



April 2019

Adams Council on Aging

# The Informer

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

## SHORT 'n SWEET

Mobile Food Bank.....	Pg #2
Movie.....	Pg #2
Staff .....	Pg #2
BINGO .....	Pg #3
Nutrition Program .....	Pg #3
Calendar of Events.....	Pg #4

It's Tax Collection Time!



Don't shoot the messenger. In an effort to make collections more covenant, the Town Treasurer, Kelly Rice, is offering extended hours to afford you time to pay your real estate taxes. Call 743-8333 ext177 for date and time details.

Upcoming Events to be aware of...

4/10 De-Clutter Workshop  
4/22 Earth Day Event  
6/21 Longest Day  
Alzheimer's Awareness

**Medical Marijuana presentation is  
being rescheduled to  
April 22 4pm - 6pm**

W E L C O M E



We have a market again!

Was it meant to be? Adams Market came to Adams!

Adams Hometown Markets also operates 8 stores in Connecticut and 1 in Massachusetts. They offer full service meat and deli departments, fresh produce, floral, seafood, fresh baked goods as well as a full variety of grocery, dairy and frozen foods. They have been serving local communities for the past 15 years. And they take great pride in serving and being involved in the communities.



W E L C O M E

New Adams Town Administrator Jay Green!

Mr. Green is an attorney and former administrative officer for the city of North Adams. More recently, he left his position with Amtrak to return to a municipal position with Adams. Many may recognize Jay for his work with the Berkshire Scenic Railway.

We welcome Jay and look forward towards his leadership.

**DON'T SHOP. AD PAWT.**



## MidTown TAX & BOOKKEEPING CO., INC

ROBERT C. BLAIR, OWNER

44 Spring Street, Adams, MA

Tel: 413.743.4933 | [midtowntaxadams@aol.com](mailto: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](http://www.BaneCare.com)



2 Park Street, Adams  
413-743-7333  
[www.Greylock.org](http://www.Greylock.org)



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

Check out our new website:  
[www.adamsphysicaltherapy.com](http://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

### PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



**\$29.95/MO**  
BILLED QUARTERLY

PLUS  
SPECIAL  
OFFER

CALL NOW! 1.877.801.5055  
[WWW.24-7MED.COM](http://WWW.24-7MED.COM)



25 Adams Road • Williamstown, MA 01267  
413-458-2111 • [www.williamstowncommons.org](http://www.williamstowncommons.org)

# SBM

SMITH BROS. - McANDREWS INSURANCE

45 Park Street • Adams • 743-1216

[www.smithbrosmcandrews.com](http://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](http://www.northadamscommons.org)

## EDMUND R. ST. JOHN, III

*Attorney-At-Law*

2 Center Street / P.O. Box 228 / Adams, MA  
85 East Street / Suite 6 / Pittsfield, MA

**413.743.0990**

[estjohn1@albany.twcbc.com](mailto:estjohn1@albany.twcbc.com)

**30% SENIOR DISCOUNT**



**SPREAD THE WORD** A Thriving, Vibrant  
Community Matters



**SUPPORT OUR ADVERTISERS**

### 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**





## MEET ME AT THE CLARK



The Clark Art Institute welcomes people living with dementia, and those who care for them, to join an open-ended discussion about art with a specially trained educator.

Spring Sessions will be held on  
April 15 and May 13  
@2:00 pm

Advance reservations required. Accompanying caregivers must also register.

To register, call (413) 458-0563



## MOVIE OF THE MONTH

April 11<sup>th</sup> @ 12:30 p.m.

R 2018 · Biography, Comedy, Drama · 2h 12m

The story of Dick Cheney, an unassuming bureaucratic Washington insider, who quietly wielded immense power as Vice President to George W. Bush reshaping the country and the globe in ways that we still feel today.

