

September 2023

The Buzz



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

~National Senior Center Month!~

“Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults, and have become integral to health care delivery in our communities by providing COVID-19 guidance, vaccine education, and vaccinations to their participants. They offer a place for older adults to discover their unique interests, talents, and aspirations. That's why the 2023 theme for

National Senior Center Month is **Discover Yours**.

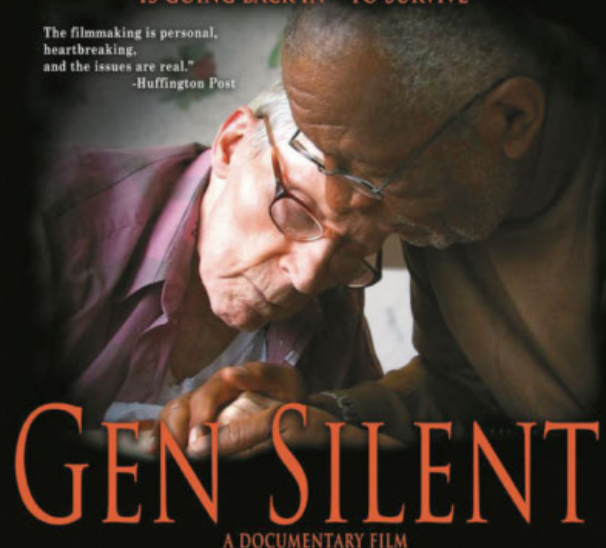
The 10,000+ senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older American's Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well. Senior centers work with community partners to provide access to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment...Older adults who participate in senior center programs experience better psychological well-being across several measures compared to non-participants, including:

- Perceived social and health benefits • Lower levels of depression •
- Supportive friendships • Lower stress levels • ”
- National Council on Aging (NCOA) and National Institute of Senior Centers (NISC), www.ncoa.org

Whoa...did you know we did all of THAT ↑?! Bet you're not wondering now why we always seem so busy. All kidding aside, if you haven't "Discovered Your" Adams COA, please join us for our enhanced programming to celebrate Senior Center Month.

THE GENERATION THAT FOUGHT HARDEST TO COME OUT
IS GOING BACK IN TO SURVIVE

The filmmaking is personal,
heartbreaking,
and the issues are real."
-Huffington Post



Join the Adams COA and Rainbow Seniors of Berkshire County, in partnership with the Adams Free Library and Kanopy, for
Gen Silent Documentary

Film Screening and Group Discussion

Wednesday, September 27th

12:30pm

Adams COA, 3 Hoosac St Adams, MA

Light refreshments will be served.

Bring your library card and get a raffle ticket for a mystery prize!



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!!!



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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Friday 9:00 am - 3:30 pm

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Friends of Adams CoA, Adams, MA

06-5289

We have so much going on this month that I don't have room to write my monthly greeting!
I hope you'll join us... Blessings, Sarah ☺

September Lunch Speakers

Wed, 9/6, 12pm: Hope Bussiere from
Massachusetts Behavioral Health Partnership
*Behavioral Health Help Line (BHHL) is available 24/7, 365 days a year and is available for all residents of Massachusetts. Call or text 833-773-2445, or visit www.masshelpline.com to chat online.
Wed 9/20, 12pm: Jessi Byrne, Health & Wellness
Coordinator at Northern Berkshire Community
Coalition (nbCC)

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!



West African & Caribbean Hand-Drum Class

w/ The Tamarack Hollow Nature and Cultural Center

Monday, September 11th at the Adams COA, 3:00-4:00 p.m.

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.



**ALZHEIMER'S ISN'T
STOPPING.
NEITHER ARE WE.**

**WALK
TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

Held annually in more than 600 communities nationwide, the Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring community event calls on participants of all ages and abilities to join the fight against Alzheimer's and all other dementia.

**REGISTER TODAY AND BE PART OF THE
COMMUNITY TO #ENDALZ**

**Berkshire Walk to End Alzheimer's
Saturday, September 30, 2023**

Take the first step to #ENDALZ
and join team Council on Aging
act.alz.org/goto/councilonaging



Register today and join team Council on Aging!
Ask family and friends to sign up too!
All ages and abilities are welcome to walk,
everyone can make a difference in the fight to #ENDALZ

Craft w/Izzie—Wed,
September 13th 12:30pm
at the COA
“Stamped Tea Towels”
Call to register, 743-8333.
Please call to reserve your
spot as materials (and
cookies!) are limited.
413-743-8333



Mon, Sept 11th

@ the Adams COA

12:30—1:30

Sponsored by:



SWEETWOOD
OF WILLIAMSTOWN
INDEPENDENT LIVING COMMUNITY

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

Register today | act.alz.org/berkshire | 800.272.3900

September 2023

The Buzz | 2

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

- 9/1 Chix Picatta, Mashed Potatoes, Sliced Peaches
9/4 CLOSED FOR LABOR DAY
9/5 Sloppy Joes, Brown Rice, Brussel Sprouts, Fr Cocktail
9/6 Turkey Cranberry Salad, 3 Bean Salad, Sliced Peaches
9/7 Oriental Pork Casserole, Rice, Applesauce
9/8 Swedish Meatballs, Noodles, Diced Pears
9/11 Roast Pork, Mashed Sweet Potatoes, Spiced Apples
9/12 Tortellini Primavera, Broccoli, Beets, Fresh Peach
9/13 Stuffed Pepper Casserole, Veg, Squash, Fr. Cocktail
9/14 Global Table: Spanish Chix Stew, Peas, Arroz con Leche (Rice Pudding)
9/15 Turkey w/Gravy, Mashed Potatoes, Apricots
9/18 Beef Stew, Mashed Potatoes, Tropical Fruit Mix
9/19 Chix Puttanesca, Sliced Potatoes, Fresh Orange
9/20 Butternut Mac & Cheese, Tomato Soup, Sliced Pears
9/21 Cheese Omelet, Sausage Links, Potatoes, Peaches
9/22 Glazed Ham, Scalloped Potatoes, Beans, Orange
9/25 Linen Lunch: Chix Kiev, Garlic Mashed Potatoes
California mixed blend, Mixed Fruit
9/26 Teriyaki Beef & Broccoli, Rice, Fresh Apple
9/27 Pizza Day w/ Adams COA Staff
9/28 Cheese Lasagna Roll, Broccoli, Fresh Pear
9/29 Lemon Dill Chix, Mashed Potatoes, Sliced Peaches



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

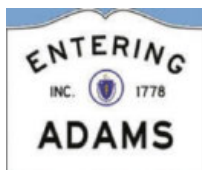
in reuniting caregivers with lost or wandering loved ones suffering from Alzheimer's/dementia, Autism, or other incapacitating conditions. Call the COA with questions.

Adams Historical Society Presentation

Eugene Michalenko will talk about significant events and people in Adam's past, as well as the society's upcoming planned programs.

Light refreshments will be served.

Friday, Sept 15th -10am at the COA



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: Sept 12th & Oct. 10th

"Living After Loss"

HospiceCare In The Berkshires, Inc.

An Affiliate of Integritus 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: Sept 13th & Oct. 11th

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
Lunch reservations <u>MUST</u> be made by 11:30am the business day before you'd like to attend in order to confirm your meal.	September 30th— Join us to support and walk to End Alzheimer's!	National Senior Center Month!!! Check out our packed schedule of events and come celebrate with us	Polish Picnic Sunday Sept 10th 12-5pm at the Polanka Grounds \$5 admission, kids free	1 COA office closed for the Nonagenarian Party at Bounti-Fare 11-11:30 Grab n Go Lunch
4 CLOSED 	5 COA open at 8:30am 9-10 Chair Yoga 11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters	6 COA open at 8:30am 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:00 MBHP w/Hope Mass Behavioral Health 1:00 Friends Meeting	7 COA open at 8:30am 9-10 Chair Yoga 11:30 Lunch 1:00 Pitch	8 COA open at 8:30am 11-11:30 Grab n Go Lunch Friends of the Adams COA Fundraiser: Musical Bingo @ Bounti-Fare 6PM Get your tickets at the COA
11 No SHINE this week 10:00 Cribbage 11:30 Lunch 12:30 Bingo  w/ CareOne-Sweetwood 2:00 COA Board Meeting 3-4 Drumming	12 9-10 Chair Yoga 11:30 Lunch 12:30-1:30 Mobile Food Bank 12:30 Dominos 1:00 Crafters 3:00 Caregiver Support Group 	13 9-10 Dance Yoga No SHINE this week 11:30 Lunch 12:30 Craft w/Izzie: Tea Towel Decorating 2-3 "Living After Loss" Support Group	14 9-10 Chair Yoga 10-1 Chair Massages by appt 11:30 Lunch 1:00 Pitch	15 10-11 Adams Historical Society Presentation w/ Eugene Michalenko 11-11:30 Grab n Go Lunch 11-12 North Adams Mobile Food Bank 
18 No SHINE this week 9:00 Haircuts w/Meraki 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna resumes!	19 8-4 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch 12:30 Craft w/the Commons 12:30 Scrabble w/ Garret	20 9-10 Dance Yoga No SHINE this week 11:30 Lunch 12:00 Jessi Byrne, nbCC Community Health Worker	21 9 - 10 Chair Yoga 11:30 Lunch 1:00 Pitch	22 11-11:30 Grab n Go Lunch 11-12 Brown Bag
25 9-12 SHINE 10:00 Cribbage 11:30 Linen Lunch 1:00 Art w/ Donna	26 9 - 10 Chair Yoga 11:30 Lunch 12:30-1:30 Mobile Food Bank 12:30 Dominos 1:00 Crafters 	27 9-10 Dance Yoga 9-12 SHINE 11:30 Pizza Day w/Staff 12:30 Gen Silent Screening and Discussion Group w/ Berkshire Rainbow Seniors 	28 9 - 10 Chair Yoga 11:30 Lunch 1:00 Pitch	29 11-11:30 Grab n Go Lunch

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! ☺

Please Note the Mobile Food Bank time change:
 Due to the Food Bank of Western MA moving their facility to Chicopee, **the Adams Mobile Food Bank distribution time has changed to 12:30-1:30pm.**
 The days will remain the 2nd & 4th Tuesdays of the month.



