

Hinsdale/Peru COA Newsletter

March 1, 2022 Volume 4 No 1

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, Jill Cole, Eve Gripaldi, Jennifer Stark

~~~~~

### **January 22, 2022 is National Hug Day** (And it's not too late to celebrate)

National Hug Day is a holiday that is celebrated annually. A day on which people are encouraged to hug one another. You can hug family members, friends or even strangers – be sure to ask them first. Hugging is not only a way for people show affection for one another, but it also provides distinct benefits to both parties involved.

- Hugging releases oxytocin, a hormone that promotes trust between individuals and helps with depressive feelings.
- A hug can increase self-esteem, defuse tension and combat fear.
- Hugging has also been shown to lower a person's blood pressure.
- Hugging helps to relieve pain, thanks to the hormone oxytocin.
- Hugging helps to fight fatigue and may lower the risk of heart disease.
- Hugging a person can help deal with stress and/or fear.
- Hugging is at least 6,000 years old, if not older.

*(Taken, in part, from January 18, 2022 Mass COA Newsletter)*



#### **MARK YOUR CALENDAR:**

**March 17, 2022**  
**Senior Luncheon**  
Speaker: TBA

**April 14, 2022**  
**Senior Luncheon**  
Speaker: TBA

**May**  
**"Super Senior"**  
**Birthday Party for those**  
**age 90+**

#### **Hilltown Transportation Program**

This program is designed to help seniors 60+ arrange for transportation to medical and professional appointments. For more information, please call Ed Pelletier mornings until 10:30 am at 413-296-4232. You may also email Ed at [www.ride@hilltowncdc.org](mailto:www.ride@hilltowncdc.org).

**Witty Words of Wisdom:** "People who say you're just as old as you feel are wrong, fortunately."

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

## November Senior Luncheon



Thanksgiving was the theme for the November luncheon. Tables were decorated with hand-painted turkeys, created by the COA Board members. There were 40+ seniors in attendance, a good turnout considering we still had to abide by CDC pandemic rules of spacing and masking. The meal was catered by KJ Nosh and consisted of meatloaf, mashed potatoes, gravy and salad.

The speaker for the luncheon was Officer Elizabeth Zipp of the Hinsdale Police Department. She gave an informative talk on “Top 10 Scams Targeting Seniors” and “Tips for Avoiding Scams” in order to protect yourself. Educational handouts on both subjects were given to all who attended. Everyone agreed the meal was delicious and Officer Zipp’s presentation was very timely.

Thank you Officer Zipp!

~~~~~

Annual December Christmas Party



The Hinsdale Fire Station was decked out in Christmas decorations provided by members of the COA Board. The table centerpieces of silk poinsettias and fresh greens were made by the board members and gifted to those who attended the party. We were able to seat 85+ seniors only due to the spacing requirements of four at a table.

Ozzie’s Steak & Eggs catered the traditional hot roast turkey dinner that included mashed potatoes, candied carrots, stuffing and gravy. There was more than enough to go around as board members and volunteers served the seniors at their tables. As usual, Ozzie’s did a tremendous job in preparing and serving a delicious hot meal. Thank you Ozzie’s!

