



743-8333 • 3 Hoosac Street • Adams

July 2023

The Buzz



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

Wed 8am-5pm

Fri 8am-12pm

Card-making Class with
Carleen Butler and
Lynda Bianchi

Friday, July 14th
10am-12pm at the COA
\$5 per person

4 cards, 2 of each design

Call 743-8333 to register.

Smile
it's your day!



Monday, July 10th @ 12:30pm

Join us at the COA as the
Adams Fire Dept presents:
Home and Fire Safety for Seniors

Refreshments will be provided.

OVERDOSE
CAN AFFECT
ANYONE.
NALOXONE
(NARCAN)
SAVES LIVES.

Tue, July 18th, 12:30-1:30pm
**Overdose Awareness and
Naloxone Presentation**

Bob Dean of Berkshire Harm Reduction
will be here to lead this discussion. He
will also have Naloxone available for
distribution to citizens.

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, please be patient with us during the summer. There will sometimes only be 1 or 2 of us in the office due to vacation schedules. Thank you in advance for your patience and understanding! ☺

Art w/Ann-e: We will be offering 4 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. We will start the first class with step by step instructions—you can add/delete your own details and continue with your own creativity. Ann-e will be looking forward to your input for the following 3 classes and what kind of art you would like to delve into this summer.


Classes: July 17th & 31st 12:30-2:00pm

August 14th & 21st 12:30-2:00pm

Call to Reserve your spot!!

413-743-8333





“Inspired by the true story of 4 best friends and New England Patriots fans who take a life-changing trip to Super Bowl LI to see their hero Tom Brady play, and the chaos that ensues as they navigate the wilds of the biggest sporting event in the country.” Starring Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field.

Comedy, Drama, Sport; PG-13

Monday, July 24th, 12:30pm at the COA



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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Friday 9:00 am - 3:30 pm
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Friends of Adams CoA, Adams, MA

06-5289

Hello and Happy Summer! Summer activities are in full swing at the COA and the Visitor Center. Rickshaw Trio Bike rides and trike bike reservations are available. Just call the COA to reserve your time. Farmers Market Coupons will be available sometime mid-July. Coupons have doubled in value and are now \$50!!! See below for eligibility requirements. If you have trouble getting to local vendors to spend your coupons or SNAP & HIP benefits, please call the COA as we may consider adding a weekly van trip to Whitney's if there is a need. We also have a bunch of special events and programs scheduled for July. Look through the newsletter and calendar, then call us to sign up for some of them. The Adams Events Committee will again be hosting it's summer movies and concerts on the lawn of the Visitor Center throughout July and August. Enjoy the Beautiful Berkshires this summer with us! How lucky are we to live here!? Be well! ~Sarah ☺



Elder Services expects to release Senior Farmers Market Coupons to local COAs by mid-July.

The Adams COA will distribute 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: Wed, July 26th 12:30-2:00
Dress Up Glass Jars With Hand-Drawn Designs
Please call to reserve your spot as materials (and cookies!) are limited. 413-743-8333



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

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

7/3 Hot Dog, Baked Beans, Potato Salad, Snack Loaf

7/4 CLOSED - Happy 4th of July!

7/5 Chicken Almondine, Asparagus, Sliced Peaches

7/6 Cali Chicken Salad, Mushroom Barley Soup, Broccoli, Pear Crisp

7/7 Sweet N Sour Pork, Rice, Cabbage, Mixed Fruit

7/10 Meatballs & Shells, Green Beans, Apricots

7/11 Yankee Pot Roast, Mashed Potatoes, Broccoli, Pears

7/12 Chix Marsala, Potatoes, Spinach, Tropical Fruit Mix

7/13 Pizza Luncheon w/ Eric- Oasis Senior Advisors

7/14 Shepherd's Pie, Mashed Potatoes, Carrots, Oranges

7/17 Cod Pomodoro, Potatoes, Peas, Nectarines

7/18 Beef Stew, Mashed Potatoes, Beets, Applesauce

7/19 Turkey Sausage, Peppers & Onions, Rice, Pineapple

7/20 Butternut Mac & Cheese, Tomatoes, Fruit Cocktail

7/21 Chix Caesar Salad, Carrot Raisin Salad, 4 bean Salad

7/24 Chix Asparagus, Noodles, Mixed Greens, Nectarine

7/25 Turkey w/Gravy, Sweet Potatoes, Cauliflower, Fruit

7/26 Pulled Pork, Scall. Potatoes, Coleslaw, Peach Crisp

7/27 Beef Teriyaki w/Broccoli, Rice, Carrots, Fruit Gelatin

7/28 Chix Cordon Bleu, Mashed Potatoes, Watermelon

7/31 Cheeseburger, Red Potatoes, Corn, Applesauce



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. Please call the COA with any questions, 413-743-8333.

