

April 2018

Adams Council on Aging

# The Informer

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

## Mahjong Anyone?

Anyone interested in learning how to play, we have come people willing to teach and/or play with others. Call 743-8333 for more details.

**Please Note:  
The Friends  
Group will meet  
Wed., April 4th.**



Consider Joining the  
Adams Senior Citizen's "Club"

Meetings are 1st & 3rd Thursday (refreshments served on 3rd Thursday).

Dues are \$2.00 per month  
Bingo is played at each meeting  
Monthly lunches at area  
restaurants.

Nominations for officers are  
now open. We have Secretary  
and Chaplin positions open.

More questions? Inquire with  
community member Judy  
Sheehan, Club President. Accessible through your COA.

## MATTER OF BALANCE IS BACK!

A MATTER OF BALANCE is an award-winning lay leader program designed to manage falls and increase activity levels.

A series of 8 classes that include tips to reduce fear of falling and increase strength and balance.



Monday's - 9-11am  
Adams Visitor's Center & COA  
3 Hoosac St, Adams MA 01220  
1st Floor Cafeteria

Dates:  
April 9th, 23rd, 30th  
May 7th, 14th, 21st,  
June 4th, 11th

Matter of Balance is a program funded by the Prevention & Wellness Trust Fund. Program facilitators are Brett and Amanda from the Northern Berkshire Community Coalition.

Inquire about joining at 743-8333, even if late.

## New Opportunities to Come!



Thanks to Fallon Health Community Care, the Adams Council on Aging has a new ride! This All-Wheel Drive 2017 Nissan Rogue will help us to provide some long distance medical rides, offer rides to the doctors during non-emergency snow days, and reach those hard to get to drive-ways! We're also looking to help out our neighboring towns Cheshire and Savoy. More to come on that.

**Interested in learning how to join our Volunteer  
Driver Team?**

Call Erica at 743-8333 to learn more.



# The Barrett House

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## Mobile Food Bank Distribution



Continues to grow, rain or shine through the year!  
Highest recorded household served was last month  
with 298 households in just one hour!

There are a few points to remember:

- NO age requirements & NO income guidelines— open to ALL!
- Sign in begins 1/2 hr **before** distribution
- One portion of each item will be available per household
- **Please bring bags or cart to carry your food**
- **No proof of eligibility required**
- Please park in the old Waverly Parking lot on the grass, volunteers will be there to direct you
- This is being provided in partnership with the Adams COA.

**2<sup>nd</sup> and 4<sup>th</sup> Tuesday of EVERY MONTH**  
**11am – 12pm**  
**April 10th & 24th**



Questions? Contact the Food Bank at 413-247-9738 or the Adams COA 413-743-8333. This program is generously funded by Our Family Foundation by Stop & Shop and managed by The Food Bank of Western MA and Community Health Pro-

## Movie of the Month



### Father Figures

Comedy 2017 R 113m

Brothers Kyle and Peter Reynolds were raised to believe that their dad died when they were young. They're shocked to discover that their

mother lied about his death because she never knew who the biological father was. Setting out on an epic quest to find him, the two siblings soon learn more about their mom's past than they ever wanted to know.

### COA Board Members

Pam St. John, Chairperson  
Aleta Moncecchi, Vice Chair  
Bob Joppich  
Melissa Schaffrick  
Bruce Shepley, R.N.  
Debbie Wineberg, R.N.  
Officer Greg Onorato  
Mary Whitman  
Next Meeting 4/23/18 @2pm

### COA Director

Erica Girgenti

### Outreach Worker

Barbara Proper

### Administrative Assistant

Eric LaRoche

### Van Drivers

John Naughton, Cynthia Fletcher,  
Bill Wilson, Chuck Gebaur  
& Joe Sloane

### COA Reception

Louise Charron

### Custodian

Kyle Wilson

### Nutrition Site Director

Dee Dee O'Bryan

### SHINE Counselor (Medicare)

Karen DeOrdio

## BERKSHIRE SUPERGENERIANS: A FORUM FOR SENIORS



Wednesday, May 9, 2018  
sign-in 8:30 am to 9:00 am  
program 9:00 am to noon  
Berkshire Museum  
39 South Street, Pittsfield, MA



In your 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> or 10<sup>th</sup> decade? Berkshire SUPERGENERIANS and others interested in aging well are invited to this **free** forum. Listen to the talks. Bring your questions and ideas. Start a dialogue between seniors and providers of health, wellness and medical services. Refreshments and door prizes.

