



June 2021

Adams Council on Aging

The Informer

3 Hoosac Street • (413) 743-8333 • Monday-Friday 8:30 a.m.— 4 p.m.

W E L C O M E S A V O Y !

The Town of Adams is excited about it's new partnership with the Town of Savoy, launching our first step in the recognition for shared services. As of July 1, 2021 we will officially become the Town of Savoy's Senior Center. With that comes transportation to Savoy seniors, access to our staff for application assistance, referrals, care coordination, outreach and more.

Phone lines are open and we welcome your calls! The Adams COA Staff is looking forward to getting to know the Savoy seniors more and finding ways to assist where or when needed.

Come meet the Adams COA Staff from 10:30—11:30 on July 14th for an informal drop-in. This may give us a chance for us to get to know you better and learn more about what you hope we can offer. If you can't make it, don't forget, we can bring you transportation or we'd be happy to come to your home another date.

DROP-IN MEET & GREET

July 14, 2021

10:30am - 11:30am



BREAKFAST SOCIAL!

Join us for a Banana Split Parfait

Friday, June 11 at 9:30

Gather with friends and get breakfast, eat outside at a picnic table or join us inside.

For planning purposes, let us know you'd like one by calling 743-8333



Advice On Caring For Alzheimer's Patients

By Joy Glenner

Dear family and friends; Please try to understand

What I am now, not think of me as I was.

I am alone, shut in, with my fears

My frustration, my forgetfulness.

Forgive me if I strike out at you.

Why do I do that?

What has happened to me?

I cannot cope in this alien world.

I feel threatened, I am frightened.

Speak softly, approach slowly.

Repeat again and again what you want of me.

Those twisted tangles in my brain

Have messed up my world.

Be patient, for I do love you,
And I need your help and love

So VERY VERY Much.

- Your Alzheimer Patient.

Community Dining is BACK!

Space is limited but we'll have both indoor and outdoor dining opportunities on a limited basis. We'll be offering dining on Wednesdays & Fridays while continuing to serve the pre-packed meals, as a soft roll out. Grab n' Go lunches will continue to be served every week day. Call us with questions and details on how we plan to keep everyone safe and social!

743-8333



June 1st no more locked door but Visitors MUST still wear masks. Dining events excluded.



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

MidTown TAX & BOOKKEEPING CO., INC

ROBERT C. BLAIR, OWNER

44 Spring Street, Adams, MA

Tel: 413.743.4933 | midtowntaxadams@aol.com

Personal Service • Professional Results



When it comes to
caring for seniors,
it's a matter of trust

Meet the Berkshires
Senior Care Family



Springside
255 Lebanon Ave • Pittsfield
413-499-2334
Rehabilitation • Skilled Care



Craneville Place
265 Main Street • Dalton
413-684-3212
Rehabilitation • Skilled Care



Sugar Hill
45 Main Street • Dalton
413-684-0100
Independent Living
Assisted Living • Memory Care

Visit us online at
www.BaneCare.com



2 Park Street, Adams
413-743-7333
www.Greylock.org



**ADAMS
PHYSICAL THERAPY**
Heal. Function. Perform

Check out our new website:
www.adamsphysicaltherapy.com

413.743.2600

Hours: Mon/Wed/Fri: 8:30 am - 5:30 pm
Tues/Thurs: 8:30 am - 5:30 pm

1 Berkshire Square, Suite 109 • Adams, MA

Millhouses of Adams

Wingate Management Company, Inc.



Elderly & Family Apartments

• Rent 30% of Income

On Site Laundry • Social Activities

75 COMMERCIAL STREET, RT. 8
ADAMS, MA

Call 413-743-2375

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO

BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA

PLUS
SPECIAL
OFFER



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM



25 Adams Road • Williamstown, MA 01267
413-458-2111 • www.williamstowncommons.org

SBM

Dave Bissaillon, President

SMITH BROS. - McANDREWS INSURANCE

45 Park Street • Adams • 743-1216

www.smithbrosmcandrews.com

North Adams Commons

Nursing & Rehabilitation Center



A Member of Berkshire Healthcare
Managed by an Affiliate of Berkshire Health Systems

