

April 2023

# The Buzz

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

## April is National Volunteer Month!

### WHY IS VOLUNTEERING IMPORTANT?

~nationaltoday.com

#### A. Volunteering makes us feel great:

Giving back to the community, and helping others makes us feel empowered, goal-driven, and fulfilled. We feel happier, self-confident, and embrace a more positive outlook, ushering in even greater accomplishments.

#### B. Benefits are attached:

Service is about helping others, but it also comes with benefits for service. New skills, increased social interaction, self-esteem boost, recognition, awards, and a whole lot more.

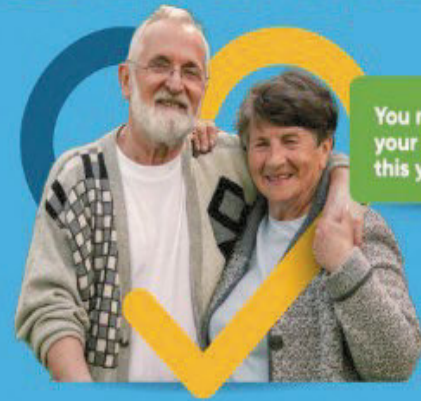
#### C. It improves lives:

Our world has been presented with incredible challenges. We are grateful for the lifesaving, immeasurable, selfless, and tireless service of volunteers. We have been able to rebuild a more equitable society, securing the future.

The Adams COA simply cannot operate without our volunteers. In 2022, COA volunteers provided almost \$140,000 worth of service to our community. This is invaluable to the COA staff and those we serve. With grateful hearts, we say:



## Attention MassHealth Members



You need to renew  
your coverage  
this year.

If you have MassHealth, you need to take steps now to keep your health coverage this year. MassHealth wants to help you and your family stay covered.


Call 800-841-2900, visit [www.masshealthrenew.org](http://www.masshealthrenew.org) or scan the code to learn more about what steps you need to take.

Take three steps to  
renew your coverage:

1. Update your info
2. Check your mail
3. Respond to MassHealth

Act now. Stay covered.





After a fateful encounter with the McDonald brothers, struggling salesman Ray Kroc becomes driven to change the way hamburgers are made and sold.

Starring: Michael Keaton, Nick Offerman, John Carroll Lynch

**Wednesday, April 19th at 12:30pm in the COA Program Room**

**Attention:** Extra Emergency Supplemental Nutrition Assistance Program (SNAP) benefits from the federal government that began during the COVID-19 pandemic will be ending after March 2nd. Those who have received this will see your DTA SNAP benefits reverting back to the pre-pandemic amounts in April. Please contact the COA or DTA if you have any questions, or go online to [www.mass.gov/federal-extra-pandemic-snap-benefits-to-end](http://www.mass.gov/federal-extra-pandemic-snap-benefits-to-end). Report any changes in medical or housing costs that may increase your SNAP benefits.



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

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(413) 743-7333  
[www.Greylock.org](http://www.Greylock.org)



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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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## EDMUND R. ST. JOHN, III

Attorney-At-Law

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

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06-5289





Artwork by Inspirivity

Hello Spring! Or should I say, Hello, Spring???

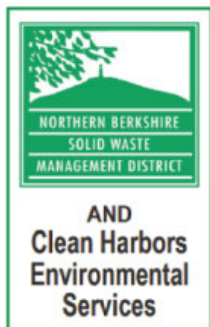
Mother Nature seems to be a fickle lady these days. If the weather won't bring the sunshine and happiness, the Adams COA sure will. We are your community center for health, wellness, socialization, nutrition, education, entertainment, assistance, information, referrals, light, love, and laughter. Take a look at our calendar for this month, and stay tuned for our May calendar...we've really beefed it up to honor and celebrate Older American's Month!

BE WELL. ~Sarah 😊

Craft with Izzie: Thursday, April 6th at 12:30pm. Join us for marble egg coloring with Cool Whip. This event was full of fun, laughs, and messiness last year, so don't miss out. Please register by Mon 4/3 so we know how many eggs to hard boil. Materials & cookies provided!



