

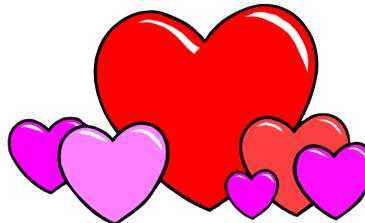
Cummington Council on Aging

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

coa@cummington-ma.gov

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

February 2014



Our January luncheon was a great time of terrific food, friends and great fellowship with 30 people in attendance. Following the luncheon, Ken Graf gave a multimedia presentation entitled "An Introduction to Hypnosis". Although Hypnotism has a reputation for being "spooky", Ken's presentation had none of that. It was a serious look at the nature of Hypnosis and it's recent re-emergence into the realm of legitimate medical applications. **There were not be any demonstrations** but everyone in attendance learned how to hypnotize if they choose to do so. Ken has been a hypnotist for more than 60 years.

The next potluck luncheon will be our **Valentines on February 18th at 12 noon** at the Community House. Following lunch we will enjoy a musical program by ...

John Root

Musician • Educator

John sings, a cappella or accompanying himself on the piano, and plays the flute, clarinet, and saxophone. His varied repertoire features the best-loved songs of the first five decades of the twentieth century.

Everyone is invited to sing along, and requests for favorite selections are welcome.

This is *important* -- potentially money out of *your* pocket . . .

BEWARE & BE OBSERVANT!!!

This is going to be a trap for many **MEDICARE** people **unaware** of those two terrible words. Pay attention to this if you should have to be hospitalized....this is MAJOR NEWS regarding Medicare.

Basically, **do not** let the hospital admit you with the words, "**Under Observation**." Insist on "**In-Patient**" designation. Otherwise, **you will be responsible** for the hospital expenses. **It might be wise to inform family members too.** If you can watch this NBC news video.

<http://www.nbcnews.com/video/nightly-news/54026469/#54026469>

Coffee and Chat will be on February 4th, 9a.m.-11:00a.m. Drop in anytime.

Something New!!! **Adult Beginner Tap Dancing Classes**

Adult beginner tap dancing classes will begin on Wednesday, February 5th at 6:30pm. Classes will be held at the Community House in the Basement (concrete floor), and led by our own multi-talented Sue Forgea. You do not need special shoes. You only need to want to have fun trying something new. There is no charge for the class and no charge for the fun you will have!!

Board of Directors will meet on February 6th at 9:30a.m.

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.

Many of you know that there are several of us who occasionally take a little trip, and have asked about them. There are two coming up.. April 30, May 1st and 2nd, Two nights, three days to Lancaster PA. The highlight will be taking in the new Moses show and having dinner with an Amish family. And I am sure there will be other wonderful sites as our tour planner does a great trip. \$419 In June, the 25th, 26th and 27th, two nights, three days to the Finger Lakes Region of New York. This was an absolutely fantastic trip last year and for this year she has changed the itinerary but it still promises to be fantastic. \$489. Joan also does a lot of Casino day trips. If you have any interest in travelling please call her to get the information. 1-315-875-5418 Joan DiLego. It is a very friendly group of folks that go with her.

February 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

Wednesday: COA office hours 9:00-12:00 PM
 Chair Yoga 12:00-1:00 PM
 Bryant Library 6:00-9:00 PM
 Beginner Tap Dancing (Basement) 6:30 PM
 Compactor 5:30-7:30 PM

Thursday: COA Board of Directors 1st Thurs. of month 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

Abraham Lincoln Birthday February 12th
 Valentine’s Day February 14th
 February 22nd

Presidents Day February 17th
 George Washington’s Birthday

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**

****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

Medicare & Drug Coverage Part D & Prescription Advantage
 Lucille Temple 413

586-1906

Mass Health and New Health Coverage/Worthington Health Center
 John Bergeron 413 238-5511

Veteran’s Service Officer Joe Russo 413-
587-1299

Northampton Survival Center 413 586-6564
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!**

A Note from the Selectmen

The Cummington Selectmen would like to remind our Town folk about the following messages regarding the Community House.

The Board of Selectmen would like to remind folks who have old computers, printers, etc. that get donated to the Council on Aging (Ken Graf) that they do not go in the cellar. Before any delivery is made a contact has to be made with the COA office (634-2262). We are not just a dumping area for unwanted equipment. Thank you.

This also serves as a reminder that folks cannot just drop off old sewing machines/material etc.. Please contact Leni Fried regarding the BAGSHARE program and the drop off of material or machines.

**CUMMINGTON COA NEWSLETTER HAS BEEN FUNDED IN PART BY:
 THE TOWN OF CUMMINGTON, THE EXECUTIVE OFFICE OF ELDER AFFAIRS
 AND HIGHLAND VALLEY ELDER SERVICES.**

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