

WINDSOR COA NEWS

October/November 2021

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.

The trees are changing colors, the nights are definitely cooler and the hummingbirds have left which means fall is upon us! It is one of my favorite times of the year. Cooler nights are more conducive to good sleep, and even the air smells better. We hope you all are enjoying the change in seasons and are staying well and happy.

Your COA has been helping with the series of celebrations for our town's 250th anniversary. The (wet) July 3rd and 4th weekend saw members handing out hula hoops and snacks to the young and young at heart, and we oversaw the Chili Cook Off during the Fall Festival.

Windsor has so much to offer residents and visitors alike: clean air, beautiful views, friendly and caring people. Listening to younger people at the recent Special Town Meeting talk about how neighbors made them feel welcome was a testament to our wonderful town.

Thank you for being there for each other, and for caring enough to step up and help when there is a need. You all are the best!

*"There are many theories on aging.
My theory is, I'm more awesome!"*

Medicare Open Enrollment

SHINE News from Cathy Hall

Medicare Open Enrollment this year runs October 15 to December 7. Anyone currently enrolled in a Medicare Advantage Plan or in a stand-alone Part D drug plan can make changes during this period.

If you would like to discuss other options for your supplemental Medigap/Medex plan or Medicare Advantage plan, or wonder if there is a more affordable Prescription Part D drug plan available, you can call me at 413-212-9991, or email me at chall@esbci.org and we can see if another plan would be less costly.

Even if you receive assistance through MassHealth to cover some or all of your Part D premiums, running your prescriptions through the Planfinder could reveal an alternative plan that would save money.

Anyone turning 65, contemplating retirement or not, and have any questions about when you should be signing up for Medicare Part A or B, feel free to contact me also.

One does not have to be a Windsor resident, so if you have relatives or friends in Berkshire County or surrounding hilltowns who might need some help, please pass this information on.

MINI-SURVEY

Your COA will be working with Windsor's Parks & Rec. Committee to look at future plans for our Town Park on Peru Road. As you may already be aware, the Parks Dept. is raising money for a new playground for our growing number of young families and children.

We are also considering the installation of a paved walking trail with benches for residents of all ages to use. We want to know, "If we build it, will you come and use it?"

Please contact anyone on the COA board with your thoughts.
Sue Jacobs, Chr. 684-3191
Jess Buoymaster, Otr., 413-329-4364

COOK'S CORNER

It seems like there is a never-ending supply of new recipes available in the local papers, cookbooks, magazines and on-line, but the ones most of us prefer are the 'tried and true' recipes we get from our friends and neighbors.

One of my favorites at this time of year is **Butternut Squash Soup**. The original recipe is from Joy of Cooking. I hope you enjoy it as much as we do.

Preheat oven to 400°F.
Place cut side down on an oiled baking sheet:

1 medium to large butternut squash* (about 3 ½ lbs), halved and seeded

Bake until the squash can easily be pierced with a fork, about 1 hour. Let cool, then scoop the pulp from the squash skin and discard the skin.

Melt or heat in a soup pot, over medium-low heat:

3 tablespoons unsalted butter or vegetable oil

Add and cook, stirring, until tender but not browned, 5 to 10 minutes:

**2 large leeks (white part only), cleaned thoroughly and chopped;
4 teaspoons minced peeled fresh ginger; pinch of dry thyme**

Stir in the squash along with:

4 cups chicken stock or broth

Bring to a simmer and cook, stirring and breaking up the squash with a spoon for 20 minutes. Puree until smooth. (An immersion blender works really well; just remember to turn off the heat while you blend the soup).

Return to the pot (if you used a regular blender) and stir in:

2 cups chicken stock

1 ½ teaspoons salt

Heat through. Serve with:

**Chopped fresh parsley or cilantro
Croutons**

Toasted squash seeds (optional)

*Almost any winter squash – delicata, hubbard, acorn squash and pie pumpkins – can be substituted.

Did you know that you can safely dispose of expired and unwanted medicines right at the Town Offices? A drop box is located in the front lobby of the building. Check for office hours when the building is open, and remember to wear our mask.

