
Hinsdale/Peru COA Newsletter

June 1, 2020 Volume 2 No 2

Hinsdale/Peru Council on Aging
39 South Street, Hinsdale, MA 01235
www.HinsdaleMass.com Tel: 413-655-2929

It is the Mission of the Hinsdale/Peru Council on Aging to encourage participation, to provide services available to seniors and to promote activities that will enhance their quality of life.

The Council on Aging meets from 5:30pm - 6:30pm the 2nd Monday of each month in the Community Room of the Town Hall.

Committee Members: Cathy Spinney, Janet Verge, Marion & Ward Tinney, Carol Ann Pullo, Elva Hughes, Sheryl Robins, Judy Casey, Eve Gripaldi, Barbara Lufkin, Alice Gymrek, Jill Cole

Welcome to all seniors who turn 65 this year. You have been added to our newsletter mailing list! Of course, all events are open to seniors 60+. Due to budget matters, the newsletter is mailed to seniors 65+ only. **If you would like to receive your copy by email**, please provide your name & email address by emailing coa@hinsdalema.gov.

The Hinsdale/Peru Council on Aging holds Senior Luncheons monthly on the 2nd or 3rd Thursday of each month at 12 pm in the Hinsdale Town Hall Community Room. *Be certain to check Town Website Calendar or posters for date & menu.* We provide a full course meal, including beverages and dessert. Enjoy an informational speaker after lunch. The cost is \$3.00. Reservations must be made prior to Monday of that week since we can only accommodate 50 seniors. **RSVP: Cathy Spinney 413-655-2929**

Due to Gov. Baker's social distancing advisory, we were unable to hold the April & May Luncheons. **All COA events are cancelled until further notice.** Watch for announcements on the Hinsdale Town Website www.Hinsdalemass.com or look for our posters announcing when the luncheons & events will resume...

Witty Words of Wisdom: "If you can't be kind, at least have the decency to be vague."

"This newsletter is paid for, in part, by the Executive Office of Elder Affairs"



Upcoming Events

The following speakers have agreed to give presentations at our luncheons:

Bob Graves - "Hinsdale Update"

Meghan Whilder - "OLLI Adult Ed at BCC"

Vivian Mason - "Historic Photos of Hinsdale"

Pittsfield Roots - "Medical Marijuana"

Stay tuned for future dates on Town Website & Posters

2020 changes to Medicare Parts A & B deductibles & premiums:

Part A deductible \$1,408/year

Part B deductible \$198/year

Part B premium \$144.60/month

For more information, visit cms.gov.

May is Older Americans Month

(A note of appreciation to all Councils on Aging from the Massachusetts Council on Aging May 8, 2020)

It is also **Mental Health Month**. Both are so incredibly important, especially now in the midst of this pandemic that is having such an overwhelming impact on older adults and all those who are working so tirelessly to help them... Over the last few weeks MCOA has heard from many of you about the challenges you faced, and how you have worked non-stop to meet the needs of those you are serving. It is in these times that we must all also ensure we take of ourselves.

On a final note as we observe **Older Americans Month and its theme for 2020, "Make Your Mark"**, we are mindful of the tremendous 'Mark' that you all are making in the midst of this crisis with the essential services you continue to provide to the older adults in your communities.

Services/Offerings Sponsored by the Council on Aging

**Monthly Luncheons *Shine Program * Blood Pressure Monitoring * Foot Care Clinic *Yoga Classes *Knitting & Crocheting Group *Quilting Group *Bus Trips * May Super Sr. Celebration *October Health Fair *December Christmas Party & Festival of Trees. For more information, visit the Hinsdale Council on Aging page of the Town Website: www.hinsdalemass.com*

Hinsdale Knit & Crochet Group

The COA-sponsored group has been active since December 2013. The group meets every Wednesday from 1-3 PM at the Community Center (Old Town Hall) with coffee, tea, and a homemade snack offered weekly. You are welcome to stop in and visit anytime during meeting hours. All ages are welcome, whether you are experienced, a beginner or a non-knitter and prefer embroidery or hand sewing. There is no charge. Even if you do not have materials, the group has donations of yarn and needles for its members with a wide selection of patterns shared.

Along with everyone's individual projects, the group works on a variety of charity projects. Ongoing charity projects are: **chemo caps, newborn hats** and **prayer shawls** which are donated to Berkshire Medical Center; **children's hats & mittens** for the Town Collection at the Christmas Festival of Trees; **military caps** for the "Boxes of Love" put together for soldiers by a Clarksburg woman. Also, **lap robes** have been donated to Craneville Nursing Home; four hundred+ **squares for blankets** have been made for "Project Mexico"; **red hats for preemies** have been knitted for area hospitals.

If you have any questions, call Marion Tinney (cell: 413-212-0247 home: 413-655-2292 or email: mariontinney@gmail.com).

