



743-8333 • 3 Hoosac Street • Adams

August 2023

The Buzz



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

Wed 8am-5pm

Fri 8am-12pm



Adams COA / Lions Club Senior Picnic



Join the Adams COA and the Adams Lion Club as we host our Annual Picnic on the lawn of the Adams Visitor Center.

Thursday, August 17th, 4-6 pm.

Good Food ~ Good Music ~ Good Company

Call the COA at 413-743-8333

to register. Limited to 100 seniors.

Art w/Ann-e: August 14th & 21st 12:30-2pm.

There are 2 remaining art classes this summer with local educator and resident Ann-e M. Born & raised in Adams, she loves all kinds of arts and crafts and is looking forward to volunteering and teaching the art classes this summer. The first class in June started with step by step instructions and participants added/deleted their own details and continued with their own creativity. Ann-e received input for the following 3 classes and is open to help guide you in the kind of art you would like to delve into with the last 2 classes.



Call to Reserve your spot!! 413-743-8333

MUSICAL BINGO

SEPTEMBER 8TH

6:00 PM

BOUNTIFARE RESTAURANT
200 HOWLAND AVE, ADAMS

SPONSORED BY THE FRIENDS OF THE
ADAMS COUNCIL ON AGING

**TICKETS: \$25 IN
ADVANCE AND \$30
AT THE DOOR**

*Tickets available in advance at the
Adams COA, 3 Hoosac St.

The Friends of the Adams COA are sponsoring their biggest fundraiser of the year- Musical Bingo at Bounti Fare with DJ Kane Roberts. Tickets are \$25 in advance, available at the Adams COA and from members of the Friends group in the community, \$30 at the door. 50/50 Raffle, Silent Auction, Raffle baskets, and a Scratch Ticket Raffle. Join us for what is sure to be a fun night!

Get your tickets now before they sell out!!!

SOMEWHERE IN QUEENS

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“Leo (Ray Romano) and Angela (Laurie Metcalf) Russo live a simple, blue-collar life in Queens, surrounded by the big personalities of their overbearing Italian-American family. When their son 'Sticks' finds success on his high-school basketball team, Leo tears the family apart trying to make it happen.” -IMDb

Wed, August 16th, 12:30pm



NEW at the Adams COA:
Enjoy a 15 min chair massage by
local practitioner Eva Assante
for only \$20!

**Wednesday, August 16th
12pm - 3pm**

Call the COA today to reserve your
spot! 413-743-8333



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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413-743-0001

When in doubt check with your bank!



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Friday 9:00 am - 3:30 pm

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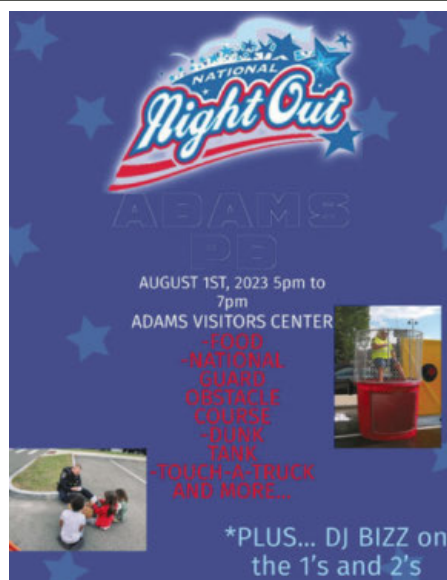


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Friends of Adams CoA, Adams, MA

06-5289

Hi everyone! Hope you're staying dry and cool as the summer progresses. Look through the newsletter to see all that is going on at the COA and around town for your social, health, and wellness interests. We hope you can join us for some events. The Adams Events Committee will continue to host it's summer music and movies series at the Visitor Center, weather permitting. The Adams PD is once again hosting National Night Out (see flyer to the right). The COA will be there providing rides on our Rickshaw bike. Enjoy the rest of your summer! ~Sarah ☺



The Adams COA is now distributing coupons to residents of Adams and Savoy who meet the following eligibility requirements:

- 60 years of age or older, AND
- Your gross income must be lower than the Income Limits outlined below

Household Size	Monthly Income	Annual Income
1	\$2,248	\$26,973
2	\$3,041	\$36,482
3	\$3,833	\$45,991
4	\$4,625	\$55,500

Please call the Adams COA if you have any questions, 413-743-8333.

