

40 FIELD ST NEWS

Dalton Council on Aging & Senior Center
40 Field Street Extension, Dalton MA
September 2022
Edition 3, Volume 9

Celebrating September as
National Senior Center Month



HEALTHY AGING
never gets old

September is National Senior Center's Month!

Greetings to Tom Hutcheson, Joe Diver, the Dalton Select Board and members of the Dalton Community,

Senior Centers have been around since the 1940's, and the 1973 Older American's Act has enabled them to flourish. NCOA (National Councils on Aging) has designated September as National Senior Center's Month. Senior Centers were recognized as a valuable asset to communities with the mission **"to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well."** This year's campaign is *Strengthening Community Connections*.

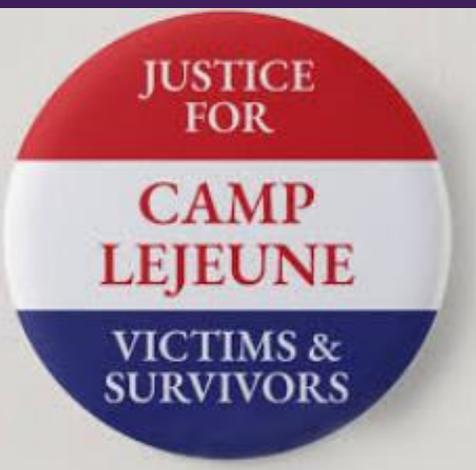
This month's calendar is packed with events that will help to accomplish this mission. Beginning with **Agging Mastery**, a ten week program aimed at providing the tools to have a "good life" in a world where longevity is increasing as well as the challenges. The program highlights small steps to improve health, financial well-being and quality of life.

Quickly becoming a "tradition," the Council on Aging will hold its 3rd annual **Field Day** event which brings local police, fire, town officials and community members together for a cookout and fun day of playing games and listening to live music.

TRIAD is bringing to their meeting the **United Cerebral Palsy's Assistive Technology Van** so people can learn about the tools that can help them live comfortably and productively despite physical challenges.

Steve Roy will be presenting on the **Camp Lejeune Toxic Water** suit and process for making a claim.

Things have come a long way since first legalized; **Cannabis: The Benefits of Medical Marijuana** will be presented by Berkshire Cannabis Connect and Theory Wellness.



Attn: anyone who lived, worked or served at
Camp Lejeune between August 1, 1953
and December 31, 1987:

Join Stephen Roy, Director of Veteran's Services

Camp Lejeune Toxic Water

Monday, September 26, 2022 at 12:30
Dalton Senior Center, 40 Field Street Ext.

GOOD NEWS!

The Inflation Reduction Act of 2022 was passed on August 16, 2022. It will lower health care costs for millions of Americans. The following is a summary of highlights for 2023-2025:

2023:

- All insulin will be capped at \$35.00 per month and is excluded from the yearly deductible.
- \$0 copay for Part D vaccines (Shingrix included!)
- The start of Medicare's ability to negotiate drug prices.

2024:

- Increased access to the Health Connector for pre-retirees, increased income limits for Extra Help,
- Elimination of the 5% cost share for catastrophic coverage.

2025:

- Out of pocket expenses for Medicare D drugs capped at \$2000 per year!



**WE STILL HAVE SOME
SENIOR FARMERS MARKET
COUPONS!**

**CALL 684-2000 TO SEE IF
YOU QUALIFY!**

**Stop by on Thursday
September 1st to wish Pattie
Pero a happy 35th
anniversary with the Dalton
Council on Aging providing
outreach to thousands of
residents! WOW!**

SAVE THE DATE

CRAFT FAIR 10-15-22

The FRIENDS OF THE DALTON COUNCIL ON AGING group is having their annual craft fair on Saturday, October 15th, 2022 from **9:00 a.m. until 3:00 p.m.** Our Craft fair committee includes several volunteers that have been working to create a successful event. They have all 20 crafters lined up and ready to display their local crafts. Many raffles will be on display and the lucky winners will be drawn at the end of the day. Bring family, friends, neighbors, children, grandchildren, spouses and anyone that you think may want to see and purchase local, handcrafted items. Lunch will be grilled under a large tent with table and chairs for outdoor seating. Lunch consists of your choice of hotdog, hamburger, sausage, veggi-burger, chips, soda and water for just a few dollars! The craft fair will be held in the Dalton Senior Center building. We look forward to seeing you there. What a nice way to see and have lunch with many friends and neighbors!

