



743-8333 ♦ 3 Hoosac Street ♦ Adams

April 2024

The Buzz



3 Hoosac Street • (413) 743-8333 • Open Mon, Tue, Thu 8am-4pm
Wed 8am-5pm, Fri 8am-12pm



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 Consults, 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 2023, over 70 volunteers donated 2,700+ 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 older adult 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.



Interested in volunteering? Give us a call to review available opportunities. CORI check and completed Volunteer Application required.

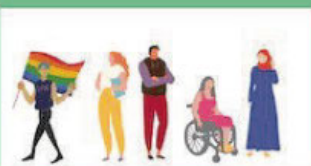


The number of older adults in this country and our community is

increasing, and this population is also becoming more diverse. Knowing and understanding the varied needs of older adults, while embracing this group with programs that celebrate who they are, is critical to support healthy aging. Please join us as we begin to promote Diversity, Equity, and Inclusion (DEI) over the coming months at the Adams COA, and stay tuned for upcoming programs.



Presence of differences



DIVERSITY

Fair access, opportunity, and support



EQUITY

Genuine sense of belonging and value



INCLUSION

How will we help promote and advance DEI?:

- Recognize and Host Celebrations Beyond Traditional Holidays
- Combat Ageism and Promote Intergenerational Experiences
- Learn and Share Knowledge About Explicit and Implicit Bias

*adapted from PSL DEIInSeniorLivingGuide.pdf



3 Tips to Avoid Elder Abuse

- 1: PLAN ahead to protect your assets
- 2: Get to KNOW your banker
- 3: INFORM your attorney of suspicious behavior

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When in doubt check with your bank!



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Friday 9:00 am - 3:30 pm

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Friends of Adams CoA, Adams, MA

06-5289

Hello again! Thank you for perusing April's edition of The Buzz. As you can see, this is another busy month at the Adams Council on Aging. We hope you can join us for some of our events and programs. If you're not able to or would rather not join us, but still have questions about services, please reach out to a COA staff member and we'd be happy to assist you. Spring blessings! ~Sarah ☺

Art with Donna

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!

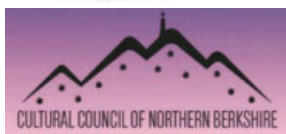
Craft with Izzie: Wednesday, April 17th 12:30-1:30pm

Craft is to be determined, but is sure to be creative and fun, just like every month's craft is. And of course, baked goods and craft supplies will be provided. Seating is limited. Please call the COA to reserve your spot!
413-743-8333

West African & Caribbean Hand-Drum Class w/ The Tamarack Hollow Nature and Cultural Center Wednesday, April 10th at 12:30pm. Registration required. Call the COA, 413-743-8333

Join cultural educators from the Tamarack Hollow Nature and Cultural Center in a dynamic, hands-on participatory class focusing on folkloric and contemporary West African & Caribbean drumming, percussion and singing. Students will learn hand and instrument technique, an understanding of how drum patterns fit together, cultural context of the music, fun and challenging drum patterns and exercises and accompanying songs in many languages. Traditional instruments such as the conga, djembe, clave, bell, and maraca provided for student use. This project has been supported by a grant from the William J. and Margery S. Barrett Fund, a fund of Berkshire Taconic Community Foundation and supported in part by a grant from the Cultural Council of Northern Berkshire, a local agency which is supported by the Mass Cultural Council, a state agency.

Tamarack Hollow



\$\$\$ Cash BINGO \$\$\$

\$2 per card, 3 card limit
Wednesday, April 24th
At the Adams COA
12:30pm

Please call us at 413-743-8333
to reserve your
spot!!!



Monthly Social Group

Monday, April 29th @ 12:30 pm

It's a casual group with great conversation—Like going to a friend's house for coffee!
Get to know us, each other, and the happenings going on.
All are Welcome!