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

!!! BUS TRIPS !!!

- Oct 19h: Essex Train/Boat Ride** - \$120 pp due at time of reservation. Call Peter Traub of the Cheshire COA for reservations/ questions 413-743-3496
- Nov 7th: Country Jamboree @ Log Cabin** \$98 pp Call Mary Lamke @ 655-4137 or Karen Oak @ 684-3233 of the Dalton COA for reservations or questions.
- Nov 13th: MGM Casino** (bus only) \$35 pp, sign up at the Adams COA w/Barbara Proper 413-743-8333



Enjoy a 15 min chair massage by local practitioner Eva Assante for only \$20!
Thursday, Sept 14th 10am-1pm
Call the COA today to reserve your spot!

Meraki Salon in Adams is offering discounted Haircuts at the Adams COA. \$20 for women & men.
Monday, Sept 18th, 9:00-11:00am

MERAKI

(v) to do something with soul, creativity, or love;
when you leave a piece of yourself in your work.

Call the COA to schedule your appt, 413-743-8333.



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

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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

September 19th

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: Sept 5th & 19th

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: Sept. 12th & 26th



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.



Craft w/Kayla from Williamstown Commons & North Adams Commons

Tuesday, September 19th @ 12:30

Call the COA to sign up and join us for a Fun Fall Craft!

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Williamstown Commons
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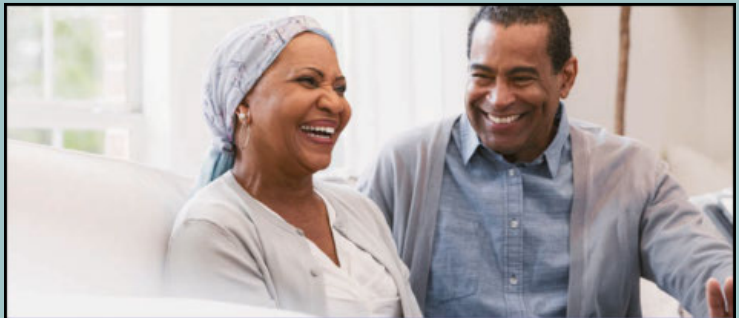
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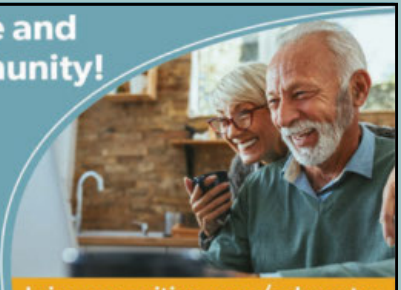
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BCAC Fuel
Assistance
Guidelines



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:
Central / South County | 413-445-4503
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 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!

New Adams Food Pantry, Volunteers Needed: First Congregational Church of Adams is working hard to bring back a free food pantry to Adams! But they need volunteers to help pick up, unload, and package food. Pantry hours will be the 3rd Wed of the month from 5-7pm, kick-off date of Oct 18th. Please let the COA or Church know if you're interested in volunteering.

Urgent need for volunteer Counselors and Client Facilitators!!! Otherwise, the Adams COA will no longer be able to host the AARP Tax Program!

AARP Foundation Tax-Aide Is Looking for Volunteers

We are looking for compassionate and friendly people to join our volunteer team. We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping those in need. The program is looking for individuals to volunteer virtually or in person in a number of roles to provide help to taxpayers. Our volunteers come from a variety of industries and span from retirees to college students.

Volunteers fill a variety of roles:

- ✓ **Counselors** work with taxpayers directly by filling out tax returns. If you have no previous experience, you'll get the training you need and will also receive IRS certification.
- ✓ **Client Facilitators** welcome taxpayers, help organize their paperwork, and manage the overall flow of service.
- ✓ **Technology Coordinators** manage computer equipment, ensure taxpayer data is secure, and provide technical assistance to volunteers.
- ✓ **Leadership and Administrative** volunteers make sure program operations run smoothly, manage volunteers, and maintain quality control.
- ✓ **Communications Coordinators** promote the program to prospective volunteers and taxpayers.
- ✓ **Speak a second language?** We have a big demand for bilingual speakers in all roles, especially dedicated interpreters who can assist other volunteers.

For more information or to volunteer go to:
[HTTPS://MATAXAIDE.ORG](https://MATAXAIDE.ORG)

Or call 413-446-7483 for Berkshire County information

AARP Foundation
Tax-Aide

Adams COA Employment Opportunity Responsibilities

COA Per Diem Van Driver(s)

Weekly; as needed

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

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

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

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