

CUMMINGTON COUNCIL ON AGING

NEWSLETTER

MAY, 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 – MAY, 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, May 19th, 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, May 7th,	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

The Cummington Ladies Lunch Bunch kicked off this year's first outing at the Spruce Corner in Goshen. The next outing is on **May 13th at the Fish Hook Restaurant in Northampton on Damon Rd. at 12:30 pm. As usual we will meet at the church at noon to carpool.**

****Board of Directors will meet May 7th at 9:30 am.**

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 are on. Classes are at the Community House **every Wednesday 4 to 4:45 pm.** Classes are being led by our own multi-talented Sue Forgea 634-5458.



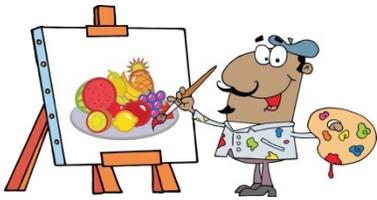
Neighbor to Neighbor drivers!! Because of generous donations that have been made to the Council on Aging for our program support, we **will** be able to continue this program. Anyone willing to volunteer to drive, please contact Carolyn any Wednesday or Friday at her office, 634-2262.



May Potluck Luncheon, Tuesday, May 19th, Noon at the Community House.

The Cummington Council on Aging will celebrate the diverse heritage of the New England Region by presenting a performance by Parents' Choice Award winning storyteller Davis Bates. Entitled *Celebrating New England: Songs and Stories for Everyone*, the program will involve the audience in a variety of cultural traditions. It will include farming stories and songs from the past and present, sea songs & chanteys, Native American stories, ghost stories and family tales. There will also be plenty of sing-alongs, and even a short lesson in how to play music with spoons. (for more information and another chance to see Davis Bates, see the back page!)

Attention all artists!!



William Francis Galvin, Secretary of the Commonwealth is pleased to announce the 19th Annual Senior Art Exhibit. Sponsored by his office, the theme for 2015 is the 250th Anniversary of the Liberty Tree and is open to all citizens age 62 or older. Guidelines are as follows: Entries will be accepted from both amateur and professional artists and will be displayed at the Commonwealth Museum. All medium of art is acceptable (Oils, Watercolor, Pastels, Ink, etc). The artwork should represent personal interpretations of the ideals and principles of freedom. Size requirements are a minimum of 5X7 and a maximum of 18X24. If an artist is unable to mat and frame the entry, his office will provide matting using basic materials.

If you are an artist interested in entering, call the Cummington COA at 413-634-2262 for more information. The deadline for entries is July 1, 2015.



ADDENDUM TO RESOURCE DIRECTORY On Page 5

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.

Hilltown Van 413 268-7582
Call Eleanor Loomis **ASAP before trip**
To Northampton – Tuesday (\$4.00)
To Pittsfield -- Wednesday (\$4.00)

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 in advance!

Hilltown Food Pantry 413 268-7578
at Goshen Town Hall – Diane Meehan, Dir.
Each Wednesday 1-3PM; 3rd Wednesday 1-6PM
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.

Jane Neri local HEN Coordinator Help inside the home and errands **413 634-5703**



Introduction to TRIAD

Greetings! We will be including a note from TRIAD in each newsletter. If you are not yet aware of TRIAD, please read on. The intent of this national association is crime prevention through addressing the safety and consumer protection needs of seniors. The organization includes seniors, law enforcement professionals, and service providers. Police, fire, and emergency personnel are involved in our area.

Each local group is free to focus on priorities in their community. A committee is formed and determines what will best serve seniors living there. Topics can include everything from house safety like avoiding falls and better house numbering so emergency personnel can reliably respond to a call, to information on financial literacy such as avoiding scams and keeping a good credit score.

I have been writing a note for the Williamsburg newsletter for a year now and am happy to reach more people with this newsletter. The university Extension Service in Mississippi gave me training in volunteer financial counseling and I joined TRIAD to help use that training. If you would like to see a particular topic addressed, please let me know through Sherry Loomis.

The tip for today? All those annoying phone calls, even after you have added your phone to the Do Not Call List, are best addressed by just hanging up the phone. It's ok to be rude to the guy who is quite sure you qualify for a medical alert!

Best to you,
Jean O'Neil, TRIAD Williamsburg



Regional Activities

Other area Senior Centers offer activities that all are welcome to attend: Here are some of the offerings: (See Resource List on pg 7 for phone numbers.)

Chesterfield:

Advanced Tai Chi Mondays, 9:30 am
Feldenkrais, Mondays, 7 pm
Chair Yoga, Tuesdays, 10 am
Mah-Jongg, 1-4
Beginner's Tai Chi, Thursdays, 6:30 pm
Mat yoga, Fridays, 8 am

Cummington:

COA Potluck Luncheons,
Osteoporosis Exercise, Mondays, 9:30 am
Chair Yoga, Wednesdays, noon

Goshen:

COA Potluck Luncheons
Foot Care Clinic, Kip Moeller, May 26 9:00+

Plainfield:

Bi-monthly COA Potluck Luncheons

Westhampton:

Knitting Group, Library, Mondays, 6:30 pm
Coffee & Social Time, Library, W'days, 10 am
Computer Classes, Tuesdays, 10-Noon (call)
Art Classes, W'days, 9:30-11:30 (call)

Williamsburg:

Highland Valley Congregate Meals,
Tues-Thurs. 11:45
Tai Chi Classes, Thursdays 9:30-10:30
Gentle Yoga, Thursdays, 3:45-4:45
Brown Bag, 2nd Thurs 9:30-1
Blood Pressure Clinic, 2nd Thurs 11:30
Craft Workshops (call for info)

Worthington:

Monthly Potluck Luncheon
Call for date and info.

