

CUMMINGTON COUNCIL ON AGING NEWSLETTER

FEBRUARY, 2016

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 – FEBRUARY, 2016

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
Veterans' Agent - 1 st & 3 rd Mondays,	9:00-11:00 am

Tuesdays:

Town Admin Assistant	9:00-11:00 am
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****COA Potluck Luncheon, Feb 16th, 12 Noon
at the Community House (3rd Tuesdays)**

Discussion on Being Normal continues, Feb 2, 1-3 pm
at Community House Library

Tap Dancing	4:00-4:45 pm
Board of Health meeting 1 st & 3 rd Tuesdays,	7:00 pm
Veterans' Agent, 3 rd Tuesdays,	6:00-8:00 pm

at the Williamsburg Town Offices

Wednesdays:

COA Office Hours 9 am-12:00 noon

Chair Yoga with Sarah Prince	12:00-1:00 pm
Bryant Library	6:00-9:00 pm
Compactor	5:30-7:30 pm

Thursdays:

*****COA Board of Directors, Feb 4th, 9:30 am**

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

******Movie Matinee, 1st & 3rd Thursdays, 1:30pm**

Fridays:

COA Office Hours 9 am-12:00 noon

Saturdays:

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

***Help Prevent Osteoporosis** and have fun doing it!!! Mondays at 9:30 am - Followed by the weekly **Coffee Hour at 10:30 am.**



****COA Pot Luck Luncheon, Feb 16th, noon**

Following our luncheon we will have a program presented by the Senior Medicare Patrol regarding Medicare fraud and how to protect yourself against it. This should be very informative. Do you need a ride in order to attend?? If so, call Carolyn at 634-2262. Please don't be shy and don't miss out!!

*****Board of Directors** will meet on Feb. 4th at 9:30 am. The Board is looking to add new members. If you think you may be interested please call Elliot Ring at 634-5666 or Co-chair Anne Parsons at 634-5707.

******Movie Matinee** at the Community House **Feb 4th and Feb 18th at 1:30 pm. Titles to be announced.** Don't drive to town for movies, come to and enjoy good movies, refreshments and good friends right here in town!

The January Luncheon was held on January 19th at Noon here at the Community House. A thank you goes out to COA board members, Sue Forgea, Edith Morton, Peg Daniels, Anne Parsons, Nancy Cole and Director Carolyn Urekew and to everyone who continually pitches in to provide us with a wonderful lunch. Our goal is that no one goes away hungry. The potluck luncheons are a fun social event with a lot of good food. See ** above for details on the February luncheon. **Please don't be shy and don't miss out!!**



The Council on Aging Extends a Heartfelt THANK YOU to those in our community who continue to generously donate to help support our programs. We are grateful and appreciate all that you have done and continue to do! It is because of the generous donations we have received that we are able to keep our programs going and have even been able to start new ones. The words Thank You just don't seem to cover the gratitude we feel!



Wishing Good Health to Jane Neri, who is still re-covering from the stroke she suffered. She is at: The Center For Extended Care, 150 University Dr., Amherst, MA 01007. I am sure she would enjoy any and all correspondence.

The Community Discussion on the Book, "BEING MORTAL" BY Atul Gawande continues. The final one will be Feb. 2nd from 1-3 pm at the Cummington Community House Library. The discussion will be facilitated by Peg Whalen our Northern Hilltown Consortium Outreach Coordinator. There is no cost. Please check with the Bryant Library for a copy of the book. For more information contact Barbara Murphy Malinak at 634-5020 or Peg Whalen at 413-404-4566. If you missed it, call Peg and ask when/where the next discussion will be held.



who would be willing to participate in our Neighbor to Neighbor program. We always need drivers! While the FRTA van use is encouraged, there remains a need for the one on one driver. It could be taking someone to grocery shop or to a Dr.'s appointment. If you would or could be interested, please call Carolyn at 634-2262.

Please remember the FRTA van is running for your use. You do need to have an application in with FRTA **before** you need to use it. I have the applications. If you need one please let me know and I will get one to you.

Also, if you have MassHealth and need a ride to the Doctor, ask him/her for the form that you would need to submit **prior to** calling the number on the back of your MassHealth card.

Hilltown Elder Network (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 new Cummington coordinator, Sandy Powers at 413-634-5558. Sandy also coordinates the Plainfield HEN Program.



