

# Cummington Council on Aging

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

[coa@cummington-ma.gov](mailto:coa@cummington-ma.gov)

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



## July 2014

The **Cummington ladies lunch** bunch met at the Worthington Golf Course on June 11<sup>th</sup> and had a very nice lunch. On **July 9<sup>th</sup>** we will carpool from the Village Congregational Church at 12:00p.m. to the **Bass Water Grill**, 287 South State Road, Cheshire, MA for We will hope for a nice sunny day!

**Coffee and Chat is July 1<sup>st</sup> 9am-11am.** Drop in anytime.

**\*\*Board of Directors will meet on July 3rd at 9:30a.m.**

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

**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.

Our June potluck luncheon was fabulous as usual. 30 folks enjoyed the meal and fellowship.

**Our next potluck will be our annual PICNIC on July 15<sup>th</sup> at 12p.m. It will be held at the Ballfield Pavillion.** As has been our practice, the BBQ chicken and Corn on the cob will be supplied by the Board of Directors. Guests are requested to bring a side dish or dessert or be prepared to make a monetary donation. Our new Veteran's agent will be attending, so come meet Tom!\_

**Caution to all Neighbor to Neighbor drivers!! Funding is extremely low. It may be wise to check with the office if you want reimbursement.**

**Also, it's not never to early to start thinking about simplifying your life.**

The Cummington Council on Aging is planning on sponsoring a Tag Sale Sept. 20<sup>th</sup>. It will be held in the side

yard at the Community House. While still in the planning stages, we want this to be an "event". We will not be charging for space. However, a donation to the COA will be greatly appreciated. The Tag Sale will be open to whoever has stuff to sell. You will provide your own table or blanket

or whatever you want to use to set yourself up. Laura Wetzler has already agreed to perform at some point. And, we are working on perhaps having an Antique Appraiser that would give you an honest opinion of an items worth. As I said earlier, we are still planning so...  
**MORE TO COME!!**

Also, **SAVE THE DATE!! November 4<sup>th</sup> 10am -3pm**. Your Council on Aging is sponsoring a Health Fair. This is also still in planning stages, but looks great so far!! More to come on this also!!

<b><u>Monday:</u></b> 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
Veteran Agent 1 <sup>st</sup> and 3 <sup>rd</sup> Monday	9:00-11:00AM

<b><u>Tuesday:</u></b> Town Admin. Asst.	9:00-11:00 AM
Coffee and Chat 1 <sup>st</sup> Tuesday of month	9:00-11:00 AM
COA POTLUCK luncheon 3 <sup>rd</sup> Tuesday of month	12:00PM
Board of Health meeting: 1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday	7:00 PM
Veteran Agent 3 <sup>rd</sup> Tuesday 6:00-8:00pm Williamsburg	

<b><u>Wednesday:</u></b> COA office hours	9:00-12:00 PM
Chair Yoga	12:00-1:00 PM
Bryant Library	6:00-9:00 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: 2<sup>nd</sup> & 4<sup>th</sup> 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

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**Special Days**  
July 4<sup>th</sup> Independence 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](mailto: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.

<b>First Call for Help</b> Information and Referral Resources	<b>800 339-7779</b>
<b>Fuel Assistance</b> Application and Recertification	<b>800 370-0940</b>
<b>Food Bank of Western Massachusetts Brown Bag Program</b>	<b>800 247-9632</b>
<b>Food Stamps -Supplemental Nutrition Assistance Program(SNAP)</b>	<b>413 552-5400</b>
<b>H E N – Hilltown Elder Network (sponsored by Hilltown CDC)</b>	<b>413 296-4536</b>
<b>Jane Neri local HEN Coordinator</b> Help inside the home and errands	<b>413 634-5703</b>
<b>Veteran’s Agent Tom Geryk</b> <a href="mailto:tgeryk@northamptonma.gov">tgeryk@northamptonma.gov</a>	<b>413 587-1299</b>
<b>**Hilltown Van</b> call Eleanor Loomis <b>ASAP before trip</b>	<b>413</b>
<b>268-7582</b>	

\*\*To Northampton – Tuesday (\$4.00)

\*\*To Pittsfield on Wednesday (\$4.00)

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

<b>SHINE- Any questions will be handled from the Regional Office</b>	<b>413-773-5555x2287</b>
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<b>Mass Health and New Health Coverage/Worthington Health Center</b>	
John Bergeron	<b>413 238-5511</b>

<b>Northampton Survival Center</b>	<b>413 586-6564</b>
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<b>Hilltown Food Pantry –*Goshen Town Hall – Diane Meehan, Dir.</b>	<b>413</b>
<b>268-7578</b>	

Each Wednesday 1-3PM; 3<sup>rd</sup> 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.**

Sue Forgea is now taking on small alteration jobs. Skirt or pants to long? Need something taken in? Give her a call and see how she can help. 634-5458

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