

Hinsdale/Peru COA Newsletter

September 1, 2022 Volume 4 No 3

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.

“To know how to grow old is the masterwork of wisdom, and one of the most difficult chapters in the great art of living.” (Henri F. Amiel)

Board Members: Cathy Spinney, Janet Verge, Marion Tinney, Carol Ann Pullo, Jill Cole, Eve Grippaldi, Jennifer Stark, Joanne Larmon

A note from the Council on Aging Board:

The **monthly senior luncheons** for June, July and August were well- attended. July and August luncheons were held at the Fire Station outdoor pavilion under clear skies. The Hinsdale/Peru COA holds monthly luncheons for seniors at the reasonable cost of \$3.00. The luncheons are usually held on the 2nd Thursday of the month in the Town Hall Community Room. **Please note the change in date for the upcoming September luncheon.**

The July luncheon was a special lobster fest, with a price of \$6.00 due to the market price of lobster. We are now negotiating a contract with Ozzie's. We apologize ahead of time in case we may find it necessary to raise the cost for seniors due to inflation.

Our August luncheon was in the form of a picnic and was a huge success. Three of the Hinsdale Volunteer Fireman assisted with cooking hot dogs and hamburgers to perfection. **A Big Thank You** to R.J. Cormier, at the grill, along with Dick Scialabba & Bill Pike assisting with preparation, etc.

Did you know we are always looking for volunteers to join the Hinsdale COA Board? Join us at one of our board meetings to see if it may be something you might enjoy. The board meets every 2nd Monday from 5:30pm to 6:30pm in the Hinsdale Town Hall.

Witty Words of Wisdom: “After a certain age, if you don’t wake up aching in every joint, you are probably dead.” (Tommy Mein)

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



MARK YOUR CALENDAR:

September 22, 2022
Senior Luncheon
Speaker: TBA

October 20, 2022
Senior Luncheon
Speaker: TBA

November 17, 2022
Senior Luncheon
Speaker: TBA

Beware of Medicare Scams

Some seniors have responded to ads on television or postcards in the mail claiming to save them money or offers of free services. Be careful when calling insurance agents, responding to mailings or even having someone to your home to review Medicare coverage. Always contact your COA rep with any questions!!

Cathy Spinney 655-2929



75 Years of Hinsdale Marriage Announcements



Eva Fassell, a lifelong Hinsdale resident (1905-1999), spent her life amassing a most unusual and wonderful collection. She pasted announcements—hundreds of them— from the *Berkshire Eagle* of Hinsdale engagements and weddings from **1917-1990**. The result is four large scrapbooks full of personal stories. Indexed by name for easier searches, these delightful glimpses into the past allow anyone with a Hinsdale connection to read about the wedding of their parent, grandparent or great-grandparent. There is an additional scrapbook comprised of *Berkshire Eagle* reporter **Dorothy Chapman's** postings of almost 25 years of Hinsdale news.

Eva's friend Vivian Mason shared these collections at the June Council on Aging luncheon. Attendees delighted in finding wedding descriptions of many of their relatives, and in one case, found a clipping of her own wedding!

Viv Mason would be happy to copy a clipping and email it to anyone who is looking for someone in particular. She would need the maiden name of the woman, the name of the man, and an approximate date. Please have the request sent to **COA@hinsdale.gov**.

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### **A Healthy Mind and Body**

***Rima Sala and Jill Cole spoke at the July Lobster Fest.*** Rima is the Yoga instructor serving the COA at her Monday morning Yoga classes held at the Old Town Hall. Rima spoke on the benefits of Yoga in keeping one's body and mind functioning well. In her presentation, she stressed that anyone can do some form of Yoga – even if it is just breathing exercises. It is important to start off slowly and “listen to your body” by not pushing yourself beyond your comfort zone. Rima taught gentle breathing exercises that the seniors joined in on. Since we deal with some sort of stress all day long, it is important to take the time to “just breathe”. The seniors practiced breathing along with Rima, finding that concentrating on breathing can be beneficial to both your physical and mental health.