## HOUSEHOLD HAZARDOUS WASTE COLLECTION



**Saturday, April 22, 2023**  
**9 AM - 1 PM**  
**Adams DPW Garage**  
**92 North Summer St., Adams**

**PRE-REGISTRATION REQUIRED**

Call: 413-743-8208 or  
 e-mail your name, address & phone number to:  
[LCernik@nbswmd.com](mailto:LCernik@nbswmd.com)

**Registration OPENS April 3 & CLOSES April 21, 2023, or until at capacity.**

25-Gallon limit per household, motor oil and gasoline limited.

*Please follow guidelines.*

*Items must be stored in Trunk, rear cargo area, truck bed, etc., not on seats. Not handed to us. District Volunteers this year cannot off load materials.*

*This will be provided by Clean Harbors staff only.*

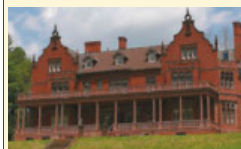
### WHAT TO BRING TO A HOUSEHOLD HAZARDOUS WASTE COLLECTION?

Pesticides, fungicides, herbicides, insect sprays, small quantities liquid mercury products, rodent killers, muriatic acid, used motor oil, flea powder, no-pest strips, chemical fertilizers, lighter fluid, swimming pool chemicals, rust proofers, wood preservatives, wood strippers and stains, paint thinners, oil-based paint, varnish, aerosol cans, sealants, adhesives, fiberglass resins, drain cleaners, oven cleaners, floor cleaners, toilet cleaners, carpet cleaners, metal polish, moth balls, chemistry kits, antifreeze, old gasoline, kerosene, brake fluid, transmission fluid, engine degreaser, carburetor cleaner, radiator flusher, roofing tar and non-latex driveway sealer.

### WHAT NOT TO BRING?

Empty containers, latex paint, pharmaceuticals, medical waste, fireworks, flares, propane tanks, lightbulbs, batteries

**Kick off to Earth Day!**



The Ventfort Hall trip originally scheduled for Monday, Feb 13th and rescheduled to Monday, April 3rd had to be postponed again due to a Ventfort Hall scheduling conflict. As of this printing, a **tentative** new date is May 22nd. Please call the COA for more details.

### 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 April 3rd 2pm

### COA Director

Sarah Fontaine  
[sfontaine@town.adams.ma.us](mailto:sfontaine@town.adams.ma.us)

### Outreach Coordinator

Barbara Proper  
[bproper@town.adams.ma.us](mailto:bproper@town.adams.ma.us)

### Administrative Assistant

Kathryn "Izzie" Bellizzi  
[kbellizzi@town.adams.ma.us](mailto: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**

## 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**

4/3 Pork Chili, Brown Rice, Diced Pears  
4/4 Turkey w/ Gravy, Mashed Potatoes, Sliced Apples  
4/5 Beef Cabbage Casserole, Vegetables, Mixed Fruit  
4/6 Lemon Chicken, Parmesan Risotto, Oranges  
4/7\* ESBC Kitchen Closed, Frozen Meals  
4/10 Beef Stroganoff, Buttered Noodles, Fruit Cocktail  
4/11 Chix Almondine, Boiled Potatoes, Blueberry Yogurt  
4/12 Tuna Salad, Chickpea Tomato Salad, Bananas  
4/13 Chix Meatballs w/ Marinara, Pasta, Dices Mangos  
4/14\*ESBC Kitchen Closed, Frozen Meals OR join us for  
a sit-down Breakfast at 10am...OR do BOTH!  
4/17 Patriot's Day, CLOSED  
4/18 Veal Picatta, Mashed Potatoes, Sliced Peaches  
4/19 Chix Bruschetta, Buttered Noodles, Applesauce  
4/20 Pork Roast w/Gravy, Mashed Potatoes, Apricots  
4/21\*Beef Teriyaki w/Broccoli, Steamed Rice, Pineapple  
& Mandarin  
4/24 Chix Nuggets, Rice Pilaf, Sliced Peaches  
4/25 Beef Stew, Butter Potatoes, Fresh Apples  
4/26 **\*Grab & Go\*** Salisbury Steak, Mashed Potatoes,  
Strawberry Cup  
4/27 Butternut Mac&Cheese, Tomato Soup, Sliced Pears  
4/28\*Chix Divan, Buttered Noodles, Tropical Fruit Mix

