

Hinsdale/Peru COA Newsletter

March 1, 2023 Volume 5 No 1

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

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. Please note that the price of the meal has increased due to an increase in food costs.

As you know, we have a speaker at the monthly luncheons on subjects we believe to be educational and of interest to our seniors. We have had many interesting guest speakers in the past and are always looking for interesting topics for our in our upcoming luncheons. **We always welcome your suggestions.** Please let us know at the luncheon, by phone or by email at COA@HinsdaleMA.gov. We will be happy to attempt to contact a speaker on any subject you might request.

We are looking at possible day trips for this summer. Please let us know if you would be interested in going to the MacHaydn to see a musical production. If enough are interested, we will attempt to arrange a trip. Again, you may let us know at the luncheon, by phone or by email. Other suggestions will be considered also.

Correction: *The incorrect email address was in our last newsletter. The correct one is COA@HinsdaleMA.gov. We apologize for any inconvenience.*

Witty Words of Wisdom: “Someone, who was about my age, asked a person “How are you?” The answer was, “Fine, if you don’t ask for details.” (Katherine Hepburn)

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



MARK YOUR CALENDAR:

March 16, 2023
Senior Luncheon

Speaker:
Judge Richard A. Simons

April 13, 2023
Senior Luncheon

Speaker:
Money Management (?)

May, 2023
Super Senior Celebration

The Hinsdale Food Pantry is still being held in the parking lot of the Hinsdale Trading Company, Old Dalton Rd. in Hinsdale on Thursdays from 10:00 – 11:00 AM. For your convenience, the **collection basket for food donations** is now located in the Hinsdale Post Office. Drop off donations while visiting the Post Office. Monetary donations can be mailed to the Hinsdale First Congregational Church, 129 Maple St., Hinsdale, MA 01235.

The **November luncheon** of ham, mashed potatoes, salad and rolls was well-attended with over 40 seniors. Paula Almgren, Elder Law Attorney of Lenox spoke on reasons we may want to consult with an attorney regarding our final wishes should you become incapacitated. By having a Will and/or Trust drawn up as well as a Health Care Proxy, we will guarantee our wishes will be fulfilled.



The **Annual Christmas Party** was held on December 9th with 90 seniors in attendance. Ozzie's, once again, provided a delicious turkey dinner with all the fixings. The COA Board created festive centerpieces for each of the tables. This year, a donation Christmas Bag was set out on the reception table for those who wished to donate to the Berkshire Eagle Santa Fund. A BIG THANK YOU to all who generously gave a total of \$156 to "brighten the smiles of children in need."



(above Seniors enjoy Christmas Party @ Fire Station)



The **Annual Hinsdale Festival of Trees** was held at the Old Town Hall on December 10th. The Council on Aging Board took part by decorating a traditional Christmas tree for the display. The Knitting and Crocheting Group decorated a tree with items they had knitted for newborn babies as well as children's hats and mittens to be donated. The members of the COA Board, along with members of Hinsdale Dayz, baked cookies and served hot chocolate to all who attended.



Our **January luncheon** had a festive New Year theme. Ozzie's provided an excellent meal of roast pork, mashed potatoes, gravy and glazed carrots. Hinsdale Police Chief Susan Rathbun and Dalton Police Chief Deanna Strout spoke on the daily workings of the Police Departments. They introduced Sargent Elizabeth Zipp and Officer Melanie Serrano opening up the floor to the many excellent questions from the seniors, It was an informative talk. ***Thank you to Chiefs Rathbun and Strout for taking time to speak with our seniors.***

(from left are Chiefs Rathbun and Strout, Sgt. Zipp & Officer Serrano)

February Luncheon was held on February 16th. The menu consisted of Ozzie's chicken parmesan, ziti, salad and rolls. Again, the luncheon was well-attended with close to 40 seniors enjoying the delicious meal and the speaker, Jodi Wynglarz from MedMinder Pharmacy. Jodi spoke on the advantages of their pre-organized medication trays.

A COA survey was handed out with possible suggestions for Senior Day Trips for this year. Seniors were requested to check off the trips they may be interested in. We will tally up the results and determine the most popular day trips. If you were not at the luncheon and would make a suggestion, we would love to hear from you. COA Office: 413-655-2300 ext. 310 (email: COA@HinsdaleMA.gov).

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### **The COA Hinsdale Quilting Group**

The Quilting Group meets every Monday 9:00 AM to 12:00 Noon. We always welcome new members. Whether you are a beginner, an expert quilter or anywhere in between, we would love to have you join our group! Presently we have three quilters of various experience. However, we have all made king-size bed quilts (the ultimate challenge)!

The members all help and encourage one another in choosing patterns, designs and colors. Whether you wish to start out small, quilting place mats, or wish to dive right in on a bed spread, we would love to have you stop in to visit any Monday morning. The group meets in the Community Room of the Hinsdale Town Hall at 39 South Street, Hinsdale.

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Judge Richard A. Simons to Speak at March Luncheon

As part of **National Judicial Outreach Month**, the Hinsdale/Peru Council on Aging will welcome the Honorable Richard A. Simons, First Justice of the Berkshire Division of the Probate and Family Court on March 16, 2023 at 12:45 p.m. Judicial Outreach Month provides a forum where judges leave their courtrooms and go into the community to meet with the public to discuss the Rule of Law and to talk about the work that takes place in courtrooms throughout the Commonwealth.

Judge Simons will be discussing what happens when a person becomes incapacitated to the point of being unable to communicate and/or make decisions with respect to his/her health care. Who does make the decisions? What types of decisions can be made? What standards are applied when making the decisions? In an interactive discussion, Judge Simons will explore the myriad of issues the court faces in guardianship proceedings that come before the court.

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### **Medicare Now Covers All Recommended Vaccines**

This list includes the vaccines for shingles and Tdap (tetanus, diphtheria, and pertussis). No-cost coverage continues for the flu, pneumococcal, and COVID-19 vaccines, and hepatitis B for people whose doctors recommend it. Medicare now covers the complete cost of Shingrix, the vaccine that helps prevent shingles. Shingrix is a two-dose vaccine and is more than 90% effective at keeping you from getting shingles and from developing long-term nerve pain.

**THIS IS YOUR March 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.

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



### **Did You Know...**

- You can find all COA Board meeting agendas and minutes on the COA web page of the Hinsdale Town Website. [www.HinsdaleMass.com](http://www.HinsdaleMass.com) . Click on "Gov't" and then "Council on Aging".
- You can find the latest COA Quarterly Newsletter and announcements re luncheons and events on the Hinsdale COA web page. Peru posts the luncheon announcements and COA newsletters on their website. [www.TownofPeruMA.com](http://www.TownofPeruMA.com)
- Would you prefer receiving the newsletter by email? Do you want to "**unsubscribe**" from the newsletter? Please send an email to [COA@HinsdaleMA.gov](mailto:COA@HinsdaleMA.gov) or leave a message on the COA phone voicemail: 413-655-2300 ext.310.
- The Hinsdale/Peru COA would like to hear from you regarding topics you would like to see covered in the newsletter or at our COA Monthly Luncheons.