COA Board Members

Bruce Shepley, R.N., Chairperson
Aleta Moncecchi, Vice Chair
Liz Mach, Secretary
Pam St. John
Mary Whitman
Leona Meczywor
Barbara Ziemba
Ben Acquista
Tom Dubis
Next Mtg: Mon April 1st at 2pm

COA Director

Sarah Fontaine, ext. 4
sfontaine@town.adams.ma.us

Outreach Coordinator

Barbara Proper, ext. 3
bproper@town.adams.ma.us

Administrative Assistant

Kathryn "Izzie" Bellizzi, ext. 0
kbellizzi@town.adams.ma.us

Van Drivers

David Ronnow, Greg Trottier,
John Bianchi; Chuck Gebauer;
John Naughton

Meal Site Coordinator

Kathy Polidoro

Custodians

Kyle Wilson & Ray Keele

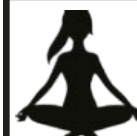
SHINE Counselor (Medicare)

Karen DeOrdio

Foot Nurse:

Lynette Dukehart, RN

Online on Facebook as
AdamsCouncil on Aging Or
[www.town.adams.ma.us/
council-aging](http://www.town.adams.ma.us/council-aging)



CHAIR YOGA

w/Maryanne
At the COA

Call to let us know
you're coming!
Donations are graciously
accepted by Maryanne.
Tues & Thurs 9am - 10am

Community Lunches

Catered by Elder Services of Berkshire County
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+ years old

\$8.00 Required fee for under 60 years old

- 4/1 Pork Chili, Brown Rice, Asparagus, Diced Pears
- 4/2 Turkey & Gravy, Mashed Potatoes, Spiced Apples
- 4/3 Beef Cabbage Casserole, Beans, Mixed Fruit
- 4/4 Turkey Sausage, Peppers/Onions, Noodles, Cranberries
- 4/5 Eggplant Parm, w/ Parmesan Risotto, Orange
- 4/8 Beef Stroganoff, Noodles, Fruit Crisp
- 4/9 Chix Almondine, Boiled Potatoes, Blueberry Yogurt
- 4/10 Cold Tuna on Lettuce, Chickpea Salad, Beets, Banana
- 4/11 Chix Meatballs, Rotini Pasta, Diced Mangoes
- 4/12 Salmon w/Newberg Sauce, Mashed Sweet Potatoes
- 4/15 CLOSED FOR PATRIOTS DAY
- 4/16 Beef Teriyaki w/Broccoli, Rice, Pineapple & Mandarin
- 4/17 Chix Bruschetta, Noodles, Applesauce
- 4/18 Pork Roast w/Gravy, Sweet Potatoes, Apricots
- 4/19 Meatloaf, Mashed Potatoes, Sliced Peaches
- 4/22 Chix Curry, Coconut Rice, Sliced Peaches
- 4/23 Beef Stew, Barley, Fresh Apple
- 4/24 Salisbury Steak, Mashed Potato, Strawberry Cup
- 4/25 Butternut Mac & Cheese, Tomato Soup, Sliced Pears
- 4/26 Chix a la King, Rice Pilaf, Squash, Fruit Mix
- 4/29 Sloppy Joe, Buttered Potatoes, Apricots
- 4/30 Chix w/Gravy, Herbed Stuffing, Melon Cup

Volunteer drivers needed for the COA's medical transportation program with the Nissan Rogue car!

Long-Distance Medical Transportation

Available via COA's Nissan Rogue, Monday - Friday for Adams, Cheshire, and Savoy residents

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

*based on volunteer availability

*donations suggested but not required

***This program is funded in part by a grant from Elder Services of Berkshire County, Inc. and the Executive Office of Elder Affairs.**

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 at 3:00 p.m.

Pre-registration is unnecessary but welcomed.

Questions can be answered at 743-8333

Upcoming Dates: April 9th & May 14th

"Living After Loss"

Hospice Care In The Berkshires, Inc.

An Affiliate of Integrus Healthcare

Losing a loved one is difficult. Talking with others who have had similar experiences can help ease this burden. Come join our group each month to talk with people on this same journey.

Second Wednesday of every month at 2:00 p.m.