## 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.***

## 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: April 11th, May 9th**



### 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. Please call the COA with  
any questions, 413-743-8333.

Meraki Salon in Adams is offering discounted  
Haircuts at the Adams COA  
\$20 for women & men, + \$5 if you want it styled.

# MERAKI

*(v) to do something with soul, creativity, or love;  
when you leave a piece of yourself in your work.*

**Monday, April 10th, 8:30-10:30am.**

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

### 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.**

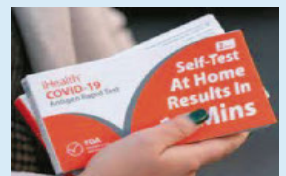
**\*travels within Adams, North Adams,  
and Williamstown.**

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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9-12 SHINE 9-1 AARP Tax Appts 10:00 Cribbage 11:00-11:30 Lunch 1:00 Art w/ Donna 2:00 COA Board Meeting	<b>4</b> 9-10 Chair Yoga 11:00-11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters	<b>5</b> 9-10 Dance Yoga 9-12 SHINE 9-1 AARP Tax Appts 11:30 Lunch 1:30 Friends Meeting	<b>6</b> 9 - 10 Chair Yoga 11:30 Lunch 12:30 Craft w/ Izzie: Egg Coloring 1:30 Pitch w/ Corry (2nd fl) 	<b>7</b> 11-11:30 ESBC Kitchen Closed due to Renovations Frozen Grab n Go Lunch North Adams Mobile Food Bank
<b>10</b> 8:30-10:30 Meraki Hair Appts 9-12 SHINE 9-1 AARP Tax Appts 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna	<b>11</b> 9 - 10 Chair Yoga 10-11 <b>Mobile Food Bank</b> 11:30 Lunch 12:30 Dominos w/ Che-Che 1:00 Crafters 3:00 Caregiver Support Group 	<b>12</b> 9-10 Dance Yoga 9-12 SHINE 9-1 AARP Tax Appts 11:30 Lunch 12:30 <b>BINGO</b> 	<b>13</b> 9 - 10 Chair Yoga 11:30 Lunch 1:30 Pitch w/ Corry	<b>14</b> 10:00 Sit-down Breakfast 11-11:30 ESBC Kitchen Closed due to Renovations Frozen Grab n Go Lunch
<b>17 CLOSED</b> Patriot's Day 	<b>18</b> 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	<b>19</b> 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Movie: The Founder 	<b>20</b> 9 - 10 Chair Yoga 11:30 Lunch 1:00 Belly Dancing 1:30 Pitch w/ Corry (2nd fl) 	<b>21</b> 11-11:30 Grab n Go Lunch North Adams Mobile Food Bank
<b>24</b> 9-12 SHINE 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna	<b>25</b> 9 - 10 Chair Yoga 10-11 <b>Mobile Food Bank</b> 11:30 Lunch 12:30 Dominos w/ Che-Che 1:00 Crafters 	<b>26</b> 9-10 Dance Yoga 9-12 SHINE 11:30 <b>Grab &amp; Go Lunch</b> <b>Change from usual schedule!</b>	<b>27</b> 9 - 10 Chair Yoga 11:30 Lunch 1:30 Pitch w/ Corry	<b>28</b> 11-11:30 Grab n Go Lunch 11-12 Brown Bag 
 <b>Think Spring!</b> Adams Council on Aging Food Programs has been selected to receive <b>\$1 from every specially marked \$10.99 Bloomin' 4 Good bouquet</b> sold during the month of April 2023 located at: Stop & Shop, 876 State Road, North Adams MA Grab a bouquet and help support the Adams COA in the fight against food insecurity!				

