

Hinsdale/Peru COA Newsletter

September 1, 2021 Volume 3 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 Tinney, Carol Ann Pullo, Sheryl Robins, Judy Casey, Eve Gripaldi, Barbara Lufkin, Alice Gymrek, Jill Cole & Luanne Forgea (Peru)

A Letter from the COA Board:

Tropical Storm Fred disrupted our plans for the “Welcome Back Seniors” August 19th picnic luncheon. Quite a bit of work went into preparing for the event. It was heartbreaking to make the last-minute decision to cancel. Our apologies to all 54 seniors who had signed up for the luncheon. We are planning to have the September 16th luncheon in the Outdoor Pavilion behind the Hinsdale Fire Station (sorry, no lobster). We are hoping for a sunny autumn day.

Going forward, we will move the monthly luncheons back into the Community Room of the Hinsdale Town Hall. Due to the uptick in the Delta variant of COVID-19, we may need to limit the number of attendees and/or require proof of vaccination. Please check for updates on the Hinsdale (www.hinsdalema.gov) or Peru (www.townofperuma.com) websites. Posters are also placed in the Hinsdale Town Hall, the Hinsdale Library, Ozzie’s Restaurant and the Hinsdale Trading Company.

Witty Words of Wisdom: *Never put both feet in your mouth at the same time... because then you won’t have a leg to stand on.*

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



Upcoming Events 2021

September 16

Sr. Luncheon, Speaker TBD

October 21

Sr. Luncheon, Speaker TBD

November 18

Sr. Luncheon, Speaker TBD

December 10

Annual Christmas Party

Medicare Open Enrollment for Part D Drug Plan

October 15, 2021 thru December 7, 2021. Call SHINE counselor, Cathy Spinney 413-655-2929 to review your prescription needs and find the overall lowest annual drug cost for you. Let her help you navigate the confusing world of Medicare!!

New Senior Luncheon Caterer

Mike Ciaburri, owner of the Hinsdale Trading Company, has catered the COA summer luncheons for several years. Unfortunately, due to personnel issues, he will be unable to fulfill that role going forward. Let us all give Mike a **BIG THANK YOU!** for the services he has kindly provided us with in the past.

We have signed a 3-month contract with KJ Knosh on Tyler Street in Pittsfield. They will be providing the lunches for September, October and November.

As in the past, Ozzie's will cater the Christmas Party on December 10th. He will provide meals for January, March and April of 2022. Many thanks to Al and Tracey Lussier of Ozzie's for the many delicious meals he has provided our seniors over the years. The hot turkey Christmas luncheon is something we all look forward to every year. **THANK YOU, AL & TRACEY!!**

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## **Massachusetts Councils on Aging Legislative Alert**

According to the Massachusetts Council on Aging, on July 16, 2021, "Governor Baker signed into law the Coming FY22 Budget. He concurred with all the Elder Affairs line items that the Conference Committee agree to and were enacted by the House and Senate; there were no relevant vetoes within Elder Services."

As a member of the Mass COA, the Hinsdale/Peru COA receives state funds to "provide services for seniors and to promote activities that will enhance their quality of life". As a way of showing our appreciation, the Hinsdale COA Board members have sent hand-written thank you note cards to the Berkshire County legislators thanking them for the funds allocated to Berkshire County, in general, and the Hinsdale/Peru COA, in particular.

These cards were signed by board members and sent to the following: Rep. Smitty Pignatelli, Rep. John Barrett, III, Rep. Tricia Farley-Bouvier and Rep. Paul Mark. A thank you note was also sent to US Congressman Richard Neal and Massachusetts Governor Charlie Baker.

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Pittsfield RSVP Ride Service Available Countywide

The Retired Senior Volunteer Program of Berkshire County has launched its free ride service, "Wheels for Wellness", for all Berkshire County residents. It is a free ride service for county residents of all ages who need transportation to wellness-related activities, including medical and social services appointments, fitness classes, therapy, as well as transport to vaccine sites. Rides are available 8:00 am to 5:00 pm Monday through Friday. To schedule an appointment, call the Wheels for Wellness hotline at 413-395-0109 from 8:30 am to 4:00 pm Monday through Friday. If you would like to be a Volunteer Driver, please call the hotline or visit www.wheelsforwellness.net.

