

CUMMINGTON COUNCIL ON AGING

NEWSLETTER

MARCH, 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 – MARCH, 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

****COA Potluck Luncheon, March 15th, 12 Noon at the Community House (3rd Tuesdays)**

Board of Health meeting 1st & 3rd Tuesdays, 7:00 pm
 Veterans' Agent, 3rd 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 |
| 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, March 3rd, 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 | 8:30-12:30 am |

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



Annual St. Patrick's Day Corned Beef & Cabbage Luncheon will be held on March 15th at 12 noon at the Community House. The main part of the dinner will be provided and cooked by the Board of Director's. Guests are still requested to bring a side dish, dessert, or a monetary donation. Following our luncheon we will have a repeat Senior Safe program presented by Sue Forgea and Worth Noyes. This should be very informative for all of us. Our goal is that no one goes away hungry. The potluck lunches are a fun social event with a lot of good food. **Do you need a ride in order to attend?? If so, call Carolyn at 634-2262. Please don't miss out!!

***Board of Directors will meet on March 3rd at 9:30 am. The Board is looking for new members. If you think you may be interested please call Elliot Ring at 634-5666 or Co-chair Anne Parsons at 634-5707. WooHoo! We have a new board member-- Thank you **Kristin Jay** for joining! We all are looking forward to working with you!

****Movie Matinee at the Community House **March 3rd and 17th 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 February Luncheon was held on Feb. 16th at Noon here at the Community House. Following the luncheon an informative presentation was given by the Senior Medicare Patrol to educate us in the matter of frauds, scams and abuse. A thank you goes out to COA board members and to everyone who continually pitch in to provide us with a wonderful lunch. And a **special THANK YOU to Jim Martin** who has taken it upon himself to set up all our tables and chairs for us month after month. We appreciate the work this man does more than words can say!

Note: Tap Dancing hase moved back to Wednesday at 4 pm in the Community House



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!



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. Please let Carolyn know if you need one and she 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.

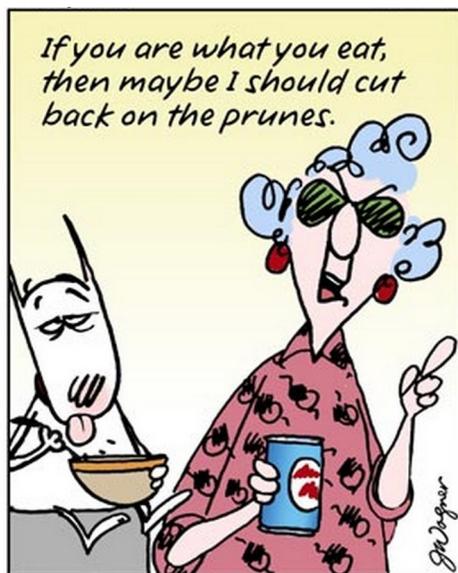


Wishing Good Health

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

Important Facts to Remember As You Grow Older

- Death is the number 1 killer in the world.
- Life is sexually transmitted.
- Good health is merely the slowest possible rate at which one can die.
- Give a person a fish and you feed them for a day. Teach a person to use the internet and they won't bother for weeks, months, maybe years.
- Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.
- All of us could take a lesson from the weather. It pays no attention to criticism.
- In the '60's, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.
- Don't worry about old age; it doesn't last that long.



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](tel:413-634-5558). Sandy also coordinates the Plainfield HEN Program.



Reminders:

Daylight Saving Time 2016 begins at 2:00 AM on Sunday, March 13th!
Spring ahead one hour.

The astronomical Spring 2016 begins on Sunday, March 20th!

Regional Section

Outreach Report by Peg Whalen

January and February were busy months. My new colleague, Susan Bronstein, and I have been meeting with COA boards in each town. Our work also included attending the regular luncheons many towns sponsor once, sometimes twice, a month. Susan and I continue reaching out to smaller groups of participants interested in continuing to meet after the community discussions in Plainfield and Cummington. If you meet Susan Bronstein at COA meetings or activities, please give her the same warm welcome you have given me.

Thanks to everyone who returned a transportation questionnaire. The survey results have been compiled. When summarized, results will include information provided by nearly 900 residents from 15 hilltowns, with most coming from seniors. The Hilltown CDC, and the Transportation Taskforce, are making plans for holding small focus groups in a variety of locations. If you are one of the over 200 people that expressed interest in an invitation to a focus group

watch for contact from the Hilltown CDC.

