

# 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**



## *June 2014*

**The \$5 lunch trip at the Log Cabin** has been cancelled due to the event being overbooked and reservations closed out early. I am sorry this happened and know that many were looking forward to it. To those that paid early, your money will be refunded. Though they did not have enough seats for our group, 3 of the Board of Directors and I were still invited to attend to help us plan our next years entertainment. So we will go and gather what info we can, and perhaps we can do a little trip for one of their dinner shows. I hear from a reliable source that the show's are great. We will see!!

The **Cummington ladies lunch** bunch met at the Williamsburg Snack Shack on May 14<sup>th</sup>. The weather held for us and we all had a most delicious meal. The next lunch will be at the Worthington Golf Course on June 11<sup>th</sup>. We will carpool at the Village Congregational Church and leave at 12:15p.m. We will hope for a nice sunny day!

### **Coffee and Chat is cancelled in June.**

**\*\*Board of Directors** will meet on **June 5th 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 May potluck luncheon was diverse and delicious as usual. 30 folks enjoyed the meal and Dave Fenton's TRIAD presentation focusing on safety. We were all very fortunate to receive either a 3 in 1 safety light or a First Aid kit for our auto. Both handy and useful items. **Our next potluck will be on June 17<sup>th</sup> at 12p.m.** We do NOT have a presentation scheduled.

**Council on Aging Potluck luncheons are for:**

**Cummington seniors (this means you reside in Cummington) & their invited guests.**

Everyone is invited to attend **The Northern Hilltown Councils on Aging Consortium**, which will meet **on Monday, June 16th, 10am – Noon** at the **Cummington Community House library**, 33 Main Street, Cummington. The meeting will focus on both HVES and EOEAs funding and opportunities for applying for SIG money. Please note that the event is fragrance-free.

**Plan Ahead!! Our Annual July Potluck** will be held at the Ballfield Pavillion on July 15<sup>th</sup> at 12p.m.. Our new Veteran's Agent Tom Geryk is planning on attending. Please come out and meet him.

**Also**, it's not never too 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!!

**Free legal advice: Dial-A-Lawyer (413)782-1659 Thursday  
June 26 4-7p.m. ONLY**

<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 <b>Cancelled for June only</b>
	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
<b><u>Thursday:</u></b>	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
<b><u>Friday:</u></b>	COA office hours:	9:00–12:00 PM
<b><u>Saturday:</u></b>	Compactor	7:00-11:00 AM
	Bryant Library	8:30 AM - 12:30 PM

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**Special Days**

June 14<sup>th</sup> Flag Day    June 15<sup>th</sup> Father’s Day    June 21<sup>st</sup> First Day of Summer



## 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.

**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@northamptonma.gov](mailto:tgeryk@northamptonma.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 will be handled from the Regional Office** **413-773-5555x2287**

**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; 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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