### COA Board Members

Pam St. John, Chairperson  
Aleta Moncecchi, Vice Chair  
Bob Joppich  
Leona Meczywor  
Bruce Shepley, R.N.  
Debbie Wineberg, R.N.  
Mary Whitman  
2 Vacancies  
Next Meeting 4/29/19 @2pm

### COA Director

Erica Girgenti

### Outreach Worker

Barbara Proper

### Administrative Assistant

Cindy Fletcher

### Van Drivers

John Naughton, Bill Wilson,  
Chuck Gebauer, & Joe Sloane

### Custodian

Kyle Wilson

### SHINE Counselor (Medicare)

Karen DeOrdio

### THE INFORMER Editor

Marsha Mikuszewski,  
Cindy Fletcher, Pam St. John,  
Carol Roberts, Debbie Wineberg

## MOBILE FOOD BANK

The distributions continue to grow! Over 250 hundred households benefited, receiving some nutritious fresh foods. Cabbage, carrots, apples, and potatoes were just a few of the offerings. You never know what you will receive, it's a surprise, but plenty to complete your meals.

Save these dates:

**Tuesday, April 9th**

**Tuesday, April 23rd**

What a great opportunity to connect with people who understand the challenges of caring for an elder or for a loved one with dementia.

BERKSHIRE ALZHEIMER'S PARTNERSHIP  
alzheimer's association

## 10th CAREGIVER EXPO

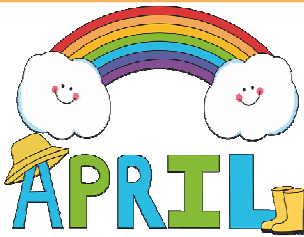
**MONDAY, APRIL 22**  
**4pm-7pm**

Berkshire Hills Country Club Pittsfield, MA

Admission is FREE

INFORMATION • RESOURCES • SUPPORT  
for elder-care & dementia-care

*\*speak with care professionals \*enjoy light refreshments & door prizes*



## Senior Community Meals

Monday – Friday / Serving  
Time: 11:30 AM

For only a suggested \$2 dona-  
tion!

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

Transportation Available

*Meals catered by Elder Services of Berkshire County*

- 4/1 Goulash, Carrots, Waxed Beans, Orange
- 4/2 Chicken Almondine, Sweet Potatoes, Cauliflow
- 4/3 Roast Turkey, Mashed Potatoes, Peas, Peaches
- 4/4 Chicken & Sausage Casserole, Wild Rice, Broccoli
- 4/5 Veggie Wheat Chili, Spinach, Beans, Straw Yogurt
- 4/8 Chicken Puttanesca, Egg Noodles, Veggies
- 4/9 Salisbury Steak, Potatoes, Cabbage, Pears
- 4/10 Beef & Pepper Casserole, Beets, Veggies, bBanana
- 4/11 EASTER DINNER Baked Ham, Sweet Potatoes
- 4/12 Lentil Stew, Broccoli, Butternut Squash, Apricots
- 4/15 CLOSED NO MEALS
- 4/16 Mac & Cheese, Tomato Soup, Veggies, Peaches
- 4/17 Beef Stew, Potatoes, Greens, Biscuit, Orange
- 4/18 Orange Chicken, Potatoes, Carrots, Fruit
- 4/19 Breaded Pollock, Potatoes, Cauliflower, Salad
- 4/22 Roast Pork, Sweet Potatoes, Peas, Applesauce
- 4/23 Italian Meatballs, Penne w sauce, Spinach, Oranges
- 4/24 Stuffed Chicken, Potatoes, Butternut Squash
- 4/25 Shepherd's Pie, Potatoes, Green Beans, Pears
- 4/26 Chicken Salad Sandwich, Soup, Brussel Sprouts
- 4/29 Cheese Lasagna, Broccoli, Peach Crisp
- 4/30 Chicken Marsala, Red Cabbage, Rice Pilaf, Apple

Have you had lunch with Selectman Jim Bush yet? If you haven't, he looks forward to meeting you, and if you have, join him anyway! Mr. Bush offers information you may have missed at recent meeting or project updates. He offer lends an open ear to compliments, concerns or inquires. Join him for lunch at the center on April 18th at 11:30 a.m.