New Drinking Guidelines

NIAAA (2004) presents the following guidelines for older adults who choose to consume alcohol: Older men should consume no more than one standard drink per day or no more than seven drinks per week. Older women should consume less than one standard drink per day.

Older adults should not consume more than two standard drinks on any day that they are drinking (binge drinking).

Health conditions that may become more severe with alcohol use: Cirrhosis and other liver conditions, gastrointestinal bleeding, ulcers, or gastroesophageal reflux disease, gout, hypertension, diabetes, insomnia, gait disorders, depression, anxiety, or other mental conditions.

FRTA is looking for someone to be a **driver** for their senior van. The van drivers are trained and paid by FRTA and operate in our 7-town region, excluding Westhampton & Williamsburg. For more information, call Amy, 413-774-2262, ext 112 and mention "**Goshen Van Driver.**"

Hilltown Elder Network (HEN)

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 **Cummington Coordinator, Jane Neri at 413-634-5708** or Charlie Hayes at 413-296-4536, Ext. 120.

The Massachusetts Bar Association presents
**"Taking Control of Your Future:
A Legal Checkup"**

Topic: Protecting the Home

Part of the 2015 Elder Law Education Program

Presented by Atty. Seunghee Cha

of Bulkley Richardson and Gelinas, LLP,
Attorneys at Law

May 13th at 12:15

Williamsburg Senior Center

Town Office Bldg, Haydenville

Get answers to all your legal questions.

Free! All are welcome to attend.

Linda Manor is accepting applications for dedicated, committed and caring people to join our Volunteer Staff.

There are countless ways you can touch the lives of our residents. You can -

Read to, play games and visit with a resident

Talk and reminisce

Share travel memories

Share a talent (singing, playing a musical instrument)

Assist in transporting to and from meals and activities

Assist residents in craft or cooking activities

Assist the Activities Team with events and celebrations.

Help maintain the library

Accompany residents outside in our courtyard

We invite you to come in and fill out an application. The

position requires that you attend an orientation session and a free dementia training seminar. **Please contact Jeanine**

Montgomery at 413-586-7700 ext 213 for more

Square Dance, May 16th at 7:00 pm at
Chesterfield Community Center, 400 Main Rd, Chesterfield. Refreshments, ALL Welcome!

Beginning Mah Jongg with Beth Altimari and
Nan Clark, Saturdays May 2nd and 9th, 10:30-12:30.
Chesterfield Community Ctr. ALL Welcome!

Scam Alert! From Emmett Schmarsow of Mass.
Executive Office of Elder Affairs (EOEA)

The IRS is STILL NOT CALLING YOU!! Despite prior notices, a southeastern MA senior was the victim of an "IRS" scam at 347-389-0029. The scam includes a second fraud number, 202-239-1716 for the senior to call with her account information. She was told not to give that number to anyone. **PLEASE DO NOT BELIEVE THESE CALLERS!** The IRS will not be calling you and you have a lot to lose if you give out your personal information!

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 at the HCHC (also known as the Worthington Health Center) **at 413-238-5511, ext. 149** to see how she can help you.

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

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
Help inside the home & errands (waiting list)	
Veteran’s Service Officer Tom Geryk	413 587-1299
<u>Food Services:</u>	
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
*Each Wednesday 1-3 PM; 3 rd Wednesday 1-6 PM	
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
<u>Health Services:</u>	
Highland Valley Elder Services Intake referral for homecare, etc.	413 586-2000
Hilltown Community Health Center - Medical & Dental	413-238-5511
Mary Kane, RN, HOPE Nurse	413 238-5511, 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 Kip Moeller , foot care in Goshen or in-home visits	
Call Liz Loven for appointment	413 268-7122
Diane Roeder , foot care in Westhampton	413-374-0457
SHINE, Medicare & Drug Coverage Part D & Prescription Advantage	
Wayne Glaser	Call your COA for appointment
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 CDC-Chesterfield	413 268-0200
<u>Transportation Services</u>	
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 Loomis	413-268-7582
<u>Local Councils on Aging</u>	
Chesterfield COA , Suzy Canter Kirsch	413-296-4007
Cummington COA , Carolyn Urekew	413-634-2262
Goshen COA , Rosemarie 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 , Sandra Epperly	413-238-5584

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

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

EVERYONE IS INVITED !

to a Participatory Performance by:

Davis Bates, Storyteller

Tuesday, May 12, 12:30 PM

In the Auditorium of the Williamsburg
Town Offices & Sr. Center in Haydenville

Davis Bates' performances are a mixture of family, Native American, international and regional stories and songs. They speak of empowerment, history, spirit and the environment.

**Come and join us for
songs and stories and
lots more by a great
local entertainer!**

Call the Williamsburg
Senior Center for more
information at 268-8407.



Another Chance to See Davis Bates!
Tues, May 19th, Cummington
Community House, Potluck Luncheon
and Entertainment at Noon!

Contact Carolyn Urekew, 413 634-2262

Davis Bates has been telling stories for over thirty-two years, in schools, libraries, colleges and community settings around New England and across the country. His recording of Family Stories won a Parent's Choice Gold Award, and was named one of the year's best Audio Recordings by Booklist Magazine. Davis has also served as director and consultant for several local and regional oral history and folk arts projects. Davis lives with his two children in the village of Shelburne Falls, MA, and when he isn't collecting or learning stories he spends his time gardening, cutting cordwood and working native pollinator preservations projects and at a nature sanctuary in a nearby hilltown.

These performances funded, in part, by grants from the Cummington Cultural Council and the Williamsburg Cultural Council, local agencies supported by the Massachusetts Cultural Council.