



743-8333 • 3 Hoosac Street • Adams

June 2023

The Buzz

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



The Longest Day is the day with the most light — the summer solstice. On June 21, thousands of participants from across the

world come together to fight the darkness of Alzheimer's through an activity of their choice. On the Longest Day, the Adams COA will be raising awareness of Alzheimer's and related dementias, and honoring and supporting caregivers. June is Alzheimer's and Brain Awareness Month and purple is the official color of the Alzheimer's movement. We will be hosting events at the COA throughout the Longest Day for those who have been diagnosed and their dedicated caregivers. Programs include Dance yoga, music, lunch, Henna w/Izzie, ice cream sandwiches, pop-up vendors, social gatherings, crafts, and more! Please come and join us...and don't forget to wear purple! Call the COA or find us on Facebook for a more detailed schedule of events. Vendors 12-2 pm to include: Health New England, Fallon Health, Sweetwood Assisted Living and others. Outdoor Games will be set up, weather permitting. Hope to see you on the 21st!



MEDICARE FRAUD PREVENTION WEEK, JUNE 5TH-11TH

Remember these three steps: Prevent, Detect, Report!

Prevent: Learn how to read your MSN by watching the video How to Read Your Medicare Summary Notice (MSN). You can also call your SMP or go to their website to learn how to best protect yourself and your loved ones from health care fraud, errors, or abuse. Find your SMP by using the state locator.

Detect: When reviewing your MSN or EOB, look for services, products, or equipment you didn't receive, double charges, or items your doctor didn't order. Request and use a My Health Care Tracker from your SMP to compare appointment information you recorded with what is printed in your MSNs and/or EOBs. If you find items of concern, call the doctor or company in question and ask them about potential mistakes. Call your insurance company if you still have questions.

Report: Call or email your local SMP if you believe that you have experienced health care fraud, errors, or abuse or if you would like to request a My Health Care Tracker. www.smpresource.org




Join us here at the Adams COA as we learn about how the PRIDE movement started. We'll be showing the PBS American Experience Documentary, "**Stonewall Uprising**", with discussion and refreshments to follow.

Monday, June 26th

12:30-2:30pm

Then come back 2 days later for our monthly movie:



Comedy, Drama, Romance

Wednesday, June 28th
12:30-2:30

"A young man (Ewan McGregor) is rocked by two announcements from his elderly father (Christopher Plummer): that he has terminal cancer and that he has a young male lover."

*Come see Christopher Plummer in the role that won him an Oscar, Golden Globe, BAFTA award, SAG award, and Critics Choice award for Best Supporting Actor in a Motion Picture.



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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Friends of Adams CoA, Adams, MA

06-5289

Hi there! There's lots to celebrate and honor this June: LGBTQ+ Pride month, Medicare Fraud Prevention Week, Alzheimer's and Brain Awareness Month, Father's Day, Juneteenth, Berkshire Mountains Faerie Festival, Adams Street Fair...the list goes on and on!!! It's a good time to be a resident of Adams and the surrounding communities. Take a look at what we have to offer this month and join us. We hope to see you! Be well, Sarah

Happy Father's Day to all you dads and father-figures. Fatherhood: "It's the most profound gift and the most daunting challenge." ~Matt Bomer



Craft with Izzie: Wednesday, June 14th 12:30-2:00
Join us to make your own Flower Crowns or Wreath. Please call to reserve your spot by Friday, June 9th as materials (and cookies!) are limited. 413-743-8333



**BINGO
& Ice Cream**



June 12th @
12:30 hosted by



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!

Bulky & Electronics Recycling!
Dates of collections: 2023
Adams - Saturday June 24 2023 East Rd. (old landfill)
Lanesborough - Saturday Sept. 16 2023 10 Maple Court, DPW Yard
Clarksburg - Saturday Oct. 7 2023 714 W Cross Road, DPW Yard
All 3 collections times are: 8:00 AM to 12:00 PM
Northern Berkshire Solid Waste Management questions: LCernik@nbswmd.com
Linda Cernik, Program Coordinator

Open To All Member Towns. Registration Not Required!
Mattresses Will Not be accepted at these events

Inquire about the District Mattress Recycling HUB.