RSVP required as it is our regular Senior  
Community meal.

QUESTIONS ABOUT THE WATER  
DEPARTMENT, YOUR BILL OR THE ELECTION?  
Call 743-0179

## Mark your calendars for

### May 14th

The Adams Fire District Annual Election will be held at the Fire Station on Tuesday, May 14th from 12:00 Noon until 6:00 p.m., the annual meeting will follow at 7pm. **Absentee ballot applications are available upon request.**

### HAVE YOU EVER VOTED FOR THE FIRE DISTRICT ELECTION?

If you answered no, your not alone. Of the some-odd 3,500 household who can vote only roughly 100 show up to vote. The election this year addresses some serious questions that could greatly increase your water bills through your fire protection.








If you're someone who lives within the Fire district boundaries and are a registered voter then keep an eye out for a mailing that will explain the ballot questions and voting procedure.

Voting this year will include ballot questions asking the community if the water bills should increase to accommodate a paid full time fire Chief and a full time fire fighter. After the polls close, the votes will be counted and the answers to the water district questions will be reviewed. Should the community support this request made by current Fire Chief than the following years budget (fiscal year 2021) will include salaries for both or one of the positions, depending on this elections outcome. The results will be available at the Annual Meeting which begin at 7:00 p.m. The public is invited to attend this meeting.

The COA WILL provide transportation for voting, we will be happy to drive you there, free of charge! **Don't be reactive! Be PROactive! Show up and VOTE!**

# Calendar of Events

## APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:00 Matter of Balance 9:00 - 12:00 SHINE 11:30 Lunch 1:00 Art w/Donna	<b>2</b> 9:00 - 12:00 SHINE 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 10:30 Right/Left/Center 11:30 Lunch 1:00 Quilt, Crochet, Knitting	<b>3</b> 10:00 Transport to Wal-Mart 11:30 Lunch 12:15 Pokeno 12:00—3:00 Taxes 3:00—4:00 Friends Meeting 	<b>4</b> 9:00 Chair Yoga (donation) 11:30 Lunch 12:30 Crafty Card Making 1:00 Senior Club 7pm Quilt, Crochet, Knitting	<b>5</b> 11:30 Lunch 12:00 - 3:00 Taxes 2:00 - 4:00 Attorney St John
<b>8</b> 9:00 Matter of Balance 9:00 - 12:00 SHINE 11:30 Lunch 1:00 Art w/Donna	<b>9</b> 9:00 - 12:00 SHINE 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center <b>11:00 Mobile Food Bank</b> 11:30 Lunch 1:00 Quilt, Crochet, Knitting 6:00 p.m. Alzheimer's Support Grp	<b>10</b> 10:00 Transport to Wal-Mart 11:30 Lunch 1:00 De-clutter Workshop	<b>11</b> 9:00 Chair Yoga (donation) <b>11:30 Easter Linen Lunch</b> <b>12:30 Movie "Vice"</b> 12:30 Crafty Card Making 1:00 Senior Club 7pm Quilt, Crochet, Knitting	<b>12</b> 11:30 Lunch
<b>15</b>  <b>For Patriot's Day</b>	<b>16</b> 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 10:30 Right/Left/Center 11:30 Lunch 1:00 Quilt, Crochet, Knitting	<b>17</b> 10:00 Transport to Wal-Mart 11:30 Lunch 12:30 	<b>18</b> 9:00 Chair Yoga (donation) 11:30 Lunch with Jim Bush 7pm Quilt, Crochet, Knitting	<b>19</b> 11:30 Lunch
<b>22</b> 9:00 Matter of Balance 11:30 Lunch 12:00 Recycling Event 1:00 Art w/Donna 4:00—6:00 p.m. Canna Care/Berkshire Roots to Present	<b>23</b> 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center <b>11:00 Mobile Food Bank</b> 11:30 Lunch 1:00 Quilt, Crochet, Knitting <b>Foot Clinic by Appointment</b> Call 743-8333 to Book	<b>24</b> 10:00 Transport to Wal-Mart 11:30 Lunch 12:15 Pokeno 1:00 De-clutter Workshop 	<b>25</b> 9:00 Chair Yoga (donation) 11:30 Lunch 1:00 Senior Club 7pm Quilt, Crochet, Knitting	<b>26</b> 11:30 Lunch 1:00 Brown Bag
<b>29</b> 9:00 - 12:00 SHINE 11:30 Lunch 1:00 Art w/Donna 2:00 COA Board Meeting	<b>30</b> 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:30 Lunch 1:00 Quilt, Crochet, Knitting			 <b>Open Computer Lab</b> <b>Mondays—Fridays</b> <b>9am—3:00 pm</b>

