

April is National Volunteer Month!



We at the Adams COA would be lost without our amazing volunteers. They truly are the heart and soul of our programs and all we do here. Some of our many volunteer categories include: COA Advisory Board, Friends of the Adams COA, Office/Administrative Roles, Drivers, AARP Tax Prep, Brown Bags, Birthday Cards & Calls, Event Set Up and Clean Up, Lunches, Mobile Food Bank, Newsletter Distribution, SHINE Counseling, Blood Pressure Clinics, Vaccination Clinics, Legal Advice, and other miscellaneous tasks for the COA. Thank you for

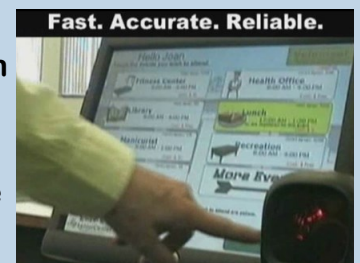
your time, dedication, hard work, and for caring about making a difference in our community. For 2021, over 75 volunteers donated 2,500+ hours of service. However, not all volunteer hours have been reported to the COA, so we believe those numbers to be much higher. The COA staff, the Town of Adams, and our senior community thank all of our volunteers for your generosity and service!

"Everybody can be great because anybody can serve. You don't have to have a college degree to serve. You only need a heart full of grace. A soul generated by love." - Dr. Martin Luther King, Jr.



* If you're interested in volunteering with the COA, give us a call to review available opportunities.*

My Senior Center Scanner and Touch Screen are back in operation! Please remember to bring your scan card with you to the COA to sign in for events and programs, and to log your volunteer hours. If you don't have a card, or need a replacement one, please stop by the office and we can issue you one. This system helps us keep accurate statistics for reporting and grant funding, which is very important.



Hello all and HAPPY SPRING!!! We've had brief glimpses of Spring in March, but hopefully the temps will start to be consistently warmer. Spring brings with it a sense of hope and renewal, and brings all living things out of their winter hibernation. If you're looking to get out of the house, we've got plenty of programs and events to join here at the COA. Peruse the newsletter, check out the monthly calendar, and give us a call to sign up for anything that interests you. For those that haven't colored eggs in a while, Izzie's April craft class will be using a fun method to color eggs in a marble pattern. Please sign up by Monday 4/11 so we can make sure to have enough eggs for all. Spring also brings the return of our monthly Friends of the Adams COA meetings. Their next meeting is Wednesday, April 6th, 3-4pm. You may have noticed the lovely raffle baskets we've had on display every month. Those are generously donated by members of our Friends group and are a fun way to help raise money for them so they can continue supporting COA programming and operating costs. And, as you can see from the front page, April is National Volunteer Month. The COA simply would not be able to operate without our volunteers and we appreciate each and every one of them! With grateful hearts, we thank you! ~Sarah



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: April 4th @ 2pm

COA Director

Sarah Fontaine
sfontaine@town.adams.ma.us

Outreach Worker

Barbara Proper
bproper@town.adams.ma.us

Administrative Assistant

Kathryn "Izzie" Bellizzi
kbellizzi@town.adams.ma.us

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/

**Maryanne
At the COA**



Call to let us
know you're
coming!

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

413-743-8333

NORTHERN BERKSHIRE SOLID WASTE MANAGEMENT DISTRICT

CONTRACTOR Clean Harbors Environmental Services

Please follow guidelines.

Items must be stored in Trunk, rear cargo area, truck bed, etc., not on seats, Not handed to us. District Volunteers this year cannot off load materials. This will be provided by Clean Harbors staff only.

HOUSEHOLD HAZARDOUS WASTE COLLECTION

SATURDAY, April 23, 2022~ 9:00AM-1:00PM

ADAMS DPW GARAGE, 92 NORTH SUMMER STREET, ADAMS

PRE-REGISTRATION REQUIRED: CALL 413-743-8208 OR E-MAIL YOUR NAME, ADDRESS AND PHONE NUMBER

TO: lcnrik@nbswmd.com *Registration OPENS*** April 5 to April 21 or until at capacity. (space is limited) per HH 25-gallon limit. Motor Oil limited.**

WHAT TO BRING TO A HOUSEHOLD HAZARDOUS WASTE COLLECTION?

