

3 Hoosac Street •

(413) 743-8333

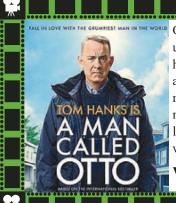
Open Mon, Tue, Thu 8am-4pm Wed 8am-5pm Fri 8am-12pm

Kristie Gentile from Second Chance Stables & Draft Rescue Inc

will be visiting us on Friday May 26th w/one of her horses at 11:00 a.m.

Second Chance Stables & Draft Rescue is a 501(c)(3) non-profit organization, Massachusetts Registered Charity and Rescue. They are dedicated to the rescue, rehabilitation, and retirement and or responsible re-homing of draft breeds. Horses otherwise headed for the slaughter pipeline. The rescue seeks to provide a safe place for

these horses to heal and rehabilitate so they may have a second chance at the life they deserve. "A life saved is a life saved."



Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

Wed May 24th at 12:30

1 others

Join us Thursday, May 11th to celebrate Mother's Day with

Lighten Up Trio Band

They will provide a Mother's Day

Concert playing all your favorites. Two acoustic guitars and a bass and all 3 sing! You can sing along with songs from James Taylor, Santana, Neil Young, Michael Buble, Jimmy Buffet, etc.

Sponsored by the Friends of the Adams COA

Music will begin following lunch being served at 11:30.

West African & Caribbean

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

"Inspiring environmental & cultural awareness, appreciation & stewardship."

Wednesday May 3rd 3:30-4:30pm at the COA

Join cultural educators Aimee Gelinas M. Ed & Dan Cohen in a dynamic, hands-on participatory class focusing on folk-loric 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.





Join us Wednesday, May 31st for our Picnic/BBQ Lunch hosted by the COA Staff, followed @ 12:30 by: Renowned Author and Humorist **Kevin O'Hara**

Excerpts from his latest book
"Ins and Outs of a Locked Ward"
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BY THE FRIENDS OF THE ADAMS
COUNCIL ON AGING









ms 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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Hours: Mon & Wed: 9:00 am - 5:30 pm Tues & Thurs: 8:30 am - 5:00 pm Friday 9:00 am - 3:30 pm 1 Berkshire Square, Suite 109 • Adams, MA

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Hello again. May has arrived. And with it comes our celebration of Older Americans Month! Please look through The Buzz to see our enhanced programing for this month, and trips planned for upcoming months. And we wish a very Happy Mother's Day to all the mothers and Artwork by Inspirivity | mother figures out there! Blessings, Sarah

"Mother is a verb. It's something you do. Not just who you are." Cheryl Lacey Donovan



Craft with Izzie: Thursday, May 18th at 12:30pm Join us for jewelry making! Due to materials provided, reservations are very limited for this event. Please call the COA to sign up for what is sure to be a good time!

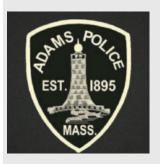




BINGO sponsored this month by Fallon Health



Join us Wednesday, May 10th @ 12:30 p.m.



Coffee with the Chief

Friday, May 19th 9-10am @ the Adams COA Come chat with our Chief of Police, K. Scott Kelley, and have an open discussion about public safety while enjoying some coffee and light refreshments.



Monday, May 22nd @ 12:30pm



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

Refreshments will be provided.

Free Mother's Day Massages!!! Monday, May 15th from 1-3 p.m.

Come enjoy a 15 min chair massage by local practitioner Eva Assante. Only 8 appointments available. Call the COA today to reserve your spot! 413-743-8333



Ventfort Hall

Tour & Lunch Mon, May 22nd Tour begins at 11am, Victorian Tea and light lunch will follow at 12pm. Sponsored in part by the Friends of the Adams COA. Cost is \$20/pp. Transportation assistance limited to 1 COA van and those willing to carpool.

Register by Mon, May 15th at the Adams COA.