Pre-registration is unnecessary but welcomed.

Questions can be answered at 743-8333

Upcoming Dates: April 10th & May 8th

Due to the volume of transportation requests and availability of the vans and Nissan Rogue, the Adams COA may not always be able to accommodate your needs. Here are some additional transportation resources available to Berkshire County residents:

- RSVP Wheels For Wellness, 413-499-9345
- Prescription for Transportation (PT-1 Form, for MassHealth only), contact your doctor's office.
- Fallon NaviCare Insurance, call you Navigator.
- Soldier On (for Veterans Only), 413-418-4300

Adams COA Van Transportation

***Available Monday - Thursday 8am-3pm for residents of Adams;**


Tuesday ~ Thursday 8am-3pm for Savoy residents.

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

***travels w/in Adams, N. Adams, & Williamstown.**

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

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 9-10 Knit/Crochet 9-11 AARP Tax Prep 9-12 SHINE 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna 2:00 COA Board Meeting	2 9-10 Chair Yoga 11:30 Lunch 12:30 Scrabble 1:00 Crafters	3 9-10 Dance Yoga NO SHINE today 11:30 Lunch 1:00 Friends Meeting	4 9 - 10 Chair Yoga 9-11 AARP Tax Prep 11:30 Lunch 12:30 Pitch	5 11-11:30 Grab n Go Lunch 11-12 North Adams Mobile Food Bank
8 9-10 Knit/Crochet 9-12 SHINE 9-11 AARP Tax Prep 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna 2:30-4 Solar Eclipse Viewing	9 9-10 Chair Yoga 11:30 Lunch w/ Cracker Jacks for Red Sox Home Opener 12:30 Dominos 12:30-1:30 Mobile Food Bank 1:00 Crafters 3:00 Caregiver Support Group	10 9-10 Dance Yoga 9-12 SHINE 10:30-11:30 Fallon Health Table 11:30 Lunch 12:30 Drumming 2-3 "Living After Loss" Support Group	11 9-10 Chair Yoga 11:30 Lunch w/ entertainment by Roger Tincknell 12:30 Pitch	12 11-11:30 Grab n Go Lunch
15 CLOSED Patriot's Day 	16 8-4 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch 12:30 Scrabble 1:00 Crafters	17 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Craft w/Izzie 5-7pm Food Pantry at Adams First Congregational Church	18 9 - 10 Chair Yoga 11:30 Linen Lunch 12:30 Pitch	19 11-11:30 Grab n Go Lunch 11-12 North Adams Mobile Food Bank
22 9-10 Knit/Crochet NO SHINE today 10:00 Cribbage 11:30 Lunch - Super Sundae Monday w/ Health New England 1:00 Art w/ Donna	23 9 - 10 Chair Yoga 9-11 Atty St. John Consults 11:30 Lunch 12:30 Dominos 12:30-1:30 Mobile Food Bank 1:00 Crafters 2:30-4 ESBCI Volunteer Mtg	24 9-10 Dance Yoga NO SHINE today 11-11:30 Lunch 12:30 BINGO 1:00 Tea w/ Strangers at The Daily Grind (limited to 5 ppl) 5-7 Food Pantry @AdamsFCC	25 9 - 10 Chair Yoga 11:30 Lunch 12:30 Pitch 12:30 UCP Roadshow w/ Assistive Equipment and Technology	26 11-11:30 Grab n Go Lunch 11-12 Brown Bag 1-3: Volunteer Luncheon @ Zucchini's (by invitation only)
29 9-10 Knit/Crochet NO SHINE today 10:00 Cribbage 11:30 Lunch 12:30 Social Group 1:00 Art w/ Donna	30 Polish Museum Bus Trip 9-10 Chair Yoga 11:30 Lunch 12:30 Scrabble 1:00 Crafters	<div> <p><u>Please Note the Mobile Food Bank time change:</u></p> <p>Due to the Food Bank of Western MA moving to Chicopee, the Adams Mobile Food Bank distribution time is now 12:30-1:30pm.</p> <p>The days will remain the 2nd & 4th Tuesdays of the month.</p> </div>		

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3 Tips to Avoid Elder Abuse

- 1: PLAN** ahead to protect your assets
- 2: Get to KNOW** your banker
- 3: INFORM** your attorney of suspicious behavior

When in doubt check with your bank!

www.adamscommunity.com

Upcoming Bus Trips:

April 30th - Bus trip to The Polish Museum in Chicopee, Lunch at the Munich Haus, followed by a stop at Bernat's Polish Deli. \$60 for a Friends Member \$75 for non-member.

