



August 2018

Adams Council on Aging

The Informer

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

Friends Mtg	1 st	3:00
Senior Mtg	2 nd , 16 th	1:00
Coloring with Donna	None in August	
Movie	9 th	12:30
Card Making	None in August	
Mobile Food Bank	14 th , 28 th	11:00
Bingo	15 th	12:30
Meet a Selectman	16 th	11:00
Blood Pressure Clinic	22 nd	10:30
Brown Bag	24 th	1:00
COA Board	27 th	2:00

CHAIR YOGA

Has moved to a new location!

Adams Memorial School
30 Columbia St.
Tuesdays & Thursdays at
9:00 AM.



MONTHLY BLOOD PRESSURE CLINIC



High blood pressure plays a contributing role in more than 15% of deaths in the United States, according to a Harvard study. According to the American Heart Association, 28% of Americans have high blood pressure and don't know it. We invite you to attend our monthly Blood Pressure Clinic held on every 4th Wednesday of the month. This month it will be held on **AUGUST 22nd at 10:30am**



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Returns with New Features:

*Posture Screening, Trekking Pole
Demo, and a Tug Test.*

Even if you have participated previously, the Program facilitators, Amanda and Brett, will be pleased to provide you with some NEW mechanisms to manage your wellness.

Call 743-8333 to reserve your seat!

Participants entered into a raffle for a FREE set of Trek poles to keep and stay active (estimated value \$70)

Matter of Balance is a program funded by the
Prevention & Wellness Trust Fund.

Monday's - 9-11am
Adams Visitor's Center & COA

August 6, 13, 20, 27
September 10, 17, 24

Annual Lions Club Picnic

August 23rd 4PM—6PM

For your convenience, transportation is available
by calling 743-8333

Join us from some fun company under the tent! Live music
and hot dog/hamburger picnic dinner, curtesy of the Lions.

Also 50/50 raffle and more



Registration required

Parking options behind 5-7 Hoosac Street
(Old Waverly Building)

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Attorney-At-Law

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85 East Street / Suite 6 / Pittsfield, MA

413.743.0990

estjohn1@albany.twcbc.com

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Farmers' Market Coupons



You can use your coupons to buy fresh, locally grown fruits and vegetables, and fresh cut herbs. The coupons **cannot** be used at the grocery store.

Seniors can also use their coupons to buy honey. Other items available for sale at the market cannot be purchased with farmers' market coupons. Fruit and vegetable choices may differ from market to market and at different times during the season. Not every market will have the same items – it depends on what your local farmer is growing!

Each coupon is worth \$2.50, for a total of \$25 and no change can be given.

Coupons expire October 31st. You cannot use last year's coupons.

Eligibility Requirements: You must be at least 60 yrs old, or Disabled, and your income must be lower than the income limits of: household of (1) \$22,459, household of (2) \$30,451, household of (3) \$38,443. **Coupons are available at your local Council on Aging.**

This Month's Movie Viewing... Mama Mia!

PG-13 - 1h 48min - Comedy, Musical

Last month we went to see Mama Mia! Live! This month we'll view the original movie with Meryl Streep, playing Donna, the independent hotelier in the Greek islands, preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day.

THURSDAY - AUGUST 9 - 12:30 PM

Then join us for the newly released Mama Mia! Here We Go Again featuring Meryl Streep and Cher at the North Adams Movieplex. Call for more details on date and time.



Let's go to the Movies!

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
Leona Meczywor
Next Meeting: August 27 at 2pm

COA Director

Erica Girgenti

Outreach Worker

Barbara Proper

Administrative Assistant

Eric LaRoche

Van Drivers

John Naughton, Cindy Fletcher,
Bill Wilson, Dennis Kingsbury,
Chuck Gebaur & Joe Sloane

COA Reception

Louise Charron

Custodian

Kyle Wilson

SHINE Counselor (Medicare)

Karen DeOrdio

Newsletter Editor

Marsha Mikuszewski

Mama Mia Here We Go Again

is a sequel to the original movie and is shown in local theaters. The COA will offer transportation, but we don't know the specific dates yet! Info will be distributed as soon as we do. Call to show your interest in coming!

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 48 hours in advance at 743-8333.

