

Hinsdale/Peru COA Newsletter

September 1, 2023 Volume 5 No 3

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, Marion Tinney, Carol Ann Pullo, Jill Cole, Eve Grippaldi, Jennifer Stark, Joanne Larmon, Linda Schermerhorn, Margi Roussin

A note from the COA Board:

A Big Welcome to our two newest COA Board Members: Linda Schermerhorn and Margi Roussin. They have attended several meetings to see if they are a good fit and have already added to the Board by suggesting some great ideas.

Please note that we continue to look forward to new volunteers joining the team. 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) or call and leave a message on the COA phone line (655-2300 ext. 310).

We would also like to welcome all seniors who have turned 65 this year. You have been added to our COA Quarterly Newsletter mailing list. If you prefer to receive it by email, let us know by phone or emailing COA@HinsdaleMa.gov.

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 are varied and nutritious with seniors paying only \$4.00 for the lunch. Meals include beverages and dessert. Come join the fun!

Witty Words of Wisdom: "There are good days and there are bad days, and this is one of them"
(Lawrence Welk)

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



MARK YOUR CALENDAR:

September 14, 2023

Senior Luncheon

Speaker: Cathy Spinney

October 12, 2023

Senior Luncheon

Speaker: OLLI Rep.

November 9, 2023

Senior Luncheon

Speaker: Nancy Flaherty

December Christmas Party

Hilltown Travelers

A newly formed group has been created to accommodate those who wish to go on day trips to entertainment venues.

Nov 7: Country Jamboree

\$98 @ Log Cabin, inc. Lunch

Nov 13: \$35 ~MGM Casino,

Bus Trip Only

Contact Cathy Spinney for

Reservations & Info:

413-655-2929.



The May 18 Annual Super Senior Celebration was held at Ozzie's Steak & Eggs.

Hinsdale & Peru Seniors 90 years and older (along with their guests) joined the members of the Board of the Council on Aging Board along with Town Administrator, Bob Graves, in a birthday celebration. A total of eighteen attendees were treated to lunch and cake. A good time was had by all.



Super Seniors Celebrate at Ozzie's



The June 15 Luncheon featured Cynthia Grippaldi, District Administrator of The Berkshire Conservation District. "The BCD works with the Natural Resource Conservation Service and Mass Dept. of Natural Resources to provide advice and support to Berkshire County communities on the best use of their natural resources and assists with implementation of good land conservation practices". Cynthia spoke on the importance of planting native flowers and trees in our gardens and yards. Native species provide pollen and nectar for pollinators as well as valuable habitat for pollinators while requiring less maintenance and watering. The luncheon menu consisted of Chicken Parmesan with Ziti and Salad.



Chief Cormier & Jill Cole



Dave strums his guitar

The July 13 Senior Picnic was held at the Fire Station Pavilion on a warm, sunny day. Fire Chief, Ralph Cormier, manned the grill and was assisted by members of the COA Board. The menu consisted of hamburgers, hot dogs, chips and potato or macaroni salads. The theme was red, white and blue in honor of The Fourth of July. Over 40 seniors attended while Dave Melenchino strummed his guitar and sang "old time favorites". Thank you Ralph and Dave for helping to make the picnic a successful event!

The Hilltown Door-to-Door Transportation Program

The Hilltown Community Development has extended the Hilltown Driver Pool to the Town of Hinsdale and Peru. The Transportation Program is designed to help fill the need for occasional transportation to medical and other professional appointments **for seniors 60+ and veterans**. It is grant-funded and provides a limited number of rides per person per month. Reservations for a ride must be made 48 hours in advance. Driver Pool Coordinator is Ed Pelletier who may be reached by phone: 413-296-4232 or e-mail at ride@hilltowncdc.org.

For further information, see their website www.hilltowncdc.org/transportation

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## Medicare Savings Program Expansion 2023

Did you know that the **Medicare Savings Plans** can help you pay for Medicare premiums and make you eligible for savings on your prescriptions? In January 2023, Massachusetts expanded the income and asset limits for the Medicare Savings Program, **so more people are now eligible for this program**.

**Check these current 2023 numbers below to see if you may qualify!**

| Medicare Savings Plans         | Gross Monthly Income Limit*              | Asset Limit*                               | Benefits                                                                                          |
|--------------------------------|------------------------------------------|--------------------------------------------|---------------------------------------------------------------------------------------------------|
| MassHealth Senior Buy-In (QMG) | \$2,309 (Individual)<br>\$3,123 (couple) | \$18,180 (Individual)<br>\$27,260 (couple) | Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs |
| MassHealth Buy-In SLMB, QI-1)  | \$2,734 (Individual)<br>\$3,698 (couple) | \$18,180 (individual)<br>\$27,260 (couple) | Pays Medicare B premium and automatic full extra help with prescription costs                     |

*\*Please note, some income and assets may not be counted the same, for example a primary residence and one vehicle are not counted as assets. Income and asset limits are subject to change annually. **Call Cathy Spinney for more information: 413-655-2929.***

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Open enrollment for the 2024 Part D Drug plan begins October 15, 2023 through December 7, 2023. Call your SHINE Counselor, Cathy Spinney 413-655-2929, for an appointment. Take the time to review your drug and prescription needs with Cathy in order to find the overall lowest annual drug cost for you. She can help you navigate the confusing world of Medicare

Your SHINE Councilor offers free, unbiased and knowledgeable assistance with all of your Medicare choices. The SHINE program is a federally funded, *free health insurance counseling program for Medicare beneficiaries*. It is staffed with highly trained, knowledgeable counselors who can offer you an unbiased review of all Medicare choices offered in The Berkshires.

THIS IS YOUR September 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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Services Sponsored by the Hinsdale/Peru Council on Aging

- **Monthly Senior Luncheon** 2nd Thursday of the month. RSVP necessary, \$4.00 payable at door.
- **SHINE Program** provides information concerning Medicare. Call 413-655-2929
- **Foot Care Clinic** every other month. \$35.00 fee (not covered by Medicare). Call 413-655-8367
- **Yoga Classes** every Monday morning at Old Town Hall. \$3:00 a session. Call 413-655-2929
- **Knitting & Crocheting Group** meets every Wednesday at Old Town Hall. Call 413-655-2292
- **Quilting Group** meets every Monday at Hinsdale Town Hall. Call 413-655-2929
- **Annual Events:** May "Super Sr. Celebration"; October Flu shots; December "Christmas Party"

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.