USDA Non- Discrimination Statement: In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program Manual, Fiscal Year 2023 Civil Rights, Page 3 Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through Federal Relay Service at (800) 877-8339. To file a program complaint of discrimination, a Complainant should complete a form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: (1)mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2)fax: (833) 256-1665 or (202) 690-7442; or (3)email: program.intake@usda.gov. This institution is an equal opportunity provider.

Craft with Izzie-Deb G!: Wednesday, August 23rd
12:30pm at the COA

Izzie is taking a short hiatus from crafting this month, but Deb G is filling in for her. Call to register, 743-8333.



@ the Adams COA

Sponsored by:
Fallon Health
Wed - Aug 9th
12:30-1:30pm

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 Sept 11 at 2pm

COA Director

Sarah Fontaine
sfontaine@town.adams.ma.us

Outreach Coordinator

Barbara Proper
bproper@town.adams.ma.us

Administrative Assistant

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

Van Drivers

John Naughton, Chuck Gebauer,
Joe Sloane, John Bianchi

Meal Site Coordinator

Kathy Polidoro

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!

Donations are graciously
accepted by Maryanne.

Tues & Thurs 9am - 10am

413-743-8333

***no class 8/8,10,15, 17**



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

- 8/1 Pork Chili, White Rice, Green Beans, Fresh Peach
- 8/2 Turkey Skillet, Broccoli, Yellow Squash, Pears
- 8/3 Chix Bruschetta, Gold Potatoes, Spinach, Mangoes
- 8/4 Pot Roast w/Gravy, Mashed Potato, Sliced Peaches
- 8/7 Meatballs & Penne w/Marinara, Cauliflower, Fruit
- 8/8 Beef Fajita, Black Beans & Rice, Apple Cinn Muffin
- 8/9 Chix Cauliflower Curry, Green Beans, Banana
- 8/10 Pork Roast w/Gravy, Mashed Sweet Potatoes, Brussel Sprouts, Applesauce
- 8/11 Cold Soy Ginger Salmon, Cole slaw, Apricots
- 8/14 Chix Nuggets, Mashed Potatoes, Diced Pears
- 8/15 **Taco Tuesday** sponsored by Health New England
- 8/16 Pork Piccata, Boiled Potatoes, Pineapple Tidbits
- 8/17 Cold Southwestern Salad, Carrot Raisin Salad, Pasta Salad, Applesauce
- 8/18 Hot Dog, Sauerkraut, Baked Beans, Fruit Cocktail
- 8/21 Turkey & Gravy, Stuffing, Blueberry Yogurt
- 8/22 Egg Salad, Mulligatawny Soup, Fruit Crisp
- 8/23 Chix Cacciatore, Wild Rice, Cabbage, Apricots
- 8/24 Veal w/Pepper & Onion, Noodles, Fresh Plum-G&G
- 8/25 Meatloaf w/Gravy, Mashed Potatoes, Mangoes
- 8/28 Chix w/BBQ Sauce, Noodles, Mixed Fruit
- 8/29 Shepherd's Pie, Mashed Potatoes, Fresh Pear
- 8/30 Oriental Beef, Rice, Honey Dew Melon
- 8/31 Cheeseburger, German Potato Salad, Cookie



Project Safe Return

The Adams COA and Police Dept are partnering to bring Project Safe Return to our community.

This program assists in reuniting caregivers with lost or wandering loved ones suffering from Alzheimer's/dementia, Autism, or other incapacitating conditions. It is a free service and a valuable tool in identifying distressed individuals quickly and effectively. Individuals interested in enrolling in Project Safe Return may obtain a registration form and ID tag (pictured above) at the COA. The completed registration form along with a recent color photograph of the participant may be mailed or delivered to the COA. Call the COA with questions.

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: Aug 8th & Sept 12th

West African & Caribbean Hand-Drum Class w/ The Tamarack Hollow Nature and Cultural Center

Monday, August 14th, 9-10am at the Adams COA

Join 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. Registration required. Call the COA.



