

Hinsdale/Peru COA Newsletter

June 1, 2021 Volume 3 No 2

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 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. Our next meeting will be June 14th.

Welcome and Congratulations to all who turn 65 this year!
You have been added to our mailing list.

The Quarterly COA Newsletter is mailed to all Hinsdale & Peru Seniors age 65 and older (only) due to the cost of printing, postage, etc., in an effort to update and inform them of upcoming events. Anyone age 60+ is welcome to all events!

If you would like to receive your copy by email, please provide your name & email address by emailing COA@hinsdalema.gov.

We are pleased to announce that the Council on Aging Board members have begun *in-person* meetings this May. **Yoga classes and the Knitting group have begun meeting in person also!** Both are held in the Old Town Hall. The ever popular **Foot Care Clinic** has resumed. The next Clinic is scheduled to be held on June 21st. To make an appointment, call Lois Murray at 413-655-8367.

Hinsdale Annual Town Meeting Correction: The Town Meeting will be held on Wednesday, June 9th, with Town Elections being held on Saturday, June 12th.

Witty Words of Wisdom: "Don't let getting old get you down; it's too hard to get back up"

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



INSIDE:

- May is "Older Americans Month"
- Hilltown Door-to-Door Transportation for Seniors
- COVID Update
- Obtain "Real ID" through RMV and AAA
- About the "OLLI at BCC" Program
- Yoga classes resume with guidelines

Turning 65?

Sign up for premium-free Medicare Part A for (hospital) coverage.

To navigate the maze of Medicare, call your SHINE representative, Cathy Spinney, at 413-655-2929 for an appointment. She will review your present plan as well as your other options.



May is Older Americans Month: Communities of Strength

In tough times, communities find strength in people—and people find strength in their communities. In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

“Cultivating resilience doesn’t mean never feeling sad or angry. It’s about contentment and the happiness born of connection, meaning and purpose. With aging and in old age, resilience requires accepting you are still yourself despite changes, losses, and limitations and recognizing your ongoing personal and spiritual development. It means finding a purpose that may differ from prior goals and inspires learning or helping someone else or going somewhere new. It requires knowing what matters most to you, being clear with others about your priorities and living in an environment that meets your needs, optimizing your independence and comfort. Resilience emerges when a solid dose of optimism is tempered with just enough pessimism to match goals and realities.”

(Louise Aranson’s book “Elderhood”)

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### **The Hilltown Door-to-Door Transportation Program**

The Hilltown Community Development has recently extended the Hilltown Driver Pool to the Town of Hinsdale and Peru. The Hilltown Door-to-Door Transportation program is designed to help fill the need for occasional transportation to medical and other professional appointments for seniors 60+ and veterans. The program is grant-funded and provides a limited number of rides per person per month. This program provides an advantage to those without transportation to medical appointments. For further information, please call the Hilltown Driver Pool Coordinator, Ed Pelletier. He may be reached in the mornings until 10:30 A.M. or by e-mail at [ride@hilltowncdc.org](mailto:ride@hilltowncdc.org).

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COVID UPDATE

Governor Charlie Baker continues to give his updates live and on You Tube. In order to get a text message alerting you when his next update will take place, dial 888777 and text "COVIDMA" on your cell phone. For the latest information and guidance on COVID-19, check the Mass.Gov website at www.mass.gov/info-details/covid-19-updates-and-information.

COVID vaccine appointments are still available at the Berkshire Collaborative sites in North Adams, Pittsfield and Great Barrington. Visit www.getvaccinatedberkshires.org.

"Stop the Spread" sites remain open to test for COVID-19. For an appointment, call 855-262-5465.

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## Real ID Enforcement Extended

The Department of Homeland Security (DHS) has extended the REAL ID full enforcement date from October 1, 2021 to **May 3, 2023**, due to the ongoing COVID-19 pandemic.

Beginning May 3, 2023, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card, or another TSA-acceptable form of identification, for domestic air travel and to enter certain federal facilities. "Get ready" online for faster service for an Identification Documents Checklist by visiting [www.Mass.Gov/ID](http://www.Mass.Gov/ID). Real ID's can be obtained at the Registry of Motor Vehicles or your local AAA office. Appointments are needed at both facilities

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OLLI – Osher Lifelong Learning Institute

OLLI at Berkshire Community College is a member-led organization that provides exciting educational opportunities designed especially by and for people over 50 years old. They offer over 80 classes and programs a year in history, literature, the arts, politics, science and more, including a Distinguished Speakers Series from May – October.

During the COVID pandemic, they have had many excellent speakers and virtual tours of historic buildings via zoom, most of which were free to the public. If you would like to be notified of their upcoming presentations, please be sure to sign up for their free newsletter and don't miss out on their great programs! www.berkshireolli.org/Subscribe.

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**Yoga Classes** have resumed in the Old Town Hall Community Center, Maple Street, Hinsdale. Classes are held every Monday, at 9:00 am. The fee is \$3.00 per class. All who wish to participate are asked to adhere to the following guidelines:

- All participants should be masked entering/leaving the building, in the room upstairs, and during the class.
- All participants should maintain a distance of 6 feet from each other.
- It is highly recommended that participants have received the COVID vaccination, or at least the first dose of the two-dose vaccine.
- Please bring your own mats and pillow/blanket/straps to meet your own needs.

**THIS IS YOUR June, 2021 QUARTERLY COA NEWSLETTER.** Watch for COA Event Posters announcing when Sr. Lunches, events, etc. will resume at Hinsdale Library, Town Hall, Ozzie's & Hinsdale Trading Post. Also, check the Council on Aging page on the Hinsdale Town Website at <https://www.hinsdalemass.com> for news and upcoming COA events.

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## **CONGRATULATIONS TO THE TOWN OF PERU!**

The year 2021 marks Peru's, 250<sup>th</sup> anniversary. The Historical Commission members, working closely with the Board of Selectmen, have designed a new town logo. This new logo will replace the Town Seal as a symbol of the town and will be used on flags, the police patch and fundraising materials. Commemorative medallions are now available for purchase. See Peru town website [www.townofperuma.com](http://www.townofperuma.com).

**Peru June 12, 2021 Annual Town Election Guide** can be found on the home page of the Peru town website [www.townofperuma.com](http://www.townofperuma.com).

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***Did you know: Back issues of the COA Newsletter can be found on
Both Hinsdale and Peru Town Websites?***

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***The Hinsdale/Peru Council on Aging welcomes anyone who may be interested in joining the COA Board. If you have a desire to join the Board, come and sit in on a couple of our meetings. Share your time and talents to better serve our elder town residents. We meet the 2<sup>nd</sup> Monday of each month in the Community Room of the Town Hall on South Street from 5:30 pm to 6:30 pm. For more information, email [www.COA@HinsdaleMa.Gov](mailto:www.COA@HinsdaleMa.Gov) or call Cathy Spinney at 413-655-2929.***