



December 2023

The Buzz

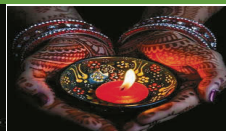
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3 Hoosac Street • (413) 743-8333 • Open Mon, Tue, Thu 8am-4pm
Wed 8am-5pm
Fri 8am-12pm



Belated HAPPY Diwali



From all of us here at the
Adams COA, we wish you
Peace, Joy, Hope, and Love
this holiday season,
and beyond.



THANK YOU to
Kerry and Renee Raheb
of Indica Cannabis for their generous donation
to assist older adults in the community with the
costs of preparing holiday meals. Their gift was
used to purchase 40 gift cards to Adams
Hometown Market and will help spread holiday
cheer from Thanksgiving to the New Year!

Time to celebrate yet another COA
van driver retirement!

**Chuck Gebauer's last day as the
Adams/Savoy driver is Thursday,
December 28th.** Join us at 12pm that
day to toast Chuck and wish him well
on this next chapter of his life.

And don't worry Savoy...you'll still have van driver
coverage Tuesday-Thursday from 8am-3pm.



**Tuesday, Dec 5th
1-3pm**

Get Vaccinated before your
holiday gatherings!

CHP Berkshires will be inside at the Adams COA
offering Flu and COVID vaccines.

Call CHP at 413.528.0457 Monday – Friday to
book an appointment or for more information.

Get your Holiday Party tickets at the COA by
Wednesday, December 6th at 5pm!

**Adams Council on Aging
Annual Holiday Party**

Tuesday, Dec. 12, 2023 4:00 - 7:00 PM

Bounti-Fare Restaurant

☐ Beef Medallions ☐ Baked Stuffed Haddock
☐ Chicken Vermont

Music/Cash Bar/50-50 Raffle/Auction

\$25 per person \$20 Friends of Adams COA Member



December 4th & 7th are the last days available for Adams COA SHINE appointments for
Medicare Open Enrollment plan reviews and changes for 2024.

Call 413-743-8333 to schedule your appointment before they fill up!





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

Call
413-743-0001

When in doubt check with your bank!



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Friends of Adams CoA, Adams, MA

06-5289

Hello all! Well, another year has come to an end. As we reflect back on 2023, we smile for all the memories made and good deeds done, remember fondly those no longer with us, and look forward to 2024 with hope, joy, and optimism. Please join us in December to close out a great year and welcome in a new one.

Holiday 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. Dec 4th & 11th @ 1pm
All levels 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 Dec 4th 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

David Ronnow, Greg Trottier,
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

Crafts with Izzie: Wednesday, Dec 6th at 2:30pm

Get festive at 4 different holiday craft stations! Supplies and treats will be provided. Please register with the COA so we know how much of each to have available. 413-743-8333.



Northern Berkshire Solid Waste Management District and Second Chance Composting Presentation at the Adams COA
Friday, December 1st, 10-11am



Nursing Students from McCann Tech will be holding Blood Pressure Clinics every Thursday for 6 weeks at the Adams COA from 10-12:30pm, starting Dec 7th. No Clinic on Thursday, December 28th due to the school holiday break. Walk-ins are welcome. Please contact the COA if you have any questions.

~New Year's Eve Celebration~ (a little early)

Music and Mocktails with

Lighten Up - Acoustic Trio

Sponsored by Hilltown Travelers

Thursday, Dec 28th at 12pm

Call to register, especially if you'll be joining us for lunch at 11:30am.

413-743-8333



Wed, Dec 13th

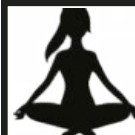
12:30 - 1:30pm

At the Adams COA

Sponsored by:



**Online on Facebook as
AdamsCouncil on Aging &
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

12/1 Oriental Pork Casserole, Rice, Applesauce
12/4 Beef Burgundy, Noodles, Broccoli, Apricots
12/5 Chix Breast w/Gravy, Potatoes, Fruit Cocktail
12/6 Beef Chili, Rice Corn Bread, Peaches
12/7 Salisbury Steak, Garlic Mashed, Tropical Fruit Mix
12/8 Global Table—Greek Chix Casserole, Potatoes
12/11 Chix Cacciatore, Rice, Veggies, Sliced Pears
12/12 Shepherd's Pie, Mashed Potatoes, Applesauce
12/13 Cheesy Egg Patty, Potatoes, Broccoli, Banana
12/14 HOLIDAY DINNER: Roast Beef W/Gravy,
Mashed Potatoes, Vegetables, Iced Choco Cake
12/15 Ravioli W/ Meat Sauce, Carrots, Sliced Peaches
12/18 Lemon Pepper Salmon, Potatoes, Vegetables, Fruit
12/19 Beef Stew, Gold Potatoes, Bled Veg, Diced Pears
12/20 Mac & Cheese Stuffed Chix, Soup, Fruited Gelatin
12/21 Roast Pork W/Gravy, Mashed Sweet Potato, Apple
12/22 CLOSED FOR THE HOLIDAYS!
12/25 CLOSED—MERRY CHRISTMAS !!
12/26 Beef Spanish Rice, Pea Soup, Cauliflower, Fruit Mix
12/27 Turkey W/ Cranberry, Red Potatoes, Applesauce
12/28 NEW YEAR'S EVE DINNER: Broc & Cheese Stuffed
Chix, Buttered Noodles, Blend veg, Fresh Orange
12/29 French Toast, Hard Egg, Sausage, Cranberries