### SPEAKERS

Mark Pettus, MD, Berkshire Health Systems  
**Take Charge of Your Health**  
Debra Ann Pollack, MD, Center for Comprehensive Care, Danbury, CT  
**Healthy Sleep for Seniors**  
Alice Bonner, PhD, Secretary of Elder Affairs, Commonwealth of MA

Please pre-register: 413-528-0457 or at <https://berksuperg.eventbrite.com>

Information: [supergenerian@gmail.com](mailto:supergenerian@gmail.com)

### SPONSORS



ORGANIZERS: Mary Jane Inconvia Mattina and Francine Weinberg

**ESBC's 60+ Nutrition Lunch Program**  
**A \$2.00 Donation per meal**

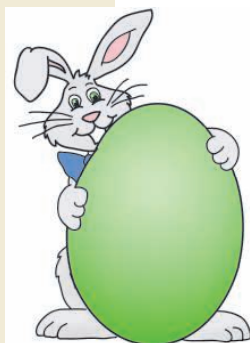
Monday – Friday      Serving Time: 11:30 AM  
 Adams Council on Aging/Visitor Center  
 3 Hoosac Street

To order a meal, call Reservationist  
48 hours in advance at 743-8333.

**\*Transportation Available\***

For a full listing visit the back page of ESBC's  
 Berkshire Senior Newspaper

- 4/2 Breakfast Taco w/ Egg and Turkey Sausage
- 4/3 Chicken Puttanesca
- 4/4 Beef Cabbage Casserole
- 4/5 Pepper Steak
- 4/6 Roast Turkey w/ Gravy
- 4/9 Italian Meatballs
- 4/10 Salmon w/ Newberg Sauce
- 4/11 Chicken & Broccoli Pasta Alfredo
- 4/12 Roast Pork w/ Apricot Glaze
- 4/13 Chicken Ala King
- 4/16 Patriots Day— CLOSED
- 4/17 Beef Stew
- 4/18 Tuna Salad Roll
- 4/19 Sage Stuffed Chicken/Gravy
- 4/20 Spanish Rice w/ Beef
- 4/23 Veal w/ Pepper and Onions
- 4/24 Macaroni and Cheese
- 4/25 Chicken w/ Hawaiian Sauce
- 4/26 Sloppy Joe
- 4/27 Beef Stroganoff



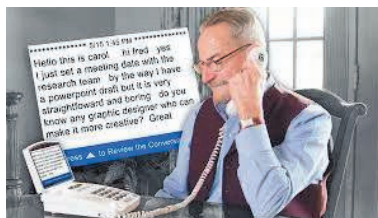
Drink your coffee in style with  
 one of our new  
 Council on Aging mugs.

For \$5 you could own your own  
 and support our Friends Group  
 at the same time. Available in  
 our office on the 2nd floor!



Disclaimer: Coffee is not provided!

Bus Trips w/Bennington COA:  
 Proctor's "The King & I—May 3rd—\$62.00  
 Trip to Lancaster PA—May 10-12, 2018  
 \$414 pp—DBL or \$546 pp-Single  
 Call Eleanor @ 802-442-1052 or 802-379-7216 for  
 details and pick-up locations



Do you have a hard time hearing  
 on your home phone? If so, call  
 Erica and inquire about getting a  
 FREE phone, designed for hear-  
 ing loss. Some even show what  
 the person is saying to you on a screen! Demos are in the of-  
 fice if you'd like to see the phone in action. VERY user friend-  
 ly!

No charge and a great chance to win a prize or gift card

Sponsored by:  
**Hospice of Western MA**  
**Wednesday, April 18th**  
**@ 12:30**



## Classy Craft Class

Card Making w/Mary Lou

The "Classy Craft Class" will begin on Thursday,  
 April 12th and again on Thursday, April 26 from  
 1:00—2:30 p.m., proceeding every 2nd and 4th  
 Thursday of the month.

Mary Lou Burdick has been a volunteer with the  
 Adams COA for several months now, in her spare  
 time she enjoys to craft handmade greeting cards.  
 Her talent and expertise is teachable. Classes will  
 continue as long as we have interest. A recent dona-  
 tion has provided the COA with plenty of supplies,  
 so no initial investment is  
 necessary. Doesn't matter if  
 you're ever crafted before or  
 share in the same passion as  
 Mary Lou, all are welcome!



## Art Classes with Donna

Ever wonder what it's like to get your hands chalky  
 with pastels? Join our Art instructor  
 Donna on Mondays at 12:30 for  
 some great tutorials on both pencil  
 and pastels. Supplies provided.