Pesticides, fungicides, herbicides, insect sprays, small quantities liquid mercury products, rodent killers, muriatic acid, used motor oil, flea powder, no-pest strips, chemical fertilizers, lighter fluid, swimming pool chemicals, rust proofers, wood preservatives, wood strippers and stains, paint thinners, oil based paint, varnish, aerosol cans, sealants, adhesives, fiberglass resins, drain cleaners, oven cleaners, floor cleaners, toilet cleaners, carpet cleaners, metal polish, moth balls, chemistry kits, antifreeze, old gasoline, kerosene, brake fluid, transmission fluid, engine degreaser, carburetor cleaner, radiator flusher, roofing tar and non-latex driveway sealer.

WHAT NOT TO BRING?

Empty containers, latex paint, pharmaceuticals, medical waste, fireworks, flares, propane tanks, lightbulbs, batteries

Community Lunches

Catered by ESBC

Monday – Thursday Indoor Dining @ 11:30am

***Friday is Grab & Go ONLY 11-11:30am**

Adams Council on Aging 743-8333

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

\$3.00 Donation per meal for 60+ yrs old

\$8.00 required fee for under 60 yrs old

4/1 *Breaded Baked Pollock, Potatoes, Applesauce

4/4 Pork Chili, White Rice, Corn Bread, Diced Pears

4/5 Turkey & Gravy, Mashed Potatoes, Spiced Apples

4/6 Beef Cabbage Casserole, Green Beans, Mixed Fruit

4/7 Red Sox Opening Day Picnic: Hot Dogs, Beans,
Mac Salad & Chips

4/8 *Lasagna, Spinach, Peach Crisp

4/11 Beef Stroganoff, Noodles, Fruit Cocktail

4/12 Chix Almondine, Sliced Potatoes, Blueberry Yogurt

4/13 Tuna on Lettuce, 3 Bean Salad, Fresh Orange

4/14 Italian Meatballs, Rotini Pasta, Diced Mangoes

4/15 *Cheese Omelet, Sliced Potatoes, Banana

4/18 **Closed for Patriots Day**

4/19 Veal Picatta, Mashed Potatoes, Sliced Peaches

4/20 Chix Bruschetta, Noodles, Mixed Greens, Apricots

4/21 Pork Roast w/Gravy, Mashed Potatoes, Applesauce

4/22 *Beef Teriyaki w/Broccoli, Steamed Rice, Oriental
Vegetables, Pineapple & Mandarin

4/25 Hawaiian Chix, Mashed Potatoes, Sliced Peaches

4/26 Beef Stew, Potatoes, Fresh Apple

4/27 Salisbury Steak, Rice Pilaf, Strawberry Cup

4/28 *Butternut Mac&Cheese, Tomato Soup, Sliced Pear

4/29 *Chix Divan, Noodles, Peas&Mushrooms, Fruit Mix

Al Bedini: Accordion Al Loves Music, Loves to Play”

He began playing accordion at a young age and entertained family and friends at gatherings. Upon retiring he began volunteering his time entertaining residents at area nursing homes and playing on request at local senior centers. “Accordion Al” plays music from the 40’s, 50’s & beyond...country, polkas, easy listening and, of course Italian melodies.

Join us Thursday, April 14th @

11:00 for your listening pleasure when Al will be here to entertain!



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: April 12th 3:00-4:30 pm

May 10th 3:00-4:30 pm



Spring is here and

Major League Baseball has returned!!!

Come celebrate MLB Opening Day with us on
Thursday, April 7th.

A Picnic Lunch will be served at 11:30am and
will include hot dogs, beans, macaroni salad,
and chips. Wear your Red Sox gear, enjoy
some good food and company, then head home
and “root, root, root for the Red Sox!”