Recipe: Baked Teriyaki Chicken

(from allrecipes.com)

Ingredients:

- 1 tbsp cornstarch
- 1 tbsp cold water
- 1/2 cup white sugar
- 1/2 cup soy sauce
- 1/4 cup cider vinegar
- 1 clove garlic, minced
- 1/2 tsp ground ginger
- 1/4 tsp ground black pepper
- 12 skinless chicken thighs

- In a small saucepan over low heat, combine the cornstarch, cold water, sugar, soy sauce, vinegar, garlic, ginger and ground black pepper. Let simmer, stirring frequently, until sauce thickens and bubbles.
- Preheat oven to 425 degrees F (220 C).
- Place chicken pieces in a lightly greased 9x13 inch baking dish. Brush chicken with the sauce. Turn pieces over, and brush again.
- Bake in the preheated oven for 30 minutes. Turn pieces over, and bake for another 30 minutes, until no longer pink and juices run clear. Brush with sauce every 10 minutes during cooking.

Regional Section

Outreach Report by Peg Whalen

A recently funded Community Connections program (CCP) is taking shape in the hilltowns over the next two years. We have recently hired Susan Bronstein, a retired Westhampton resident with an interest in giving back and staying involved. Susan brings a rich background and skill set to help our seven hilltowns to develop their own customized versions of Community Connections to meet town seniors' specific needs, with a focus on reducing physical and social isolation. Susan and I will talk more in future newsletters about our efforts to address these and other issues affecting older adults and our aging population.

Other outreach activities included a Cummington Community Discussion throughout January. The discussion group included over 15 regular participants every week. The book is easy to read with many stories and thought provoking with specific questions to consider. *Being Mortal* is not about dy-

ing but rather how we want to live from today until the age we live to. Watch for information about the next town scheduled for a community discussion of *Being Mortal*. Announcements will be from your COA, and in newsletters, area newspapers, and other town newsletters.

Outreach to each town COA board is our focus in the coming weeks. I will continue joining board members at their regular meetings. Remember, COA meetings are open, public meetings. If you have a chance to attend a COA meeting in your town I urge you to join the board. It is enlightening to hear what the COA is working on, learn about all the board does that may be unknown to many, and have a chance to ask questions or offer suggestions. If you have questions or comments I am very interested in talking with you. I can be reached by phone at [413-404-4566](tel:413-404-4566) and email at pwhalen@hchcweb.org.

By Request from Peg Whalen

Many hilltown residents are unaware of what a town Council on Aging does. In this month's article I explain, briefly, a little about the Council on Aging (COA), the Coordinator or Senior Center Director position, the ways in which COAs are funded. Each town has a Council on Aging supported by funding from the State of Massachusetts, and may have additional funds from the town. Your COA's function is to *develop priorities, serve as advocates and offer opportunities to access programs, services and activities* for town residents age 60 + and their caregivers. COA provide a range of ... *programs from information and referral, outreach, transportation, meals ... to health screening, health insurance information benefits counseling, fitness, recreation, computer access, education/life-long learning*. The COA also sponsors activities and events to provide seniors with opportunities to give back, socialize, alleviate isolation or lessen loneliness.

In the northern hilltowns COA staff only work on a part-time basis. Some COA coordinators are paid for as few as 10 hours a month. It is important to be aware that much of your COA coordinator's efforts go uncompensated. The levels and complexity of senior needs often result in hours worked beyond the official paid time. Coordinators and directors also

meet regularly with COA boards, and organize events and activities like luncheons and hikes. This gap between time worked and paid time is particularly a problem for our smaller towns.

State support for COAs is based on \$9 per resident age 60+ using the 2010 town's senior count from 2010 Census. [With Baby Boomers now reaching their 60's the number of new seniors is increasing rapidly above the 2010 figures.] The Massachusetts Executive Office of Elder Affairs provides a minimum of \$4,500/yr to towns with less than 500 seniors. Across our towns, seniors number between 200 in smaller towns to over 650 in a larger hilltown. Many, but not all, northern hilltown COAs also receive town funds. However, town support for the COA varies widely. In one community there are no town funds to support the COA, in others the COA receives enough support to operate Senior Centers. *Each COA determines its own priorities based on unique local circumstances, resources and interests.*

I urge you to inquire about how your town financially supports your COA. Quality of seniors' lives in your town can only benefit from your inquiry about adequate support for the town's own COA.

** Italicized sentences retrieved from <http://www.mass.gov/elders/service-orgs-advocates/coa/overview-of-councils-on-aging.html>*

Community Connections Program Coordinator

Dr. Susan Bronstein, the newly hired Community Connections Program Coordinator for the Northern Hilltown COAs Consortium, was warmly greeted at the Consortium meeting on January 4th. Susan will be implementing a 2-year grant funded program to reduce isolation of rural seniors. She will assist the 7 Northern Hilltown COAs in developing outreach strategies and identifying isolated elders to receive volunteer contracts. It is a Town of Chesterfield position, and Susan will have an office in the library area of the Chesterfield Community Center. She will work closely with Peg Whalen, the Outreach Coordinator. Susan comes to the Consortium having worked several years at UMass Amherst as Program Director of the Northeast Alliance for Minority, and Director of ABLE4STEM, a program that aims to double the number of Massachusetts students who earn Associate's and Bachelor's degrees in STEM (Science, Technology, Engineering and Math) fields. Susan is a resident of Westhampton, one of the 7 towns in the Consortium. She saw the position advertised in the Westhampton COA newsletter, and thought it sounded like a great way to contribute to her community. Having worked with many demographics, Susan sees this as important work. She wants to coordinate with the COAs, and reach out to seniors and get people talking to one another. The Consortium is happy to have her aboard.