***Supported by the Arts Build Community Initiative of the Berkshire Taconic Community Foundation.**

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 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.**

Adams COA Van Transportation

*Available Monday - Thursday 8am-3pm

Friday 8am-12pm for Adams residents,

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

Monday	Tuesday	Wednesday	Thursday	Friday
ADAMS Town Wide Tag Sale Saturday, August 12, 2023 8:00 AM – 4:00 PM Rain or Shine Find the map of participating locations at	1 9 - 10 Chair Yoga 11:30 Lunch 12:30 Dominos 1:00 Crafters 5-7 National Night Out	2 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 1:00 Friends Meeting	3 9 - 10 Chair Yoga 11:30 Lunch 1:00 Pitch	4 11-11:30 Grab n Go Lunch North Adams Mobile Food Bank
7 9-12 SHINE 10:00 Cribbage 11:30 Lunch	8 No Chair Yoga 10-11 Mobile Food Bank 11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters 3:00 Caregiver Support Group	9 No Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Bingo w/ Fallon Health 	10 No Chair Yoga 11:30 Lunch 1:00 Pitch	11 11-11:30 Grab n Go Lunch
14 9-10 Drumming 9-12 SHINE 10:00 Cribbage 11:30 Lunch 12:30-2 Art w/Ann E	15 8-4 Foot Care Clinic (by appt) No Chair Yoga 10:30-11 BP Clinic 11:30 Taco Tuesday w/Lee from Health New England 12:30 Dominos 1:00 Crafters	16 No Dance Yoga 9-12 SHINE 11:30 Lunch 12-3 Chair Massages (by appt)	17 No Chair Yoga 11:30 Lunch 1:00 Pitch 4-6 COA/Lions Club Picnic	18 11-11:30 Grab n Go Lunch North Adams Mobile Food Bank
21 Senior Citizen Day 9-12 SHINE 10:00 Cribbage 11:30 Linen Lunch 12:30-2 Art w/Ann E	22 9 - 10 Chair Yoga 10-11 Mobile Food Bank 11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters	23 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Craft with Deb G!	24 9 - 10 Chair Yoga 11-11:30 Grab n Go Lunch *Staff out at Town Staff Picnic 12-2pm* 1:00 Pitch	25 11-11:30 Grab n Go Lunch 11-12 Brown Bag 
28 9-12 SHINE 10:00 Cribbage 11:30 Lunch 12:00 Ecu-Health Presentation	29 9 - 10 Chair Yoga 11:30 Lunch 12:30 Dominos 1:00 Crafters	30 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Movie: Somewhere In Queens	31 9 - 10 Chair Yoga 11:30 Lunch 1:00 Pitch	*Lunch reservations MUST be made by 11:30am the business day before you'd like to attend in order to confirm your meal.

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. Also, during the summer, there will sometimes only be 1 or 2 of us in the office due to time off schedules. Thank you in advance for your patience and understanding! ☺

Save the Dates!!!

Thursday, Aug 17th - COA/Lions Club Picnic
 Friday, Sept 1st - Nonagenarian (90+) Birthday Party
 Friday, Sept 8th - Musical Bingo Fundraiser for the Friends of the Adams COA



Call

413-743-0001

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!

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!!! BUS TRIPS !!!

- **Sept 21st: Patsy Cline Tribute Show — SOLD OUT**
- **Oct 20th: Polish Center of Discovery and Learning, Munich Haus for Lunch, and stop at Bernat's Polish Deli for individual purchases. \$85 pp, sign up at the Adams COA.**
- **Nov 7th: Country Jamboree @ Log Cabin \$98 pp**
Call Mary Lamke @ 655-4137 or Karen Oak @ 684-3233 for more details or to reserve your spot.
- **Nov 13th: MGM Casino (bus only) \$35 pp, sign up at the Adams COA.**

Ecu-Health Presentation Mon, Aug 28th, 12pm

Their mission is to help the uninsured and underinsured residents of North Berkshire access affordable health care. Come to the COA to hear about their programs and how they serve the Northern Berkshires!

Please be aware, there will be limited transportation services the week of Aug 7th-11th due to driver vacation schedules. Please call the COA with any questions.



Let's make every day Earth Day!

What's NEW!

As of November 1, 2022, we all joined together to offer the District Mattress Recycling "HUB" located at the Town of Dalton Transfer Station.

Visit our web site www.nbswmd.com and view under Recycling Resources. Open to all member-town residents.

Community Paper Shredding Event & Zero Waste Day

Lanesborough, 10 Maple Court, DPW Yard
8:00 am - Noon Sat., Sept. 16, 2023

Bulky and Electronics Recycling!

8:00 am - 12:00 pm

Lanesborough **Sat. Sept. 16, 2023** 10 Maple Court, DPW Yard
Clarksburg **Sat. Oct. 7, 2023** 714 W Cross Road, DPW Yard



Earth Machine 80-gallon Home Compost Unit

Offered at a
subsidized cost!
Pre-Orders will take place in March 2024.