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 or to get an application. 413-743-8333

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.**

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: Dec 12th & Jan 9th

"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: Dec 13th & Jan 10th

"This word 'anti-aging' has to be struck. I am pro-aging. I want to age with intelligence and grace and dignity and verve and energy."

—JAMIE LEE CURTIS

Please note new van schedule:

Due to driver availability, the COA Van no longer runs on Fridays. We're sorry for any inconvenience.

Also, please be patient with our new drivers as they learn the routes and riders' individual needs.

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

December 2023

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.	1 10-11 Presentation w/ Linda Cernik and Second Chance Composting! 11-11:30 Grab n Go Lunch 11-12 North Adams Mobile Food Bank
4 9-3 SHINE 9-10 Knit/Crochet 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna 2:00 COA Board Meeting	5 9-10 Chair Yoga 11:30 Lunch 12:30 Dominos 1:00 Crafters 1-3 CHP Vaccine Clinic	6 9-10 Dance Yoga 11:30 Lunch 12:30 Craft w/ Izzie No Friends Meeting this month	7 9-10 Chair Yoga 9-3 SHINE 10-12:30 McCann Tech BP Clinic 11:30 Lunch 12:30 WoW Workshop- Follow up on Fire Cider 2:00 Holiday Party Volunteers	8 11-11:30 Grab n Go Lunch
11 9-12 SHINE 9-10 Knit/Crochet 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna 2-3 Brown Bag Bagging 3-4 Brown Bag Pick Up	12 9-10 Chair Yoga 11:30 Lunch 12:30-1:30 Mobile Food Bank 12:30 Scrabble 1:00 Crafters 3:00 Caregiver Support Group COA Office Closing @ 2:30 for Holiday Party, Bounti Fare 4-7	13 9-10 Dance Yoga 9-12 SHINE 10:30-11:30 Fallon Health Table 11:30 Lunch 12:30 Holiday BINGO w/ Will. & N Adams Commons 2-3 "Living After Loss" Support Group	14 9 - 10 Chair Yoga 10-12:30 McCann Tech BP Clinic 11:30 Holiday Linen Lunch w/ The BART Chorus 1:00 Pitch 1:00 Adams Hazard Mitigation Plan Public Meeting	15 11-11:30 Grab n Go Lunch 11-12 North Adams Mobile Food Bank
18 9-12 SHINE 9-10 Knit/Crochet 10:00 Cribbage 11:30 Lunch 12:30 Social Group	19 8-4 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch w/Northern Berkshire Ukulele Group & Pie!! 12:30 Dominos 1:00 Crafters	20 9-10 Dance Yoga 9-12 SHINE 11-11:30 Lunch 1:00 Friends o the COA Holiday Tea 5-7 Food Pantry at FCC	21 9 - 10 Chair Yoga 10-12:30 McCann Tech BP Clinic 11:30 Lunch 1:00 Pitch	22 CLOSED 
25 CLOSED 	26 No Mobile Food Bank Today 9 - 10 Chair Yoga 11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters 	27 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch	28 9 - 10 Chair Yoga 11:30 New Years Lunch w/Mocktails & Music By Lighten Up Band 12:00 Toast Chuck Gebauer on his retirement as COA van driver 1:00 Pitch	29 11-11:30 Grab n Go Lunch

Save the Dates:

Jan 1s- COA Closed for New Year's Day
Jan 3rd- Friends of the ACOA Meeting
Jan 11th- St. John Law Office FREE 15 minute consult
Jan 15th COA Closed for MLK Jr Day

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.

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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

Every home in the U.S. is eligible to order 4 more free at-home tests beginning Nov 20th. If you did not order tests this fall, you may place two orders for a total of 8 tests: <https://special.usps.com/testkits>
Or Call 1-800-232-0233 (TTY 1-888-720-7489)



Need a Christmas Gift???
Gift Certificates available for a 15 minute massage w/Eva Assante for \$20
Stop by the COA to purchase.

