

CUMMINGTON COUNCIL ON AGING

NEWSLETTER

MARCH, 2015

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, 2015

Monday:

Osteoporosis Exercise	9:30-10:30 AM
Coffee Hour	10:30-11:30 AM
Board of Assessors Assistant (office hours)	9:30-11:30 AM
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 st and 3 rd Monday	9:00-11:00 AM

Tuesday:

Town Admin. Asst.	9:00-11:00 AM
COA POTLUCK luncheon March. 17th, Noon (3 rd Tuesday)	
Board of Health Meeting: 1 st & 3 rd Tuesday	7:00 PM
Veteran Agent, 3 rd Tuesday Williamsburg Town Office	6:00-8:00 PM

Wednesday:

COA office hours	9:00-12:00 PM
Chair Yoga	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

Thursday:

COA Board of Directors March 5 th	9:30 AM
Town Clerk	6:00-7:30 PM
Selectboard	7:00 PM
Board of Assessors Mtg 2 nd & 4 th Thurs.	6:00-8:00 PM
Building Inspector	6:00 – 8:00PM

Friday:

COA office hours	9:00–12:00 PM
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Saturday:

Compactor	7:00-11:00 AM
Bryant Library	8:30AM-12:30PM

****Board of Directors will meet March 5th at 9:30 am**

March Potluck Luncheon will be on Tuesday * March 17th at 12pm at the Community House.

Help prevent Osteoporosis and have fun doing it! Monday's at 9:30 am.

Coffee Hour is being held at 10:30-11:30 am every Monday following the Osteoporosis exercise class.

Tap Dancing Classes at the Community House every Wednesday, 4 to 4:45 pm. It is being led by our own multi-talented Sue Forgea, 634-5458.

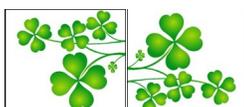
Needle Crafters meet at the Community House Mondays, 1:30 -3:30 pm. All skill levels are invited to bring your projects and join them.



*** St. Patrick's Day Celebration on Tuesday, March 17th at 12 pm. We will have our delicious Corned Beef and Cabbage dinner provided by the board of directors. We request guests to bring side dishes, desserts, or a donation. Following lunch **we will enjoy a wonderful program performed by musician/storyteller John Porcino.****

Neighbor to Neighbor Drivers! Because of generous donations that have been made to the Council on Aging for our program support, we **will** be able to continue this program. Let us know if you are interested in driving or if you need a ride.

Sue Forgea is now taking on small alteration jobs. Something need to be hemmed up or taken in? Give her a call to see how she can help. 634-5458.



Spread the word about Berkshire Taconic's Neighbor-to-Neighbor Fund

As you may know, this vital fund provides emergency grants to people in crisis, in partnership with Dalton CRA. Funding is available for residents of the Hilltowns; however, we are not receiving frequent requests for help, so we seek your assistance in spreading the word through email, town websites, town meetings, etc.

Neighbor-to-Neighbor provides emergency assistance for residents of the Hilltowns (Becket, Cummington, Dalton, Hinsdale, Peru, Washington and Windsor) who are in economic distress. Small grants (generally up to \$500) are available to help with overdue utilities, medical bills, short-term housing costs and transportation problems. Payments are made to the vendor (landlord, utility company, pharmacy or mechanic) on behalf of the community member in need.

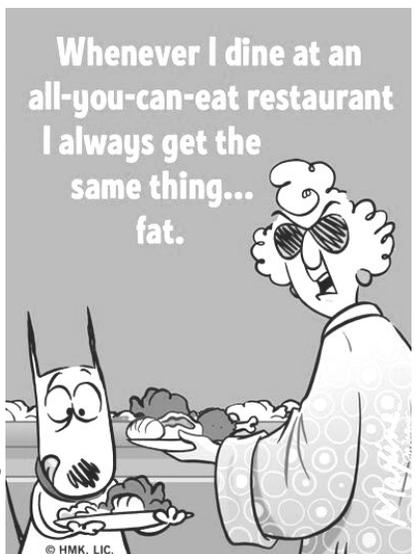
Please help us make sure that our neighbors in need are aware of this resource. Neighbor-to-Neighbor is an initiative of Berkshire Taconic Community Foundation. Berkshire Taconic partners with Dalton CRA to distribute Neighbor-to-Neighbor funds.