Transportation Available

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

Berkshire Senior Newspaper

8/01 Roast Turkey w/gravy, Mashed Potatoes

8/02 Lunch @ Williamstown Commons

8/03 Breaded Chicken Parm, Penne & Sauce, Salad

8/06 Chuckwagon Stew, Mashed Pot, Green Beans

8/07 Goulash, Broccoli, Salad

8/08 Chef Salad w Ham/Chicken, Macaroni Salad

8/09 Oriental Chicken, Brown Rice, Oriental Veg

8/10 Skillet Frittata with Cheddar Cheese, Potatoes

8/13 Ravioli w Meat Sauce, Carrots, Squashes

8/14 Cheeseburger, Scalloped Potatoes, Broccoli

8/15 Chicken, Mashed Potatoes, Brussel Sprouts

8/16 Tuna Salad, Pasta Salad, Cold Spiced Beets

8/17 Roast Pork, Sweet Potatoes, Summer Veggies

8/20 Beef Patty w Pepper & Onion Gravy, Au

Gratin Potatoes, Cauliflower

8/21 Orange Chicken, Wild Rice Pilaf, Cabbage

8/22 Mac & Cheese, Snap Peas, Stewed Tomatoes

8/23 Chicken Chili, Roasted Potatoes, Spinach

8/24 Beef Burgundy, Brown Rice, Peas & Carrots

8/27 Hawaiian Chicken, Coconut Rice, Broccoli

8/28 Egg Salad, Calico Bean Soup, California Veg

8/29 Chicken Breast, Sweet Potatoes, Brussel

Sprouts

8/30 Swedish Meatballs, Egg Noodles, Greens

8/31 Baked Pollock, Mashed Potatoes, Carrots



Join us for a fun social time—Sponsored by:

Hospice of Western Massachusetts

Wednesday, August 15th

A BIG THANKS!

Notice those friendly faces
and smiles serving lunches?

They belong to clients of the



**Berkshire Family & Individual Resources or-
ganization (BFAIR).** BFAIR's goal is to en-

rich the lives of people of all ages and abilities
by providing positive life experiences. These

men and women use their acquired skills to

help us serve you, and certainly are deserving

of our thanks. From the bottom of our hearts,

we shout out: **"THANK YOU!"**

The Friends of the Adams COA are selling
coffee mugs for \$5.00 to raise funds for additional
programs/activities and to allow the COA to pro-
cure assistive listening devices for our seniors at the
Adams COA. Recently, assistive listening devices
were purchased, to allow those who are hard of
hearing to fully enjoy our movies or presentations.

Consider joining the club...the more the merrier!
The Friends gather on the 1st Wednesday of every
month, to meet with a representative of the COA,
and to discuss/suggest potential activities. Come
join us on August 1st or September 5th at 3:00 PM!

Need some legal advice?

We invite you to meet with Attor-
ney Edmund St. John, III, for free
counsel. Call Barbara @ 743-8333
to request an appointment.



Town Wide Tag Sale!




Saturday, August 11

8:00 AM - 4:00 PM

Rain or Shine

AUGUST 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 - 12:00 SHINE Counsel 10:00 Transp to Wal-Mart 11:30 Lunch 3PM Friends Meeting	2 9:00 Chair Yoga (donation) 11:30 No Lunch @ COA 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit	3 9:00 - 12:00 SHINE 11:30 Lunch
6 9:00 - 12:00 SHINE 9-11 Matter of balance 11:30 Lunch	7 9:00 Chair Yoga (donation) 11:30 Lunch 12:00 Big Y Shopping 1:00 Quilting 5:00—7Pm National Night Out 6:00 Alzheimer's Support Grp	8 9:00 - 12:00 SHINE Counsel 10:00 Transport to Wal-Mart 11:30 Lunch	9 9:00 Chair Yoga (donation) 11:30 Lunch 12:30 Movie "Mama Mia! " 7:00 pm Quilt, Crochet, Knit	10 9:00 - 12:00 SHINE 11:30 Lunch
13 9:00 - 12:00 SHINE 9-11 Matter of balance 11:30 Lunch	14 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 Quilting	15 9:00 - 12:00 SHINE 10:00 Transport to Wal-Mart 11:30 Lunch 12:30 	16 9:00 Chair Yoga (donation) 11:00 Meet Your Selectman 11:30 Lunch 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit	17 9:00 - 12:00 SHINE 11:30 Lunch
20 9:00 - 12:00 SHINE 9-11 Matter of balance 11:30 Lunch 6PM—9PM Hi-Jinx	21 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:30 Lunch 12:00 Big Y Shopping 1:00 Quilting Foot Clinic by Appointment Call 743-8333 to Book	22 9:00 - 12:00 SHINE 10:00 Transport to Wal-Mart 10:30 Blood Pressure Clinic 11:30 Lunch 12:30 PCA Presentation	23 9:00 Chair Yoga (donation) 11:30 Lunch 4—6 Lions Club Picnic 7:00 pm Quilt, Crochet, Knit	24 9:00 - 12:00 SHINE 11:30 Lunch 1:00 Brown Bag
27 9:00 - 12:00 SHINE 9-11 Matter of balance 11:30 - Lunch 2:00 - COA Board meeting	28 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 Quilting	29 9:00 - 12:00 SHINE Counsel 10:00 Transport to Wal-Mart 11:30 Lunch	30 9:00 Chair Yoga (donation) 11:30 Lunch 7:00 pm Quilt, Crochet, Knit	31 9:00 - 12:00 SHINE 11:30 Lunch

