

NEW STAFF, FAMILIAR FACE AND VOICE



Please join us in officially welcoming Kathryn “Izzie” Bellizzi to our Adams COA team! Izzie is the new Administrative Assistant. Her first official day was Mon January 24th, but she may already look or sound familiar to you. That’s because when our office was in need, Izzie and several others stepped up to help us out. She has been volunteering in the office since November answering phones, performing clerical tasks, and sharing her crafting talents and sunshine with the COA. Izzie comes to us with 13 years of relevant experience as an Office Manager and Admin Assistant. In addition to her professional experience, Izzie has personally spent 25 years creating and distributing holiday cards to nursing home residents and Meals on Wheels recipients, has been a board member of the Pittsfield Fourth of July Committee, and a theatrical stage manager in community theater groups. She certainly had a memorable first week, with most of the staff being out of the office unexpectedly. Izzie jumped right into the thick of it without hesitation and did an outstanding job! Stop by the COA on Monday Feb 7th at 10am to meet her and enjoy a chat and some delicious goodies. And again to all of the volunteer Admin Assistants, thank you just doesn’t seem like enough. Your hard work and dedication these past few months was so greatly appreciated!

THANK YOU to Izzie Bellizzi, Corrine Case, Mary Labombard, Fran Meier, and Lynn Satko!

COVID Precautions

The COA has been closed to the public and in-person programming recently due to staff, volunteer, and program participant exposure to COVID. We thought this would be a good opportunity to review proper COVID precautions: wear a mask, stay 6 ft apart (especially if unable to wear a mask), get vaccinated, get tested if you have symptoms or are a close contact of someone who has tested positive. If you need help scheduling appointments for vaccines or testing, please call the COA.

Memorial Building Update

COA and town staff had a walk-through tour of the Memorial Building in early January. It was determined at that time, due to the amount of work still needed to be completed, that the COA’s move to the Memorial Building would be delayed until the Spring. Our new tentative goal is to be in the new space by mid to late April. At that time, prior to the move, it has been suggested to post an open meeting to give all town officials and community members the opportunity to view the space. We will have further details on this as Spring approaches and renovations progress.

Hello Adams!

Well, it's been about 8 weeks since I joined this wonderful COA community and I am continually awed by the generosity and kindness of its members. And while we all know Valentine's Day is usually focused on LOVE, we would rather focus on KINDNESS, which is its own form of love. Random Acts of Kindness Day is Thursday February 17th, and Random Acts of Kindness Week is February 13th-19th. However, we're celebrating all month here at the COA. The Friends of the Adams COA has created a form to give you ideas on how to celebrate RAK Day throughout the month. These forms are available at the COA. Suggestions include shoveling snow for a neighbor, buying something on a teacher's wish list, call a friend or family member just to see how they're doing, write a nice note and put it in the mail, or deliver a meal to someone. Anything to pay kindness forward. We will have a raffle jar at the COA. We want you to write down your Random Act of Kindness and your name and put it in the jar. On RAK Day on Thu Feb 17th, we will draw a name from the jar and that person will win a gift card to a local establishment. Check out www.randomactsofkindness.org for other great ways to "Make Kindness the Norm." We will be participating in their 2022 Kindness Coloring Contest and can submit your creative creations to them as well. Come over to the COA to get your official RAK Day coloring sheet. We thank the Friends of the Adams COA for their support in these Kindness activities. Also, instead of their regular monthly meeting, the Friends group will be hosting a Social Tea Hour at the COA on Thursday Feb 10th at 1pm. We encourage each registered "Friend" to bring a friend who is not yet a "Friend" so we can get to know more members of our community. The raffle drawing for the Friends of the COA Gift Basket will be at this event. Please call the COA to register so we can make sure to have enough goodies available for all to enjoy.

Be Blessed, Be Kind, Be Well. ~Sarah



Cookies & Cocoa event has been reschedule to Monday, Feb 7th at 10am at the COA and is now...
COOKIES & COCOA
WITH SARAH AND IZZIE! ☺

"I'VE LEARNED THAT PEOPLE WILL FORGET
WHAT YOU SAID, PEOPLE WILL FORGET
WHAT YOU DID, BUT PEOPLE WILL NEVER
FORGET HOW YOU MADE THEM FEEL."

- MAYA ANGELOU



COA Board Members

Barbara Lagowski Chairperson
Bruce Shepley, R.N., Vice Chair
Bob Joppich
Pam St. John
Mary Whitman
Leona Meczywor
Barbara Fiske
Aleta Moncecchi
Liz Mach
Next Meeting: Feb 7 @ 2pm

COA Director

Sarah Fontaine
sfontaine@town.adams.ma.us

Outreach Worker

Barbara Proper
bproper@town.adams.ma.us

Administrative Assistant

Kathryn "Izzie" Bellizzi

Van Drivers

John Naughton, Joe Sloane,
John Bianchi

Custodians

Kyle Wilson & Ray Keele

SHINE Counselor (Medicare)

Karen DeOrdio

Foot Nurse:

Lynette Dukehart, RN

**Check us out on Facebook
AdamsCouncil on Aging**

**CHAIR YOGA w/
Marianne
At the COA**



Call to let us
know you're
coming!

