

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



March 2014

Attention: On **Sunday, March 2nd 10 a.m.** Bill Streeter will do a **40th Anniversary** presentation of **Only One Cummington** and of the Cummington Story. This will be held at the Village Congregational Church vestry. Open to the public.

Our February luncheon was a lot of fun thanks to our entertainment John Root. Singing along to timeless favorites was truly uplifting. Council on Aging Potluck luncheons are for Cummington seniors and invited guests.

The next potluck luncheon will be our **St. Patrick's celebration on March 18th 12 noon** at the Community House. The Board of Directors will be cooking Corned Beef and Cabbage and the fixin's. Guests are requested to bring a dish, dessert or donation. Following lunch we will enjoy a musical program by ...

Laura Wetzler, Singer, Songwriter, Guitarist.
Laura has graciously offered to do this program
Laura Wetzler

for the Council on Aging and we look forward to her performance.

Coffee and Chat will be on March 4th, 9a.m.-11:00a.m. Drop in anytime.

Adult Beginner Tap Dancing Classes

Adult beginner tap dancing classes have been cancelled due to an apparent lack of interest!!

If this is not correct and you would like to see this continue, please call Sue Forgea at 634-5458 and let her know.

Board of Directors will meet on March 6th at 9:30a.m.

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

Needlecrafters 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.

NEWS FLASH.... Important computer alerts!!!! From Ken Graf

On April 8th Microsoft will stop support for Windows Xp.

This means that even though Xp **WILL** continue working, Microsoft will no longer provide updates, **including security updates**. Your Xp computer will be at risk (although small) and any sensitive data such as banking information, charge card numbers etc. could possibly be hacked. If you do not use your computer for these purposes and do not have a written record of these numbers or your passwords the risk is smaller. Microsoft is urging Xp users to upgrade to a more recent operating system such as Windows 7 or (heaven forbid) Windows 8.

Many computers now using Xp can be updated to Windows 7. If you are concerned about this denial of services from Microsoft and you think that you would want to update to Windows 7 perhaps I can help. Give me a call at 634-8860. Also.. **Danger!!!! A scam called "Ammyy" is DANGEROUS!!!!** If you get a call from someone who asks you to type "Ammyy" anywhere in your computer.. **HANG UP!!! HANG UP!!! If you need more info about this scam please call me. Ken Graf**

Hungry for Pancakes??

There will be a Pancake Breakfast on March 15th, 9am-12pm at the Berkshire Trail Elementary School. \$5 for seniors and kids, \$7 for Adults. All locally grown products are going to be served.

Diabetes Self-Management Program

A six week program on self-management of diabetes will begin in Worthington on Wednesday April 16th, at 9am. Each of the six weekly sessions will last 2 ½ hours. This evidenced based class was developed by Stanford University. Participants will learn about management of their disease through teaching techniques that include lecture, discussion, brainstorming, demonstration, practice and role-play. Topics include: making action plans, monitoring blood sugar, healthy eating, problem solving, preventing complications, stress management, exercise, depression, foot care and more. Both facilitators of the class successfully completed the official Stanford University leadership training and have offered the program once before in the Hilltowns. This, however, is the first time it will take place in Worthington.

Sponsored by the Hilltown Community Health Centers and Highland Valley Elder Services this program is open to any adult who has diabetes, is pre-diabetic or who takes care of someone with diabetes. It is also open to both patients and non-patients of the health center. Non-patients should be Hilltown residents. The Worthington Council on Aging has graciously offered use of their meeting room for the six weekly sessions. The COA meeting room is located at the R.H. Conwell School, 147 Huntington Rd., in Worthington. Registration for the program is required and it is recommended that you sign up as soon as possible since some spaces are already taken.

If you would attend call Mary Wheelan at 238-5511 X 149 or Enette Claxton-Toliver at 667-3009 X 230. There is no charge for the program. Please see the flier for this program. There is no charge for the sessions.

There are several residents of Hillside Terrace who would like to get enough interest in having a class there as well. Also, a Chronic Disease Self-Management class beginning in late May or early June at the Hilltown CDC in Chesterfield, possibly at an early evening time is being organized. Please call Mary or Enette if you have any questions, or would like to register for that as well.

March Calendar

Monday: 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

Tuesday: Town Admin. Asst. 9:00-11:00 AM
Coffee and Chat 1st Tuesday of month 9:00-11:00 AM
COA POTLUCK luncheon 3rd Tuesday of month 12:00PM
Board of Health meeting: 1st & 3rd Tuesday 7:00 PM
Veteran Agent 1st and 2nd Tuesday 9:00-11:00AM

Wednesday: COA office hours 9:00-12:00 PM
Chair Yoga 12:00-1:00 PM
Bryant Library 6:00-9:00 PM
Beginner Tap Dancing (Basement) 6:30 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: 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

March 4th Mardi Gras Day March 5th Ash Wednesday March 9th Daylight Savings Time Begins
 March 15th Purim Begins at Sundown March 17th St. Patricks Day March 20th First Day of Spring

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

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@northampton.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
Medicare & Drug Coverage Part D & Prescription Advantage
 Lucille Temple **413 586-1906**

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; 3rd 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.**

Since so many asked for this....

FOUR – ONION GRATIN (Bon Appetit 1 October 1991)

Serves 8 Pre heat oven to 425

Ingredients:

¼ cup (1/2 stick) butter	1 bag frozen pearl onions, thawed, drained
6 Leeks (white and pale green parts only), sliced	8 Shallots, quartered
2 large onions, cut into eighths	2 garlic cloves, minced
2 Cups whipping cream	2 Tablespoons dry breadcrumbs
	2 Tablespoons fresh chopped parsley (opt)

Preparation: Melt butter in large skillet over medium heat. Add leeks, large onions, shallots and garlic. Saute till tender, about 20 minutes. Add pearl onions and cook 10 minutes longer. Stir in 2 cups cream. Stir and boil until cream is thickened to sauce consistency. Transfer vegetable-cream mixture to a 6 cup shallow baking dish. (Can be prepared 1 day ahead. Cover and refrigerate. Return to room temp before continuing).

Sprinkle breadcrumbs over onion mixture. Bake until crumbs are golden brown and mixture bubbles, about 20 minutes. Sprinkle with fresh chopped parsley if desired.

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