# Calendar of Events

## APRIL 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b> 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:30 Lunch 12:00 Big Y Shopping 1:00 Quilt, Crochet, Knit	<b>4</b> 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch 12:00 Taxes	<b>5</b> 9:00 Chair Yoga (donation) 11:30 Lunch 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit	<b>6</b> 11:30 Lunch 12:00 Taxes
<b>9</b> 9:00 - 12:00 SHINE 11:30 Lunch <b>12:30 Art w/Donna</b>	<b>10</b> 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:00 Mobile Food Bank 11:30 Lunch 12:00 Big Y Shopping 1:00 Quilt, Crochet, Knit 6:00 Alzheimer's Support Grp	<b>11</b> 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch 12:00 Taxes 12:30 De-Clutter Workshop	<b>12</b> 9:00 Chair Yoga (donation) 11:30 Lunch 12:30 Movie "Father Figures" 1:00 Crafty Class - Card Making 7:00 pm Quilt, Crochet, Knit	<b>13</b> 9:00 - 12:00 SHINE 11:30 Lunch 12:00 Taxes
<b>16</b> <b>CLOSED</b>	<b>17</b> 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:30 Lunch 12:00 Big Y Shopping 1:00 Quilt, Crochet, Knit Foot Clinic by Appointment Call 743-8333 to Book	<b>18</b> 9:00 - 12:00 SHINE Counsel 10:00 Transp to Wal-Mart 11:30 Lunch 12:30 Bingo sponsored by Hospice of Western MA 12:00 Taxes 	<b>19</b> 9:00 Chair Yoga (donation) 11:30 Lunch 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit	<b>20</b> 9:00 - 12:00 SHINE 11:30 Lunch 12:00 Taxes
<b>23</b> 9:00 - 12:00 SHINE 11:30 Lunch <b>12:30 Art w/Donna</b>	<b>24</b> 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 12:00 Big Y Shopping 1:00 Quilt, Crochet, Knit	<b>25</b> 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 12:00 Taxes 12:30 De Clutter Workshop	<b>26</b> 9:00 Chair Yoga (donation) 11:30 Lunch 1:00 Crafty Class - Card Making 7:00 pm Quilt, Crochet, Knit	<b>27</b> 9:00 - 12:00 SHINE 11:30 Lunch 1:00 Brown Bag 12:00 Taxes 12:00 New to Grief
<b>30</b> 9:00 - 12:00 SHINE 11:30 Lunch <b>12:30 Art w/Donna</b>  2:00 COA Board Mtg		<b>We provide transportation to Big Y every Tuesday!</b>	<b>Free Wi-Fi Computer Lab Open Mon-Fri 9-3</b>	

The INFORMER | 4


**LITURGICAL PUBLICATIONS**


## WE'RE HIRING

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CONTACT US AT: [careers@4LPi.com](mailto:careers@4LPi.com)  
[www.4LPi.com/careers](http://www.4LPi.com/careers)



## 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](http://www.adamscommunity.com)

Call 413-743-0001

Member FDIC

Equal Housing Lender

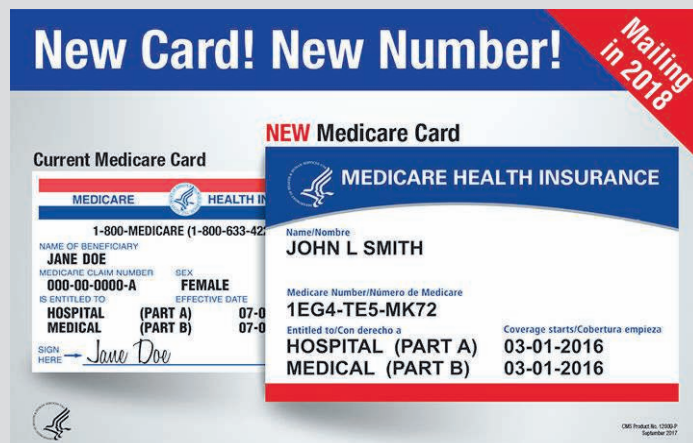
Depositors Insurance Fund

Since 1924

## 10 Things to know about your new Medicare card

They are starting to be mailed April 2018

1. **Mailing takes time:** Your card may arrive at a different time than your friend's or neighbor's.
2. **Destroy your old Medicare card:** Your Adams COA can shred it for you
3. **Guard your card**
4. **Your Medicare number is unique**
5. **Your new card is paper**
6. **Keep your card with you:** Carry new card and show to your health care providers when you need care.
7. **Your doctor knows it's coming**
8. **You can find your number:** If you forget your new card, you, your doctor, or other health care provider may be able to look up your Medicare Number online.
9. **Keep your Medicare Advantage Card:** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare—you should still keep it and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too
10. **Help is available:** If you don't get your new Medicare card by April 2019, call 1-800-663-4227. TTY users can call 1-877-486-2048



## Circuit Breaker

### Senior Citizen Property Tax Relief

The Circuit Breaker is designed to give income eligible senior citizens a credit of up to \$1,080 on their property taxes.

You may qualify if You:

- Are age 65 or older by December 31, 2017
- Own or rent in Massachusetts as principal
- Residence

Your total income does not exceed:

- Single filer: \$57,000
- Married filing jointly: \$86,000
- Head of household: \$72,000

Who is Ineligible?