175 Franklin Street • North Adams, MA 01247

413-664-4041

www.northadamscommons.org



EDMUND R. ST. JOHN, III

Attorney-At-Law

2 Center Street / P.O. Box 228 / Adams, MA

413.743.0990

estjohn1@albany.twcbc.com

30% SENIOR DISCOUNT



SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpcommunities.com

Friends of Adams CoA, Adams, MA

06-5289

Catered Lunch & Celtic Music



Picnic



Join us for a pre-packaged lunch and grab a seat outside while you enjoy a performance from Davis Bates. Pre-Registration is required



A Celtic Celebration

Songs & Stories for the Season & Father's Day!
Tuesday, June 29th @ 11:30 a.m.

A lively participatory outdoor socially distanced program presented by Parent's Choice Award-winning Storyteller—**Davis Bates**

Celebrate Celtic Culture, Father's Day and the arrival of Summer.

Funded, in part, by a grant from the Cultural Council of Northern Berkshire, a local agency & supported by the Mass Cultural Council.



For information call **(413) 743-8333**.



Elder Abuse: It Can Happen to ANONE!

June 15th is World Elder Abuse Awareness Day—Report abuse or neglect to Berkshire Elder Protective Services @ **855-874-3242** during normal business hours. **Elder Abuse Hotline: 1-800-922-2275** evenings, weekends & holidays.



ATTENTION!!

The COA will welcome **June with limited restrictions** at the senior center. Our doors will no longer be locked and walk-ins are welcomed, although pre-booked appointments will help us to give you 100% of our attention. There are no longer any gathering size limitations and indoor dining is back, with a soft roll out. However, **guests are STILL required to wear a mask inside the Visitor Center** while they are not actively eating or drinking something. The Town of Adams still remains in and out of the Red Zone for active COVID cases and while we're eager to get back to a new normal, we still need to remain vigilant. Additionally, upon entry to the Visitor Center we'll ask you to sanitize your hands.

We're here for your transportation needs!

We provide rides to grocers, well visits, prescription pick ups, hair salons, Wal-Mart and more. You won't know if we can take you if you don't ask.

BINGO !

June 17th @ 1:00

Sponsored by Fallon Health
Call to Reserve your Spot!!
Weather permitting, we'll be Outside. Walk-ins welcome.

COA Board Members

Pam St. John, Chairperson
Aleta Moncecchi, Vice Chair
Bob Joppich
Bruce Shepley, R.N.
Mary Whitman
Leona Meczywor
Barbara Fiske
Barbara Lagowski
(one vacancy)
Next Meeting: TBD

COA Director ext. 201

Erica Girgenti
egirgenti@town.adams.ma.us

Outreach Worker ext. 205

Barbara Proper
Bproper@town.adams.ma.us

Administrative Assistant ext. 208

Elizabeth "Liz" Chapman
echapman@town.adams.ma.us

Van Drivers ext. 210

John Naughton, Jolene Droschen,
Joe Sloane & Bruce Shepley

Custodians

Kyle Wilson & Ray Keele

SHINE Counselor (Medicare)

Karen De'Ordio

Foot Nurse:

Lynette Dukehart, RN

Check us out on Facebook
Adams.Council.on.Aging



Did you know our newsletter is online?

You can read the current and previous editions by visiting the following website:

www.ourseniorcenter.com/find/friends-of-adams-coa

“Grab n Go” Community Lunches

Catered by ESBC

Monday – Friday

Pick up Time: 11—11:30 AM

Adams Council on Aging/Visitor Center

A \$2.00 Donation per meal for 60+ yrs old

To order/cancel meals, call 48 hours in advance 743-8333.