You may be hearing from neighbors and friends about discussions of the book *Being Mortal*. The Consortium of COAs has scheduled a community discussion of the book in Worthington in April, on Thursdays from 3:00-5:00 at the Worthington Public Library. Not yet finalized at the writing of this newsletter are plans for a *Being Mortal* community discussion in March. Likely town location for March will be Goshen or Chesterfield. When scheduled the dates, location and time of the March book discussion will be announced in area newspapers, by email, on What's Up in the Hilltowns (on Facebook), and on town signs. If you do not see an announcement please email or call me for details. There's no need to miss out because you need a ride. If you live in the vicinity of the meeting location, I may be able to help. As always I am eager to hear from you. You can reach me by phone 413-404-4566 and email pwhalen@hchcweb.org, or catch up with me at COA events.

By Request from Peg Whalen

I am learning each month what people want to know more about. In conversations with hilltown seniors about living arrangements, staying at home, called "aging in place", is the most common desire. Your vision for your future may not include all aspects important for safely aging in your home or remaining in your town. Many of us do not or cannot imagine losing our ability to safely, and independently, live each day. In fact, many of our daily activities are so automatic we often do not realize they relate directly to staying in our homes. Basic activities of daily living (ADLs) include dressing, eating, walking or moving oneself (e.g., from bed to wheelchair), toileting, bathing, and personal hygiene. Turning your desire into a plan can be an important next step. Considering the following information can help you enjoy the future you want.

"Instrumental activities of daily living (IADLs) are the complex skills needed to successfully live independently. These skills are usually learned during the teenage years and include the following:

- Managing finances
- Shopping
- Preparing meals
- Managing medications

- Handling transportation (driving or using public transit)
- Using a phone and other communication devices
- Housework and basic home maintenance

Together, ADLs and IADLs represent the skills that people usually need to be able to manage in order to live as independent adults." This content was originally published by Caring.com: [*What are instrumental activities of daily living \(IADLs\)?*](#) By Leslie Kernisan, M.D., and Paula Spencer Scott. This excerpt is reprinted here with permission. You can find the source website at <https://www.caring.com/articles/activities-of-daily-living-what-are-adls-and-iadls>.

Being conscious of our abilities and preferences for completing our daily activities gives us a chance to plan for the unknown. Not everyone experiences decline in every aspect of daily life. But, often we cannot predict the challenges we will experience. By having a plan A, and even a Plan B, when decline comes, and we no longer can do some activity by ourselves, we increase our ability to keep control of our lives. Planning increases our ability to grow older in our own homes. Services currently exist to help with all activities of independent daily living making it possible to safely may remain at home. Future articles will describe existing programs and services that make it possible, and cost effective, to age in place.

SIG Grant Update by Jan Gibeau

In a conference call with the Executive Office of Elder Affairs, I learned that a group of COAs with consortia in the state will be receiving newly approved 3 year Service Incentive Grants. Our Northern Hilltowns Consortium of Councils on Aging has been selected to be one of the group of recipients. We will be receiving \$78,163 annually for FY 2016, FY 2017 and FY 2018 to continue providing regional outreach services to isolated elders in our communities. The new grant will be administratively managed by the town of Chesterfield with Jan Gibeau providing oversight as Chair of the Consortium.

The original grant, initiated in FY 2015, was due to end after FY 2017. We are most fortunate in receiving such good news. We will continue to work with Peg Whalen, the Regional Outreach Coordinator from the Hilltown Community Health Center. She has been invaluable in her work with each COA to create road maps for them to follow as they develop their local plans based on the unique characteristics of their respective communities. Many local volunteers interested in or currently providing outreach have been identified and others are starting to emerge as awareness of the needs grows. Having an extra year to fully develop the services and evaluate the outcomes is a gift to be embraced.

**Save the Date! Sunday, April 24th at 2 pm
Old Country Road concert at the Goshen Town
Hall, 42 Main Street, Goshen, MA. Open to all!**

State Representative Stephen Kulik will be at the Goshen Free Library, 42 Main St., Goshen on **Saturday, March 12th from 10:30 am-12 pm** for conversation and questions. Refreshments will be served. All are Welcome!

Seniors Aware of Fire Education:

Senior 
SAFE

The Center for Disease Control and Prevention reports FALLS as being the leading cause of death from unintentional injury among older adults. So, who wants to fall?

Here are a few ways you can prevent falls in your bathroom:

- 1) Use non-slip mats in your tub and on shower floors.**
- 2) Have grab bars installed on the wall next to the tubs, shower and toilet.**
- 3) Wipe up spilled liquids immediately.**

The Senior S.A.F.E. program is sponsored by the Massachusetts Department of Fire Services and some of your local fire departments.