Those in need should contact Alison Peters, Executive Director, 400 Main Street, Dalton, MA 01226
Phone: **413.684.0260**, Email: **apeters@daltoncra.org**

Maxine, Outspoken, Loveable Curmudgeon

Hallmark artist John Wagner created Maxine in 1986 based on his mother, grandmother and maiden aunts while he was the first art studio manager for Shoebox Greetings. He thought the line needed an older character, just like the smart and funny women who helped raise him. So with a few passes of his pen he created the no-nonsense grouch who would be known for years only as "John's old lady." Maxine was born. Her first card sold well, so Wagner drew more of them. He added the spot-on details of an outspoken, loveable curmudgeon that have become Maxine's trademarks, from her chemically tortured hair, aviator shades, and perpetual snarl, right down to her housecoat and bunny slippers. He gave her a canine best friend, Floyd, who plays her straight man without saying a word.

Soon Wagner's mom got involved. Toni Wagner, who helped inspire the character, was a willing conspirator in Maxine's publicity boom. Toni began dressing up as Maxine and attending special events at Hallmark stores and nursing homes throughout New England, where she lived. Maxine was featured in a 1995 *People* magazine article alongside Toni and John. From then until her death 10 years later, Toni took on the Maxine persona in countless interviews with national and local media.



Are you 62 or Older and Looking for an Affordable Independent-Living Apartment in the Country?

Hilltown Community Development Corporation is opening the waitlists for apartments at Westhampton Woods Senior Housing. This is a unique opportunity to be added to the waitlists for these one bedroom, single story accessible apartments. Rents range from \$675-\$740. Completed applications are due by Friday, March 27, 2015. All names will be put in a randomized order and added to the current waitlists. For an application to be mailed or emailed, or more information, call 413-296-4536, ext. 110 or email TeriR@HilltownCDC.org. Assistance completing the application process is available upon request.

Asistencia de traducir gratis, si necesita asistencia, favor de avisar al personal



EQUAL HOUSING OPPORTUNITY
A COMPUTER WILL RANDOMLY ORDER
APPLICANTS BEFORE ADDING TO THE LISTS



Village Center Apartments in Haydenville, Williamsburg & Chesterfield

Hilltown CDC is currently renovating six multi-unit buildings. Apartments range from studios to 4-bedrooms. Mobility Accessible and Sensory Adapted units available. Typical rents will range from \$610 to \$1350 with utilities included. Interested parties must be within income guidelines and complete application by May 8. Tenants will be selected by lottery. Section 8 Housing vouchers accepted. Some units have preferences for homeless families and/or veterans. Free language assistance and reasonable accommodations with the application process are available on request. **For more information including income guidelines and to get a copy of the application, visit www.hilltowncdc.org or call 413-296-4536.** EQUAL HOUSING OPPORTUNITY

How DO Hilltowners Shop for Food?

An anonymous **survey** is being conducted by volunteers interested in learning more about how Hilltown residents shop for food as part of an effort called **Keep Farming in the Hilltowns** sponsored by the Hilltown Community Development Corporation and the Old Creamery Coop. This survey should take approximately 5 minutes to complete. We are surveying residents in a focused area of the Hilltowns. In order to make sure we collect an accurate cross-section of residents, we want to talk to residents from every town (Ashfield, Chesterfield, Cummington, Goshen, Plainfield, Westhampton, Williamsburg, and Worthington). The survey is available in town halls and an online version is available here: <http://goo.gl/forms/7q3m380NeG>. More information can be found at the Hilltown CDC website, www.hilltowncdc.org, or calling Teri at 413-296-4536.