The Foot Clinic, sponsored by the COA, held every other month, is conducted by Lynette Dukehart, RN, and has been a popular event. Unfortunately, April's session had to be postponed due to the pandemic. Those appointments have been *temporarily* rescheduled for June 15th. To make an appointment, contact Lois Murray at 655-8367. Please note that her phone number was listed incorrectly in the March COA Newsletter. Our apologies...



The Hinsdale/Peru COA Super Senior Celebration, which usually takes place in May of each year, has been cancelled due to the Coronavirus. We hope to be able to reschedule it for later this year. Meanwhile, we would like to say “Congratulations to all our Super Seniors 90 years of age and older”. You will receive an invitation by mail when a new date has been set. Be well and stay safe.

The Town of Peru has a newly-formed Cemetery Commission. They are looking for one more member in order to make it a five-member board. Anyone who is interested may contact the Peru Select Board at www.townofperuma.com.

Massachusetts Governor Charlie Baker has mandated that social distancing and face coverings during the Coronavirus Pandemic is a **must** in order to halt the spread of this “invisible virus”. If you have not been watching the governor’s Daily Updates on the Coronavirus, you can be alerted by text of the day and time it will take place. Text “COVIDMA” after dialing 888777 on your cell phone. You also have the ability to watch previous updates by going to You Tube and subscribing to the Mass Governor Updates.

While we are at it, let’s give a “Shout Out” to all first responders, including members of our Police and Fire Departments as well as all ambulance workers. You have all worked hard while putting your own health on the line. And, a **BIG thank you** to everyone who has followed the DOH guidelines in order to limit the spread of the Coronavirus.

The Speaker at the March 12th Luncheon was Ed Munch, Peru Selectman, and associates. They spoke on “*The Art of Stamp Collecting*”. Who knew that collecting stamps, old and new, could be so fascinating! Along with collecting stamps the collector delves into the history of the stamp and the times that the stamps were issued. Stamps all “tell a story”. Ed and Butch brought an array of examples and answered the questions of the many seniors who crowded around them at the end of their presentation. Several seniors brought stamps and/or collections for appraisal. There was a great turnout for this luncheon and the talk was enjoyed by all in attendance.



Health Care Proxy Decisions (quoted from an article The Berkshire Eagle, Sunday, May 3, 2020) ~ With now-legal remote notarizations, it’s even easier (to draw up your health proxy). But, a notary isn’t always necessary; and neither is an attorney. There is a free health care proxy download from the Massachusetts Medical Society that does not require a notary... Choosing a proxy can feel morbid, and sometimes people delay. But, now it is on many a mind amid a pandemic that has left many of those with serious COVID-19 complications on ventilators. **It has reminded the public that it’s a decision that is best made when one is healthy...**

Hinsdale Town Web Site ~ In order to access the town website, remember to type in “Hinsdale, Mass” when Googling. Or go directly to website by typing www.hinsdalemass.com.

THIS IS YOUR June, 2020 QUARTERLY COA NEWSLETTER. Watch for COA Event Posters announcing Sr. Lunch menus, etc. at Hinsdale Library, Town Hall, Ozzie's & Hinsdale Trading Post. Also, check the Hinsdale Town Website at <https://www.hinsdalemass.com> for news on upcoming COA events.

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Hinsdale Annual Town Meeting is Wednesday, June 24, at 7:00 pm at Kittredge School.
Annual Town Election is Saturday, June 27, from 10:00 am – 6:00 pm at the Town Hall. The last day to register to vote in Town Election is June 17th. The last day to register to vote for Town Meeting is June 4th.

For the safety of election workers, we urge voters to vote by mail. Voter Registration Forms, Absentee Applications and Early Voting Applications are available online at www.hinsdalemass.com.

The Hinsdale Food Pantry is temporarily located at **Hinsdale Trading Company**, 371 Old Dalton Road, Hinsdale, MA. The owner of the store has been kind enough to allow the food pantry to be held there until a permanent home can be found. The food pantry, run by Deb Pratt and Phil Collins, is held every Thursday from 10 AM – 11 AM at the Gazebo in the store parking lot. ***You must wear a face covering.*** It is a “no-contact pickup”. Open your trunk and a volunteer will place a bag of food in it.

Donations may be dropped off during store hours in the basket just inside the door - check the Town Website for suggested donations. Personal items such as deodorant, toothpaste, tooth brushes, shampoo, laundry detergent and pet supplies are always in demand.

The Food Pantry is sponsored by the First Congregational Church of Hinsdale and is open to the nearby Hilltowns. Donations of cash or check are also welcome. Make the check out to “First Congregational Church” with a memo designating it is for the “Hinsdale Food Pantry”. ***A big thank you to those volunteers who provide this important service during these difficult times.***