

WINDSOR COA NEWS

July/August 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

Good News for those receiving

SNAP Benefits

(from MCOA: Massachusetts Councils on Aging)

Supplemental SNAP boosts continue. USDA needs to provide 60-day notice to states when the payments will be discontinued. Since Massachusetts DTA (Dept. of Transitional Assistance) has not heard from USDA, the program looks to be in place until October 2022.

Other Food-Related News

The Food Bank of Western Massachusetts' "Mobile Food Bank" is a free program open to everyone. The truck parks in the rear of the Dalton CRA on the fourth Wednesday of every month from 11 AM to noon. People are asked to park and bring their grocery bags which volunteers will fill up as you go through the line. (Accommodations are made for those unable to do this).

At a recent distribution, folks received:

- 2 half gallons of whole milk;
- A head of organic iceberg lettuce
- A head of cabbage
- 6 apples
- 5 tomatoes
- 4 lb bag of white potatoes
- 2 rutabagas
- 1 lb carrots

Upcoming dates are July 27th and August 24th for this FREE program. For more information you can call Jessica Buoymaster or Sue Jacobs.

REMINDER

The MED-Project reminds us to safely dispose of expired or unwanted medicines. This is especially important with opioids and other pain medications.

A Drop Box specifically for this purpose is located in the lobby of the main floor of the Town Office building (corner of Route 9 and Peru Road, across from Sangar's) and is available to the public.

Another Reminder

Those who received a "Thinking of You" gift bag from the COA in February/March, please use the gift certificates that were included in the card. The folks at Friendly Fred's and Sangar's have not seen many come in, so please use them to purchase something at the store. Thank You!

Free COVID Tests

Every home in the U.S. is eligible to order a 3rd round of free at-home tests. It can be done online (Jess is available to help), or by calling 1-800-232-0233 (TTY 1-888-720-7489).

Today's Chuckle

As I've gotten older, people think I've become lazy. The truth is. . . I'm just being more energy efficient.

(Submitted by Vera Hertzberger)

Banish “TOO OLD” Thoughts

(Sandie Zink shared this with us)

Sometimes our inner voice turns - from a helpful to-do reminder - to a foe intent on undermining our positivity. We scold ourselves for a forgotten name, a dropped item, an inadvertent stumble, an inability to quickly adapt to a new technology (think our new Broadband capability and all it has wrought, like new telephones, new television applications), or to easily handle physical activities without some type of adaptation.

Let's not accept “I'm too old for that” thinking! One psychologist* has identified several responses available to us to diminish negative self-talk and defeat our belief in aging stereotypes, starting with talking to yourself as you would a good friend. Address yourself with your name and become your own adviser. “Bill, let's look this situation and see how we can take it on, one step at a time.”

Also, helpful is talking to someone who knows you well and can help broaden your perspective and open your options. And, think of getting older as getting wiser, having more new opportunities. Think of facing changes as challenges, not threats.

Get away from negative talk and stories about aging, everything from your computer contacts, to newspaper articles and TV news and pundits. You can drown in feelings of uncertainty and loss of control. Small steps, even a house cleaning chore, a hobby, meditating or praying will help calm you and enable you to think more positively.

Lastly, get outside! We are so lucky to live in a beautiful town with so much green space. Nature helps us to think beyond ourselves and be in awe of our surroundings. No one is “too old” for that.

*Advice from Ethan Kross, U.Michigan psychologist and author of *The Voice in Our Head, Why It Matters, and How to Harness It*.

Chef's Corner

My zucchini plants are growing and I am looking forward to a harvest of these delicious and versatile squash to use in the following recipe from COA Board member, Diane Saunders.

Chocolate Zucchini Bread

1 $\frac{3}{4}$ cups sugar
3 eggs
1 cup vegetable oil
2 cups shredded zucchini
3 tsps vanilla
3 cups flour
1 tsp baking soda
1 $\frac{1}{4}$ tsp salt
1 tsp cinnamon
 $\frac{1}{4}$ tsp baking powder
 $\frac{1}{2}$ cup chopped nuts
 $\frac{1}{2}$ cup cocoa
 $\frac{1}{2}$ cup chocolate chip bits

This recipe will make two loaves. Lightly grease and flour 2 loaf pans. Sift dry ingredients. Mix in order given.

Bake at 325 degrees for 1 hour.