

CUMMINGTON COUNCIL ON AGING NEWSLETTER

MAY, 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 – MAY, 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
Discussion Group, May 10	1:00-3:00 pm
Community House Library	

COA Potluck Luncheon, April 19th, 12 Noon **Community House (3rd Tuesdays)**

Board of Health mtg 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, May 5th, 9:30 am	
Movie Matinee 1st & 3rd Thurs. 1:30 pm	
Town Clerk	6:00-7:30 pm
Selectboard	7:00 pm
Board of Assessors meeting	6:00-8:00 pm
2 nd & 4 th Thursdays	
Building Inspector	6:00-8:00 pm

Fridays:

COA Office Hours	9 am-12:00 noon
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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**.



The May Luncheon will be held on **Tuesday, May 17th at Noon at the Community House**. Following lunch we will be entertained by **John Root** with a presentation of **Songbirds of the Northeast**. Our goal is that no one goes away hungry. The potluck luncheons are a fun social event with a lot of good food. **Do you need a ride** to attend? Call Carolyn at 634-2262. *Don't be shy and don't miss out!!*



Tap Dancing! The tappers are Tapping at dance class Wednesdays at 4 pm at the Community House.

Board of Directors will meet on **Thursday, May 5th at 9:30 am**. The Board is looking to add new members. If you think you may be interested please call Elliot Ring at 634-5666 or Co-chair Anne Parsons at 634-5707.

Movie Matinee: 1st and 3rd Thursdays 1:30 pm.
Titles to be announced.

WOOHOOO!!!! **THE CUMMINGTON LADIES LUNCH BUNCH** met on APRIL 13TH at Spruce Corner Restaurant. The next get together will be **Wednesday, May 11th**. We will be lunching at the **Trail Toc Diner**, 1105 Mohawk Trail (Rt. 2), Shelburne. If you wish to carpool **please be at the church by noon**.

FRTA Van Shopping trips on Tuesday mornings, med appts. Afternoons. Ellie Loomis 413-268-7582.

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.

CALL FOR ARTISTS!

The 20th Annual Senior Art Exhibit has been announced by the Secretary to the Commonwealth's office. The 2016 theme is "Paint Your Favorite Memory". It is open to all citizens age 62 and older. The COA office has the guidelines and authorization forms as well as other pertinent information. The deadlines for entry will be July 1, 2016.



We're Searching for Volunteers 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 can 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 need to submit **prior to** calling the number on the back of your MassHealth card.

Note: Ms. Lee Aeschback has offered her services as a Neighbor to Neighbor driver. 413-634-5092. Thank you, Lee!

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!



HAPPY MOTHER'S DAY!



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**

Regional Section

OUTREACH REPORT by Peg Whalen

This month is one year since I started serving as Regional Outreach Coordinator for the northern hilltowns. I have met hundreds of people 60 and over. I have connected with the seven Councils on Aging, Hilltown Community Health Center, Hilltown CDC transportation committee, several Congregational churches, Highland Valley Elder Services, and the state and county Departments of Public Health. I have enjoyed reaching out to you through the regional newsletter, facilitating community discussions of the book *Being Mortal*, and connecting many of you with beneficial services or information. I am happy to report that funding for the Consortium of COAs outreach grant has nearly doubled since first award and the grant period has been extended by an additional year. We have received over \$5000 from Highland Valley Elder Services for a small initiative to enhance Community Connections. The Community Connections program is moving forward rapidly and we are anticipating building relationships and connections in each hilltown. In addition, I have completed training to become a Community Health Worker (CHW) and will assist people, in-home, with support for reaching health goals. We also are approaching the end of phase one of the three year state Service Incentives Grant.

So what's coming this month? Two community discussion groups focusing on the book *Being Mortal*. Now is your chance to participate in the discussion with a choice of two times. You do not have to read the book to contribute to the discussions. We will be meeting in the **Chesterfield Community Center at 400 Main Rd, Chesterfield, 01012**. A night time discussion has been a recurring request so we will be holding a discussion **Thursday evenings from 5:30-ish to 7:30 at the Goshen Town Hall** on Rte 9. **Both groups start the first week of May and will meet four times.** We end the fourth Thursday of May.

The Hilltown Community Health Center is offering a program called My Life My Health in May. The program is for anyone with a chronic health condition. I participated in My Life My Health this past fall and I can vouch for the usefulness of what I learned over the 6 weeks the group met. If you want more information you can contact Janet Dimock at the Worthington Health Center 413-238-5511 or Diane Meehan at the Community Programs department 413-667-2203.

Finally, discussion in Cummington is ongoing with a new focus. Barbara Murphy Malinak and others have

asked me to let all residents of any town know discussion is continuing with the topic of Living Fully, Aging Gracefully and is open to hilltown residents of all ages. The group will meet once a month on second Tuesday afternoons, starting 5/10/16, from 1-3. Watch the local paper, newsletter, What's Up in the Hilltowns on Facebook, and posters you will find placed round town. Contact me for location (not available at this writing) pwhalen@hchcweb.org, or (413) 404-4566 for more information.