For a full listing, obtain a menu at the Council on Aging

- 6/1 Chix Chili, Black Beans & Rice, Sliced Peaches
- 6/2 Cold Salmon Filet, Wild Rice Salad, Fresh Orange
- 6/3 Breaded Chix Patty w/Roll, Corn Chowder, Mangoes
- 6/4 Philly Steak w/Cheese– onions/peppers & Grinder Roll, Red Potatoes, Apricots
- 6/7 Beef Stroganoff, Noodles, Sliced Pears
- 6/8 Tuna Salad Sandwich, Italian Wedding Soup, Apple Crisp
- 6/9 Goulash, Beets, Sliced Peaches
- 6/10 Veal w/Peppers & Onions, Gold Potatoes, Banana
- 6/11 Orange Chix, White Rice, Pineapple & Mandaring Oranges
- 6/14 Ravioli w/Marinara, Green Beans, Fresh Orange
- 6/15 Oriental Beef, Brown Rice, Vegetables, Fruit Cocktail
- 6/16 Chix ala King, Mashed Potatoes, Diced Pears
- 6/17 Fathers Day Meal: Pot Roast w/gravy, Mashed Sweet Potatoes, Cauliflower, Chocolate Pudding
- 6/18 Juneteenth—Happy Holidays
- 6/21 Sliced Turkey w/gravy, Mashed Potatoes, Spiced Apples
- 6/22 BBQ Chix Breast, Red Potatoes, Tropical Fruit Salad
- 6/23 Lower Sodium Hotdog, Baked Beans, Cole Slaw, Apple Cr
- 6/24 Swedish Meatballs, Buttered Noodles, Mixed Fruit
- 6/25 Spanish Rice (beef), Tortilla Shell, Banana
- 6/28 Cold Bone in Chix, German Potato Salad, Sliced Peaches
- 6/29 Catered Lunch w/Davis Bates Entertainer
- 6/30 Chix Sorrentino, Ziti Marinara, Fresh Plum

MOBILE FOOD BANK

June 8th & 22nd 10am—11am

Walk-Up & Bring Your Own Bag

Bins are back! Meaning no more pre-packaged boxes and no more car service. Just like pre-COVID times, those interested will line up, along the Rail Trail, and come through our bin of fresh produce! Any age and income welcome.

CHAIR YOGA w/Maryanne

Space has been expanded!

Call to let us know your coming!



Tues & Thurs - 8:30am or 10:00am
Mon & Weds 9am

Typically, classes meet under the tent and in the fresh air. When classes are outdoors, masks off are allowed. Otherwise, mask-on is required indoors.

Volunteer Spotlight

June's Volunteer Spotlight goes to:

**Bev Favreau, Liz Mach
& June Samson**

These three represent some of our vaccine volunteer team! These three women have either made hundreds of calls, logged hundreds of client notes or worked dozens of hours at the vaccine clinic. Our vaccine success would not have been accomplished without their help, patience, compassion, and willingness to make a difference. If we see any of these women out in the community then please join us by offering them a big smile and an even bigger thank you!




