

Hinsdale/Peru COA Newsletter

June 1, 2023 Volume 5 No 2

Hinsdale/Peru Council on Aging
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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, Marion Tinney, Carol Ann Pullo, Jill Cole, Eve Grippaldi, Jennifer Stark, Joanne Larmon

A note from the COA Board:

The Hinsdale/Peru COA holds **Monthly Luncheons** for seniors on the 2nd Thursday of the month. We ask that those who wish to attend call for reservations. We usually have 30-40 seniors in attendance, so seating is limited. Please note that the price of the meal has increased due to an increase in food costs.

Volunteers Wanted: The Hinsdale/Peru Council on Aging is in need of additional members for its Board of Directors. We have a great group and would love to have some young members to round out the board. If you have a desire to help plan activities for the senior citizens of Hinsdale & Peru, we would love to meet you! Our seniors in both towns are very appreciative of the services that we offer them. Would you like to be part of the group of volunteers that serves our Elder Community? Please feel free to drop in on one of our board meetings (2nd Monday of each month 5:30-6:30pm in the Hinsdale Town Hall Community Room), call and leave a message on the COA phone line (655-2300 ext. 310) or send an email to COA@HinsdaleMA.gov. Use your talents to benefit the Elder Community. Please consider joining the Council on Aging Board.

A Big Thank You to the individuals who have pitched in to help with setting up, serving and cleaning up after our Monthly Senior Luncheons!!

Witty Words of Wisdom: "Good things have to be engraved on the memory; bad ones stick there of themselves." (Novelist Charles Reade)

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



MARK YOUR CALENDAR:

June 15, 2023
Senior Luncheon
Speaker: Cynthia Grippaldi

July 13, 2023
Senior Cookout
Music w/Dave Malenchino:

August 17, 2023
Senior Lobster Fest
Speaker: Bruce Alexander

CORRECTION:

The Hinsdale Food Pantry is now located in the small building next to the parking lot of the Hinsdale Trading Company, 371 Old Dalton Road, Hinsdale on Thursdays from 10:00 – 11:00 AM. The **collection basket for food donations** is now located in the Hinsdale Post Office. **Checks should be made out to "Hinsdale Food Pantry"** & can be mailed to the Hinsdale Food Pantry, PO Box 126, Hinsdale, MA 01235.

The March 16 Luncheon featured Ham, Mac & Cheese and Carrots. In recognition of March being National Judicial Outreach Month, The Hinsdale/Peru COA invited the Honorable Richard A. Simons, First Justice of the Berkshire Division of Probate and Family Court to speak to the seniors. Judge Simons spoke about being a probate judge and the difficult decisions that he must make judgments on. He stressed the importance of having a person designated to make medical decisions for you if you should become incapacitated and not able to make them yourself. Judge Simons' talk was very well received and many people asked questions at the end of his talk.



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**Cathy Spinney, Mary Cahill, Bob Graves**

**The April 20 Luncheon** was well attended with 40 seniors taking part in the celebration of Mary Cahill's 96<sup>th</sup> birthday. She was presented with the Boston Post Cane and a certificate of recognition for being the oldest living resident in Hinsdale. Bob Graves, Hinsdale Town Administrator and Cathy Spinney, Co-Chair of the COA Board presented the cane and certificate. Joining her at the celebration were her cousin, Louis and her niece and nephew, Christine and Gerard. Many of Mary's friends and Hinsdale residents joined in the festivities. A lunch of meatloaf, mashed potatoes and carrots was served with Mary cutting the first piece from the "Congratulations" sheet cake that was served for dessert.

In August 1909, Mr. Edwin A. Grozier, Publisher of the Boston Post newspaper, forwarded to the Board of Selectmen in 700 towns in New England a gold-headed ebony cane with the request that it be presented to the oldest male citizen of the town (in 1930 eligibility for the cane was opened to women as well). Hinsdale continues the tradition of presenting the cane.

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The May 18 Annual Super Senior Luncheon will be held at Ozzie's Steak & Eggs. Hinsdale & Peru Seniors 90 years and older (including those who will turn 90 in 2023) have been invited to join members of the COA Board in the celebration. The seniors can invite a guest to join them. All will be treated to a lunch of their choice along with a celebratory sheet cake for dessert.

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**If you live with a pet**, can you answer yes to the following questions: **1.** I have someone who lives close by who knows my pet and can be called in an emergency. **2.** I've posted the name and phone number of my pet's veterinarian in case someone else needs to take over for me. **3.** I have enough pet food, pet medication and other things (cat litter, dog chews, etc.) in my home to last a week or longer along with written instructions. **4.** I have a sign on my entry door to alert visitors (or police/fire/medical responders) to not let my pet escape when they enter.

(By Yvonne Borsody from Elder Services **Berkshire Senior** Feb-Mar 2023)



## MAY IS OLDER AMERICANS MONTH

*The Hinsdale Select Board has signed a proclamation designating May 2023 to be Older Americans Month. The proclamation "urges every resident to recognize older adults and the people who support them as essential contributors to the strength of our community".*

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, ***Aging Unbound***, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging:

- Embrace the opportunity to change
- Explore the rewards of growing older
- Stay engaged in your community
- Form new relationships

Thank you to all our partners in the Aging Services Network for continuing to make Massachusetts a great place to grow up and grow older!

Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.

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Navigating Aging is an informative series of columns that you may find interesting and is available on line. Navigating Aging focuses on medical issues and advice associated with aging and end-of-life care, helping America's 45 million seniors and their families navigate the health care system.

The series is written by Judith Graham, KFF Health News contributing columnist. She has written for the New York Times, Chicago Tribune, The Washington Post and the Journal of the American Medical Association, among others. She was nominated for a Pulitzer Prize for a Denver Post series on defective pacemakers. <https://kffhealthnews.org/topics/navigating-aging/>

(From KFF Health News on-line)

THIS IS YOUR June 1, 2023 QUARTERLY COA NEWSLETTER. Watch for COA Event Posters announcing Sr. Lunches, events, etc. at Hinsdale Library, Hinsdale Town Hall, Ozzie's and Hinsdale Wine & Spirits. Check for announcements on the Hinsdale Town Website or Facebook.

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Family Caregiver Checklist

Put your affairs in order before a disaster or medical emergency happens. The information and documents you should have prepared:

- All bank accounts, account numbers & types of accounts, location of bank
- Insurance Company, policy number, beneficiary & type of insurance.
- Deed and titles to ALL property.
- Loan/lien information, who holds them & if there are any death provisions
- Social Security and Medicare numbers.
- Military history, affiliations and papers (including discharge papers).
- Up-to-date will in a safe place (inform family where the Will is located).
- Living Will or Advanced Directive appropriate to your state of residence.
- Durable Power of Attorney.
- Instructions for funeral services and burial (if arrangements have been secured, name and location of funeral home).

This material is courtesy of Today's Caregiver (caregiver.com).