Tues & Thurs - 9am - 10am
RSVP to reserve seating

413-743-8333

Community Lunches

Catered by ESBC

Monday – Thursday Indoor Dining @ 11:30am

Friday ONLY is Grab & Go @ 11am

Adams Council on Aging 743-8333

For a full listing, obtain a menu at the Council on Aging

A \$2.00 Donation per meal for 60+ yrs old

2/1 Chix Bruschetta, Rice Pilaf, Winter Veg, Sliced Pears

2/2 Shepherd's Pie, Spinach, Fruit Cocktail

2/3 Moroccan Beef Stew, Asparagus, Oranges

2/4 Veal Marsala, Pot., Brussel Sprouts, Applesauce

2/7 Roast Pork w/BBQ Sauce, Pot., Butternut Squash,
Slices Apples

2/8 Beef Patty w/Peppers & Onions, Au gratin Potatoes,
Peas, Orange

2/9 Chix Almandine, Mashed Pot., Green Beans, Sliced
Peaches

2/10 Mac&Cheese, Beef Barley Soup, Broccoli, Pears

2/11 Oriental Chix, Brown Rice, Veg, Pineapple

2/14 Chix & Gravy, Green Bean Almondine, Apricots

2/15 Sloppy Joe, Brown Rice, Mixed Greens, Pears

2/16 Breaded Catfish, Fiesta Corn, Strawberries

2/17 Chicken Puttanesca, Noodle, Veg, Banana

2/18 Vegetarian Wheat Chili, Rice w/Lentils, Beets,
Sliced Pears

2/21 President's Day, CLOSED

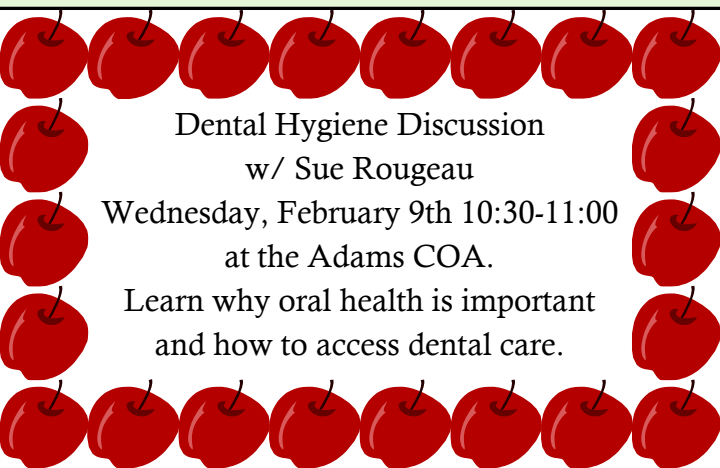
2/22 Beef Stew, Broccoli, Sliced Peaches

2/23 Goulash, Root Veg., Warm Fruit Compote

2/24 Turkey Picatta, Sweet Pot., Mixed Greens, Yogurt

2/25 Breaded Pollack Mulligatawny Soup, Veg., Orange

2/28 Orange Chix, Pot., Peas & Onions, Pineapple



Dental Hygiene Discussion
w/ Sue Rougeau

Wednesday, February 9th 10:30-11:00
at the Adams COA.

Learn why oral health is important
and how to access dental care.

Alzheimer's Support Group

Are you a caregiver or have a loved one who has Alzheimer's, dementia or related disorder? Join us for our Alzheimer's support group offering emotional, educational and social support in a non-judgmental setting.

Second Tuesday of every month

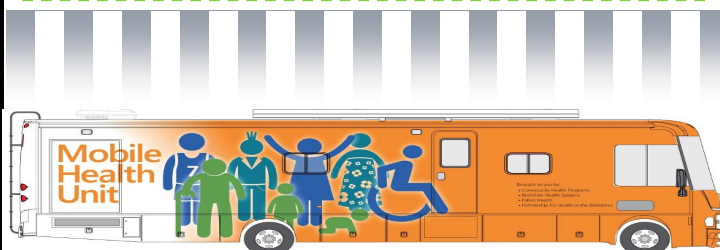
Pre-registration is unnecessary but welcomed.

Questions can be answered at 743-8333

Upcoming Dates:

February 8th 3:00 - 4:30pm

March 8th 3:00 - 4:30pm



CHP's Mobile Health Unit

NEED A VACCINE? COVID-19 TEST?

CHP IS COMING TO A NEIGHBORHOOD
NEAR YOU!

Cheshire Council on Aging - Mon 2/7 10a-2p

Adams COA/Visitors Center Parking Lot

Tue 2/1 * 10am-3pm, Wed 2/9 11am-12:30pm

Appointment required. Call (413) 528-0457

with questions or to schedule appointment.