- Those who receive federal or state rent subsidy
- Those who are a dependent of another tax payer
- Those whose property is assessed at a value of more than \$747,000

How Much is the Credit?

As of January 1, 2017—capped at \$1,080

This tax credit is applied to what is owed for income tax. If the credit is more than what is owed, a refund (interest free) will be issued.

**Ask your Tax Preparer if you qualify!**

### Friends of Adams COA

#### Sponsored trip:

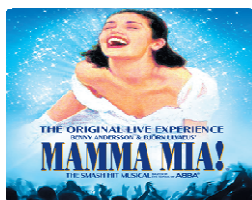
Mac-Hayden Theatre

Thursday, July 12th @ 2:00 p.m.

w/Dinner Buffet

\$85 pp—**Due with Sign up**

LIMITED NUMBER OF TICKETS



September 14th Trip to Big E - Military Day

October—Fall Foliage Cruise on the Hudson

November—Vermont Country Store

MORE TO COME.....



## 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



# HELP PROTECT YOUR FAMILY & HOME

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## Sandy Sorel

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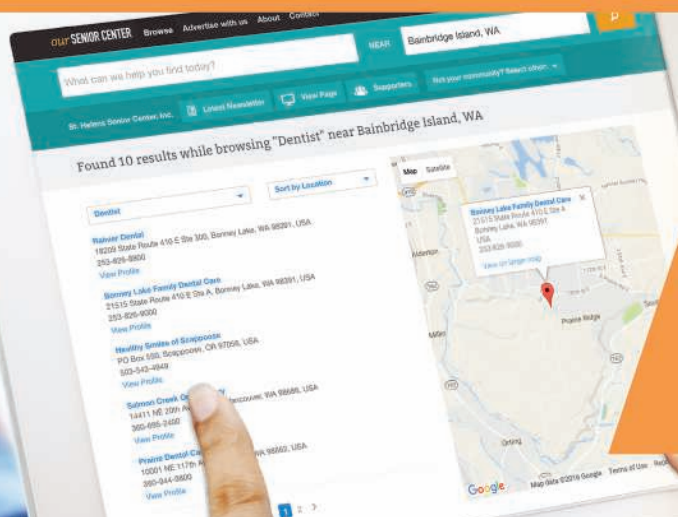
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## Northern Berkshire Solid Waste Management District 2018 PAINT COLLECTIONS

*Open to residents of Adams, Cheshire, Clarksburg, Florida, Hancock, Hinsdale, Lanesborough, Monroe, New Ashford, Peru, Savoy, Williamstown & Windsor.*

### Cheshire

- April 21, Sat 8 am-3pm
- June 8, Fri 9 am-2pm

### Hinsdale

- May 3, Thur 2 pm-6 pm
- June 23, Sat 8 am-3 pm

### Williamstown

- May 19, Sat 8 am-3pm
- July 14, Sat 8 am-3pm

Cheshire Transfer Station  
Main St, Adjacent to DPW

Hinsdale Transfer Station  
106 Plunkett Reservoir Rd

Williamstown Transfer Station  
675 Simmonds Rd

WHAT TO BRING: Oil Based Paints, varnish, stain, spray paint  
What not to bring: Latex Paint

\*Proof of residency in a member town is required



### North Adams (North County) Triad Looking for new members!

- Find out what our communities are doing to protect seniors and bring your concerns
- Monthly meetings held 4th Wednesday of each month
- Next meeting is on Wednesday, April 25th @ noon, held at the North Adams American Legion. Lunch is provided.
- Dues are \$10/year  
Call 413-664-4160 for more info

### Do you use flushable wipes?

- They aren't actually "flushable" and **should not** be flushed in the town of Adams.
- They cause major plumbing problems and are a public health concern



### We Need Tax Volunteers!

The County Wide AARP Tax program, including your Adams COA Tax Site is at risk for not operating next year. We have a high demand and lack of volunteers! Interested in learning more about how you might help next year? Call Erica at 743-8333



### New to Grief Workshop

Brought to you by HospiceCare in The Berkshires, Inc.  
Friday April 27, 2018 12:00 to 1:00 PM  
Adams Council on Aging / Visitor Center

Losing a loved one can be a difficult time, especially during the first few months. The flood of emotions can leave us feeling exhausted and confused. Come join us for this informational meeting on the grief process, what to expect, and how to cope. Anyone who has lost a loved one is welcome to attend.



Registration is Preferred. Free and Open to the Public.

### Welcome Back Spring!

Join Norm Jette and Joyce Wing in the month of April to help get our community garden up and running. Share conversation about different plants, exotic veggies, and herbal remedies for treating your plants. Interested when? Call 743-8333 in April to see when we'll be gathering.