Attention!
MOBILE FOOD
BANK

**WHAT MAKES YOU
A MAN IS NOT
THE ABILITY TO
MAKE A CHILD,
IT'S THE COURAGE
TO RAISE ONE.**

President Barack Obama

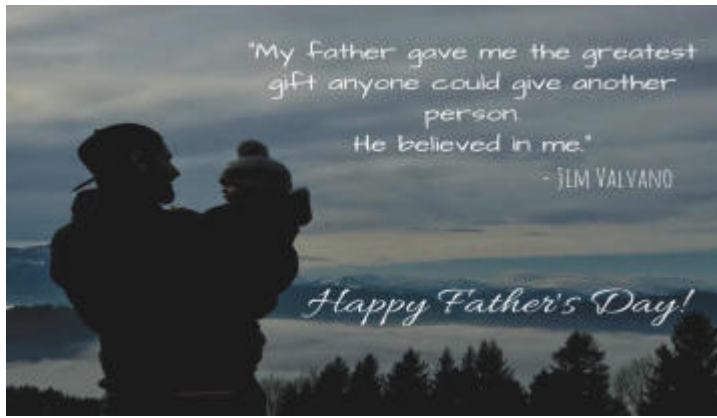
J u n e

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30—9:30 Chair Yoga 10:00—11:00 Chair Yoga 11-11:30: Lunch	2 9-10:00 Chair Yoga 11—11:30: Lunch 3-4:00 Friends Meeting	3 8:30—9:30 Chair Yoga 10:00—11:00 Chair Yoga 11—11:30: Lunch	4 11—11:30: Lunch North Adams Mobile Food Bank
7 9-12: SHINE 9-10:00 Chair Yoga 11—11:30: Lunch	8 11—11:30: Lunch 12:30-1:30 Chair Yoga <u>Mobile Food Bank</u> 4 Alzheimer Support Group	9 9-12: SHINE 9-10:00 Chair Yoga 11—11:30: Lunch	10 8:30—9:30 Chair Yoga 10:00—11:00 Chair Yoga 11—11:30: Lunch	11 9-12: SHINE 9:30 Coffee Social BANANA SPLIT PARFAIT 11—11:30: Lunch 
14 9-12: SHINE 9-10:00 Chair Yoga 10:30-11:30 Meet & Greet With Savoy Residents 11—11:30: Lunch Flag Day	15 8:30—9:30 Chair Yoga 10:00—11:00 Chair Yoga 11-11:30: Lunch Foot Clinic	16 9-12: SHINE 9-10:00 Chair Yoga 11—11:30: Lunch	17 8:30—9:30 Chair Yoga 10:00—11:00 Chair Yoga 11—11:30: Lunch 1:00—BINGO Sponsored by Fallon Health 	18 9-12: SHINE North Adams Mobile Food Bank
21 9-12: SHINE 9-10:00 Chair Yoga 11—11:30: Lunch	22 11—11:30: Lunch 12:30-1:30 Chair Yoga <u>Mobile Food Bank</u>	23 9-12: SHINE 9-10:00 Chair Yoga 11—11:30: Lunch 1:00: Movie—"Supervized" 	24 8:30—9:30 Chair Yoga 10:00—11:00 Chair Yoga 11—11:30: Lunch	25 9-12: SHINE 11—11:30: Lunch B r o w n B a g
28 9-12: SHINE 9-10:00 Chair Yoga 11—11:30: Lunch	29 CATERED LUNCH & Davis Bates Per- forms LIVE Celtic Music during Lunch! Outdoor Picnic	30 9-12: SHINE 9-10:00 Chair Yoga 11—11:30: Lunch		

June 2021

The INFORMER | 4

<div style="background-color: #f4a460; padding: 5px; text-align: center;"> BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE. </div> <div style="background-color: #003366; color: white; padding: 10px;"> <p style="text-align: center;">LPI is Hiring Ad Sales Executives</p> <ul style="list-style-type: none"> Full-Time with Benefits Paid Training Expense Reimbursement Travel Required <p style="text-align: center;">Contact us at: careers@4lpi.com www.4lpi.com/careers</p> </div>	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  <p>Call 413-743-0001</p> </div> <div> <p>3 Tips to Avoid Elder Abuse</p> <ol style="list-style-type: none"> 1: PLAN ahead to protect your assets 2: Get to KNOW your banker 3: INFORM your attorney of suspicious behavior <p>When in doubt check with your bank!</p> </div> </div> <div style="text-align: center; background-color: #003366; color: white; padding: 5px;"> www.adamscommunity.com </div>
--	--



VOLUNTEERS NEEDED!

ATTENTION COLLEGE BOUND, SUMMER BREAKERS & FLORIDA BIRDS!
ADAMS COUNCIL ON AGING
NEEDS YOUR HELP!
CALL: 413-743-8333

VOLUNTEERS NEEDED
GETTING INVOLVED FEELS GOOD!

Rides offered to adults in Adams, Cheshire & Savoy
GOOD DRIVERS NEEDED TO ASSIST US WITH OUR LONGER DISTANCE TRANSPORTATION TRIPS, DRIVING OUR CAR

No locked in time frames
You're either available or not on day of request.

* No Special License Required
* Looks good on a Resume
* Meet some incredibly interesting and grateful people!

Don't mind driving the car to Springfield, Albany, Bennington, Pittsfield or further? We need adults to assist us in driving adults to specialized medical appointments. Find out more info with a friendly conversation.

Made with PosterMyWall.com

You may be eligible for a discount on your internet!



Use your phone's QR Scan reader here to bring you right to an application! Or call our office and explore how to save you some money! 743-8333

FREE FOR YOU!

