

# WINDSOR COA NEWS

## March/April 2024

*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



### **As promised....**

A brief article about “*Shake Your Soul*” appeared in the last issue of WN&T with the promise of more information in this issue. “Shake Your Soul” is a unique approach to fitness appropriate for all ages and abilities. Each participant moves at their own pace and based on each person’s own range of motion. The class is suitable for all levels of fitness, flexibility, or dance/yoga experience. No prior dance training is necessary. All you need is a love of music and movement.

The class will be taught by Barbara Pastie, certified *Shake Your Soul* instructor.

The schedule is as follows:  
March 15, 22, 29; April 5, 12, & 19 from 11:30 AM to 12:30 PM and will be held at the Windsor Town Hall. Wear flat shoes and comfortable clothing.

Please call Sue Jacobs at 684-3191 to reserve your place in the class. There is no fee. All costs have been covered by a grant through the COA.

### **Community Coffees**

Remember to mark the second Wednesday of each month on your calendars for the popular community coffees. We gather at the Town Hall from

10-12 and enjoy good conversation, beverages and baked goodies. Upcoming are March 13<sup>th</sup> (we’ll celebrate St. Patrick’s Day) and April 10<sup>th</sup> (spring should be showing in Windsor).

### **FYI....**

Time is running out, but it’s not too late to apply for **Fuel Assistance**. Please contact Jessica who will help you get into this valuable program.

~~~~~  
**Transportation** for Windsor residents is available! Ed Pelletier, transportation coordinator at the Hilltown CDC joined us at our February 14th Community Coffee to tell us more about this wonderful service.

To make an appointment for a ride, call Ed at 413-296-4232 with your request. Doctor’s appointments, trips to the Pharmacy or for Groceries can all be arranged. You need to plan ahead (same day requests cannot be met), so call a week or even a month ahead to schedule your ride. You can reach Ed in the office from 8:15 to 9:45 AM weekdays, or simply leave a message and he will call you the following morning. We have drivers here in Windsor ready to help. Some residents have already used this service and can attest to its value.

Listen and silent are spelled with the same letters. Think about it.

## Coming up at TRIAD

Judge McMenemy from Juvenile Court will be the guest speaker at the March 20<sup>th</sup> meeting, explaining some of the issues she faces there. Mr. Dominic Sacco will make a presentation at the April 17<sup>th</sup> meeting. Retired from DNR (Dept. of Natural Resources), he is currently on the Dalton Conservation Commission and will be talking about environmental issues.

If you are not familiar with Triad, it is a national organization whose goal is to reduce criminal victimization of elders through education. Dalton has a monthly meeting at 1 PM on the third Wednesday of each month at the Senior Center and welcomes residents from surrounding towns to learn first-hand from representatives of the PD, DA and Sheriff's Offices about community issues, current scams, and to ask questions. (Our Windsor PD sends a report via Sue each month).

~~~~~

### DUDE, WHERE'S MY CAR?

Or, How to Shore Up Memory  
What's normal to forget? What's not?

Some forgetting is normal at any age because *every* part of our bodies change with age. Occasionally forgetting where you put your keys or a flu shot appointment or the name of a kitchen item like a food processor ("that choppy thing"), no worries.

If, however, you forget how to find your way to a familiar destination, or have a hard time following a conversation or television show, or completing simple tasks, one possible diagnosis is MCI (Mild Cognitive Impairment). MCI can progress, stay the same, or improve.

Note: Dementia is NOT a diagnosis, but a more severe form of cognitive decline when a person's abilities are so impaired that daily functioning (remembering,

reasoning, thinking clearly, interacting socially) cannot be performed, Alzheimer's IS a diagnosis and the more common cause of dementia.

There are tools to boost your brainpower, even if you have MCI or Alzheimer's:

- **BE A LIFELONG LEARNER:** Play word games, begin a hobby, learn a language;
- **GET MOVING:** Exercise by brisk walking, swimming, cycling, dancing (Shake your Soul?);
- **DON'T SKIMP ON SLEEP:** Get sufficient sleep, defined as at least 7 hours/night;
- **FEED YOUR MIND:** Eat mostly leafy greens, whole grains, nuts, olive oil, fish, berries;
- **PAY ATTENTION:** Visually note where you're putting an important item – even saying out loud, "I'm putting my glasses on the counter!" Or, if you forget why you're in a room, think, "Where was I before?" and physically or mentally go back and look around. The cues you see should help bring back that fleeting memory.

*(From "Real Simple," November 2023; submitted by Sandie Zink).*

*A bird sitting on a tree branch is never afraid of the branch breaking because its trust is not in the branch but on its own wings. Always believe in yourself.*

### Another important reminder....

If you have unused or expired prescription meds, especially opioids or benzodiazepines, they can be safely disposed of in a locked drop box in the Town Office building. Please remember to remove all personally identifiable information on the labels or materials before disposing of the containers.