

# **WINDSOR COA NEWS**

## **January/February 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

*Happy New Year! Wishing you  
all the best in 2022!*

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Kelly Pizzi, Exec. Dir. of the Dalton COA and Senior Center recently passed this valuable information on to me to share with you!

### **FREE RIDES AVAILABLE**

Free rides (taxi or cabulance) can be arranged locally for income-eligible residents of Berkshire County.

Mass211 will facilitate rides for:

- Workforce-related:
  - Job interviews/training
- Court appearances, including housing court
- Food pantries, food banks
- Non-emergency medical appointments
- COVID-19 vaccine appointments (if not covered by Masshealth or other provider)
- Essential shopping trips (not intended for monthly grocery shopping)
- RMV
- Emergency child care

Dial 2-1-1 from any phone in MA or call 877-211-6277 (available 24/7).

Or, call directly to County Rainbow Taxi at 413-499-4300 or CRT at 413-447-3800. When asked how the ride is being paid, say, "Mass211." (Subject to availability).

### **Winter/Storm Preparedness**

Storms, hurricanes, tornadoes and wildfires seem to be a regular feature on the news, reminding us that disaster can strike at any time. If you were here in December 2008, you will remember the ice storm that left most of our town without electricity for over a week. With this in mind, now is the time to put together a "Go Bag" of supplies to have ready "just in case." A backpack or small, lightweight suitcase with wheels can be used.

**WATER:** Bottled water is essential. (If you're sheltering at home, one gallon per person, per day for drinking and sanitation). Keep the water in a cool, dark place and change to a fresh supply every six months.

**FOOD:** A supply of 3-5 days of non-perishable food per person, including ready to eat canned meat, fruit; vegetables; canned or boxed juices; powdered milk and soup; crackers, granola, energy bars, trail mix.

**CLOTHES:** Pack a few days' worth. Include layers you can add or remove, plus rain/snow gear and waterproof boots.

**MEDICATIONS:** Collect three days worth of any prescription medicines you're taking. Be sure to note the expiration date so you don't keep them past their date.

**CAN OPENER:** Make sure it's a manual one and consider buying items with a pull-top opening.

**HYGIENE ITEMS:** Just the basics like soap, toilet paper and a toothbrush. Moist towelettes can be useful for quick sanitation.

**FIRST AID:** Basics such as antiseptic, gloves, bandages and nonprescription medicines. You can buy pre-made kits at most pharmacies or grocery stores.

**ELECTRONICS:** Pack an extra phone charger in case you're fortunate enough to have electricity, and a portable battery pack in case you're not. Pack a battery-powered radio for listening to news and weather. Consider buying a crank-operated or solar-powered radio. Don't forget extra batteries! Buy them in advance in case they're in short supply. Keep a bright, LED flashlight in case there's no electric power. Consider getting a lantern-style light for hands-free use. Do NOT use candles! They're a fire hazard and easy to lose track of when the lights come back on.

**PAPERWORK:** Fill a zip-top waterproof bag with photocopies of your birth certificate, driver's license; Social Security and Medicare cards; power of attorney and will; any marriage, adoption or naturalization certificates; proof of address; insurance, medical and immunization records; and information about your credit and ATM cards.

**CASH:** In addition to enough money for a few days, include small bills and a roll of quarters. If you need to buy something out of a vending machine, you don't want to start asking equally desperate strangers for change.

*(Information for this piece came from Berkshire Emergency Preparedness and Response, and from "Grab and Go", an article by Jeff Rossen in the AARP Bulletin).*

### **CHEF'S CORNER**

This issue's recipe comes from COA Board member, Alan Zawistowski who is sharing his recipe for Venison Stew. (Beef may be substituted).

Using a 6Qt Crock pot, you will need these items as follows,  
(Note wash all vegetables before using)

- 1). 1 to 2 lbs. of venison stew meat or beef if desired
- 2). 3 large cooking carrots, peeled, then sliced into 1/8 pieces or 16 oz baby carrots
- 3). 10 celery sticks cut into 1-inch pieces
- 4). 3 large potatoes, peeled and cut into 1 inch squares or bag of baby yellow potatoes cut in half
- 5). 1-8oz tub of fresh cooking mushrooms, your favorite brand
- 6). 1 small cooking onion, cut into wedges, if desired

#### Spices

Add 2-32 oz Swanson or your brand of Beef Broth

Add 6 Beef flavored bouillon cubes

Add a teaspoon of Italian seasoning

Add a dash of Oregano leaves

Add water to top off the level of crock pot.

Cook time is 8hr on high

Enjoy and serve as desired, in a bowl by itself or on top of egg noodles.