

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



May 2014

The Cummington ladies lunch bunch met at the Spruce Corner Resturant on April 9th with 17 in attendance. On May 14th we will be going to the Village Green in Williamsburg. As they tend to be slow on getting the meals out we will plan on arriving any time after 11:30am. We will leave from the church at 11:15am. Hoping for a sunny day. Come and enjoy.

Coffee and Chat will be on May 6th, 9a.m.-11:00a.m. Drop in anytime.

****Board of Directors** will meet on May 8th at 9:30a.m. This month only we will meet on the second Thursday of the month

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.

Our April potluck luncheon was a celebration of Easter and Spring. 40 folks enjoyed the meal and Steve Henderson's comedy Mable and Jerry. **Our next potluck will be on May 20th.** At the current time Dave Fenton is scheduled to do a TRIAD presentation. Council on Aging **Potluck luncheons are for Cummington seniors and invited guests.**

Hilltown FRTA Senior Van Alert.. The standards for riders on the van for medical & shopping trips and for who have been riding with volunteer drivers through the FRTA senior transportation service have been reviewed by the FRTA as many of you know. It was discovered that guidelines were not being followed. Here's the current info you need to know.

- 1) All scheduled transportation must go through the dispatcher, **Ellie Loomis (268-7582) in Goshen.**

- 2) **Individual drivers are a back up to the van: van must be occupied before drivers can be used.**
- 3) The fare needs to be paid up front. \$1.00 each way for trips within town, \$1.50 each way for trips to adjacent town; \$2.00 each way for trips beyond an adjacent town.
- 4) Residents using FRTA transportation MUST complete an application that gives your emergency contact information. You can get the form from Carolyn COA Director or call 634-2262.
- 5) If you are on MassHealth (Medicaid) rides to and from appointments are available to you by calling the number on the back of your MassHealth card. The FRTA van is not available for your health appointments. You may use the van for shopping and trips other than medical appointments.

Even if you are not currently a regular van use rider, but may need to use it in the future... don't wait.. get the application and get it sent in. It does take time for FRTA to process them.

Everyone is invited to attend **The Northern Hilltown Councils on Aging Consortium**, which will meet **on Monday, May 19th, 10am – Noon** at the **Chesterfield Community Center**, 400 Main Rd. (Rte. 143) Chesterfield. Our guests are Emmett Schmarsow, Program Manager for Councils on Aging and Senior Centers, Executive Office of Elder Affairs, Boston, MA, Nancy Maynard, Co-Interim Executive Director, Highland Valley Elder Services and Linda Sullivan, Program Director, Quality Assurance and Community Development, Highland Valley Elder Services, Florence, MA. Please note that the event is fragrance-free.

May Calendar

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

Thursday: COA Board of Directors 2nd Thurs. of month (May only) 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

May 11th Mother's Day

Observance

May 26th Memorial Day

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- Any questions will be handled from the Regional Office	413-773-5555x2287
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Mass Health and New Health Coverage/Worthington Health Center	
John Bergeron	413 238-5511

Northampton Survival Center	413 586-6564
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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.**

Travel With Friends
Joan M. DiLego cell 413-672-1462
106 Will New Blvd.
Canastota, NY 13031

Travel Opportunity

New Brunswick- Nova Scotia August 1-6 2014

The adventure begins in Saint John, New Brunswick. It is the only city on the shore of the Bay of Fundy, home to the world's highest tides.

Day Two - Will be spent enjoying a tour of Saint John with a local guide. Seeing the Reversing Rapids, where the Bay collides with the St. John River. There will also be time at the City Market with local vendors and artisans. It is the oldest Market in North America (1875). The rafters resemble the inverted hull of a ship. From here we will have a three hour Ferry from Saint John to Digby enroute to Halifax, Nova Scotia.

Day Three – Early start to Peggy's Cove one of the most picturesque places and one of the most popular stops in Atlantic Canada. Set on the rocky shores, the lighthouse and village are a photographer's paradise. We will enjoy breakfast here overlooking Peggy's Cove. Here we will stay at the Delta Barrington, which is located on the waterfront in Halifax. After a morning tour to include and hear the amazing stories at the Titanic gravesite we will have free time in Halifax.

The Halifax International Busker Festival explodes across Halifax's beautiful and historic waterfront featuring breathtaking entertainment that can only be found at the annual festival. Enjoy unique talents, skills with acrobatics, music, visual arts, a fire show and so much more. Location of the hotel enables you to also enjoy the Casino Nova Scotia and the opportunity for shopping.

Day Four - We will have a 75 minute ferry from Caribou to Prince Edward Island. Viewing Green Gables Heritage Place, PEI preserves, touring and enjoying the performance of Anne of Green Gables Musical.

Day Five – Charlottetown to St. Andrews by way of the Confederation bridge, visiting Magnetic Hill, Hopewell Rocks, the most famous geological experience and be amazed at the magnitude and power of the world's highest and wildest tides unique access to the ocean floor and the Bay of Fundy.

This evening we will overnight at The Fairmont Algonquin Hotel, combining breathtaking scenery and activities the marriage of St. Andrews by-the-Sea and the Fairmont Algonquin has resulted in what is Canada's finest ocean resort. Dinner is included here for a wonderful evening of sharing the many wonderful memories of our adventure.

Day Six - departure for home and wishing it could have been longer.

\$1469 ppdbl \$100 deposit per person requested on booking
(Meals included are 5 Breakfasts, 3 dinners – including Lobster)

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

A Few Useful Websites

1. Want to cut costs and reduce debt? Check out www.benefitscheckup.org/esi-home/, a website run by the National Council on Aging. The website has many tools to help you with your financial matters.

2. Been receiving a lot of unwanted phone calls lately? Make sure both your home and cell phone numbers are on the Massachusetts Do Not Call Registry. You can go to: mass.gov/donotcall or call toll-free: 1-866-231-2255.

Meals on Wheels So No Senior Goes Hungry! Please support our Meals on Wheels program on **Saturday, May 17th, 2014, 8:30am– Noon** at the March for Meals. Northampton High School Track. Refreshments and activities. Contact QLL@highlandvalley.org for more information.

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