

WINDSOR COA NEWS

March/April 2023

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]



INFORMATION FOR VETERANS

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

VA Pharmacy and On-Line Health Services

Once the Veteran has completed his or her registration, they will be eligible to receive an on-line account. With this account you can make and check your appointments, and check the status of your health. Now, I do know many Vets may not have a computer to do the on-line services, but you can still get things started by going to the VA in person.

Depending on eligibility, your prescription cost will range from zero dollars to \$8.00 a script. Simply ask your doctor to give you a new script or have him/her send it to the VA and this will start the process for your medication to be sent to you. You can have the prescription filled for 30 days to 90 days, depending on the type of medication. Most orders can be shipped directly to your home and be put on auto-fill.

Community Coffee Hours a Hit!

Our next two dates are set: March 15th (wear a bit o' green), and April 19th. Both are on Wednesdays from 10-12. Come for coffee, tea, bagels, fresh fruit, baked goodies and great conversation.

To help us in planning enough food, please call Jessica Buoymaster (413-329-4364) with your RSVP. (If we need to cancel, you will get a call if you are registered).

Upcoming Programs

As we promised last issue, a **CAREGIVERS WORKSHOP** will be presented jointly with Elder Services of Berkshire County on Wednesday, March 22nd beginning at 11:30 at the Town Hall. For those of you caring for a spouse or other family member, the responsibility and resulting stress can be wearing. Our presenters will offer information on ways to cope, services available to help and will answer questions. Lunch will be served so pre-register with Jessica (413-329-4364) no later than March 15th!

Foot Care Information

On Wed., April 12th at 11:30, our newest COA Board member, Jean Wagner, RN will be giving a presentation on the importance of foot care, especially for those individuals with diabetes. She will give instruction on how to provide good foot care at home for yourself or family members which is especially important as we age. All are welcome to join this discussion of a very important health topic. Again, lunch will be provided so pre-register with Jessica by April 5th.

Library Reading Program

Our first intergenerational program with the Windsor Library was a success! Sue Riley read, "Daisy the Fire Cow" to five children (plus two Moms and two Grandmas). Then, Windsor Volunteer Fireman, Charlie Riley arrived in his full break-out gear and explained to the fascinated children and adults what each of the safety items were used for. - Our next event will be in April during the school vacation week. Watch for flyers around town and postings on the Windsor Facebook and Library sites.

COA FY'22 Annual Report

At our January 2023 meeting, we reviewed our activities of the previous fiscal year: July 1, 2021 through June 30, 2022. Although much of this time was during the COVID lockdown, we were collectively amazed at all we were able to do. We offer here some excerpts from the full report which will be in the Annual Town Report this spring.

- Thanks to the generosity of the Friends of Windsor, we provided information through our insert in WN&T six times a year.
- We participated in celebrating Windsor's 250th Anniversary at both the July 3, 2021 kick-off and the October 3rd Fall Festival, sponsoring a "Chili Cook-off" which proved to be very popular.
- In February and March of 2022, we assembled and distributed "care Bags" to sixty-two households of residents age 75 and up.
- We supported Jessica Buoymaster, Windsor's Community Outreach Coordinator who continued to meet in person and by phone with

primarily older, but also younger residents to provide information on assistance programs such as fuel assistance, SNAP (formerly food stamps), Farmers Market Coupons, grants for home insulation and repair, distributing COVID rapid tests, masks and gloves, and more.

We are beyond pleased to be getting back to having monthly gatherings. The Coffee Hours are bringing 30-40 residents together to enjoy good food and even better conversation. And the information programs ("Scams" at the Fire House) are well-attended. Although sponsored by the COA, these gatherings are for our Windsor community. You need not be a retiree to attend, so please join us (see the information on the front of this page). We look forward to seeing you!

Police Department Hours

Police Chief Kip Buoymaster will be available on Mondays from 6-8 PM (or by appointment) at the Police Dept. downstairs in the Town Office Building. Also, a drop box for outdated or unused prescription medications is now in the Police Dept. Safely disposing of these drugs, especially opioids and benzodiazepines is very important. If you are no longer taking them, please bring them to the Town Office building on Mondays from 6-8 or call 684-0037 to make an appointment to safely dispose of them.

Something to make you smile....

One minute you're young and fun.... The next minute you're turning down the radio in the car so you can see better.