Jill Cole, a board member and nursing instructor, spoke on how to keep your brain healthy through food and activities. A brain healthy diet includes fish, lots of vegetables - fresh and cooked, fresh berries and fruit, healthy fats i.e., olive oil, avocado, nuts, and whole grains. It limits red meat, dairy, fried food, fast food, and sweets i.e., pastries, cakes and cookies.

Activities that are encouraged and helpful are social interactions with friends and family as well as learning a new language or hobby. Keeping a positive mental attitude and 30 minutes of daily exercise has also been shown to be very effective. Jill also gave attendees a handout that listed 1. Foods to Eat Every day, 2. Foods to Eat Weekly and 3. Foods that one should limit the consumption of.

Both of the speakers' subjects complemented each other and those in attendance left with a better understanding of how to improve the health of their mind and body.

## COA August Picnic

The Council on Aging hosted over 46 seniors at the August picnic in the Fire Department Pavilion. Hot dogs, hamburgers, potato salad, mac salad and chips were on the menu. And, of course, we had to have watermelon for dessert! The volunteer firemen did a great job cooking. They also moved out some of their vehicles so the board could have access to their kitchen. ***A big Thank You to the Volunteer Hinsdale Firemen involved.*** We were then entertained by “Mr. Magic” a.k.a. Larry Parker, who came all the way from Worcester. Larry performed many magic tricks and interspersed them with his wonderful sense of humor. It was obvious the seniors enjoyed his show by the amount of laughter and clapping that ensued during the act. Larry is retired and goes around to nursing homes and assisted living facilities in order to entertain seniors. ***Thank you, Larry, for a fun and entertaining performance!***

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Medicare Prescription Advantage

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the “**donut hole**”.

If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

For more information about Prescription Advantage, call Cathy Spinney at 413-655-2929 or visit prescriptionadvantagemma.org.

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***The Hinsdale Knitting and Crocheting Group*** meets every Wednesday from 1:00pm – 3:00pm at the Old Town Hall. We knit both summer and winter. Currently, we are busy making newborn hats for BMC, hats and mittens for the children of Hinsdale and Peru, and chemo hats, as well as our own projects. We have plenty of yarn, knitting needles and patterns. Please stop in for a cup of coffee and a snack to see what we are all about.

***The Quilting Group*** meets Mondays from 9:00am until Noon, in the New Town Hall Community Room. The group currently consists of four women, all with different skill levels. We work independently on our own projects, but we help each other with various situations while quilting i.e. designing and new techniques as well as the different tools that are available.

There is an “Expert” quilter, who will guide you through your project if you wish and she is always available to answer any questions you may have. Beginners are encouraged to start with a small project (such as placemats or table runner). As confidence levels grow, a lap quilt or baby quilt would be the next logical step before graduating to a full size quilt!

“We always joke that “Quilters cut a large piece of fabric into little pieces and then sew all the little pieces back together and call it a quilt!” 😊😊

**THIS IS YOUR September 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.

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## Did You Know?

- **REAL ID compliance** begins May 3, 2023, which means that a REAL ID compliant driver's license or identification card, or a valid and unexpired Passport, will be required to fly domestically and to enter secure federal buildings, such as federal court houses and certain Social Security offices. **Remember**, if you are planning to fly next year any time on or after May 3, 2023, you will need to have a REAL ID or a valid, unexpired Passport. The RMV offers two types of driver's licenses and identification cards: REAL IDs and Standard Cards. For more information [www.Mass.gov/RMV](http://www.Mass.gov/RMV).
- You are able to access the new **Hinsdale Council on Aging web page** by logging onto the **New Hinsdale Website** at [www.hinsdalemass.com](http://www.hinsdalemass.com). Click on "Government"; then click on "Council on Aging". You will then have access to news, luncheon announcements, agendas, minutes and the quarterly newsletter. **The Peru Town Website** also has luncheon announcements and the newsletter posted on their website [www.townofperuma](http://www.townofperuma).
- The Hinsdale/Peru COA would like to hear from you regarding any **suggestions of topics or speakers** you may want at our COA Monthly Luncheons. Send an email to [COA@hinsdale.gov](mailto:COA@hinsdale.gov) or leave a message on the COA phone voicemail: 413-655-2300 ext.310.