Adams COA Van Transportation

Available Monday - Thursday 8am-3pm








Friday 8am-12pm

*please call at least 1-2 business days prior to your
travel needs, as we cannot accommodate
same day requests

*travels within Adams, North Adams,
and Williamstown

*driveways and walkways should be cleared of
snow and ice to allow for safe passage

*Suggested donation of \$1.00 per town, each way

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10-3 CHP Mobile Health Van *By appt only* 11:00 Lunch Grab n Go	2 11:00 Lunch Grab n Go	3 11:00 Lunch Grab n Go	4 11:00 Lunch Grab n Go North Adams Mobile Food Bank 10
7 9-12 SHINE 10-10:30 Cookies & Cocoa w/ Sarah & Izzie 11:30 Lunch 2:00 COA Board Meeting	8 9 - 10 Chair Yoga 10-11 Mobile Food Bank Bring your own bag! 11:30 Lunch 1:00 Crafters 3-4 Alzheimer's Caregiver Support Group	9 9-12 SHINE 11-12:30 CHP Mobile Health Van *By appt only* 10:30 Dental Hygiene Talk w/ Sue Rougeau 11:30 Lunch 	10 9 - 10 Chair Yoga 11:30 Lunch 1:00 Friends Social Tea 	11 11:00 Lunch Grab n Go
14 Valentine's Day 9-12 SHINE 11:30 Linen Lunch 	15 8-2 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 11-11:30 BP Clinic 11:30 Lunch 1:00 Crafters	16 9-12 SHINE 11:30 Lunch 12:30-1:30 Crafts with Izzie 	17 Random Acts of Kindness Day 9 - 10 Chair Yoga 11:30 Lunch & RAK Raffle 1:00 BINGO 	18 11:00 Lunch Grab n Go North Adams Mobile Food Bank 10
21 CLOSED 	22 9 - 10 Chair Yoga 10-11 Mobile Food Bank Bring your own bag! 11:30: Lunch 1:00 Crafters	23 9-12 SHINE 11:30 Lunch 3-5 COA Outreach at Savoy Town Hall	24 9 - 10 Chair Yoga 11:30 Lunch & Mardi Gras Celebration 	25 11:00 Lunch Grab n Go 11-12 Brown Bag
28 9-12: SHINE 11:30 Lunch		*Call the COA starting the week of Feb 7th for dates and times of AARP tax intake appointments.		

Planning to retire?...

Have health insurance questions?...

CALL KAREN DEORDIO!

Karen is a certified SHINE Counselor -
Serving Health Insurance Needs
of Everyone .

She is at the Adams COA every Monday
and Wednesday, 9a-12p, and can
schedule a phone or office consultation
with you.

Call the COA at 743-8333.

*Mardi Gras celebration...
a little early.*

*Join us for lunch at the COA on
Thursday, Feb 24th for some
King Cake, New Orleans Jazz
Music, and other fun
activities. Register by calling
the COA at 743-8333.*

BLOOD PRESSURE CLINIC

Every month on the 3rd Tuesday*. Get your foot
care done and your blood pressure read!
FREE readings between 11:00 - 11:30am
Appointments & Walk-ins Welcome

February 15th

March 15th

Offered by local RNs Luanne Rose & Bruce Shepley

FOOT CARE

Get your feet care taken care of, don't delay.
Book an appointment with Lynette Dukehart, RN
by calling the COA at 743-8333.

Appointments available every month
on the 3rd Tuesday between 8a-2p.

\$35

February 15th

March 15th



AARP will offer free tax
preparation for older adults at
the Adams COA in Feb,
March, and early April. This
program is designed to
provide area residents, 50 and older who have limited
resources and are filing simple returns, a way to file
without cost. Intake appointments will be done in
person. Filers will need to wear masks and show a valid
ID and proof of vaccination for these appointments.
Returns will be prepared remotely and you will receive
a call when your return is available for signature and
pick up. Be advised that there are a limited number of
appointments available this year and they will be filled
on a first-call, first served basis. Call the COA beginning
the week of Feb 7th for an appt. 413-743-8333

Newsletter options:

- Email- please provide us with your updated email address
- Mail- please provide us with stamps to keep on file for you
- Community- find hard copies at the COA, Town Hall, housing sites, and local eateries

Birthday cards

We mail out 80-100 birthday cards to
random senior residents each month.
If you have extra birthday cards, please
consider donating them to the Adams COA.

A poster for a Valentine's Tea event. The background is a bright blue sky with soft white clouds. Three large, shiny red heart-shaped balloons are floating in the sky. The text is written in a dark red, cursive font. At the top, it says 'Valentine's Tea'. In the lower left, it says 'Please call to Sign up 743-8333'. In the lower right, it says 'Join us February 10, 2022 at 1:00 pm'.

*Valentine's
Tea*

*Please call to
Sign up
743-8333*

*Join
us
February 10, 2022
at
1:00 pm*