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 May 1 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

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

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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

- 5/1 Cod Pomodoro, Scalloped Potatoes, Fresh Orange
- 5/2 White Chix Chili, Brown Rice, Corn Bread, Mangoes
- 5/3 Moroccan Beef Stew, Sweet Potatoes, Sliced Peaches
- 5/4 Sliced Turkey w/Gravy, Asparagus Cuts, Choc Chip Brownie. *Cinco de Mayo Margaritas (non-alcoholic)
- 5/5 Sweet n Sour Pork, Penne, Broccoli, Apricots
- 5/8 Chix Caesar Salad, Rice Salad, Mandarin Orange
- 5/9 Pasta Primavera, Tomato Medley, Warm Applesauce
- 5/10 Chix Burger, Au gratin Potatoes, Sliced Pears
- 5/11 Mother's Day Lunch: Veal Parmesan, Shells w/ Marinara, Mixed Fruit
- 5/12 Chix Stuffed w/broccoli & cheese, Veg, Banana
- 5/15 Roast Pork w/gravy, Mashed Potatoes, Applesauce
- 5/16 Beef Teriyaki, Rice, Carrots, Pineapple/Mandarines
- 5/17 Breaded Chix Bites, Grains Mix, Asparagus, Apple
- 5/18 Meatloaf/Gravy, Mashed Potato, Blueberry Yogurt
- 5/19 Lasagna w/Red Sauce, Beans, Sliced Peaches
- 5/22 Chix Marsala, Mashed Potatoes, Fruit Cocktail
- 5/23 Cheese Omelet, Broccoli, Potato Leek Soup, Apricots
- 5/24 Chef Salad, Spiced Beets, Fresh Orange
- 5/25 Elder Services Memorial Day Picnic: Low Sodium
- Hot Dog Baked Beans, Sauerkraut, Melon Cup
- 5/26 Beef Burgundy, Garlic Mashed Potatoes, Pears
- 5/29 CLOSED FOR MEMORIAL DAY
- 5/30 Lexington BBQ Chix, Confetti Rice, Sliced Peaches
- 5/31 COA Memorial Day Picnic: Burgers & Dogs, Salads

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

*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

Pre-registration is unnecessary but welcomed.

Questions can be answered at 743-8333

Upcoming Dates: May 9th & June 13th

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.

CHP Berkshires Mobile Health Unit will visit the Adams COA Tuesday, May 23rd from 9 a.m.— 12:00 p.m.

New COVID booster just approved by the CDC for those 65+ years old. Other medical services offered: Blood Pressure checks,

A1c/Glucose Monitoring, sick visits, and more.



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 within Adams, North Adams, and Williamstown.

*Suggested donation of \$1.00 per town, each way

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Monday	Tuesday	Wednesday	Thursday	Friday
1 9-12 SHINE 10:00 Cribbage 11:00-11:30 Lunch 2:00 COA Board Mtg	2 9-10 Chair Yoga 11:00-11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters	9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 1:30 Friends Mtg 3:30 Drumming	9 - 10 Chair Yoga 11:30 Lunch, Cinco de Mayo Margaritas (non-alcoholic) 1:30 Pitch	5 11-11:30 Grab n Go Lunch North Adams Mobile Food Bank
8 9-12 SHINE 10:00 Cribbage 11:30 Lunch	9 - 10 Chair Yoga 10-11 Mobile Food Bank 11:30 Lunch 12:30 Dominos 1:00 Crafters 3:00 Caregiver Support Group	9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 BINGO Sarai from Fallon Health	9 - 10 Chair Yoga 11:30 Mother's Day Linen Lunch w/ Music by "Lighten Up" 1:30 Pitch Happy Mother's Day	12 11-11:30 Grab n Go Lunch
9-12 SHINE 10:00 Cribbage 11:00-11:30 Lunch 1-3 Mother's Day Massages (by appt)	16 8-4 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters	17 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch	9 - 10 Chair Yoga 11:30 Lunch 12:30 Craft w/ Izzie: Jewelry Making 1:30 Pitch (2nd fl)	9-10 Coffee w/ the Police Chief 11-11:30 Grab n Go Lunch North Adams Mobile Food Bank
9-12 SHINE 10:00 Cribbage 10:00 Ventfort Hall Trip Departs for Lenox 11:30 Lunch 12:30 Adams Fire Dept: Home and Fire Safety for Seniors	9 - 10 Chair Yoga 10-11 Mobile Food Bank 11:30 Lunch 12:30 Dominos 1:00 Crafters	9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Movie: A Man Called Otto	25 9 - 10 Chair Yoga 11:30 Lunch 1:30 Pitch	26 11-11:30 Grab n Go Lunch 11-12 Brown Bag 11-12 Second Chance Stables & Draft Rescue Inc
29 CLOSED * * * * * MEMORIAL DAY * REMEMBER AND HONOR *	30 9-10 Chair Yoga 11:00-11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters	31 9-10 Dance Yoga 9-12 SHINE 11:30 Picnic Lunch w/ Speaker Kevin O'Hara to follow at 12:30 discussing his 30 yrs as a Psych Nurse		Hus and Outs of a Locked Ward

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.*





2: Get to KNOW your banker

3: INFORM your attorney of suspicious behavior

413-743-0001 When in doubt check with your bank!