Lisa Turner, Chair

**ARE YOU CURIOUS ABOUT THE
USE OF CANNABIS: MEDICAL
MARIJUANA?**

JOIN US

FRIDAY SEPTEMBER 30th AT 1:00

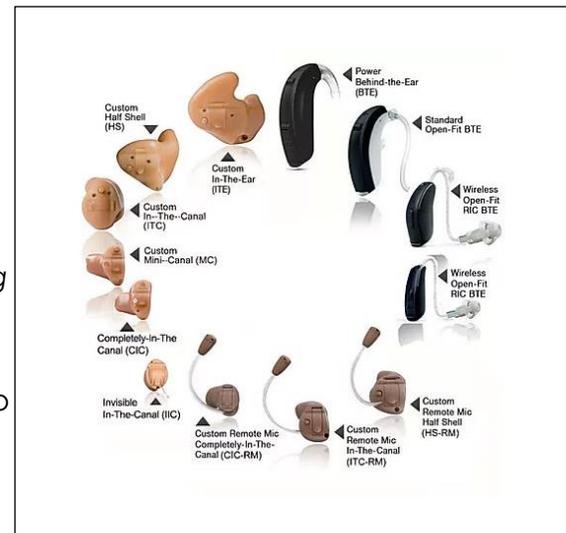
FOR A PRESENTATION BY BARB TRACY, NURSE PRACTICIONER OF BERKSHIRE CANNABIS CONNECT WHO WILL PRESENT ON THE HISTORY OF CANNABIS FOR MEDICAL PURPOSES AND THE PROCESS OF OBTAINING A MEDICAL USE CARD. ALSO, PHOEBE KAMP FROM THEORY WELLNESS WILL PRESENT ON THE MANY DIFFERENT PRODUCTS THAT WILL HELP TO ADDRESS AILMENTS INCLUDING PAIN, INSOMNIA AND ANXIETY.

RSVP BY 9/28 CALL 684-2000

EH? Wha'd you say?

According to John Hopkins Medicine, on average, people with hearing loss wait ten years to address the loss due to perceived stigma and the high cost of hearing aids. Now that the FDA has finally established regulatory guidelines for the over-the-counter (OTC) sales of hearing aids, people with *mild to moderate hearing loss* will have access to devices and potentially saving thousands of dollars as soon as mid-October of this year.

Prior to purchasing OTC hearing aids consult with your physician to rule out wax buildup, injury or infection. Those with complicating factors such as sudden hearing loss, tinnitus, severe or profound hearing loss would need to see an audiologist.



When choosing a hearing aid over the counter or online be sure you are picking the right equipment for your needs. Hearing Amplifiers or Hearing Aid Amplifiers are different than hearing aids. Amplifiers make all sounds louder and is similar to cheater glasses magnifying a page in a book. Unlike hearing aids, amplifiers are not regulated by the FDA.

Hearing aids can be customized for the types hearing loss you have and the settings you are commonly exposed. Online from the manufacturer (available now), often includes a trial period, customer service or online tech support for set up and programming, and direct to the consumer warranties and replacement options. Should the wrong device be chosen, Massachusetts law requires providers to give 30 days to return the aid for a refund minus up to 20% of the full purchase price. On a \$1500 device that would be \$300 so it will benefit the consumer to know the options.

Other things to consider when comparing models are what are the hearing needs. An outdoor enthusiast wouldn't benefit from the same devices that a movie enthusiast would or someone who is on the telephone most of the day. A persons activities help to determine the best option. Those with arthritis may have difficulty manipulating small items. Larger more traditional hearing aids with rechargeable batteries may suit them better as they are handled less often and can easily be placed properly in the ear. In-the-canal types help with talking on the telephone but less when talking to a person face to face. Aids with Bluetooth can pair with smartphones and televisions and systems through telecoil (a wireless antenna). They have the ability to pair with areas that have loop systems such as auditoriums, churches and airports by picking up sound from the microphone/speakers and funneling directly to the ear.

Questions to research: What is the battery life and is it disposable or rechargeable? Is there financing or a lease option? What is the trial period? Are there directional microphones (for face-to-face conversations). How long is the warranty? Does it cover loss or damage(many offer one time)?

A final note on OTC hearing aids is they will not come with a maintenance plan. Earwax and moisture can build up in the tip or tubes and block the sounds from moving through the receiver or even damage the appliance. Cleaning kits are available for daily cleaning or they can be taken to a hearing technician. (Audiologists often bundle batteries, repair, adjustments and maintenance when ordered through a medical provider which brings up the price).

For more information view National Councils on Aging Advisor page by control + Click the following link: <https://www.ncoa.org/adviser/hearing-aids/hearing-aid-buyers-guide>

Field Day 2022

Dalton Senior Center

40 Field Street Extension



We're having a **COOKOUT!**



We're having **GAMES!**

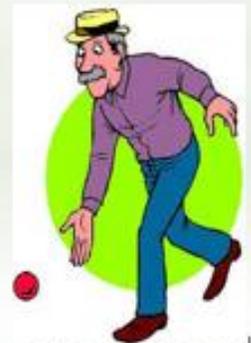
We're having **LIVE MUSIC**

We're having **FUN!!!!**



September 9, 2022

11:30 – 2:00



Bring a lawnchair, your game-on and

Your appetite!