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 Charlie Hayes at 413-296-4536 or call the HEN coordinator for your town, below.

HEN Coordinators by Town:

Chesterfield, Helen Pelletier	413-238-4418
Cummington, Jane Neri	413-634-5708
Goshen, Elinor Gagnon	413-268-7414
Huntington, Amy Ellinger	413-387-3029
Peru, Amy Phinney	413-665-0123
Plainfield, Sandra Powers	413-634-5558
Westhampton, Lilly Baxter	413-527-1532
Williamsburg, Fran Goebel	413-268-7411
Worthington, Helen Pelletier	413-238-4418

Community Health Worker, Janet Dimock

Janet Dimock is the new Community Health Worker for the Hilltown Community Health Centers (HCHC). She is part of the HealthWise program and available to support area residents with their health & wellness goals. She can help in many ways, such as helping you find resources and information, solving transportation issues, weight-loss, smoking cessation, exercise and nutrition.

Janet can be a link between you and your health care provider. She can assist residents in the area regardless of their age or income level There is no fee and no limits on age. **Call Janet** at the HCHC (also known as the Worthington Health Center) **at 413-238-5511, ext. 149** to see how she can help you.

You May be Eligible for Help!

Need Help Filling Out Forms? Wondering if you are eligible to receive help? (Fuel Assistance, SNAP, Brown Bag, Verizon, National Grid, etc.) Some of the Senior Centers have applications and training to help you apply for resources available to you! **Call your Senior Center or call Janet Dimock, Community Health Worker** (See article above) and start getting the benefits you deserve!

DOMESTIC VIOLENCE SERVICES AVAILABLE IN THE HILLTOWNS:

Hilltown Safety at Home (HS@H) provides a part-time domestic violence Advocate to hilltown residents who call 413-559-8039. If you need help in an emergency, call 911 or the Safe Passage hotline at 1-888-345-5282.

We Don't Want ANY Hilltown Seniors to Go Hungry!

We have many programs to help you out in this day of high prices and fixed incomes. **Congregate Meals, Brown Bag, and the Senior Center Food Pantry are all FREE!** Yes, you can make a donation, but they are FREE to all seniors.

Congregate Meals are served every Tuesday, Wednesday and Thursday in the Williamsburg Senior Center in Haydenville. Seniors from all towns are welcome! We ask that you reserve your meal at least two days ahead at 268-8407. Come down and make new friends at the Williamsburg Senior Center!

Call your COA or see the Referral Sources on Pg 7 for food pantries, Brown Bag, SNAP and other Food related services. Don't go hungry!

Did you reach the "donut hole" last year?

If so...chances are you could reach it again!

If you have a Medicare Part D or Medicare Advantage plan and do **not** get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$2960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means...a \$300 brand name drug will now cost you \$135!

This is where **Prescription Advantage** can help! **Prescription Advantage**, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the "donut hole." To find out how to lower your drug costs, call Prescription Advantage at: 1-800-243-4636 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. Visit their website: www.prescriptionadvantagemma.org.

How Much Fuel Are Your Boilers Wasting? The Opportunity: Same Heat, Less Fuel!

The Hampshire Council of Governments, the University of Massachusetts, and Fireye, Inc. are partnering to offer no- cost boiler efficiency retrofits. Your retrofit will be financed entirely through the savings it generates so there is no upfront capital expenditure required. Fireye Boiler Load Controller eliminates unnecessary firing cycles, allowing boilers to maintain the same level of heating while using 10-15% less fuel. Because your boiler fires less over time, this technology also extends the life of the boiler and reduces maintenance costs. Fuel & greenhouse gas savings begin immediately upon installation.

Important Program Notes:

- This program is open to both municipal and privately owned buildings
- You can expect a payback period between 1 and 3 years.
- The retrofit works on oil, natural gas and propane fired boilers and can be integrated into any existing building management system.
- The Univ. of Mass. Will quantify and validate all savings.