General List - Other Household Items Accepted
Cost and Items accepted are subject to Change

Furniture & Carpeting	Price/Unit	Electronics, Computers, TV's	Price/Unit
Couches / Lovesats	\$ 25.00 + each	Portable TVs	\$ 15/\$ 20.00 each
Upholstered Chairs	15.00 each	Console TVs	30.00 each
Wooden Chairs / End Tables	10.00 each	Large Projection TVs	50.00 each
Kitchen / Dining Table	10.00 each	Printers, Scanners	10.00 each
Bookcases / Bureaus	10.00 each	Telephones / Answering Machines	5.00 each
Wooden Doors	10.00 each	Copier Machines	20.00 each
Room-Size Carpet	10.00 each	VCR, DVD, Fax Machines	10.00 each
		Laptops	20.00 each
Propane Tanks		Miscellaneous	
20 lb. LP Gas BBQ Tanks	10.00 each	Porcelain Toilet	20.00 each
Larger LP Tanks (up to 100 lb.)	20.00 each	Porcelain Sink	20.00 each
16.4 oz. "Camp-Size"	1.00 each	Plastic Playground & Other Toys over 2' x 3'	10.00 each
		Child Car Seats	7.00 each
Tires			
Not accepted at this collection. Inquire about the shared Tire recycling program			
Scrap Metal/Appliances		DRAIN GAS & OIL FROM ALL ENGINES	
Bicycles	No Charge	Air Conditioners, Dehumidifiers	\$15.00 each
Push Lawnmowers	No Charge	Refrigerators, Freezers	\$15.00 each
Riding Lawnmowers	No Charge	Microwave Ovens	No Charge
Snow Blowers, Rototillers	No Charge	Stoves	No Charge
Metal Storm Doors	No Charge	BBQ Grills	No Charge
Washers/Dryers	No Charge	Treadmills, Exercise Equipment	No Charge
Dishwashers, Trash Compactors	No Charge	Residential Water Heaters up to 80 Gallons	No Charge

Questions call Linda Cernik, NBSWMD: 413-743-8208
Items are recycled when possible!

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 Meeting: Mon June 5 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!

Tues & Thurs - 9am - 10am
RSVP to reserve seating

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

- 6/1 Breaded Chix w/bun, Corn Chowder, Mangoes
- 6/2 Philly Steak w/Cheese, Red Potatoes, Apricots
- 6/5 Beef Stroganoff, Noodles, Brussel Sprouts, Pears
- 6/6 ***Grab & Go*** Tuna Salad Sand, Italian Wedding Soup, Apple Crisp
- 6/7 Goulash, Sliced Beets, Peac & Carrots, Sliced Peaches
- 6/8 ***Grab & Go*** BBQ Pulled Pork, Boiled Potatoes, Broccoli, Banana
- 6/9 Orange Chix, White Rice, Pineapple & Mandarin
- 6/12 Ravioli w/Marinara, Green Beans, Squash, Orange
- 6/13 Turkey Chef Salad, Wild Rice, Dried Cranberries
- 6/14 Chix Puttanesca, Mashed Potatoes, Diced Pears
- 6/15 Father's Day Linen Lunch—Beef Wellington, Mashed Sweet Potatoes, Chocolate Pudding
- 6/16 Sliced Turkey w/Gravy, Mashed Potatoes, Apples
- 6/19 **CLOSED— HAPPY Juneteenth!**
- 6/20 Low Sodium Hot Dog, Cole Slaw, Apple Crisp
- 6/21 BBQ Chix, Sliced Potatoes, Squash, Tropical Fruit
- 6/22 Swedish Meatballs, Noodles, Mixed Fruit
- 6/23 Spanish Rice (Beef), Broccoli, Carrots, Banana
- 6/26 Lemon Chix, German Potato Salad, Sliced Peaches
- 6/27 Port Roast w/ Gravy, Mashed Sweet Potato, Apricot
- 6/28 Oriental Beef, Brown Rice, Fruit Cocktail
- 6/29 Salisbury Steak, Mashed Potato, Honeydew Melon
- 6/30 Cheese Omelet, O'Brien Potatoes, Raisins



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 onessuffering 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: June 13th & July 11th

**West African & Caribbean
Hand-Drum Class w/
Aimee Gelinas & Dan
Cohen from The
Tamarack Hollow Nature
and Cultural Center**



