

# Cummington Council on Aging

413-634-2262 P.O. Box 95, Cummington, MA 01026

[coa@cummington-ma.gov](mailto:coa@cummington-ma.gov)

Carolyn J. Urekew, Director, **Office Hours: Wednesday & Friday 9AM – 12PM**



## 2014

*September 20<sup>th</sup> Tag Sale /Festival.. Huge success!!!*



Tag Sale happenings



Carolyn Urekew and a happy customer



Tom Jay and the Popcorn Cart



Laura Wetzler and Jack Swindlehurst perform

September 20<sup>th</sup> 9am – 2pm your COA sponsored a Tag Sale Festival that was a huge success !! Thank you to Elliot Ring and the board of directors for their hard work and getting this 1<sup>st</sup> Annual event off the ground. Both vendors and customers alike were thrilled with the event. A big thank you to all the volunteers! One man's junk was truly another's treasure! See you all next year!



Coffee and Chat will now be known as the Coffee Hour and is being held at 10:30-11:30a.m. on all Monday's following the Osteoporosis exercise class.

**\*\*Board of Directors will meet October 2nd at 9:30a.m.**

**Our next potluck** luncheon will be on **October 21<sup>st</sup>** at 12pm here at the Community House. We are hoping to have Jesse Pulitzer-Kennedy our new SHINE representative do a short program.

### **BEWARE OF MICROSOFT SCAM!!!! LOCAL!!!!!!!!!!**

Beware of any phone calls claiming to be from Microsoft! The person is VERY CONVINCING when he explains that he is from Microsoft and asks if you need help with your computer. Microsoft NEVER CALLS with a message unless you had made arrangements for them to call you. No matter how convincing they may be HANG UP! Two elderly people from Cumington have been victims of this scam and it has been very difficult to repair their computers.

THE FOLLOWING COMPUTERS ARE AVAILABLE FOR SALE AT MY COST (VERY VERY INEXPENSIVE) WITH WINDOWS 7 All of these laptops have 2 BRAINS (dual processors) and upgraded to Windows 7. Your chance to move up from Windows XP!

#### LAPTOPS

Acer 4230 BL50 Core Duo Laptop 64 bit Win 7 120 gig	\$55
Lenovo 3000 Laptop Core Duo Win 7 64 bit. 120 gig	\$65
IBM ThinkPad T43 Win 7 (BEGINNER LAPTOP)	\$20
Dell Latitude Laptop C510 (BEGINNER LAPTOP)	\$25

These computers were purchased by me from a reputable dealer who retired from business. I am selling them at MY COST. Submitted by Ken Graf

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



**Needle crafters** 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.

**Neighbor to Neighbor drivers!!** While funding is low, through generous donations, we will be able to continue this program for the time being. It may be wise to check with the office if you want reimbursement.



Also, **SAVE THE DATE!! November 4<sup>th</sup> 10am -3pm.** Your Council on Aging is sponsoring a Health Fair. This is still in the planning stages, but looks great so far!! More to come !!!



**The Cummington Ladies Lunch Bunch will be going to Pine Hill Orchards in Colrain.** We will be meeting at the church for carpooling and leaving at 12noon.



**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

**It's that time of year again!** If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice by the end of September. That notice outlines changes to be made to your plan for 2015: *it is important to review, understand, and save this information.* During **Medicare Open En-rollment, from Oct. 15<sup>th</sup> to Dec. 7<sup>th</sup>,** you will be able to change your plan for next year. If you need help understanding your upcoming changes and options, call Jesse Pulitzer-Kennedy our new SHINE (Serving Health Information Needs for Everyone) Counselor. Available to offer FREE and CON-FIDENTIAL counseling on all Medicare and health insurance programs. 413-238-4155.

**Tap dancing classes.** are back on with several students attending. What a great way to get a little more exercise and really have fun doing it Classes are at the Community House on Wednesday's 4:00 – 4:45p.m. Our own, multi-talented Sue Forgea leading.



