville. **Seniors from all towns are welcome!** We ask that you reserve your meal at least two days ahead at 268-8407. Come down and make new friends at the Williamsburg Senior Center!

Call your COA and/or see the Referral Sources on page 5 for food pantries, Brown Bag, SNAP and other food related services. **Don't go hungry!**

Spa Day in Williamsburg: Featuring Foot Care Nurse, Oni, RN, Chair Massage and More!

Still in the planning stages: **Come and spoil yourself** at our spa day with foot care, chair massage, and more **August 25th!** Oni is an expert in foot-care. Appointments for foot care are \$30 per 30-minute visit. Other services may be free or by donation. Come and be pampered! **Call the Williamsburg Senior Center for an appointment, 413-268-8407.** (Or request a home visit for \$40 at 413-522-7219.) Please call the Senior Center for more info!

Grandparents Support Group

Support for those who are raising a child's or a grandchild's child.

We are grandparents who love our families and our grandchildren. Together we ease our concerns, share the good times and help one another to grow and be the best we can for our grandchildren, our families and ourselves. Meet other grandparents, share your challenges and joys, learn the newest parenting tips, learn about resources and learn from each other! Meets the 3rd Monday of each month (**August 17**) at the **Williamsburg Senior Center Café** (Mealsite), **1:00 - 2:30 pm** (elevator accessible).

The Cummington Council on Aging would like to say THANK YOU to all of you who have generously donated to support our programs!!

If you haven't already, won't you please consider making a contribution? Your help will support our monthly newsletter and our Neighbor to Neighbor transportation program. Many of the folks receiving these services would be isolated without our help. If you would like to make a donation, please fill out the form below and send it with your check made out to the Cummington Council on Aging and write "program support" in the memo line. We thank everyone for their continuing support.

The Cummington Council on Aging counts on **YOUR** support to continue our important programs for local seniors!

I would like to contribute to the COA. My contribution of \$_____ is attached.

Name _____

Address _____

Thank you for helping to Support Your Neighbors!

The Cummington Council on Aging

RESOURCES DIRECTORY

Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 559-8039
If you need help in an emergency, call 911 or the Safe Passage hotline	888 345-5282.
Elder Abuse Hotline	800 922-2275
First Call for Help Information and Referral Resources	800 339-7779
Fuel Assistance Application and Recertification (after 11/1)	800 370-0940
Hilltown Elder Network – H E N (sponsored by Hilltown CDC)	413 296-4536
Help inside the home & errands (waiting list)	
Veteran’s Service Officer Tom Geryk	413 587-1299
<u>Food Services:</u>	
Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP)	413 552-5400
For assistance call Fran @ Williamsburg COA	413 268-8407
Hilltown Food Pantry - Goshen Town Hall* - Diane Meehan, Director	413 268-7578
*Each Wednesday 1-3 PM; 3 rd Wednesday 1-6 PM	
Meal Site Williamsburg Senior Center	413 268-8407
Meals on Wheels Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
Northampton Survival Center , 265 Prospect St. Northampton	413 586-6564
Salvation Army Emergency Food, Fuel or Medication Vouchers	413 586-5336/6564
<u>Health Services:</u>	
Highland Valley Elder Services Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center - Medical & Dental	413-238-5511
Mary Kane, RN, HOPE Nurse	413 238-5511, ext. 131
Janet Dimock, HealthWise Community Health Worker	413 238-5511, ext. 149
Podiatrist Dr. Michael Coby , call Williamsburg Senior Center	413 268-8407
to schedule (Office hours alternating months at the Senior Center)	
Foot Care Kip Moeller , foot care in Goshen or in-home visits	
Call Liz Loven for appointment	413 268-7122
Diane Roeder , foot care in Westhampton	413-374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Wayne Glaser	Call your COA for appointment
Lorraine York-Edberg	413-773-5555, ext 2275
Mass Health and New Health Coverage	
John Bergeron, HCHC-Huntington	413-667-2203
Eli Stark at the Hilltown CDC-Chesterfield	413 268-0200
<u>Transportation Services</u>	
Chesterfield FRTA Volunteer Driver, Carol Jolly	413-296-4254
Cummington Neighbor to Neighbor Drivers	413-634-2262
Westhampton transportation to appointments or grocery shopping, Susan Everett	413-527-9098
Williamsburg Medical Rides Williamsburg Senior Center (to schedule)	413 268-8407
PVTA Dial-A-Ride (tickets sold at Williamsburg Senior Center)	866-277-7741
PVTA Shopping VAN (Williamsburg) -Tuesday shopping trips & trips to town, \$2.00	413 268-8407
FRTA Van (Cummington) Shopping trips on Tuesday mornings, med appts. afternoons) Ellie Loomis	413-268-7582
(Goshen Shopping trips & Med rides on Tues., Weds. & Thurs. with advance notice) Ellie Loomis	413-268-7582
<u>Local Councils on Aging</u>	
Chesterfield COA , Suzy Canter Kirsch	413-296-4007
Cummington COA , Carolyn Urekew	413-634-2262
Goshen COA , Rosemarie Clark	413-268-8236
Plainfield COA , Jane Neri	413-634-5703
Westhampton COA , Pat Miller	413-527-2404
Williamsburg Senior Center , Marie Westburg	413-268-8407
Worthington COA , Sandra Epperly	413-238-5584

Cummington Council on Aging
P.O. Box 95,
Cummington, MA 01026

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Greenfield MA

**CUMMINGTON
COUNCIL ON AGING**

Carolyn Urekew,
Director
413 634-2262

Anne Parsons
COA Chairperson
634-5707

Elliot Ring
COA Co-Chairperson
634-5666

**CUMMINGTON COA NEWSLETTER HAS BEEN FUNDED IN PART BY: GENEROUS DONATIONS,
THE TOWN OF CUMMINGTON, and THE EXECUTIVE OFFICE OF ELDER AFFAIRS**

Regional Activities

Other area Senior Centers offer activities that all are welcome to attend!
Here are some of the offerings:

Chesterfield: (296-4007)

Advanced Tai Chi Mondays, 9:30 am
Feldenkrais, Mondays, 7 pm
Chair Yoga, Tuesdays, 10 am
Mah-Jongg, 1-4

Beginner's Tai Chi, Thursdays, 6:30 pm
Mat yoga, Fridays, 8 am

Cummington: (634-2262)

COA Potluck Luncheons,
Osteoporosis Exercise, Mondays, 9:30 am
Chair Yoga, Wednesdays, noon

Goshen: (268-8236)

COA Potluck Luncheons (call for info)
Foot Care Clinic, Kip Moeller

Plainfield: (634-5703)

Bi-monthly COA Potluck Luncheons
Concerts, Plainfield Cong. Church Mondays, 7 pm

Westhampton: (527-2404)

Knitting Group, Library, Mondays, 6:30 pm
Coffee & Social Time, Library, W'days, 10 am
Computer Classes
Art Classes

Monthly Movie at Library (call for info)

Williamsburg: (268-8407)

Highland Valley Congregate Meals,
Tues-Thurs. 11:45
Tai Chi Classes, Thursdays 9:30-10:30
Gentle Yoga, Thursdays, 3—4 pm
Brown Bag, 2nd Thurs 10-1
Craft Workshops (call for info)
Podiatry, Dr. Coby every other month
Foot Nurse, Oni, 4th Thursdays

Worthington: (238-5584)

Monthly Potluck Luncheon
Call for dates and info.

(All activities may not be listed. Call for information.)