Adams COA Rogue Car Transportation

Available Monday - Friday for Adams, Cheshire,
and Savoy residents

*travels within Massachusetts, as well as to
Albany and Bennington

*based on volunteer availability, donations suggested

Adams COA Van Transportation

Available Monday - Thursday 8am-3pm

Friday 8am-12pm for Adams residents

*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 11:00-11:30 Lunch Grab n Go North Adams Mobile Food Bank 10
4 9-12 SHINE 11:30 Lunch 1:00 Art w/Donna 2:00 COA Board Meeting	5 9 - 10 Chair Yoga 11:30 Lunch 1:00 Crafters 3-4 Alzheimer's Caregiver Support Group 	6 9-12 SHINE 11:30 Lunch 3-4 Friends of the Adams COA Meeting	7 9 - 10 Chair Yoga 11:30 Lunch Red Sox Opening Day Picnic 	8 9-11 COA Outreach at Savoy Town Hall w/ Hope from Fallon Health 11:00-11:30 Lunch Grab n Go 
11 9-12 SHINE 11:30 Lunch 1:00 Art w/Donna	12 9 - 10 Chair Yoga 10-11 Mobile Food Bank* *Please bring your own bag 11:30 Lunch 1:00 Crafters 	13 9-12 SHINE 11:30 Lunch 12:30-1:30 Crafts with Izzie Marble Egg Coloring 	14 9 - 10 Chair Yoga 11:00 Accordion Al 11:30 Linen Lunch 	15 11:00-11:30 Lunch Grab n Go North Adams Mobile Food Bank 10
18 CLOSED Patriots Day 	19 8-2 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 11-11:30 BP Clinic 11:30: Lunch 1:00 Crafters 	20 9-12 SHINE 11:30 Lunch 12:30 Bingo w/Hope From Fallon Health 	21 9 - 10 Chair Yoga 11:30 Lunch	22 11:00-11:30 Lunch Grab n Go 11-12 Brown Bag 
25 9-12: SHINE 11:30 Lunch 1:00 Art w/Donna	26 9 - 10 Chair Yoga 10-11 Mobile Food Bank* *Please bring your own bag 11:30 Lunch 1:00 Crafters 	27 9-12 SHINE 11:00 Lunch	28 9 - 10 Chair Yoga 9-11 COA Outreach at Savoy Town Hall *10:45-11:15 Lunch Grab & Go *Change from usual schedule!	29

Get free at-home COVID-19 tests: www.covidtests.gov or 1-800-232-0233

Every home in the U.S. is eligible to order another 4 free at-home COVID-19 tests. Orders will usually ship in 7-12 days. Order your tests now so you have them when you need them!



There's still time to apply for FUEL ASSISTANCE through BCAC! The Low-Income Home Energy Assistance Program (LIHEAP) runs through April 30th. Those whose income fall at or below the income guidelines (listed here) may be eligible. For more information or to apply, call BCAC at 413-663-3014.

Household Size	Gross Annual Income	4 Week Gross Income (if paid once per month)	4 Week Gross Income (if paid weekly or bi-weekly)
1	\$40,951	\$3,412	\$3,150
2	\$53,551	\$4,462	\$4,119
3	\$66,151	\$5,512	\$5,088
4	\$78,751	\$6,562	\$6,057
5	\$91,351	\$7,612	\$7,027
6	\$103,951	\$8,662	\$7,996
7	\$106,314	\$8,859	\$8,178



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.



Bingo this month is Sponsored by Fallon Health
Wednesday, April 20th @ 12:30pm
Call the COA to register!

Art Classes are resuming April 4th!

Local accomplished artist, Donna Loncto, brings us mixed media (pastels & drawing) art classes.

Cost is \$5 per class, payable to Donna.

Mondays @ 1pm
All levels welcome!

