

WINDSOR COA NEWS

February/March 2020

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.

MARK YOUR CALENDARS

WINDSOR SENIOR EXPOSITION

Thurs., May 14, 2020, 2-6pm

Do you realize how many local resources are available to us seniors? Well, there are so many that our little Windsor Town Hall will be bursting at the seams for the WINDSOR SENIOR EXPOSITION!

Your COA Board is hard at work developing a comprehensive list of agencies, programs, web sites, hot lines and more that serve our needs and answer our questions. There will be information and assistance regarding everything from health insurance to long term care, legal services to financial assistance, home modification to senior housing options, and nutrition services to transportation. Tables will be staffed with knowledgeable representatives from a wide variety of service providers.

Of course, we invite the entire community to attend, learn and explore, and enjoy refreshments with us. However, only seniors are eligible to receive a gift bag of useful--and some fun--items. Those will be given to the first 50 senior attendees.

Think SPRING! Think SENIOR EXPO!
Hope to see you there.

Age is something that doesn't matter, unless you are a cheese.
Billie Burke

Exercise Prevents Falls

Each year, at least a third of people over the age of 65 take a tumble. An analysis of 108 trials found that there's one factor associated with notable reduced risk: physical activity.

People who participated in tai chi fell 19 percent less often, while those who did balance and functional exercises (such as step-ups, chair rises, or standing on one leg) fell 24 percent less often.

Most effective of all was combining multiple types of exercise, including lifting weights and balance exercises. People who did that decreased falls by 34 percent!

(From Reader's Digest: World of Medicine)

Things to try this winter:

- Pickle Ball at the Dalton CRA
- Tai Chi at the Dalton and Pittsfield Senior Centers
- Other suggestions next issue.

LIBRARY NEWS

Another fresh batch of winter reading and listening has arrived at your library. Fifty (50!) new volumes in a variety of genres: fiction and non-fiction, romance to thrillers, sci-fi to “real-sci”, politics to history, biographies to philosophy. If you need large print, or if you prefer to listen to your book, we can do that, too! Stop in to see what’s new or make a specific request on Mondays (5-7:30), Wednesdays (2-7) or Saturdays (10-12:30). Or, leave us a message at 413-684-3811 ext. 6.

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(The following was received from the Executive Office of Elder Affairs with the note: “*These changes will help Medicare beneficiaries save hundreds – if not thousands - of dollars in health care costs*”).

Want to lower your Medicare costs?

On **January 1, 2020** the income and asset limits for the Medicare Savings Programs* increased. If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one). In addition, you will automatically receive Extra Help, a program that will lower your Medicare Part D premium and co-pays.

Income and asset limits effective 1-1-20

	Income / month	Assets
Individual	\$1,738	\$15,720
Married couple	\$2,346	\$23,600

Prescription drug co-payments with Extra Help effective 1-1-20

	Per 30-Day supply
Generic	\$3.60
Brand Name	\$8.95

To learn more and to request an application, contact MassHealth at: **1-800-841-2900** or **TTY at: 1-800-497-4648.**

SHINE** can also assist you with the application process. Call to make an appointment. Applications are also available on-line at:

<https://tinyurl.com/MassMSP>

* Medicare Savings Programs are also called “MassHealth Buy-In” and are administered by MassHealth.

**SHINE is a Health Insurance Counseling program available throughout the Commonwealth. Windsor residents are encouraged to contact the SHINE Counselors at Elder Services in Pittsfield at 499-0524.

TO: ANONYMOUS

We were surprised to receive a donation to the Friends from an anonymous donor. It was dropped off at Friendly Fred’s with specific instruction that the donor not be identified. To you: We are grateful for, and appreciative of your generosity. Thank you!