July 12th—Lake George Cruise \$100 pp. Call Peter Traub @ 743-3496 for questions and reservations.

St. John Law Free 15 minutes Legal Consults

Tue, April 23rd from 9-11am

Attorney Edmund St. John III of St. John Law Offices will be here to offer free legal counsel to seniors. 15 minute CONSULT ONLY- if more time is needed you will have to set up an appointment at his office. Please Call 743-8333 to reserve a consultation at the Adams COA.



UCP's Roadshow: Curious about Assistive Technology devices? UCP is traveling to the Adams COA on

Thursday, April 25th at 12:30pm

to bring us a wide range of devices that may support you or your loved ones. We hope you'll join us for this educational opportunity.



TEA WITH STRANGERS is a chance for you to meet new people. Please join us to share conversation and stories with a beverage and dessert. Each gathering will take place at the Daily Grind on Park Street in Adams. Our next one will be held Wednesday, April 24th at 1pm. Attendance is free and all ages are welcome. Group size will be limited to five each month. If you are interested, please contact the Adams Council on Aging at 743-8333 to register.

Hope to see you there!

BLOOD PRESSURE CLINIC

Every month on the 3rd Tuesday.

FREE readings between 10:30 - 11:00am

Appointments & Walk-ins Welcome

April 16th

Offered by local RNs

Luanne Rose & Bruce Shepley



Pitch with Friends!

Join us every Thursday at 12:30 for cards, fun, and laughter.

Call 413-743-8333 if you are interested. It's a great group!



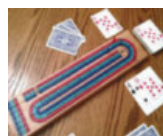
"Give me a Smile!" SCRABBLE with Garret



every other Tuesday at 12:30 on the 2nd floor of the COA.

Upcoming: April 2nd, 16th, 30th

Attention Cribbage Players: Join us Mondays at



10am in the ski museum. Instruction by peers provided as needed.

Call the COA to sign up if interested. 413-743-8333

"I said, oh-oh Domino..." 12:30pm

Join Friends here, upstairs at the COA every other Tuesday to play Dominos!

Upcoming dates: April 9th & 23rd



DANCE YOGA

Yoga instructor Maryanne Kufs continues to offer dance yoga classes every Wednesday morning from 9-10am.

Donations are graciously accepted.

We hope you can join us!

Please call 413-743-8333 to register.



Fallon NaviCare Navigator Debby Stanlewicz will be at the Adams COA on the 2nd Wednesday of every month from 10:30-11:30am to answer any questions existing members may have.

Upcoming dates: April 10th & May 8th



Super Sundae Monday

Sponsored by Health New England

Monday April 24th after lunch

Please call 413-743-8333 to reserve your spot!!



Health New England



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Contact Kimberly Babbs:

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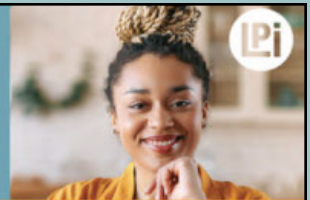


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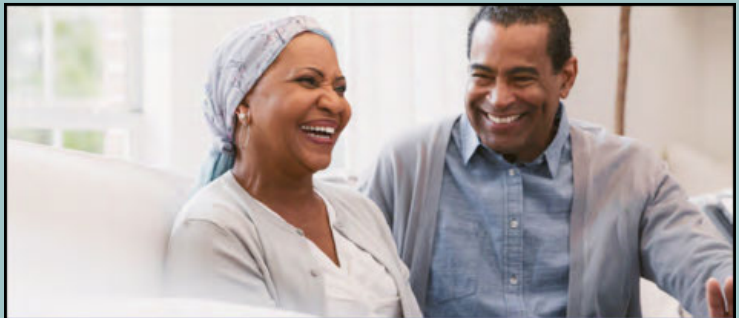
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Do you need help paying your Heating Bills?