Friday, June 3rd 10-11:00 a.m. at the COA

Join cultural educators Aimee Gelinas M. Ed & Dan Cohen 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
			1 9 - 10 Chair Yoga 11:30 Lunch 1:00 Pitch	2 11-11:30 Grab n Go Lunch North Adams Mobile Food Bank
5 9-12 SHINE 10:00 Cribbage 11:30 Lunch 2:00 COA Board Mtg	6 In-person programming is CANCELED for the day. * No Water Service in the Building 11-11:30 Grab & Go Lunch	7 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 1:00 Friends Mtg 6pm Annual Town Meeting	8 In-person programming is CANCELED for the day. *Staff away at a conference 11-11:30 Grab & Go Lunch	9 10:00: Drumming Class 11-11:30 Grab n Go Lunch
12 9-12 SHINE 10:00 Cribbage 11:00-11:30 Lunch 12:30 BINGO & Ice Cream by: 	13 9 - 10 Chair Yoga 10-11 Mobile Food Bank 11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters 3:00 Caregiver Support Group	14 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Craft w/ Izzie: Faerie Crowns or Door Wreaths	15 9 - 10 Chair Yoga 11:30 Father's Day Linen Lunch 1:00 Pitch	16 11-11:30 Grab n Go Lunch North Adams Mobile Food Bank
19 CLOSED 	20 8-4 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch 12:30 Dominos 1:00 Crafters	21  9-10 Dance Yoga 9-12 SHINE 11:30 Lunch Call the COA or check the Facebook page for updated list of events for the day.	22 9 - 10 Chair Yoga 11:30 Lunch 1:00 Pitch	23 11-11:30 Grab n Go Lunch 11-12 Brown Bag Cheshire COA Dutch Apple Cruise Trip
26 9-12 SHINE 9-11 Meraki Hair Appts 10:00 Cribbage 11:30 Lunch 12:30 Pride Documentary & Discussion: PBS' Stonewall Uprising	27 9 - 10 Chair Yoga 10-11 Mobile Food Bank 11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters	28 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Movie: Beginners w/ Christopher Plummer & Ewan McGregor	29 9 - 10 Chair Yoga 11:30 Lunch 1:00 Pitch	30 11-11:30 Grab n Go Lunch 1pm Carpoolers Depart for 2pm show of Cabaret at Barrington Stage

Get FREE at-home COVID-19 tests Free Test kits and masks available at the following Town of Adams Departments: Town Clerk, Council on Aging, Town Treasurer, Dept of Public Health, Library, and Police Dept. They will also be available at the subsidized housing complexes in town. ***The FDA has extended the expiration date 6 months beyond what is printed on the back of the box.***



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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!

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 for questions & reservations @
413-662-3125

Upcoming: October—Vermont Country Store
 November - Country Jamboree



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

Thursday, June 22nd
11am - 2pm

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

Self-care is essential to a healthy lifestyle.

It's that time of year again:

The Friends of the Adams Council on Aging
 Annual \$10 Membership Fees for the 2023-
 2024 year are due as of July 1st.

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.
 Call the COA for more information.



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, June 26, 9:00-11:00am

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

BLOOD PRESSURE CLINIC

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



June 20th

Offered by local RNs
 Luanne Rose & Bruce Shepley

Pitch with Corry Cairns!

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!

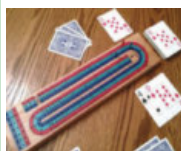


"Give me a Smile!" SCRABBLE with Garret
 every other Tuesday at 12:30 on
 the 2nd floor of the COA.



Upcoming: June 13th & 27th

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: June 20th @ 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.



Upcoming Shows Coordinated by the Friends of the
 Adams Council on Aging:

Friday, June 30th, 2pm: "Cabaret" at Barrington Stage
 Tickets are \$57.60/pp for Orchestra B section. Wheelchairs
 cannot be accommodated, but walkers can. Transportation
 assistance limited to 1 COA van and those willing to carpool.
 Tickets limited to first 30 people who provide payment to
 COA.

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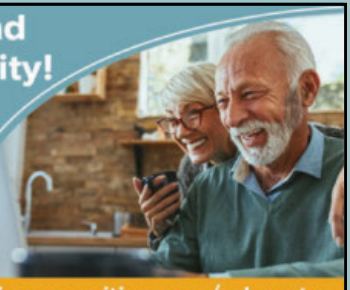
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BCAC Fuel
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Guidelines



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!

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.

The Savoy annual town meeting was Wednesday, May 31st. Check the website for more details.

Savoy Town Hall Hours:

Select Board Assistant

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

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

Property Tax Exemptions

There are several types of property tax exemptions available in Massachusetts. A tax exemption is a waiver of the obligation to pay some or all property taxes.

Taxpayer's Guide to Local Property Tax Exemptions:

Under state law, only your board of assessors, as the local tax administrator, can decide whether you qualify for an exemption. If you disagree with its decision, you may appeal to the state Appellate Tax Board. MGL Ch.59, Sec.5

Clause	Exemption Amount	Town of Adams Assessors Office: (413)743-8300 x.178
17C 1/2	\$175.00	SENIOR -- SURVIVING SPOUSE OR MINOR
18	\$175.00	FINANCIAL HARDSHIP: ACTIVATED MILITARY – AGE AND INFIRMITY
22	\$400.00	VETERAN OR SURVIVING SPOUSE
22A	\$750.00	VETERAN OR SURVIVING SPOUSE WHO SUFFERED IN THE LINE OF DUTY THE LOSS USE OF FOOT, HAND OR EYE
22E	\$1,000.00	VETERAN OR SURVIVING SPOUSE WHO SUFFERED TOTAL DISABILITY
37	\$437.50	BLIND PERSON
41C	\$500.00	ELDERLY PERSON