Northern Hilltown COAs Consortium:

At its January 4th meeting, attended by COA directors, Peg Whalen, Outreach Coordinator, and guests, Emmett Schmarsow, EOEA executive director, Kathy Bowler, MCOA representative and Jean Armita, Southern Hilltown COA Consortium, the committee welcomed Susan Bronstein, the newly hired Community Connections Program Coordinator (see next column). A motion was made and passed unanimously to turn over administration of the SIG grant

from Williamsburg to Chesterfield with the approval of the town. Peg Whalen gave an update on her progress in engaging more seniors in COA activities and programs. She has spent a great deal of time creating partnerships with HVES, MCOA, the Hilltown Health Center Worthington office, the HCDC and the Northampton Senior Center. Kathy Bowler, promised to provide each COA with a handbook describing the roles and responsibilities of COA board directors. She is available to assist in training sessions. Emmett Schmarsow, Elder Affairs, wants the Consortium to hone in on a focus that more realistically identifies the actual needs of the elders than statistics from surveys. Transportation in rural town is at the top of the list. The next meeting is scheduled for 10 am on Monday, March 21st at the Chesterfield Community House.

Seniors Aware of Fire Education:

Senior 
SAFE

In cold months like February, many people use space heaters to stave off the cold; yet, there have been 125 fires caused by space heaters in the last decade-of which one in every 16 involved fatalities. So, the question this month is:

How can I use space heaters safely?

Here are some safety tips:

1. **Keep the heater 3 feet away from flammable materials.**
2. **Place heater on a level surface where it can't be bumped into.**
3. **Avoid using extension cords.**
4. **Never leave the heater unattended or on while you sleep.**

Be S.A.F.E.!

—Worth Noyes, S.A.F.E. Educator
Cummington & Williamsburg Fire Departments

The Cummington Council on Aging says **THANK YOU** to our Generous Supporters!

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.

--Carolyn Urekew, Coordinator

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

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
(Westhampton) Joe Henning	413 207-3541
(Plainfield) Upper Pioneer Valley Veteran's Services District in Greenfield	413 772-1571
Regional Outreach Coordinator , Peg Whalen (pwhalen@hchcweb.org)	413 404-4566

Food Services:

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

Health Services:

Highland Valley Elder Services Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center - Medical & Dental	413 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, Goshen or in-home visits—Call Liz Loven for appointment—413 268-7122	
Oni, RN , monthly foot care in Williamsburg or in-home visits	413 268-8407
Diane Roeder , foot care in Westhampton & Chesterfield	413 374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Wayne Glaser	Call your COA for appointment
Richard Bauman (Westhampton)	413 527-5240
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 Community Health Center	413 238-5511, ext 155

Transportation Services

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	"
(Plainfield residents can use the van for medical rides any day except Tuesday) Ellie	"

Local Councils on Aging

Chesterfield COA , Nancy E. Braxton	413 296-4007
Cummington COA , Carolyn Urekew	413 634-2262
Goshen COA , Rosemarie Clark	413 268-8236
Plainfield COA , Deborah Thibault, Interim Coordinator	413 634-0275
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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**CUMMINGTON
COUNCIL ON AGING**

Carolyn Urekew,
Director
413 634-2262

Anne Parsons
COA Chairperson
634-5707

Elliot Ring
COA Co-Chairperson
634-5666

Newsletter Design
Sherry Loomis

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

***The Chesterfield Council on Aging invites Hilltowners
of all ages, from preschoolers to seniors, to:***

Celebrate Valentine's Day with a little magic!

Motion Man-Jody Scalise
Mime / Magic / Circus / Illusion

2pm Sunday, February 14th, 2016

Chesterfield Community Center

400 Main Rd., Chesterfield, MA

FREE and open to the public! All ages welcome!



Spend a Sunday afternoon with those close to you by enjoying a magic show by the Motion Man himself! He will steal your heart!

"Jody Scalise stops the show with his myriad transformations and malleable physique." ~ Boston Globe

Funded in part by a multigenerational grant from Highland Valley Elder Services to the Chesterfield and Westhampton COAs, Chesterfield Public Library, CFCEs of Westhampton and Chesterfield, Davenport Childcare, New Hingham PTO, and by a grant from the Chesterfield Cultural Council.