**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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COMMUNITY  
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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)



3/14 St. Patrick's Day Celebration w/ Sarah the Fiddler was canceled due to weather.

Please call the COA if you have not received your refund yet.

4/15 MGM Casino & Live Buddy Holly Musical at The Majestic - SOLD OUT!

6/23 Dutch Apple Sightseeing Cruise on the Hudson River w/a Brunch stop @ Cracker Barrel on the way to the cruise -\$58 pp (Does NOT include lunch)! Payment due with Reservation!

Contact Peter Traub @ 743-3496 for questions and reservations.



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 UTILITY BILLS?



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://www.magoodneighbor.org/>
- Dynegy (Town of Adams Energy Program)  
866-220-5696  
<https://www.dynegy.com/municipal-aggregation/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



**April 18th**

Offered by local RNs  
Luanne Rose & Bruce Shepley

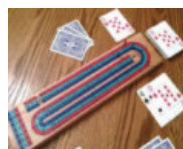
**Pitch with Corry Cairns!**

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 an S!"*

SCRABBLE with Garret every other Tuesday at 12:30 on the 2nd floor of the COA. Upcoming Dates: April 4th & 18th



### Attention Cribbage Players:

The new cribbage group started in October and is welcoming players. Group is led by Sandy Wildman, who provides instruction as needed. Mondays at 10am on the 2nd floor of the COA. Call the COA to sign up if interested. 413-743-8333

**"I said, oh-oh Domino..."**

Join Che-Che Kozik and Friends here, upstairs COA every other Tuesday as she teaches us how to play Dominos!



**Upcoming dates: April 11th & 25th @ 12:30pm**

BACK BY POPULAR DEMAND...

### Belly Dancing Class

Want to try something new, fun, and exciting? Then we have the class for you!

Join us on Thu, April 20th at 1:00pm for Belly Dancing. No experience or skill necessary, just a willingness to try something new and share some laughs with friends. Chairs or assistive devices may be used for support, if needed. Traditional cultural refreshments served.

Call the COA at 413-743-8333 to sign up!



## Laurel Ridge Senior Living Residence



*An excellent option for independent seniors looking for quality support aimed at maximizing independence and freedom.*

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Contact Kimberly Babbs:

**(413) 445-5959**

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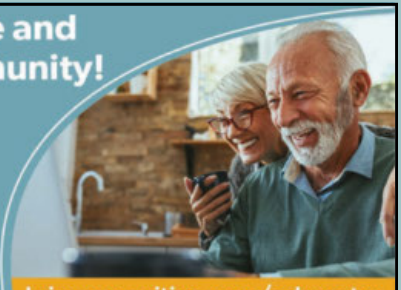
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[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

## Do you need help paying your heating bills?

*Berkshire Community Action  
Council may be able to help.*

BCAC Fuel  
Assistance  
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

[bcacinc.org](http://bcacinc.org)



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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. Thank you for the lively discussion around both Bitter is the New Black and The Diamond Eye. We selected The House in the Pines by Ana Reyes as our next book and The Devil's Half Acre by Kristen Green as the book after that. Our next meeting is Thursday April 20th 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

### Town Clerk, Valerie Reiner

Tuesday 11- 1pm or by appointment call 743-3759 and leave a message

### Tax Collector, 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](http://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	<i>SENIOR -- SURVIVING SPOUSE OR MINOR</i>
18	\$175.00	<i>FINANCIAL HARDSHIP: ACTIVATED MILITARY – AGE AND INFIRMITY</i>
22	\$400.00	<i>VETERAN OR SURVIVING SPOUSE</i>
22A	\$750.00	<i>VETERAN OR SURVIVING SPOUSE WHO SUFFERED IN THE LINE OF DUTY THE LOSS USE OF FOOT, HAND OR EYE</i>
22E	\$1,000.00	<i>VETERAN OR SURVIVING SPOUSE WHO SUFFERED TOTAL DISABILITY</i>
37	\$437.50	<i>BLIND PERSON</i>
41C	\$500.00	<i>ELDERLY PERSON</i>