4 | APRIL 2019




### WE'RE HIRING AD SALES EXECUTIVES


- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

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





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





**MARK YOUR  
CALENDARS !  
MAY 6th and May 14th**

The Town of Adams Election will be held on **May 6th** at the Adams Highway Department on North Summer Street. Transportation will be available by request. Book a ride by calling the senior center at 743-8333.

**MAY 14<sup>th</sup>**

The **Adams Fire District Annual Election** will be held at the Fire Station on Tuesday, May 14th from 12:00 Noon until 6:00 p.m.

**Absentee ballot applications are available upon request for both elections.**

**C r a f t y   C a r d   M a k i n g**

Have you heard? Mary Lou's class has grown by leaps and bounds! Join Mary Lou and you too may learn how to create a beautiful greeting card.

Supplies are provided  
April 7<sup>th</sup> and 11<sup>th</sup> @ 12:30 pm



**A r t   w i t h   D o n n a**

Join us for a freehand drawing and pastels art class with local freelance artist Donna Loncto. Instruction and supplies are provided free of charge.

Classes are every  
Monday at 1:00 pm

Call us for  
transportation too



**The PHANTOM of the OPERA**



**Upcoming Bus Trip**

Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's THE PHANTOM OF THE OPERA will make a triumphant return to Schenectady as part of its North American Tour. It will be performed by a cast and orchestra of 52, making this PHANTOM one of the largest productions now on tour.

Still a few tickets available...purchase yours before they are gone.

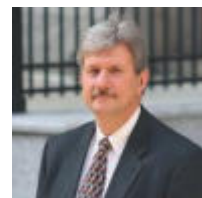
6 Tickets left....

Matinee Performance at Proctors

Sunday May 5th - Price: \$105

Price includes ticket and transportation, with an hour to find lunch locally on your own.

Attorney Edmund St. John III of St. John Law offers free legal counsel to Elders at the COA. Now booking into May for 15 minuets individual appointments. Make your reservation soon 743-8333



**Some Adams Municipal Facts:**

1. The Water Department (The Adams Fire District) is its own municipal government, governed by 3 elected Adams residents (similar to the 5 members of the Board of Selectmen for the Town of Adams). They set the rate for your water and fire protection, along with other charges that appear on your water bill.
2. The Waste Water Treatment Plant is a Town of Adams department, funded through your property tax collection, as if our department, the Adams Council on Aging.
3. Adams budget is officially passed at the Annual Town meeting by the elected town meeting members, whom represent the five precincts, within town.

## 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**  
**CALL NOW! 1-888-862-6429**



HOME SECURITY TEAM

➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

**Susanne Carpenter to place an ad today!**

**scarpenter@lpiseniors.com**

**or (800) 477-4574 x6348**

**THIS SPACE IS  
AVAILABLE**



**Nocher Realty**

*Moving to your next chapter is never easy  
Let Nocher Realty help you through it!*