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: July 11th & Aug 14th

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

Wednesday, July 26th

3:00-4:00pm at the COA

Join us in a dynamic, hands-on participatory class focusing on folkloric and contemporary West African & Caribbean drumming, percussion and singing.

Instruments provided.

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
3 No SHINE today 10:00 Cribbage 11:30 Lunch No COA Board Meeting this month	4 CLOSED 	5 9-10 Dance Yoga No SHINE today 11:30 Lunch Friends Meeting rescheduled to July 19th at 2pm.	6 9 - 10 Chair Yoga 11:30 Lunch 1:00 Pitch	7 11-11:30 Grab n Go Lunch North Adams Mobile Food Bank
10 No SHINE today 10:00 Cribbage 11:30 Lunch 12:30 Home & Fire Safety Discussion w/ Adams Fire Dept	11 9 - 10 Chair Yoga  10-11 Mobile Food Bank 11:30 Linen Lunch 12:30 Scrabble w/ Garret 1:00 Crafters 3:00 Caregiver Support Group	12 9-10 Dance Yoga No SHINE today 11:30 Lunch 2:00 Million Dollar Quartet at The Colonial (for ticket holders, only)	13 9 - 10 Chair Yoga 11:30 Pizza Lunch w/Eric From Oasis Senior Advisors 1:00 Pitch	14 10-12 Card-making Class w/ Lynda & Carleen 11-11:30 Grab n Go Lunch
17 9-12 SHINE 10:00 Cribbage 11:30 Lunch 12:30-2 Art w/ Annie	18 8-4 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch 12:30 Overdose Awareness & Naloxone Presentation 12:30 Dominos 1:00 Crafters	19 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch  12:30 Bingo w/Sweetwood 2:00 Friends Meeting	20 9 - 10 Chair Yoga 11:30 Lunch 1:00 Pitch	21 11-11:30 Grab n Go Lunch North Adams Mobile Food Bank
24 9-12 SHINE 9-11 Meraki Hair Appts 10:00 Cribbage 11:30 Lunch 12:30 Movie: 80 For Brady	25 9 - 10 Chair Yoga  10-11 Mobile Food Bank 11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters	26 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Craft w/Izzie 3-4 Drumming	27 9 - 10 Chair Yoga 11:30 Lunch 1:00 Pitch	28 11-11:30 Grab n Go Lunch 11-12 Brown Bag 
31 9-12 SHINE 10:00 Cribbage 11:30 Lunch 12:30-2 Art w/ Annie			*Lunch reservations MUST be made by 11:30am the business day before you'd like to attend in order to confirm your meal.	



Pizza Lunch
Thursday, July 13th at 11:30am.
 Sponsored by Eric from
 Oasis Senior Advisors.

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



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!

www.adamscommunity.com

9/21—Memories of Patsy Cline Tribute Show @

the Log Cabin with Lunch included - \$105 pp

Pick up locations begin in N. Adams

Payment Due w/Reservation, Contact:

Pat Lescarbeau at the North Adams COA

for questions & reservations @ 413-662-3125

Upcoming, no further details available yet:

September— The Big E

October— Vermont Country Store

November— Country Jamboree; MGM Casino

BLOOD PRESSURE CLINIC

Every month on the 3rd Tuesday.

FREE readings between 10:30 - 11:00am

Appointments & Walk-ins Welcome

July 18th

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!



It's that time of year again:

The Friends of the Adams Council on Aging Annual **\$15*** Membership Fees for the 2023-2024 year are due as of July 1st.

fee increase voted on and approved at June 7th meeting

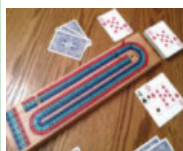
Not sure what the Friends of the Adams COA is?...They are a non-profit group that helps provide financial and other support to the Adams COA and those we serve. Events they have supported include Valentines and Holiday Teas, the annual Nonagenarian birthday party, monthly mailing of birthday cards, and multiple cultural trips around the county. Meetings are the 1st Wednesday of every month at 1pm at the COA.

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



Upcoming: July 11th & 25th

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..."

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

Upcoming date: **July 18th @ 12:30pm**



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.



Meraki Salon in Adams is offering discounted Haircuts at the Adams COA. \$20 for women & men.

MERAKI

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

Monday, July 24th, 9:00-11:00am

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



@ the Adams COA

Sponsored by:

Wed
July
19th

12:30-
1:30pm

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Do you need help paying your heating bills?

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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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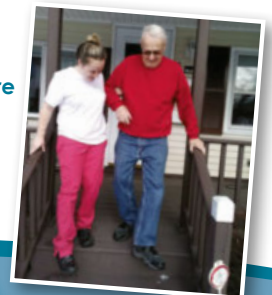


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Friends of Adams CoA, Adams, MA

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!

Hello Savoy Book Club Members. The next meeting is Thursday July 6th at 10 am at the Savoy Town Hall. We will be discussing The Golden Couple by Greer Hendricks and Sarah Pekkanen. All are Welcome!

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