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**

Are You in Need of Housing Repairs?

Hilltown CDC is currently seeking applications from homeowners who live in CHESTERFIELD, CUMMINGTON, GOSHEN, PERU, PLAINFIELD, WESTHAMPTON, and WORTHINGTON.

Hilltown CDC is preparing a grant application for FY16 to continue the Housing Rehab Program for the above mentioned towns. If your home needs repairs and you fall into the income guidelines below, contact us.

| HOUSEHOLD INCOME GUIDELINES/LIMITS: | |
|--|----------------------------|
| Household Size | Gross Annual Income |
| 1 | \$46,100 |
| 2 | \$52,650 |
| 3 | \$59,250 |
| 4 | \$65,800 |
| 5 | \$71,100 |
| 6 | \$76,350 |
| 7 | \$81,600 |
| 8 | \$86,900 |

| POSSIBLE REPAIRS: | |
|--------------------------|------------------------|
| Roofs | Foundations |
| Heating Systems | Plumbing & Electrical |
| Lead Paint | Window & Doors |
| Septic Repairs | Sewer Tie-ins |
| New Wells/Pumps | Handicap Accessibility |
| Insulation | Siding |

These are NO Interest/NO payment loans which may be entirely forgiven, and all repair work is completed by a licensed contractor of your choice. **Please contact Paula Bilodeau, Program Manager, 413-296-4536, ext. 123 or email paulab@hilltowncdc.org for more information or an application.**

Funding is provided by the US Dept. of HUD/DHCD and MA CDBG Programs.

Drug Costs Too High?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still *potentially* qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center.

| Extra Help | Monthly Income Limit | Asset Limit |
|------------|----------------------|-------------|
| Individual | \$1,491/month | \$13,640 |
| Couple | \$2,011 | \$27,250 |

Social Security contact information: 1-800-772-1213 or apply online at www.socialsecurity.gov/extrahelp.

Another Year Older...

So February is my birth month and I'm a month older. Oh yeah, I'm also a year older than last February. That relates to financial matters how? Well, unfortunately I may forget to check my credit report when I should. I find myself a little slower on doing math. And **I'm more likely to fall for a scam!** Why is that?

There may be vulnerability because of grief over loss of a loved one. In addition to emotional loss, there may be stress from having to pick up what was done by others, such as managing the checkbook. We will probably become more vulnerable if we become physically dependent on others. Substance abuse of alcohol or medicine alters how well we can think. Natural aging processes in our brains decrease our ability to make good decisions, perhaps on the risk of a "good deal" investment. Our sense of trust can change so we are less likely to see that someone is trying to hoodwink us. So welcome to another year!

Jean O'Neil, TRIAD committee member



Don't Fall Prey to IRS Scams!

Each tax season there are a number of IRS scams that attempt to prey on citizens. And this year is no different. Protect yourself and your family from these scams by staying alert and informed.

According to the IRS's website, the IRS "will never: 1) call to demand immediate payment, nor will the agency call about taxes owed without first having mailed you a bill; 2) demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe; 3) require you to use a specific payment method for your taxes, such as a prepaid debit card; 4) ask for credit or debit card numbers over the phone; or 5) threaten to bring in local police or other law-enforcement groups to have you arrested for not paying."

For more information on tax scams, visit the IRS Consumer Alert page: <https://www.irs.gov/uac/Tax-Scams-Consumer-Alerts>.

--U.S. Representative Bill Keating

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

Prsrt Std
US Postage
PAID
Permit 183
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

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**

**Join us at the Williamsburg Senior Center
for "A Celebration of Song" with
John Root, Musician, Educator, Naturalist**



Thursday, March 17th, 12:15 pm
Williamsburg Senior Center
141 Main Street, Haydenville

John sings a cappella or accompanying himself on the piano, and plays flute, clarinet and saxophone. His diverse repertoire features the best-loved songs of the first 5 decades of the 20th century. Everyone is invited to sing along, and requests for favorite selections are welcome! Come at 12:15 or call two days ahead to reserve a lunch! (served at 11:45) Call 268-8407 for your reservation and more info.



Funded by a grant from the
Williamsburg Cultural Council

**The Chesterfield Council on Aging invites
Hilltowners of all ages, from preschoolers
to seniors, to brighten your winter
with a little magic!**

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

Sunday, March 13th, 2 pm
(Rescheduled from February's cold weather date!)

Chesterfield Community Center

**400 Main Road,
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!



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.