Musical entertainment was provided by Dave Malachino. It was a wonderfully social event with those who attended catching up with friends.

~~~~~

## Omicron Surge



*According to James W. Lederer Jr., MD, Chief Medical Officer/Chief Quality Officer of Berkshire Health Systems, the Omicron surge has arrived in the Berkshires. “Please be aware that Berkshire Health Systems is currently receiving an incredibly high volume of calls. As with many health care systems across Massachusetts and the country, we are also experiencing staffing shortages. **Response times may be delayed.**”*

The best way to protect yourself from severe symptoms of COVID-19 is by getting vaccinated and boosted. Testing and vaccinations, including booster shots, are available at many local pharmacies, in addition to the following locations: Pittsfield, North Adams & Great Barrington. **Appointments are required at all locations.** To schedule an appointment, call the BMS COVID-19 Hotline at 855-262-5465. The hotline is open daily from 8 am to 4:30pm.

## All Hail the Late Bloomers

Our society revels in early success. But research into aging and achievement shows that middle age is when creativity really sparks. Julia Child was a late bloomer whose career really got cooking at midlife. But Child's evolution took time. She enrolled in Le Cordon Bleu in her late 30s, co-wrote "Mastering the Art of French Cooking" in her 40s, and debuted on public television in Boston as "The French Chef" at 50.

We live in a society that revels in early success. Child prodigies astonish us. Twenty-somethings are hailed for billion-dollar start-ups. The middle and later decades, by contrast, are often dreaded. The midlife crisis! The memory blunders! The looming specter of death and dying! These judgments are both outdated and deleterious to a wide swath of the population. They're also unfounded. "In the course of researching Child and other high achievers for a book about the timetable of genius, I discovered a welcome truth: *Midlife may be the gateway to the most satisfying, productive and even successful decades of our lives*".

Maya Angelou wrote her first memoir, "I Know Why the Caged Bird Sings" at 40. Alexander Fleming discovered penicillin at 47. Eleanor Roosevelt spearheaded the passage of the Universal Declaration of Human Rights at 64!

Midlifers and late bloomers have bragging rights on lived experience. We've likely worked more jobs, met more people, paid more bills and survived more upsets. We've certainly had more time to ponder the existential question: "What do I want to be?" Experience teaches us how to rebound from failures and work our way past obstacles, fueling a feeling of control that surges at midlife. We know what we can do, and we've the knowledge and tenacity to take on new challenges.

Scientists used to believe that the production of new brain cells ended in childhood. But research of the last two decades has found that neurons appear to be far more proliferative than previously thought. It's true that our capacity to think quickly and solve new problems declines as we get older, but we become more adept at using the wisdom we've acquired through years of living. This can balance out the losses. We learn how to deal with it.

Rich Karlgaard, publisher of Forbes, wrote in his book, "Late Bloomers: The Power of Patience in a World Obsessed with Early Achievement" that it's not wrong to applaud early success. But, he says, obsessing over young achievers is detrimental to the rest of us because it sends a message that "you've somehow made a wrong turn in life". He goes on to suggest that we embrace "serial blooming", which he views as the natural course of development. We do one thing, we try another. We bloom and bloom again, he says.

Spotlighting the achievements of midlifers and later bloomers uncovers truths about human potential that matter to all of us.

(Condensed from of an article by Claudia Kalb in a **Boston Globe** article dated November 18, 2021)



***THIS IS YOUR March 1, 2022 QUARTERLY COA NEWSLETTER. Watch for COA Event Posters announcing Sr. Lunches, events, etc. at Hinsdale Library, Hinsdale Town Hall, Ozzie's, Hinsdale Trading Co. and Hinsdale Wine & Spirits. Check for announcements on the Hinsdale Town Website or Facebook.***

**Hinsdale/Peru Council on Aging  
39 South Street  
Hinsdale, MA 01235**



### **Did You Know??**

***Berkshire Community Action Council (BCAC)'s Heating Fuel Assistance Program***, provides income eligible households with help paying their heating bills. The program is accepting applications now through April 30th. For more information, individuals can call BCAC at 413-445-4503 (for Central/South County) or 413-663-3014 (for North County) Monday - Thursday between 9am to 3pm; or the 24-hour information line at 1-866-216-6200. *The website is: [www.bcacinc.org](http://www.bcacinc.org).*

***Major mobile carriers will be shutting down their 3G networks in 2022, rendering older phones useless.*** The retirement of the 3G network is to make room for more advanced networks, like 5G, which is much faster. Once the 3G network is shut down, 3G cell phones will not work. In addition, some older 4G phones that do not support HD Voice will also stop functioning. This means users will not be able to make or receive calls and texts, even to 911. For more information, Google "3G shutdown" or call your provider.

***In Massachusetts you can now TEXT 9-1-1 in an emergency.*** "Call if you can; text if you can't." There is now a service called "The Silent Call Procedure". If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered, follow these directions:

**Press "1" if you need police; Press "2" if you need fire; Press "3" if you need an ambulance.**

***If the 9-1-1 dispatcher asks questions, Press "4" for "Yes" or Press "5" for "No"***