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## Activities Sponsored by the Hinsdale/Peru Council on Aging

**Monthly Senior Luncheons:** 2<sup>nd</sup> Thursday of each month at 12:00 noon in the Community Room of the Hinsdale Town Hall, 39 South Street. Cost is \$3.00 and reservations are required.

**Knitting & Crocheting Group:** meets in the Hinsdale Old Town Hall Community Center on Maple Street Wednesdays from 1:00 pm - 3:00 pm. (It is up to the individual whether or not they wear masks)

**Yoga** has resumed in the Hinsdale Old Town Hall Community Center. Classes are every Monday at 9:00 am. The fee is \$3.00 per class and (Masks are required).

**Quilting Group:** meets in the Hinsdale Town Hall Community Room, 39 South Street every Monday 9:30 am – 12:00 am. (Masks are required in the Town Hall until further notice).

**Foot Care Clinic:** is held every other month in the Hinsdale Town Hall. The fee is \$35.00 and is not covered by Medicare. Appointments are every half hour beginning at 8:30 am. To schedule an appointment, please contact Lois Murray at 413-655-8367.

**Annual Christmas Party:** is scheduled for 12 noon, December 10, 2021 at the Hinsdale Fire Station. There is no cost for Hinsdale or Peru Seniors age 60 and over. Entertainment is provided.

**The COA Quarterly Newsletter:** is published March, June, September & December. It is mailed to all Hinsdale & Peru seniors age 65 and older (only) due to the cost of printing & postage. (Any senior 60+ is welcome to all events). **To receive your newsletter by email, please provide your name & email address by emailing COA@hinsdalema.gov.**

**The Annual Flu Clinic:** is held every October. At this time, a date has not been set for this year's Flu Clinic. Please watch for posters around town or check the Hinsdale Town Website at [www.hinsdalema.gov](http://www.hinsdalema.gov).

**Bus trips:** are usually sponsored 3 times a year; but, due to the uptick in the Delta variant of COVID-19, it has been decided to cancel all day trips this year.

**The Council on Aging Board:** meets from 5:30 pm – 6:30 pm on the 2<sup>nd</sup> Monday of each month in the Community Room of the Hinsdale Town Hall. The next meeting is September 13, 2021. All are welcome to attend. We are looking for a few new people to join the board. If you have an interest in helping out, please join us at one of our monthly meetings to see if it is for you! (Masks are required in the Town Hall).

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The Hinsdale Food Pantry, run by the First Congregational Church of Hinsdale, is located at the Hinsdale Trading Company Parking Lot, 371 Old Dalton Road, Hinsdale (413-655-2670). Check donations should be made out to the "First Congregational Church". Food donations can be dropped off at the Hinsdale Trading Company.

THIS IS YOUR September, 2021 QUARTERLY COA NEWSLETTER. Watch for COA Event Posters announcing Sr. Lunches, events, etc. at Hinsdale Library, Hinsdale Town Hall, Ozzie's & Hinsdale Trading Company. Also, check the Council on Aging Dept. Page on the Hinsdale Town Website www.hinsdalemass.com for upcoming COA events and news.

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****Open Enrollment Medicare Part D Drug Plans October 15 – December 7, 2021****

Remember to call Cathy Spinney (413-655-2929) to review your prescription needs and compare costs!!

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**The Benefits of Apples:** Apples are nutritious, being a high fiber source and high in plant compounds that are important for good health. They have been linked to a lower risk of heart disease and a lower risk of type 2 diabetes. An apple a day makes for a happy gut because the apple feeds the good bacteria that we need there. Apples are incredibly good for you and eating them is linked to lower risk of many major diseases. They may help prevent cancer, fight asthma, may be good for bone health and more. (This information and more comes from [www.healthline.com/nutrition/10-health-benefits-of-apples](http://www.healthline.com/nutrition/10-health-benefits-of-apples)).

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Correction: The phone number for Ed Pelletier, Coordinator of the Hilltown Driver Pool, was inadvertently omitted in the March 2021 COA Newsletter. To arrange a ride, Ed can be reached mornings until 10:30 am at 413-296-4232 or by email at www.ride@hilltowncdc.org.