Soup, Sounds, and Pie!



Join us Tuesday, December 19th after lunch for Homemade Pies made by Cindy Wilson of Savoy, sponsored by The Hilltown Travelers. Also, The Northern Berkshire Ukulele Club is pleased to once again visit the Adams COA and perform their selection of Holiday Songs. Sponsored by the



Mass Cultural Council.



Friends of the COA Holiday Tea
Wednesday, December 20th, 2pm
At the Adams COA

Tea and Treats will be served, and a festive reading of "A Cup of Christmas Tea" will be performed.

Seating is limited. Reservations can be made at the COA. \$5 per person.

Like to Knit, Crochet, Cross Stitch...???
We have 2 opportunities every week for you to practice your craft in good company!
Mondays, 9-10am in the 2nd floor conference room
Tuesdays, 1-3pm in the 1st floor program room.

Working On Wellness (W.o.W.)



Workshop with Jessi Byrne,
Health & Wellness Coordinator at nbCC
~Follow up on Fire Cider~
Monday, Dec. 7th at 12:30pm
Adams COA Program Room

B L O O D P R E S S U R E C L I N I C

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



December 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!

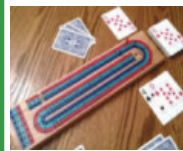


"Give me a Smile!" SCRABBLE with Garret
every other Tuesday at 12:30 on the 2nd floor of the COA.



Upcoming: Dec 12th & 26th

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: Dec 5th & 19th



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!



****NEW SOCIAL GROUP*:***

Monday, Dec. 18th @ 12:30

Join your comrades at the Adams COA to socialize and share stories in good company. Group will be very casual—Like going for coffee at a friend's home. We look forward to some laughs and great conversation with great company!

Laurel Ridge Senior Living Residence



An excellent option for independent seniors looking for quality support aimed at maximizing independence and freedom.

For a personal visit or to discuss your individual needs,

Contact Kimberly Babbs:

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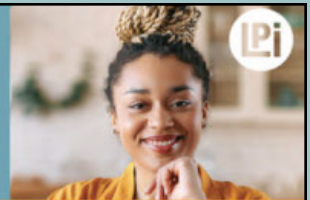


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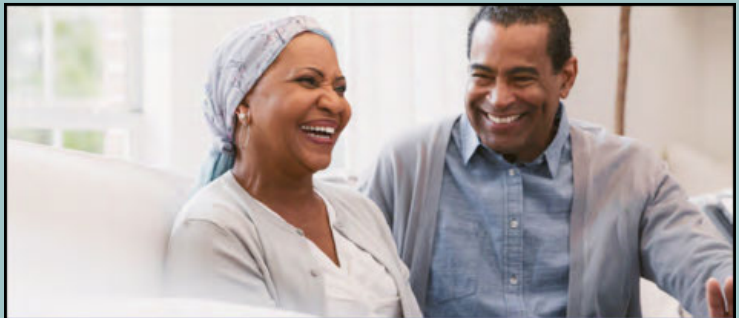
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2024 Income guidelines to qualify for Fuel Assistance

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

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

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North County

413-663-3014

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



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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 December meeting has been rescheduled to Thursday January 11 at 10am. We will discuss *The Winter Sister* by Meagan Collins and may continue our discussion of *A Gentleman in Moscow*. Meetings are held at the Savoy Town Hall. All are welcome!

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



Hi, I am Marley Brothers, an intern here at the Adams COA. I'm currently a senior at Drury High School and will be going into the nursing field at Berkshire Community College next year to study neonatal nursing. I chose the Adams COA to pursue my human services internship in order to obtain more experience in caring for others and providing help, patience, conversation, and a lot of smiles daily. I also chose this internship in order to find peace with my aunt's recent passing, who's birthday was the same day as mine. I had limitations in caring for her and see the value in people attending their local Council on Aging to help get connected with programs, services, and opportunities to age well.

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 Church know if you're interested in volunteering.

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! ☺

Hazard Mitigation Plan Public Engagement Meeting at the Adams COA, Thursday Dec 14th at 1pm.

Hazard mitigation planning reduces loss of life and property by minimizing the impact of disasters. It begins with state, tribal and local governments identifying natural disaster risks and vulnerabilities that are common in their area. After identifying these risks, they develop long-term strategies for protecting people and property from similar events. Mitigation plans are key to breaking the cycle of disaster damage and reconstruction.

Adams COA Volunteer Opportunities

Rogue Driver

As needed

Office Reception

Weekly or 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

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

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