**The Cummington Council on Aging would like to say THANK YOU to all of you that 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\_\_\_\_\_**



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## **October:**

**Monday:** Osteoporosis Exercise 9:30-10:30 AM  
Coffee Hour 10:30-11:30 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  
Veteran Agent 1<sup>st</sup> and 3<sup>rd</sup> Monday 9:00-11:00AM

**Tuesday:** Town Admin. Asst. 9:00-11:00 AM  
COA POTLUCK luncheon Oct. 21<sup>st</sup>. (3<sup>rd</sup> Tuesday) NOON  
Board of Health meeting: 1<sup>st</sup> & 3<sup>rd</sup> Tuesday 7:00 PM  
Veteran Agent 3<sup>rd</sup> Tuesday 6:00-8:00pm Williamsburg

**Wednesday:** 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 Oct. 2<sup>nd</sup>. (1<sup>st</sup> Thurs.) 9:30 AM  
Town Clerk 6:00-7:30 PM  
Selectboard 7:00PM  
Board of Assessors mtg: 2<sup>nd</sup> & 4<sup>th</sup> 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

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### Important dates:

Oct. 3<sup>rd</sup> Yom Kipper begins at sundown  
Oct. 16<sup>th</sup> National Boss Day  
Oct. 27<sup>th</sup> Breast Cancer Awareness Day

Oct. 13<sup>th</sup> Columbus Day observance  
Oct. 18<sup>th</sup> Sweetest Day  
Oct. 31<sup>st</sup> Halloween

### Referral Resources

**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](mailto: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**  
**Hope Nurse** Mary Kane, RN Hilltown Community Health Ctr. **413 238-5511 X131**  
**Veteran’s Agent Tom Geryk** [tgeryk@northamptonma.gov](mailto:tgeryk@northamptonma.gov) **413 587-1299**  
**\*\*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- Jesse Pulitzer-Kennedy** [jpulitzer@hchcweb.org](mailto:jpulitzer@hchcweb.org) **413 238-4155**

#### 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; 3<sup>rd</sup> 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: Generous donations, THE TOWN OF CUMMINGTON, and THE EXECUTIVE OFFICE OF ELDER AFFAIRS**

### **Pre Paid Funeral Information**

Northwestern District Attorney David E. Sullivan has requested that information regarding funerals be shared with the public as it may be helpful to share with readers/viewers who may have concerns or complaints about a pre-paid funeral. Millions of Americans have contracted with funeral homes to arrange their funerals and have prepaid some or all of the ex-penses, according to the Federal Trade Commission. State laws govern this prepayment for funeral-related expenses. If local consumers have concerns or complaints about a pre-paid funeral, the Office of Northwestern District Attorney David E. Sullivan urges them to call the Massachusetts Division of Professional Licensure at 617-727-6917.

In Massachusetts, if you wish to pre-pay for your funeral, the funeral director must provide you with: standardized contract approved by the Board of Registration in Embalming and Funeral Directing, written pricing list of the goods and services they offer before showing you the caskets, itemized costs associated with the funeral and burial and an explanation of what will happen if they go out of business or if their funeral home is sold.

The Federal Trade Commission urges consumers to carefully consider the following questions before entering into a pre-paid funeral agreement:

- What are you are paying for? Are you buying only merchandise, like a casket and vault, or are you purchasing funeral services as well?
- What happens to the money you paid? States have different requirements for handling funds paid in advance for services.
- What happens to the interest income on money you pay?
- Are you protected if the firm you dealt with goes out of business?
- Can you cancel the contract and get a full refund if you change your mind about the items you bought or the arrangements you made?
- What happens if you move or die while away from home? Be sure to tell your family about the plans you made; let them know where the documents are filed. If your family isn't aware that you made plans, your wishes may not be carried out. And if family members don't know that you prepaid the funeral costs, they could end up paying for the arrangements too.

DA Sullivan's office recommends consumers inform themselves before entering into a pre-paid funeral contract by reviewing information on his website at:

www.northwesternda.org. Place the word Funeral in the Search box at the top right of the opening page.

Questions can also be addressed to Christy A. Geffin, Coordinator Elders and Persons with Disabilities Unit at the Northwestern District Attorney's Office, 1 Gleason Plaza, Northampton, MA. Call: 413.437.5747 or Email: [Christy.A.Geffin@state.ma.us](mailto:Christy.A.Geffin@state.ma.us)

One of our COA members was recently ill and couldn't eat to receive proper nutrition. Her doctor wanted her to drink Ensure. If you have had experience with Ensure you know it is not always the most pleasant tasting. Our member made a Baked Custard with it and the Custard turned out so good her husband thought it was a special goody she had made for him. It is very easy to make and if someone needs a nutrition boost this may help!

**Baked Custard:**

**3 eggs beaten, 1 tsp. vanilla, 2 ½ Cups of Ensure (Scalded) Nutmeg and/or Cinnamon . Heat oven to 350. Blend eggs, vanilla. Slowly add the Ensure (just a very little at a time or you will cook the eggs). Pour into 6 custard cups placed in a 9X13 pan. Sprinkle with spice. Place in oven and add water to the pan to come within ½" from the top. Bake 45 mins. or until knife comes out clean.**

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