HELPING BUYERS & SELLERS  
THROUGHOUT BERKSHIRE COUNTY

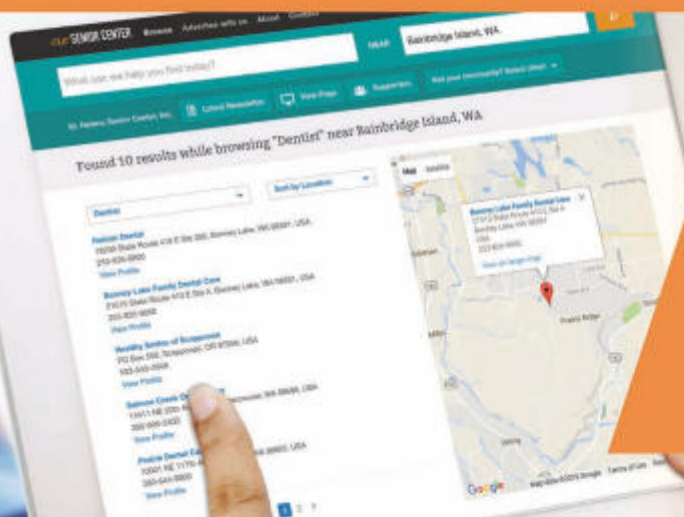
**2 OFFICE LOCATIONS:**

**34 Depot St, Pittsfield & 102 Summer St, Adams**  
**Nocherrealty.com | 413-442-0200**



# our SENIOR CENTER

A convenient source for local services



**FIND AN ADVERTISER NEAR YOU**

**SEARCH SUPPORTERS  
OF OUR CENTER**  
to find trusted services  
in our area!

**Sign up to have our newsletter emailed to you! [ourseniorcenter.com](http://ourseniorcenter.com)**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com)

Friends of Adams CoA, Adams, MA

06-5289





Cheshire Community Center  
pizza party at 5:30pm  
Tickets \$8, includes pizza,  
salad, dessert, beverages and  
show. Tickets sold at both  
Cheshire & Adams Senior  
Centers, or by calling  
743-5603  
(Ed & Pam St. John).  
No tickets sold at the door.

# ELEANOR MAY 22 @ 6:30 Roosevelt "FIRST LADY OF THE WORLD" As presented by Sheryl Faye

After suffering through an unhappy childhood, and losing her parents and one of her brothers, she figured out where she fit in and could make a difference. She grew up and became an American politician, the longest-serving First Lady of the United States. She was the first presidential spouse to hold press conferences, write a syndicated newspaper column, and speak at a national convention. She advocated for expanded roles for women in the workplace, the civil rights of African Americans and Asian Americans, and the rights of World War II refugees. She became one of the first delegates to The United Nations. One of the top ten most admired people of the 20th century. "...as individuals we live cooperatively, and, to the best of our ability, serve the community in which we live...our own success, to be real, must contribute."  
- Eleanor Roosevelt.



The Eleanor Roosevelt event is sponsored by both the Friends of the Adams COA and Friends of the Cheshire COA. Thank you for your continued support.

Do you have questions  
about medical marijuana?  
Are you curious to know?

THE DIFFERENCES  
IN PRESCRIBERS &  
DISPENSARIES.  
LEARN MORE ABOUT  
THE MOVEMENT  
BEHIND MEDICAL  
MARIJUANA

Presented by: Canna Care Docs  
& Berkshire Roots

## MEDICAL MARIJUANA 101

Monday, April 22 4pm - 6pm

Adams COA / Visitor Center RSVP Appreciated 743-8333

TEST YOUR LUCK!

# RIGHT LEFT CENTER

APRIL 2ND & 16TH 11:00AM  
FOR QUARTERS | ADAMS COA  
JOIN US FOR LUNCH IMMEDIATELY AFTER

APR 17TH \$1/ Card

# BINGO

Adams Council on Aging  
12:30PM - 1:30PM  
Join us for lunch before hand!

APRIL 10 & 24  
1PM - 2:30PM

Must be able to commit to both dates  
At the Adams COA / Visitor Center

\*Presented by: Bev Favreau

# De-Clutter Workshop

TURN YOUR  
CLUTTER  
INTO CASH

Spring  
Cleaning

BACK BY POPULAR DEMAND!

RESERVE YOUR SPOT TODAY

CALL 743-8333