Call

www.adamscommunity.com

Hilltown Travelers Upcoming Trips:
6/23 Dutch Apple Sightseeing Cruise on the
Hudson River w/a Brunch stop @ Cracker Barrel
on the way back -\$58 pp (Does NOT include lunch)!

Payment due with Reservation! Contact Peter Traub @ 743-3496 for questions and reservations.



A second bus has been added to accommodate 50 more folks for the Dutch Apple Cruise!

9/21—Memories of Patsy Cline Tribute Show @ the Log Cabin with Lunch included - Pick up locations begin in N. Adams: Payment Due w/ Reservation Contact: Pat Lescarbeau for questions & reservations @ 413-662-3125

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.

NEED HELP WITH



Resources for Adams & N. Berkshire Residents:

- Berkshire Community Action Council 413-663-3014 https://bcacinc.org/
- Salvation Army's Good Neighbor Energy Fund 413-743-8333
 http://ww.magoodneighbor.org/
- Dynegy (Town of Adams Energy Program) 866-220-5696

https://www.dynegy.com/municipalaggregation/communities-we-serve/ Massachusetts/adams

 Mass Save Energy Audit 866-527-SAVE (7283) https://www.masssave.com/

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.

BLOOD PRESSURE CLINIC

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



May 16th

Offered by local RNs Luanne Rose & Bruce Shepley

Pitch with Corry Cairns!
Join us every Thursday at 1:30
for cards, fun, and laughter.
Call 413-743-8333 if you're
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: May 2nd, 16th, 30th

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 dates:**



9th & 23rd @ 12:30pm

Upcoming Shows Coordinated by the Friends of the ACOA: 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.
Wed, July 12th, 2pm: "Million Dollar Quartet" at The
Colonial Tickets are \$35/pp. Friends are subsidizing \$40/pp to
make the show more affordable for those who want to see this
amazing musical that brings audiences into the recording studio
with icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl
Perkins on December 4, 1956 (based on a true story). Rides
limited to those willing to carpool. Tickets available to the first
30 people who provide payment to the COA.

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BCAC Fuel	Household Size	Gross Annual Income
Assistance	1	\$42,411
Guidelines	2	\$55,461
	3	\$68,511
000	4	\$81,561
1 1 1 A	5	\$94,610
3/1/1	6	\$107,660
BERKSHIRE	7	\$110,107
COMMUNITY ACTION	8	\$112,554

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

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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. Thank you for the lively discussion around Devil's Half Acre by Kristen Green. Our next meeting is Thursday May 18th at 10 am at the Savoy Town Hall.

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.

** Do Savoy residents want the contract with the Adams COA to **
continue into the next fiscal year? If so, please reach out to your
select board members and attend your annual town meeting. As of
now, COA services for Savoy residents are scheduled to end on
June 30th unless a new contract for FY24 is approved and signed.

UPDATED Savoy Town Hall Hours:

Select Board Assistant

Tuesday 1-5pm; Thursday & Friday 9am-1pm

<u>Town Clerk</u>, Valerie Reiner Tuesday 11- 1pm or by appointment call 743-3759 and leave a message

<u>Tax Collector</u>, Sheryl Guettler Tuesday 6-8pm, Saturday 8-10am

Assessor's Office 1st and 3rd Tuesday 5-7pm

Police, Chief Koch 2nd and 4th Tuesday 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.

<u>Taxpayer's Guide to Local</u> <u>Property Tax Exemptions:</u>

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

V	Clause	Exemption Amount	Town of Adams Assessors Office: (413)743-8300 x.178
,	17C 1/2	\$175.00	SENIOR SURVIVING SPOUSE OR MINOR
7	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 TO- TAL DISABILITY
1	37	\$437.50	BLIND PERSON
	41C	\$500.00	ELDERLY PERSON

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