

Hinsdale/Peru COA Newsletter
September 1, 2024 Volume 5 No 7



Mark Your Calendar
2024

September 12

Luncheon meat loaf
Speaker: Murial Dyas on
Susan B. Anthony

September 14 9 to 4
Craft & Tag sale Hin Dayz

October 10

Luncheon pork & stuffing
Speaker: Jana Laiz on
HermanMelville'sArrowhead

November 14

Luncheon Pasta/meat sauce
Speaker: TBD

December 12

Christmas Party

Hinsdale/Peru Council on Aging

39 South Street, Hinsdale, MA 01235

Email: COA@HinsdaleMA.gov 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.

Board Members: Cathy Spinney, Janet Verge (co-chairs), Marion Tinney (secretary), Jill Cole, Eve Grippaldi, Jennifer Stark (accountant), Joanne Larmon, Linda Schermerhorn, Margi Roussin (editor) and Jim Alden (photographer)

A note from the COA Board: The Hinsdale/Peru COA holds **Monthly Luncheons for seniors** on the 2nd Thursday of the month at the Hinsdale Town Hall. Seniors age 60+ are welcome to all events. The menus provided by Dylan Brewer of OZZIE's are varied and nutritious with seniors paying only \$4.00 for the lunch. Meals include beverages and dessert. Come join the fun!

June 13th Luncheon Following a popular Chef Salad meal from OZZIE's, seniors were treated to a talk by **Dori Scofield from Berkshire Farm Sanctuary**. Dori described BFS as a non-profit organization whose mission is to rescue, rehabilitate and provide a safe haven for abandoned farm animals. Visit her web site online to see their many success stories.

Words of Wisdom: "He who has a will of his own to impress on things will never let things overwhelm him." Nietzsche

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



July 11th Fire Station Picnic On a beautiful summer day with music in the background provided by Dave Malachino singing and strumming his guitar, forty plus seniors enjoyed hot dogs and hamburgers grilled on site by Fire Chief Ralph Cormier assisted by his grandson Chase. Macaroni and potato salad, potato chips, watermelon and a variety of ice-cold teas were also provided.



August 15th Wayne Walton Pavilion Meat ball grinders provided by OZZIE'S plus pasta salad nourished seniors while Deb Pratt, long-time member of the Food Pantry, fielded questions posed by Janet Verge to describe the importance of and all aspects associated with the Food Pantry. Donations of food and funds accepted by Deb.

August 17th Drag Brunch at the Goldenrod Inn in Worthington



Birthday Boy Jim Alden (r) and his husband David (l) flank drag artist Bella Santorella following a delicious buffet breakfast and vivacious floor show at the Goldenrod Inn in Worthington.

Services Sponsored by the Hinsdale/Peru Council on Aging

Knitting & Crocheting Group: meets every Wednesday at Old Town Hall

Quilting Group: meets every Monday at Hinsdale Town Hall

Shine Program: Cathy Spinney Medicare info at Hinsdale Town Hall

Yoga Classes: Mon. morning Old Town Hall \$3 a session

Foot Care Clinic: Every other month \$40 fee (not covered by Medicare)

Lois Murray (413) 655-8367

Annual Events: May "Super Senior": Oct. Flu Shots: Dec. Christmas Party

Call Cathy Spinney 655-2929 to register for any COA service

Available Senior Benefits

Transportation for seniors 60+ and veterans

Hilltown Community Development is extending this grant-funded program to seniors 60+ and veterans in Hinsdale and Peru. It provides a limited number of rides per month to persons who need occasional transportation to medical or professional appointments. To reserve a ride call Ed Pelletier 48 hours in advance 413-296-4232 or e-mail ride@hilltowncdc.org . Website www.hilltowncdc.org/transportation

Get Help Paying Medicare Costs

| If you are | Your income is at or below |
|-------------------|-----------------------------------|
| Single | \$2,824 per month |
| Married | \$3,833 per month |

Medicare Savings Programs (MSP) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. **There is no asset limit.** Contact Cathy Spinney (413) 655-2929.

Hinsdale’s Senior Tax Relief Work Program

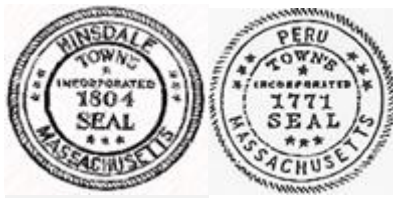
This Program was established to allow eligible Hinsdale residents who are property owners sixty (60) years of age or over .who meet the specified income level based on the HUD Low-Income Limits established for the area to perform work for the Town which will lower their property taxes at a rate of \$15.00 per hour. The Select Board and Town Administrator administer this Program. Applications may be obtained from the Administrative Assistant’s office or may be downloaded from the Town website at www.hinsdalemass.com

The Hinsdale Food Pantry

Open on Thursdays from 10 to 11 AM next to parking lot of very red Trading Company. Food donations baskets at Post Office or COA meetings.

Town of Hinsdale Flu Clinic

To register online when schedule appears, go to getvaccinatedberkshires.org



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Alice Cary was born on April 26, 1820, near Cincinnati, Ohio. She is the coauthor of The *Poems of Alice and Phoebe Carey* (T.Y. Crowell & Company). Below is an excerpt from her poem **Nobility**.

**We cannot make bargains for blisses,
Nor catch them like fishes in nets;
And sometimes the thing our life misses
Helps more than the thing which it gets
For good lieth not in pursuing,
Nor gaining of great nor of small,
But just in the doing, and doing
As we would be done by, is all.**

The Hinsdale/Peru Council on Aging has its own page on the Hinsdale Website (www.HinsdaleMass.com). By clicking on "Contacts" and scrolling down to "Council on Aging", you can access all COA Announcements, Newsletter, Agendas, and Minutes.