

Hinsdale/Peru COA Newsletter

June 1, 2022 Volume 4 No 2

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

“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)

A Letter from the COA Board:

Welcome to all seniors turning 65 in 2022. We have added you to our newsletter mailing list and you will be receiving the COA Quarterly newsletter in the mail (or by email if so desired).

A **BIG CONGRATULATIONS** to all Hinsdale & Peru seniors 90 years of age and over. A **“Super Senior Birthday Party”** was held in their honor on May 19th at Ozzie’s Steak & Eggs. By our count, there are 16 seniors over 90 in Hinsdale and 3 in Peru.

The **monthly senior luncheons** in March and April had good attendance. We were able to hold the April luncheon in the Hinsdale Town Hall Community Room for the first time since the pandemic started. The speaker for March was the owner of *Berkshire Cannabis Connect*, who gave an informative talk on Medical Marijuana. April’s speaker was a representative from *Molari Health Care Services*. She gave an informative talk on the patient in-home services they offer seniors. Many thanks to Barbara and Lee for taking time out of a busy schedule to speak at the COA luncheon!

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.

Witty Words of Wisdom: “You know you’re getting old when you stoop to tie your shoelaces and wonder what else you could do while you’re down there” (George Burns)

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



MARK YOUR CALENDAR:

June 16, 2022

Senior Luncheon

Speaker: Viv Mason

Hinsdale Historic Photos

July 14, 2022

Senior Luncheon

Speaker: TBA

August 11, 2022

Senior Luncheon

Speaker: TBA

COVID-19 at-home tests

If you have already ordered 4 free at-home test from

COVIDtests.gov, you can now order another 4 tests to be shipped to your home. At-home “self-tests” give rapid results.

People with Medicare can also get up to eight tests per calendar month from participating pharmacies and health care providers for the duration of the COVID-19 public health emergency.

May is Older Americans Month

“Every May, the Administration for Community Living leads our nation’s observance of Older Americans Month. The theme for 2022 is ‘Age My Way’. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month”. The month of May has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country.” (ALC.Gov/OAM)

A proclamation was drawn up and signed by the Chair of The Hinsdale Select Board proclaiming “May 2022 as Older Americans Month” and “to urge every resident to recognize older adults and the people who support them as essential contributors to the strength of our community.” This proclamation has been posted in the Hinsdale Town Hall and on the Hinsdale town website. We ask that you honor our seniors for all their contributions to society. (ALC.Gov/OAM)

~~~~~

## National Fitness Day

This holiday falls on the first Saturday in May and gives people the opportunity to renew their fitness goals and make positive changes in their lives to stay healthy. Sometimes all the motivation a person needs to get moving and keep moving is learning a little bit about fitness and the human body. To help everyone become more active, we’ve decided to list some **fun fitness facts** that should help everyone get up off of the couch and motivate them to get moving.

- The average person will walk approximately 70,000 miles during their life.
- The heart is the strongest muscle in the entire body.
- The human body burns an extra 50 calories for every pound of muscle gained.
- Everyone can begin exercising in some way no matter their age or size.
- Regular physical activity can help a person sleep better at night.
- Only 10% of people are capable of losing weight by just changing their diet.
- Even as little as 10-minutes of physical activity a day can have beneficial effects.
- A brisk walk burns almost as many calories as jogging the same distance.
- It takes approximately 6-8 weeks for the human body to adapt to an exercise program.

~~~~~

Omicron Variant is on the Rise in Berkshire County



As with vaccines for other diseases, people are best protected against infection with the virus that causes COVID-19 when they stay up to date with vaccinations.

COVID-19 vaccines continue to protect people from getting seriously ill, being hospitalized, and even dying—especially people who have received a booster. Some people can receive two boosters. Learn more about COVID-19 vaccine recommendations for people who are moderately or severely immunocompromised. Testing and vaccinations 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.

5 Early Warning Signs of a Stroke

A stroke is a medical emergency where every minute counts. Knowing all the signs of a stroke (from the typical to the more subtle) can help you act quickly.

Signs and symptoms of stroke include:

- Facial drooping: Does the face droop on one side when the person tries to smile?
- Arm weakness: Is one arm lower when the person tries to raise both arms?
- Difficulty Speaking: Can the person repeat a simple sentence? Is speech slurred or hard to understand?
- Impaired vision: Problems seeing in one or both eyes, blurred, seeing double.
- Coordination: You may stumble, lose your balance or have sudden dizziness.

Early warning signs that you probably don't associate with stroke:

- Headache - Especially if they are severe or accompanied by vomiting and/or dizziness
- Difficulty walking - You may stumble or lose your balance, have sudden dizziness
- Exhaustion or generalized weakness
- Fuzzy thinking or confusion
- Nausea or vomiting - especially if there's no accompanying illness

If you observe any of these signs, call 911 or your local emergency number. It's important to recognize the warning signs of stroke because prompt treatment is crucial to minimize brain damage and potential complications.

~~~~~

### FEMA COVID-19 Funeral Assistance Program

The Funeral Assistance Program will **provide financial assistance for COVID-19 related funeral expenses by providing** up to \$9,000 for funeral expenses. FEMA is asking our assistance to get the information about the Funeral Assistance Program out to families and communities. For more information call 844-684-6333, Monday-Friday 9 a.m. to 9 p.m. Multi-lingual services are available. For information about eligibility and other requirements check the website: [www.fema.gov/disaster/coronavirus/economic/funeral-assistance](http://www.fema.gov/disaster/coronavirus/economic/funeral-assistance)

~~~~~

Services Sponsored by the Hinsdale/Peru Council on Aging

- Monthly Senior Luncheon 2nd Thursday of the month. RSVP necessary, \$3.00 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 Monday 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 Luncheon"

THIS IS YOUR June 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**



News from the Town of Peru

- The Town of Peru has a new ***Town Administrator***. Jim Welch of West Springfield is now at the helm in Peru. Jim is married with two children. He is a graduate of Westfield State University and was a State Senator from 2011-2021. Before that, Jim served as a State Representative from 2005-2011. He also has his own consulting and public relations business. Welcome to the Hilltowns of the Berkshires, Jim!
- Peru will hold its ***Annual Town Meeting*** June 4, 2022 at 6pm in the Peru Community Center.
- Peru's ***Annual Town Elections*** will be held June 11, 2022.
- Peru will be celebrating the ***Town's 250th Anniversary*** on Saturday, July 16, 2022. The event will be fun for all ages. Activities will include a Veteran's Tribute, a Time Capsule, a Historical Tour, DJ, live music, a Car Show and much more! Volunteers are needed on the day of the event - even if you have only an hour to spare. For more information, call 413-655-8312 Ext 102 or email townclerk@townofperuma.com.
- Peru is looking for a new ***Director of the Peru Council on Aging*** (a paid position). See their website for further information: www.townofperuma.com.