BY REQUEST by Peg Whalen

I am happy to report that the transportation survey and focus groups have been completed and a report will be available in the coming month. To those of you that completed the survey and participated in focus groups I extend a sincere thank you. We learned so much about the experiences, unmet needs, and ideas shared during four focus groups. I want to share a new bit of knowledge I took away from facilitating focus groups in Cummington and Goshen. When seniors are no longer able to drive, rides from friends, family, and neighbors are crucial for them remaining in their homes. Asking for rides is often difficult because most of us are unaccustomed to asking for help. And there are just some needs that go unmet. And the most common unmet need is rides to entertainment, recreation, and other leisure activities. I heard quite clearly from participants, *"I can't imagine asking for a ride to the mall, a regional school play, or for anything other than medical appointments and groceries"*. These interests are the first to go in seniors lives and are among the many causes of isolation. And isolation is even greater in rural areas. We know isolation relates to senior health and wellbeing. If you help a senior with transportation please consider offering—because you probably won't be asked—to take someone with you to the mall, to the movies, the fair, or just into Northampton, Greenfield, Pittsfield, or elsewhere. You will be helping in a small way to alleviate one of the most difficult dimensions of senior life after driving...social isolation.



Our deepest condolences to the family and friends of Kip Moeller. A celebration of her life will be held on Sunday, May 15th at 3pm at The Round House, 68 Van Nuys Road, Colrain, MA.

Regional Activity Report:

On April 7 the Westhampton COA hosted an intergenerational program which was open to all ages, following their monthly luncheon. There were over **80 folks** in attendance from 6 months to 95 years and all enjoyed the program by Tom Ricardi and his Birds of Prey. This program was 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 Child-care, and New Hingham PTO.



Computer Workshops: The COA 2-hour computer workshops for seniors are held at the Westhampton Library, 1 North Rd., on the second and fourth Mondays of each month at 10am: **May 9th and May 23rd**. The first 45 minutes will answer specific questions or troubleshoot problems. Starting at 10:45, a specific lesson will be taught. Come with your questions! All seniors are welcome, regardless of skill level. If you have a laptop, bring it along, although, there are some computers for folks to work on. You may attend on a drop-in basis. Bob Miller is the teacher. Funded in part by a grant from Highland Valley Elder Services to the COAs of Westhampton, Chesterfield, Goshen, Cummington and Worthington.

Come to a Movie! at the **Cummington Community Center the first and third Thursdays of the month at 1:30pm!** Guests are welcome to bring their own snacks. Contact Carolyn, Cummington COA director, coa@cummington-ma.gov or 413-634-2262.

Multigenerational Square Dance! Square dances are back, held on the third Saturday during the spring months of May and June at the Chesterfield Community Center: May 21st & June 18th, 7-10 pm. All are welcome! Folks come from all over the region, beginners and experienced dancers, from the very young to dancing seniors. Live music by Falltown String Band. Singing calls by Bob Livingston. A donation of \$8.00 is requested to help cover costs of the live band and caller; an additional donation to the COA will be appreciated for hosting these events. Food is available for a small fee. Please bring items for the raffle table! More information at 413-296-4743. *Supported in part under a grant to the Chesterfield COA from Highland Valley Elder Services.*

Regional Activities are only a town or two away. Join the fun--attend regional activities!

My Life, My Health

The **Hilltown Community Health Center is offering a free, six session series of My Life My Health** for anyone living with a chronic condition and looking for ways to regain control of their health. The sessions are designed to assist adults with a variety of health issues including hypertension, arthritis, heart disease, stroke, lung disease, cancer, depression, and diabetes.

Classes will meet **each Thursday starting May 5th from 1:30 to 4 p.m. at the Worthington Council on Aging Office** located at the R.H. Conwell Elementary School on Route 112 in Worthington. The series will end June 9th. The classes will be facilitated by CDSMP certified trainers Diane Meehan and Janet Dimock of the HCHC HealthWise program. To register or for more information call Diane Meehan at 413-667-2203 or Janet Dimock at 413-238-5511 ext. 149.

Participants will discuss ways to reduce stress, how to deal with stressful emotions, planning for the future, locating and using community resources, building communication skills, and asking for help. Family members, friends, and caregivers are welcome to attend.

The series is open to all residents of the Hilltown area. Participants do not need to be a patient at the health center to join. This series of workshops is offered in partnership with Highland Valley Elder Services.

The **My Life, My Health** program is offered in Massachusetts through the Healthy Living Center for Excellence in Lawrence, MA. The program is continuously evaluated and research has shown that the program is extremely beneficial for those dealing with chronic diseases.

A Community discussion group, sponsored by the Council on Aging focusing on **Living Fully, Aging Gracefully and Befriending Death** is forming and is open and welcoming to all residents of the Hilltowns.

