

WINDSOR COA NEWS

November/December 2022

Our mission is to serve older Windsor adults by providing opportunities and resources that advance the quality of life in a rural community.

The Executive Office of Elder Affairs provides financial support for this COA publication]

Join us for Coffee on Wednesday, November 9th at 10 AM

Our next Community Coffee will be on Wednesday, Nov. 9th from 10-12 at the Town Hall. Come for coffee, tea, cider, bagels, fresh fruit and baked goodies.

Everyone had such a wonderful time re-connecting last month that they are looking forward to getting together again. To help us in planning enough food, please call Jessica Buoymaster (413-329-4364) or Sue Jacobs (413-684-3191) with your RSVP.

MEDICARE OPEN ENROLLMENT

The Open Enrollment period is well underway (Oct. 15 – Dec. 7th), and if you haven't already contacted Cathy Hall, SHINE Counselor with your questions, please don't put it off any longer. She provided us with a LOT of information in our last issue (September/October 2022) which we encourage you to review.

Please call Cathy at 413-212-9991 if you would like to schedule a time to review your current plans including prescriptions and supplemental insurance. Leave a message with your name and phone number and she will return your call.

The greatest pleasure in life is doing what people say you cannot do.



INFORMATION FOR VETERANS

Alan Zawistowski, a veteran and member of the COA Board has provided more information for our local vets in this issue.

“I would like to inform the Veterans in our community about the benefits of the Veterans Administration which range from Monitoring care to major care.

“Now, from being a vet and going through the lengthy process of the enrollment and evaluation process, I found it was well worth the wait and effort. I would recommend they enroll and find out what is available to them.

“Now remember, your rating or evaluation will determine what you can receive and at what cost. That is why you need to register as soon as possible. Your age or length of service won't matter, but you won't know until you enroll.

“The [disability] ratings go from 10% to 100%; also from normal veteran to service-connected.

“For example: You can receive free medical exams, free eye exams and eye wear, hearing exams and hearing aids, pharmacy services for prescription medications, doctors from primary to specialist.”

For more information or to make an appointment, please call Berkshire Veterans Outreach Center 525 East St., Pittsfield at 413-448-6052.

Fuel Assistance

Applications for Fuel Assistance are now being accepted! As you can see by the 2023 Income Guidelines below, many people are eligible who may not think they are. With the increase in the cost of heating fuel, it is more important than ever to consider ways to stretch our budgets. Fuel Assistance, also known as LIHEAP runs from Nov.1st to April 30th. Windsor's Outreach Worker, Jess Buoymaster is ready and available to assist folks applying for the first time, or those reapplying who had fuel assistance last year. Any household whose gross yearly income falls at or below federal income guidelines (see below) may be eligible. Homeowners and tenants are both eligible to receive fuel assistance.

Please contact BCAC at 413-445-4503 (www.bcacinc.org) or Jess for more information.

2023 Income Guidelines

Family Size	Income
1	\$42,411
2	\$55,461
3	\$68,511
4	\$81,561
5	\$94,610

FLU SHOTS & COVID BOOSTERS

BOB, The Big Orange Bus was originally scheduled to come on November 9th, but due to required maintenance has been postponed to Nov. 21st from 10-12. Jessica has been in touch with everyone who was scheduled for the 9th, but there are still openings so please call Jess at 413-329-4364 to be added to the list.

UCP

A recent meeting of Dalton Triad featured two people from UCP (united Cerebral Palsy) in Pittsfield. The speakers were Elano Dallmeyer, Director of ARC & Tech Support and Brian Sullivan who heads up the Durable Medical Equipment program.

UCP's mission: Life without limits for people with disabilities.

Elano began by explaining that UCP at 208 West Street, Pittsfield provides services to people of all ages in the four western counties in MA. They offer a wide array of assistive technology at their loan center, suggesting that folks "try before you buy" the items available. Their 30 day loan program is free and comes with instruction – their goal being to educate consumers and help them maintain their independence.

Some of the items they brought included a personal amplifier (for conversations, watching TV or going to a movie; utensils that compensate for limited range of motion to keep the fork/spoon level as well as for those with a tremor which keeps the fork/spoon steady; guides to be used by those with limited vision for writing checks and letters; glasses to magnify a TV, movie screen or distant objects; smart med dispenser; voice/eye control technology to control a computer and much more.

Brian explained how their DME re-use program, "Re-equipment" can tap into a state-wide inventory of items from wheelchairs and walkers to ramps. In one year, they distributed \$2.2 million worth of equipment!

For more information, call UCP at 413-442-1562 or go to ucpwma.org.