Here's How to Participate:

1. Contact Jennifer Sayers, Sustainability Specialist at HCOG to schedule a free boiler site visit with a Fireye technician. **413-584-1300 x 153 or jsayers@hampshirecog.org**
2. Receive a report detailing your expected savings
3. Install a boiler load controller and start saving!

The Cummington Council on Aging would like to say THANK YOU to all of you who have sent in donations to help support our programs!!

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.

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

RESOURCES DIRECTORY

Keep This Handy!

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) Help inside the home & errands (waiting list)	413 296-4536
Veteran’s Service Officer Tom Geryk	413 587-1299

Food Services:

Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP) For assistance call Fran @ Williamsburg COA	413 552-5400 413 268-8407
Hilltown Food Pantry - Goshen Town Hall* - Diane Meehan, Director *Each Wednesday 1-3 PM; 3 rd Wednesday 1-6 PM	413 268-7578
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 Mary Kane, RN, HOPE Nurse	413-238-5511 413 238-5511, ext. 131
Janet Dimock, HealthWise Community Health Worker	413 238-5511, ext. 149
Podiatrist Dr. Michael Coby, call Williamsburg Senior Center to schedule (Office hours alternating months at the Senior Center)	413 268-8407
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage Wayne Glaser (Senior Center office hrs 11-3 on Tuesdays) Lorraine York-Edberg	Call your COA for appointment 413-773-5555, ext 2275
Mass Health and New Health Coverage John Bergeron, HCHC-Huntington	413-667-2203
Jesse Pulitzer-Kennedy, HCHC-Worthington	413 238-4155
Eli Stark at the Hilltown CDC-Chesterfield	413 268-0200

Transportation Services

Williamsburg Medical Rides Williamsburg Senior Center (to schedule)	413 268-8407
Cummington Neighbor to Neighbor Drivers	
Westhampton transportation to appointments or grocery shopping, Susan Everett	413-527-9098
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 in afternoon) Ellie Loomis	413-268-7582

Local Councils on Aging

Chesterfield COA , Suzy Canter Kirsch	413-296-4007
Cummington COA , Carolyn Urekew	413-634-2262
Goshen COA , Rose Marie Clark	413-268-8236
Plainfield COA , Jane Neri	413-634-5703
Westhampton COA , Pat Miller	413-527-2404
Williamsburg Senior Center , Marie Westburg	413-268-8407
Worthington COA , Sandy Epperly	413-238-5584

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

PRESORTED STANDARD
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Or Current Resident

This Newsletter is funded in part by a grant from The Executive Office of Elder Affairs.

**CUMMINGTON
COUNCIL ON AGING**

Carolyn Urekew,
Director
413 634-2262

Anne Parsons
COA Chairperson
634-5707

Elliot Ring
COA Co-Chairperson
634-5666

WELCOME TO OUR NEW REGIONAL NEWSLETTER!

Due to budget cuts and the need to conserve resources, the Executive Office of Elder Affairs (EOEA) is funding the regional distribution of newsletters, which will help spread information and news about resources and programs to more folks in the Hilltowns. Mail will go out on a bulk permit, cutting postage in half for most towns.

Six towns, Chesterfield, Cummington, Goshen, Plainfield, Westhampton, and Williamsburg are participating in this regional newsletter system. Each town will have their own news and events, along with several pages in common with every town.

There are so many great programs offered in the hilltowns! We hope that more and more of you will feel free to participate in events, programs, food, transportation and entitlement programs, and use the resources that are out there for you.

We invite you to contribute to your monthly newsletter! If you have a story to tell, a favorite recipe, joke, poem, or an event that your neighbors would be interested in, let us know!

Hopefully the resources in this newsletter will be interesting and helpful for you! If you know anyone who wants to get the newsletter, let us know and we'll add them on to the mailing list! Hope to see you all soon!