The group will meet once a month on Tuesday afternoons, the **second Tuesday, from 1-3 at the Cummington Community House Library, Main Street starting Tuesday, May 10th**.

For further information or to RSVP please contact Wynne or Lucy 413-634-5576, wynlucy@verizon.net or Annie, annieb@crocker.com.

Domestic Violence Advocate , Hilltown Safety at Home (HS@H)	413 559-8039
If you need help in an emergency, call 911 or the Safe Passage hotline	888 345-5282
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)	413 296-4536
Veteran’s Service Officer Tom Geryk	413 587-1299
(Westhampton) Joe Henning	413 207-3541
(Plainfield) Upper Pioneer Valley Veteran’s Services District in Greenfield	413-772-1571

Food Services:

Food Bank of Western Massachusetts Brown Bag Program	800 247-9632 or 413 268-8407
Food Stamps - Supplemental Nutrition Assistance Program (SNAP)	413 552-5400
For assistance call Fran @ Williamsburg COA	413 268-8407
Hilltown Food Pantry - Goshen Town Hall - Diane Meehan, Director	413 268-7578 Wed 1-3/3 rd Wed 1-6
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	413 5511, ext. 131
Janet Dimock , HealthWise Community Health Worker	413 238-5511, ext. 149
Podiatrist Dr. Michael Coby , call Williamsburg Senior Center	413 268-8407
to schedule (Office hours alternating months at the Senior Center)	
Foot Care Oni, RN , foot care, Goshen or in-home visits—Call Liz Loven for appt.	413 268-7122
Oni, RN , monthly foot care in Williamsburg or in-home visits	413 268-8407
Diane Roeder , foot care in Westhampton & Chesterfield	413 374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Wayne Glaser	Call your COA for appointment
Richard Bauman (Westhampton)	413 527-5240
Lorraine York-Edberg	413 773-5555, ext 2275
Mass Health and New Health Coverage	
John Bergeron, HCHC-Huntington	413 667-2203
Eli Stark at the Hilltown Community Health Center	413 238-5511

Transportation Services

Chesterfield FRTA Volunteer Driver, Carol Jolly	413 296-4254
Cummington Neighbor to Neighbor Drivers	413 634-2262
Westhampton transportation to appointments or grocery shopping, Susan Everett	413 527-9098
Williamsburg Medical Rides Williamsburg Senior Center (to schedule)	413 268-8407
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. afternoons) Ellie Loomis	413-268-7582
(Goshen Shopping trips & Med rides on Tues., Weds. & Thurs. with advance notice) Ellie	“
(Plainfield residents can use the van for medical rides any day except Tuesday) Ellie	“

Local Councils on Aging

Chesterfield COA , Nancy E. Braxton	413 296-4007
Cummington COA , Carolyn Urekew	413 634-2262
Goshen COA , Rosemarie Clark	413 268-8236
Plainfield COA , Deborah Thibault, Interim Coordinator	413 634-0275
Westhampton COA , Pat Miller	413 527-2404
Williamsburg Senior Center , Marie Westburg	413 268-8407
Worthington COA , Sandra Epperly	413 238-5584

Cummington Council on Aging
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**CUMMINGTON COA NEWSLETTER HAS BEEN FUNDED IN PART BY: GENEROUS DONATIONS,
THE TOWN OF CUMMINGTON, and THE EXECUTIVE OFFICE OF ELDER AFFAIRS**

The Williamsburg Senior Center invites you to
A Community Music Concert with
Roger Tincknell

Wednesday, May 11th at 12:15
Williamsburg Senior Center
Auditorium
141 Main St, Haydenville

Come and join us for this fine
intergenerational performance!

Roger Tincknell has been performing for children, families, adults, and seniors throughout the U.S., Canada and Europe for over 40 years. His strong, expressive vocal styles, show stopping yodeling and masterful instrumental skills bring a warmth and versatility to his performances.

His extensive repertoire includes original, traditional and contemporary songs presented in a variety of musical styles. Ballads, swing, country blues, bluegrass, and cowboy yodeling are interspersed with American and international folksongs. Roger accompanies himself on guitar, banjo, mandolin, and many other instruments. (donations gratefully accepted)

Funded by the Williamsburg Cultural Council & Donations



**Some interesting facts about
Older Americans' Month:**

When Older Americans' Month was first established by President John F. Kennedy in May 1963, there were 17 million Americans age 65 or older. As of 2014, there were 44.7 million Americans age 65+, and they account for approximately 14.5% of the U.S. pop. In the next 25 years 1 in 5 Americans will be an older adult.

10,000 Americans turn 65 each day, and this year marks the first time that members of the baby boomer generation will turn 70 years of age.

Older Americans are more active and engaged than ever. 19% of older Americans are employed, and many of them, 4.9 million, have fulltime year-round jobs. This number has tripled since 1993. Furthermore, the number of Americans age 75 or older that are working has increased by 140%.

It is estimated that by 2033 the number of Americans aged 65 or older will outnumber Americans aged 18 or younger.