BLOOD PRESSURE CLINIC

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

April 19th
Offered by local RNs
Luanne Rose & Bruce Shepley

FOOT CARE

Get your feet 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

April 19th

Birthday cards

We have had a great response to our request for birthday cards. Thank you to all who donated! Since we mail out 80-100 per month, if you have any to donate, please drop them off.

THANK YOU!!!



News from SAVOY!



- Outreach worker Barbara Proper will be at the Town Hall on Friday April 8th with Hope Bussiere from Fallon Health from 9-11 a.m. We'll have light refreshments so stop by to say hello, or with your curiosity, questions, and enthusiasm for our new COA partnership. Barbara will be there again on Thursday, April 28th, from 9-11 a.m. for your convenience to answer questions and help with public assistance applications.
- Interested in starting a Senior Club Social Group??? We can meet once or twice a month, plan social activities in town, trips, etc. Jane Phinney (413-743-3361) and Doris Tatro (413-743-2651) are willing to help get it going but would like some younger folks to take it over. Please call one of them if you may be interested.
- We'll be starting Savoy van driver interviews soon. Stay tuned for a new hire announcement next month!

The Savoy Book Club met on March 16 to discuss *The Lost City of Z* by David Grann. We then selected our next book to read which is *The Living Mountain* by Nan Shepherd. We will discuss this book when we meet again on April 6. The Savoy Book Club meets the first and third Wednesdays of the month at 10:00 am at the Savoy Town Hall. All are welcome!

Savoy Knitting Group Calling all crafters to the Savoy Town Hall every Friday morning from 10am to 11ish. Bring your knitting project, your crochet item or your needlepoint. This will be a great group where you'll have time to work on your creative project, support from fellow crafters and the camaraderie that comes with socializing with your neighbors. The first gathering was Friday March 18. All are welcome. Come join the fun!

The following offices will be on the ballot at the Savoy Annual Town Election on May 18, 2022.

Some of these positions will be filling unexpired terms:

Assessor, 3 years, expires 2025

Cemetery Commission (3 positions), 3 years, expires 2025, 2024, 2023

Constable, 3 years, expires 2025

Moderator, 1 year, expires 2023

Park Commission (3 positions), 3 years, expires 2025, 2024, 2023

Planning Board (3 positions), 5 years, expires 2027, 2026, 2025

School Committee (2 positions), 3 years, expires 2025, 2024

Select Board (2 positions), 3 years, expires 2025, 2024

2022 Open Burning for the town of Savoy will begin on January 15th and will end May 1st. There is no permit fee for Savoy residents, however, you **MUST** notify the Fire Dept and/or Fire Chief if you intend to burn within the season. Fires can't be ignited until 10:00am and must be out by 4:00pm. Burning of trash and construction materials is **NOT** allowed and is punishable by a fine. Fires **MUST** be at least 75 feet from any building. For more info or to obtain this permission/permit please contact Fire Chief Peter J Miner by calling 413-347-1889 or by leaving message at the Fire Dept at 413-743-3846. (message must contain your name, address, contact number and date of intended burn in order to be properly permitted). To obtain a permit in person the office hours for the Fire Chief are 6:00-9:00pm Thursday nights. Thank you! Peter J Miner, Fire Chief SVFD

Savoy Town Hall Hours:

Select Board Admin Assistant, Jennifer Richard

Tuesday/Thursday/Friday 9am-1pm

Town Clerk, Valerie Reiner

Tuesday 11- 1pm or by appointment call 743-3759 and leave a message

Tax Collector, Sheryl Guettler

Tuesday 6-8pm, Saturday 8-10am

Assessors, Julie Pavia, Brenda Smith, Beverly Maynard
1st and 3rd Tuesday 5-7pm

Police, Chief Koch

2nd and 4th Tuesday 5pm

Select Board/BOH Meetings, Keith Kupiec (Chair),
Russell Clarke, Melanie Glynn

2nd and 4th Tuesday 5pm

Planning Board, Sarah Satterthwaite, Ross Kunzmann,
John Glynn

1st Tuesday of the month 6pm

Town Hall: phone 413-743-4290, fax 413-743-4292