We have the following available, FREE to you, if you or some one you know can use them:

- ◆ Shower Seats available if in need
- ◆ Free Hearing Aide Batteries
- ◆ Men's Adult Protective Underwear



FOOT CARE

Get your foot care taken care of, don't delay. Book an appointment with Lynette Dukehart, RN for

by calling 743-8333

Appointments available every month on the 3rd Tuesday

\$35 June 15th



THE LONGEST DAY

June 20th



Alzheimer's
Awareness
Month

Also known as summer solstice, the longest day is a day for Alzheimer's awareness as it is often challenging for caregivers and adults living with dementia suffering from sundowning. Participate in a physical group activity and keep your brain healthy on June 20th.

Also, keep in mind our Alzheimer's Caregiver Support Group. We meet every 2nd Tuesday at 4pm at the Adams Council on Aging.

FRIENDS MEETING!

1st Wednesday of the Month at 3pm

JUNE 2nd

Please feel free to join our group (\$10 Annual Membership)—you may attend a few, all, or no meetings—its up to you. At times there are discounts for "Friends" on trips—Holiday Party, etc. Your Support is greatly appreciated.

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:

(413) 445-5959

110 North Main Street, Lanesboro, MA



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized
Provider

SafeStreets

1-855-225-4251

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Susanne Carpenter**
to place an ad today!
scarpenter@4LPi.com
or **(800) 477-4574 x6348**

Thrive
Locally

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpcommunities.com

Friends of Adams CoA, Adams, MA

06-5289

Did you loved one pass away from complications due to COVID19?

On April 12th, the Federal Emergency Management Agency (FEMA) began accepting applications for its Funeral Assistance Program. The funding for this program was included in the Coronavirus Response and Relief Supplemental Appropriations act of 2021, and the American Rescue Plan Act of 2021.

The FEMA COVID-19 Funeral Assistance program allows for funeral assistance for any COVID-19 related death after January 20, 2020. The program will assist with expenses up to \$9,000 per funeral, up to a maximum of \$35,000 if applicants are applying for assistance related to more than one death.

Here are some key points about the program:

- FEMA's call center can be reached Monday – Friday 9 a.m. to 9 p.m. Eastern Time, toll free at 1-844-684-6333, and through TTY at 1-800-462-7585. The call center can take calls in multiple languages.
- There is currently no deadline to apply for this benefit.
- To be eligible for FEMA's funeral assistance benefit, you must meet these conditions:
- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia.
- The death certificate must indicate the death was attributed to COVID-19.
- The applicant must be a U.S. citizen, non-citizen national, or qualified alien who incurred funeral expenses after January 20, 2020.
- There is no requirement for the deceased person to have been a U.S. citizen, non-citizen national, or qualified alien.
- The program is open to all who qualify, regardless of their income.

RESOURCE: The Department of Public Health has created a webpage with more information about the program, links to FEMA guidance, fact sheets in multiple languages, and information about obtaining or amending a death certificate in Massachusetts: <https://www.mass.gov/info-details/covid-19-funeral-assistance>.

As with other disaster assistance programs for individuals, FEMA is not able to duplicate benefits received from burial or funeral insurance, financial assistance received from voluntary agencies, government agencies, or other sources. This is a program will be completely managed at the Federal level by FEMA, however the required documentation of a death certificate may involve government and other key stakeholders as the state and local level.



Monthly Movie SUPERVIZED

Wednesday, June 23rd @ 1:00

Four former international superheroes are trying to adjust to retirement at a nursing home -- minus their once-powerful abilities. Ex-hero Ray soon finds himself battling not only his enemies, but also the stigma and restrictions of old age.

Director: Steve Barron

R * Comedy * 2019 * 1h 28m

Come and laugh
with us!



IT'S TIME TO TALK ABOUT ALZHEIMER'S

"One day, my mother stopped at a stop sign and didn't know what to do next. It was very unsettling for her."
— Bill on his mother living with Alzheimer's

NEARLY **3 OF 4** AMERICANS find talking to a loved one about signs of cognitive decline challenging

IN FACT, NEARLY **1/3** OF PEOPLE would not say anything to a family member if they noticed cognitive decline or memory loss

HOWEVER, NEARLY **90%** OF PEOPLE would want others to tell them if they themselves showed signs of cognitive decline

8 OUT OF 10 believe there are benefits to early diagnosis of Alzheimer's disease

If something feels different, it could be Alzheimer's. Learn how to approach the conversation at: alz.org/ourstories

ad ALZHEIMER'S DISEASE alzheimer's association