

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



2014

****Board of Directors will meet December 4th at 9:30a.m.**

December potluck luncheon will be on Tuesday, December 16th at 12pm at the Community House.

Help prevent **Osteoporosis** and have fun doing it!!!! Sue Forgea is leading the class. If you haven't joined her exercise class.. Do yourself a favor and give it a try!! **Monday's 9:30a.m.**



Coffee and Chat is now known as the Coffee Hour and is being held at 10:30-11:30a.m. on all Monday's following the Osteoporosis exercise class.



Tap dancing classes are back on with several students attending. Classes are at the Community House on every other Wednesday 4 to 4:45pm. It is being led by our own multi-talented Sue Forgea 634-5458.

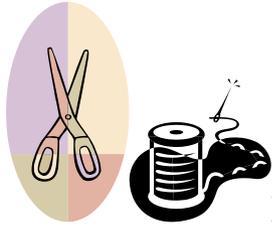


THANKSGIVING
F.e.a.s.t

I would like to thank our Board of Directors and all who contributed wonderful side dishes and desserts that complimented our fabulously delicious potluck on November 18th.

This feast is one of the highlights of the year for many. And it was truly great to see all that turned out. We had 42 that attended.

Neighbor to Neighbor drivers!! Because of generous donations that have been made to the Council on Aging for our program support, we will be able to continue this program for the time being. It may be wise to check with the office regarding reimbursement.



Needle crafters meet at the Community House **Monday's 1:30p.m.-3:30p.m.** All skill levels are invited to bring your project and join them.



Sue Forgea is now taking on small alteration jobs. Something need to be hemmed up or taken in? Give her a call to see how she can help. 634-5458. **Medicare Open Enrollment, from Oct. 15th to Dec. 7th,** you will be able to change your plan for next year. If you need help understanding your upcoming changes and options, call Jesse Pulitzer-Kennedy our new SHINE (Serving Health Information Needs for Everyone) Counselor. He is available to offer **FREE** and **CON-FIDENTIAL** counseling on all Medicare and health insurance programs. **413-238-4155.**



The Cummington Council on Aging would like to say THANK YOU to all of you that sent in donations to help 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 Cumington 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 Cumington Council on Aging**

Monday: Osteoporosis Exercise 9:30-10:30 AM
 Coffee Hour 10:30-11:30 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
 Veteran Agent 1st and 3rd Monday 9:00-11:00AM

Tuesday: Town Admin. Asst. 9:00-11:00 AM
COA POTLUCK luncheon DEC. 16th. (3rd Tuesday) NOON
 Board of Health meeting: 1st & 3rd Tuesday 7:00 PM
 Veteran Agent 3rd Tuesday 6:00-8:00pm Williamsburg

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

Thursday:
 COA Board of Directors Dec 4th. (1st Thurs.) 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

Important dates:

Dec 16th Hanukkah begins at sundown **Dec 21st** First day of winter Eve **Dec 25th** Christmas **Dec 31st** New Years

Referral Resources

Cummington Council On Aging Carolyn Urekew, Director Office Hours: Wednesday & Friday 9AM - 12PM COA Chairperson – Anne Parsons 634-5707 COA Co-Chairperson – Elliot Ring 634-5666 Email: coa@cummington-ma.gov	413 634-2262
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.	
Community Health Worker: Janet Dimock 5511X149	413 238-
First Call for Help Information and Referral Resources 7779	800 339-
Fuel Assistance Application and Recertification 0940	800 370-
Food Bank of Western Massachusetts Brown Bag Program 9632	800 247-
Food Stamps -Supplemental Nutrition Assistance Program(SNAP) 5400	413 552-
H E N – Hilltown Elder Network (sponsored by Hilltown CDC) 296-4536	413
Jane Neri local HEN Coordinator Help inside the home and errands 634-5703	413
Hope Nurse Mary Kane, RN Hilltown Community Health Ctr. 238-5511 X131	413
Veteran’s Agent Tom Geryk tgeryk@northamptonma.gov 1299	413 587-
**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 5336/6564	413 586-
SHINE- Jesse Pulitzer-Kennedy jpulitzer@hchcweb.org 238-4155	413
Mass Health and New Health Coverage/Worthington Health Center John Bergeron	413
238-5511	
Northampton Survival Center 6564	413 586-
Hilltown Food Pantry –*Goshen Town Hall – Diane Meehan, Dir. 268-7578	413
Each Wednesday 1-3PM; 3 rd 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: Generous
donations,
THE TOWN OF CUMMINGTON, and THE EXECUTIVE OFFICE OF ELDER
AFFAIRS**



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