2024 Save the Date:

Annual Household Hazardous Waste Collection
to be held **Saturday, April 20, 2024** (More details to
follow regarding location, time and Pre-registration.

Questions please contact Program Director Linda Cernik at:
413-743-8208 or LCernik@nbswmd.com

For Residents Of

Adams
Cheshire
Clarksburg
Dalton
Florida
Hancock
Hinsdale
Lanesborough
Monroe
New Ashford
Peru
Savoy
Williamstown
Windsor

BLOOD PRESSURE CLINIC

Every month on the 3rd Tuesday.
FREE readings between 10:30 - 11:00am
Appointments & Walk-ins Welcome



August 15th

Offered by local RNs
Luanne Rose & Bruce Shepley

Pitch with Friends!

Join us every Thursday at 1:00 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: Aug 8th & 22nd

Attention Cribbage Players:



Join us Mondays at 10am on the 2nd
floor of the COA. 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: Aug 1st, 15th, & 29th



DANCE YOGA *no class 8/9 or 8/16

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.



Interested in joining a choir??? Adams resident and
choir director Sue Gammon is forming one that will
meet at Columbia Valley. Day and time will be flexible.
No experience necessary; training will be provided by
Sue if you have the desire and commitment.
Please call Sue at 781-206-6368 if you are interested.

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Do you need help paying your heating bills?

Berkshire Community Action Council may be able to help.

BCAC Fuel
Assistance
Guidelines

Household Size	Gross Annual Income
1	\$42,411
2	\$55,461
3	\$68,511
4	\$81,561
5	\$94,610
6	\$107,660
7	\$110,107
8	\$112,554



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

To learn more about what BCAC can do for you, contact us:
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North County | 413-663-3014

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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.
- Charles "Chuck" Gebauer 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 August 3rd to discuss Tropic of Stupid by Tim Dorsey. We chose My Sister's Keeper by Jody Picoult as the book we will discuss during our September 14th meeting. We meet in the Savoy Town Hall at 10am and everyone is welcome to join us!

Hard copies of **The Buzz** are available at the Adams COA and throughout businesses in Adams. A PDF copy is available on the Town of Adams website and Adams COA Facebook page. If you would like a copy to be mailed to you, please contact the Adams COA. We will request that you send a supply of stamps in an envelope for us to keep on file for you at our office.

Special Town Election for Select Board Member Wednesday, August 16th, 12:00 PM – 7:00 PM

Seat is to complete the term ending in 2025. Nomination papers may be picked up at the Town Hall during business hours beginning on June 13. Completed nomination papers are to be returned by Tue, July 11, at 5pm.

Savoy Town Hall Hours:

Select Board Assistant

Mon 9:00-1:00, Tue 12:00-5:00, Fri 9:00-1:00

*Select Board Meetings 2nd & 4th Tuesdays, 5pm

Town Clerk, Valerie Reiner

Tuesday 11:00-1:00 or by appointment, call 743-3759 and leave a message

Tax Collector, Sheryl Guettler

Tuesday 6-8pm, Saturday 8-10am

Assessor's Office, Julie Pavia

1st and 3rd Tuesday 5-7pm

Police, Chief Koch

2nd and 4th Tuesdays, 5pm

Town Hall: www.townofsavoy.com

phone 413-743-4290, fax 413-743-4292

720 Main Road, Savoy, MA 01256

Adams COA Employment Opportunity

COA Per Diem Van Driver(s)

Weekly; as needed

Responsibilities

Have a clean driving record; Drive seniors to appointments throughout northern Berkshire; CPR certification or the ability to become certified; successful completion of MassDOT physical; Submission to random drug and alcohol testing; Ability or willingness to learn communications and data entry systems

***All employees must pass a CORI check.**

See full job description and application at <https://www.town.adams.ma.us/discover-adams/pages/employment>

Adams COA Volunteer Opportunities

Rogue Driver

As needed

Responsibilities

Have a clean driving record; Drive seniors to medical appointments throughout the county, state, region; Maintain record of trips; Conduct simple pre and post trip car inspection

***All volunteers must pass a CORI check.**

Office Reception

Weekly or As needed

Answer phones; Provide general information; Take messages for staff to return calls; Learn minimal data entry in computer system