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2024 Income guidelines
to qualify for Fuel Assistance

Family Size	Income
1	\$45,392
2	\$59,359
3	\$73,326

To learn more about what BCAC
can do for you, contact us:

Central / South County

413-445-4503

North County

413-663-3014

If you are eligible for fuel assistance,
you may qualify for more helpful programs.



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Visit our website: www.bcacinc.org

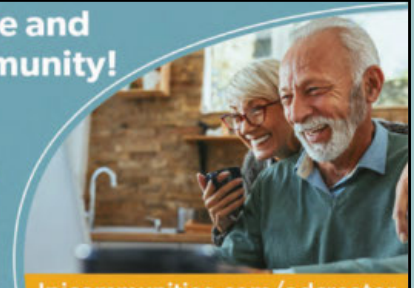
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Friends of Adams CoA, Adams, MA

06-5289

News from SAVOY!

- COA Outreach worker Barbara Proper is available to Savoy residents 60 and older for phone, office, or as needed in-home consultations. Please call the Adams COA at 413-743-8333 to schedule an appointment.

Barb can help with questions about senior services and with completing public assistance applications like SNAP, Fuel Assistance, Good Neighbor Energy Fund, and small grant applications for the community grants such as Neighbor to Neighbor and Elder Care Fund.

- The COA provides van service for Savoy seniors on Tuesdays, Wednesdays, and Thursdays 8am-3pm. Please contact the Adams COA at least 2 business days in advance to schedule your rides.

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 fun 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. All are welcome!

The Savoy Book Club will meet on **Thursday April 18th** at 10am at the Savoy Town Hall. We will discuss My Murder, a novel by Katie Williams. All are welcome!

Select Board meetings: 2nd and 4th Tue of each month at 5:00.



The Adams COA will have viewing glasses and snacks available for up to 100 people who join us that afternoon.

Friendly Reminder: If you call the COA and someone doesn't answer the phone, please leave a message. We are a very busy office with only 3 full-time employees who are not always available to take your call. But we will be able to call you back if you leave a message. Thank you in advance for your patience and understanding! ☺

NEED HELP WITH UTILITY BILLS?



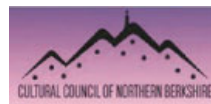
Resources for Adams & N. Berkshire Residents:

- Berkshire Community Action Council
413-663-3014 - <https://bcacinc.org/>
- Salvation Army's Good Neighbor Energy Fund
413-743-8333, ask for Barb Proper
<http://www.magoodneighbor.org/>
- Dynergy (Town of Adams Energy Program)
866-220-5696 - <https://www.dynegy.com/municipal-aggregation/communities-we-serve/Massachusetts/Adams>
- Mass Save Energy Audit
866-527-SAVE (7283)
<https://www.masssave.com/>



Classic Country with
Roger Tincknell
Thursday, April 11th at 12pm,
following the Adams COA
lunch program.
Country and Western Songs
including Cowboy Yodeling!

*Sponsored in part by a grant from the Cultural Council of Northern Berkshire, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



Power of culture

ADAMS VISITOR CENTER, VOLUNTEERS REQUESTED:

The Adams Council on Aging will be staffing the Visitor Center on the weekends of June 15 & 16 and August 24 & 25. If you would like to be part of this great community opportunity there will be a sign up sheet in the lobby by the visitors center staff desk. If you would like to volunteer on weekends other than the weekends listed please reach out to Carol Cushenette at carol.cushenette@gmail.com. Please consider helping out.

Sincerely,

Bruce Shepley

Chairman, Adams Council on Aging Advisory Board