RSVP FOR COOKOUT: 684-2000

Sponsored by the Friends of the Dalton Council on Aging, Inc.

Meals SEPTEMBER 2022

Sunday	Monday	Tuesday	W-day	Thursday	Friday	Saturday
Meals are sponsored in part by Greylock Federal Credit Union				1 LABOR DAY LUNCH Cheeseburger German Potato Salad Fiesta Corn Hamburger Bun Chocolate Chip Cookies	2	3
4 Sunday Lunch 1:00 Host: COA Donations are Appreciated	5 Senior Center Closed LABOR DAY	6 Ham & Cheese Sliders Coleslaw	7	8 Oriental Pork Casserole Steamed Rice Peas and Carrots Whole Wheat Bread Applesauce	9 Field Day Cookout! Must RSVP for Cookout!	10
11	12 Berkshire Grown Roast Pork w/Gravy Mashed Sweet Potatoes Mixed Greens Dinner Roll Spiced Apples	13 Chicken Zucchini Casserole	14	15 Sliced Turkey w/gravy Mashed Potatoes Cut Green Beans Oat Nut Bread Apricots	16	17
18 Sunday Lunch 1:00 Host: BFCN Donations are appreciated	19 Beef Stew Mashed Potatoes Zucchini & Squash Oat Nut Bread Tropical Fruit Mix	20 Smash Burgers Potato Chips Pickle	21	22 Turkey Sausage & Cheese Taco O'Brien Potatoes Mixed Vegetables 12 Grain Biscuit Sliced Peaches	23	24
25	26 Chicken Cordon Bleu Garlic Mashed Potato California Blend Dinner Roll Mixed Fruit	27 Eggroll in a Bowl	28	29 Mini Ravioli w/meat sauce Broccoli Wax Beans Italian Bread Fresh Pear	30	Seniors 60 and older suggestion donation \$3 & fund Elder Services Nutrition Program on M/Th.

M/Th Elder Services Senior Meals are held at the Dalton Senior Center, 40 Field Street Ext. Dalton at 12:00. 24 business hours are required for reservations 684-2000. Suggested \$3 donation
 Tuesday's Soup & Sandwich: \$5.00 Reservation by the Friday before. Reservations are made by calling 684-2000 or at the front desk.
 Sunday Lunch: All ages. Free and open to the public – Donations are welcome

>>> SEPTEMBER 2022

Goal of the month: Celebrate Senior Center's Month!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:30 Osteo 12:00 Lunch Happy 35 Years of Outreach Patti Perol	2 9:00 Pitch 11:00 Learn Mahjong 11:00 Chair Yoga	3
4 Sunday Lunch: 1:00 Host: COA	5 Senior Center Closed LABOR DAY	6 9:30 Osteo 11:15 Tai Chi 12:00 S&S 1:00 Painting 1:00 Knitting	7 9:00 Veteran's Agent 10:00 Shake Soul 1:00 Aging Mastery	8 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge	9 9:00 Pitch	10
11	12 9:30 Line Dancing 12:00 Lunch 1:00 Movie: Family Camp	13 9:30 Osteo 11:15 Tai Chi 12:00 S&S 1:00 Painting 1:00 Knitting	14 9:00 Foot Care 10:00 Shake Your Soul 1:00 Aging Mastery 1:00 Friends 3:30 COA Board	15 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge	16 9:00 Pitch 11:00 Learn Mahjong 1:00 Life After Loss Group 11:00 Chair Yoga	17
18 Sunday Lunch Host: BFCN	19 9:30 Line Dancing 12:00 Lunch 1:00 BINGO	20 9:30 Osteo 11:15 Tai Chi 12:00 S&S 1:00 Painting 1:00 Knitting	21 9:00 Veteran's Agent 10:00 Shake Your Soul 1:00 Aging Mastery 1:00 TRIAD & AT Lab	22 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge	23 9:00 Pitch 11:00 Learn Mahjong 11:00 Chair Yoga	24
25	26 9:30 Line Dancing 12:00 Lunch 12:30 Camp Leleune Toxic Water Talk	27 9:30 Osteo 11:15 Tai Chi 12:00 S&S 1:00 Painting 1:00 Knitting	28 9:00 Veteran's Agent 10:00 Shake Your Soul 1:00 Aging Mastery	29 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge	30 9:00 Pitch 11:00 Learn Mahjong 11:00 Chair Yoga 1:00 Medical Cannabis Talk	

Please sign up in advance for **Field Day** for food preparation!
Soup & Sandwich (S&S) Register by the Friday before: Fee \$5.00.
Sunday Lunch is held at the Dalton Senior Center. Free & open to the public. Donations are appreciated.

Items in red font are special events!