

Hinsdale/Peru COA Newsletter

September 1, 2020 Volume 2 No 3

Hinsdale/Peru Council on Aging
39 South Street, Hinsdale, MA 01235
www.HinsdaleMass.com T: 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.

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

The Council on Aging meets from 5:30pm - 6:30pm the 2nd Monday of each month in the Community Room of the Town Hall. Due to the Pandemic, we did not meet April–June of this year. Next mtg. 9/14/20.

The Quarterly COA Newsletter is mailed to all Hinsdale & Peru Seniors age 65+ in an effort to inform them of upcoming events. ***If you would like to receive your copy by email***, please provide your name & email address by emailing COA@hinsdalema.gov.

A Letter from the Board of Hinsdale/Peru Council on Aging:

We hope this finds all of you in good health and spirits. We want you to know you have been in our thoughts.

This has been an unprecedented year. The pandemic has seemingly turned all of our lives upside down and inside out! Of all the things we thought we had to fear, a World Pandemic wasn't on our radar. Unfortunately, all Council on Aging activities, except for the Flu Clinic, have been cancelled for the remainder of the year. We miss our monthly luncheons and speakers - as we are sure you do. We also had some day trips planned we had to cancel. *With luck, we will get through the rest of the year and perhaps get back to some sort of a "new normal" in 2021.*

Words of Wisdom: "Every day may not be good, but there's something good in every day"

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



SAVE THE DATE:

October 5, 2020

The Hinsdale Flu Clinic will be held in the New Town Hall Community Room 9:00 am to 12:00 pm. Please Wear short sleeves & bring Medicare card. Cost of \$35 for non-Medicare participants
****Masks are required, Please enter by the side door & exit through the front door.**

(The Annual Health Fair has been cancelled for 2020).

October 5th–December 17th

Medicare Open Enrollment for the year 2021

Don't overpay for your Medicare insurance!!

To find out the best plan for you, call Cathy Spinney at 413-655-2929 for an appointment and she will review your present plan as well as your other options.

Staying active while social distancing can help boost your mood and overall well-being

It is important to stay physically active, especially when routines change. During these challenging times, we understand stress is high and motivation may be low. But don't let obstacles like not being able to go to the gym or bad weather keep you from moving—indoors or out! ***Exercise doesn't have to be a chore. Find something you enjoy. There are simple things to do to stay active right at home.***

- * Put on some music and dance for 10 minutes, do body weight exercises with or without weights, or stretch it out. Before you know it, 30 minutes is done
- * Walk around, do chores, walk up and down the stairs, or take the dog for a short 15-minute walk.
- * Stretch in your living room.
- * Choose an activity such as gardening, cooking, refurbishing furniture, or cleaning a closet, just to name a few.
- *Take regular breaks.

Try exercise as a way to relieve stress

- * Any form of physical activity boosts your mood and relaxes your mind.
- * Three 10-minute activity breaks are just as effective for relieving stress.
- * Repetitive motions such as walking can be a form of meditation.
- * A strong body creates a strong mind.
- * Add strength training and flexibility exercises into daily routines.

(Always consult with your doctor before beginning an exercise program.)

(From Alison Rice, Fallon Health Newsletter ~ April 23, 2020)

Hinsdale Public Library is open for business!! ([Ask about our Museum Passes](#))

Phone 413-655-2303

Email: hinsdalelibraryma@gmail.com

<u>Days/Hours:</u> Monday	9:00am - 1:00pm
Tuesday	2:00pm – 6:00pm
Wednesday	3:00am – 7:00pm
Thursday	3:00pm – 7:00pm
Friday	2:00pm – 6:00pm
Saturday	9:00am – 1:00pm

COVID-19 GUIDELINES ARE AS FOLLOW:

1. Face coverings are required.
2. One patron at a time will be allowed in Library.
3. Return your books, etc. in the box by the front door.
4. Library personnel will provide gloves.
5. Restrooms are not available for patrons (staff only).
6. Books are quarantined for 4-5 days after being returned.
7. Inter-library loans have resumed.
8. One computer is available for patrons' use, with a 30-minute limit if another is waiting to use it.

From John's Hopkins Hospital on the Coronavirus (COVID-19)

This virus is not a living organism. It is a protein molecule (RNA or DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular (eyes), nasal (nose) or buccal mucosa (mouth), changes their genetic code (mutates) and converts into aggressor and multiplier cells.

* Since the virus is not a living organism, but is a protein molecule, it cannot be killed. It has to decay on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.

* The virus is very fragile; the only thing that protects it is a thin outer layer of fat and that is the reason why soap or detergent is the best weapon. The foam CUTS THE FAT (that is why you have to scrub for 20 seconds or more, to create lots of foam). By dissolving the fat layer, the protein molecule disperses and breaks down.

* HEAT melts fat; this is why it is necessary to use water above 77 degrees for hand washing, laundry and cleaning surfaces. In addition, hot water makes more foam, making it more effective.

* Alcohol or any mixture with alcohol over 65% DISSOLVES ALL FAT, especially the external lipid layer of the virus.

* LISTERINE is 65% alcohol.

* Any solution with 1 part bleach and 5 parts water directly dissolves the protein, breaking it down from the inside.

* NO BACTERICIDE OR ANTIBIOTIC WILL WORK because the virus is not a living organism like bacteria; antibodies cannot kill what is not alive.

* The virus molecules remain very stable at colder temperatures, including air conditioning in houses and cars. They also need moisture and darkness to stay stable. Therefore, dehumidified, dry, warm and bright environments will degrade the virus faster.

* Vinegar is NOT useful because it does not break down the protective layer of fat.

* The more confined the space, the higher the concentration of the virus there can be. The more open or naturally ventilated, the less.

* The virus CANNOT go through healthy skin.

* You have to MOISTURIZE YOUR HANDS due to frequent washing. Dry hands have cracks and the molecules can hide in the micro cracks. The thicker the moisturizer, the better.

* Also keep your NAILS SHORT so that the virus does not hide there.

Zoom Training from the Massachusetts Council on Aging

Looking for a simple, easy to use Zoom training video that can help older adults learn how to use Zoom. These videos are taught by an older instructor and use the right pacing and vocabulary to make Zoom accessible to all ages. All are produced by the **Creative Life Center**.

Joining a Zoom Call for the First Time : <https://www.youtube.com/watch?v=9isp3qPeQ0E&t=9s>

Please complete your US Census submission

Berkshire County and State Officials are urging all residents who have yet to complete their 2020 Census to please do so. Currently, only 56.6% of our residents have done so. This below our 2010 response rate of 64.3%. (Please note: this percentage includes second homes, so second homeowners are encouraged to complete the census for their home address.)

The Federal government distributes approximately \$2,500/person/year based on the census numbers. Our legislative representation at the state and national levels also depends on these counts. Our community will be living with this year's count for the next ten years.

To do so on-line, click **US CENSUS**

To all residents and businesses located in Dalton, Hinsdale, and Windsor: The Emergency Manager of the Town of Dalton has licensed the CodeRED Community Notification System to help disseminate important or critical information. We encourage all residents to text the name of your community to 99411 to be automatically enrolled in CodeRED for your Community. Visit the www.Dalton-ma.gov for more information.

THIS IS YOUR September, 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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