The INFORMER | 4


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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

Medical Emergencies Can Happen Anytime. When they do, there is confusion, panic and urgency. Paramedics arrive with no information about the person in need. Seconds count – they can make the difference between life and death. The File of Life documents any prior medical conditions, allergies, and medications. You may also specify whom to contact. It allows first responders to immediately begin the best possible treatment, notify loved ones, and pass this vital data on to awaiting physicians at the emergency room. File of Life has already saved thousands of lives. Two of our local EMTs have volunteered to help you fill out your copy of the File Of Life. Call the Adams Ambulance [413-743-4783](tel:413-743-4783) on a Tuesday, and Erica Bulshey or Dre Fitzgerald will be more than happy to help you! The File of Life is free of charge, courtesy of the Adams Council on Aging.

FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !

MEDICAL DATA REVIEWED AS OF MO. YR.

Name: _____
Address: _____
Doctor: _____ Phone #: _____
Doctor: _____ Phone #: _____

EMERGENCY CONTACTS

Name: _____ Phone #: _____
Address: _____
Name: _____ Phone #: _____
Address: _____



Are you Living with Grief? Someone you love is gone. You feel sad, or angry, or even relieved. Loss changes you. It can reopen old wounds, and sometimes the world's pain feels like it's yours to carry. Hospice Care in the Berkshires is here to help you heal. They are sponsoring single sessions Workshops and Discussion Groups. Throughout Berkshire County. We are pleased to announce that the Adams COA will be hosting one for those who have experienced a loss within the past the 6 months.

New to Grief: What to Expect

Friday, September 21st

12:00 - 1:30 PM

Adams Council on Aging - Visitor's Center



For more information or to register, please call the Bereavement Coordinator at 413-443-2994.

Do you know?? The Personal Care Attendant (PCA) program provides personal care services to elderly and disabled Massachusetts residents. A goal of the program is to enable independent living and prevent unnecessary or premature nursing home institutionalization. Therefore, individuals who wish to remain living in their homes or in the homes of family members might qualify for benefits. The program also allows family members to be paid for the personal care assistance they provide.

What is the Massachusetts Personal Care Attendant (PCA) Program? We invite you to attend a presentation by Corrine Case, from Massachusetts College of Liberal Arts (MCLA), and discover the services and benefits this program could provide for you. Do you know someone who is interested in becoming a PCA? Corrine will also provide guidelines for becoming a PCA. Invite them to the presentation.



Wednesday, August 22, 12:30 PM

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



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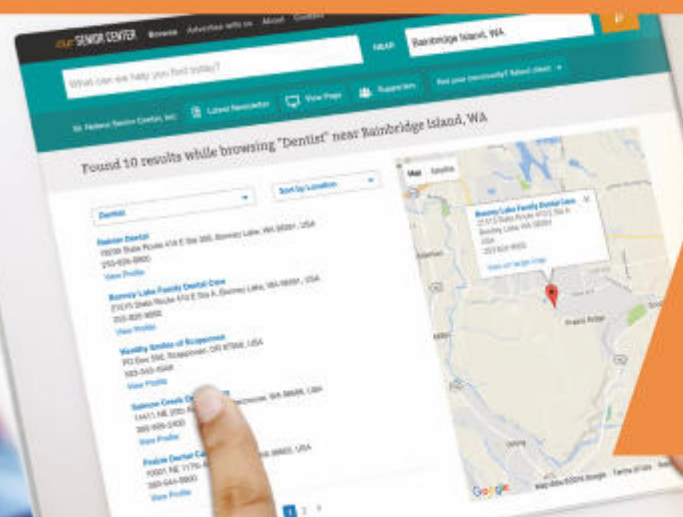
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Friends of Adams CoA, Adams, MA

06-5289

MARK YOUR CALENDARS

Grandparents Day is celebrated on September 9th this year, and we will celebrate it on the 10th with an **Ice Cream Social!** Let us sprinkle your favorite toppings on your scoop of ice cream. Invite your grandchildren or great grandchildren to celebrate with you!



Do what you love,
share what you do,
enjoy your creativity and accomplishments
In this, we make a difference!

Card Making with Mary Lou will not be held during August, however, beginning in September, classes will resume every Thursday from 1:00 - 2:30PM. Enjoy your August break!

Live Well EXPO
SEPTEMBER 20 2018 11AM - 2PM
ADAMS VISITOR CENTER
 brought to you by the Council on Aging
 3 Hoosac Street, Adams ~ 743-8333
 Rain or Shine
 Adaptive bike & trek pole walking demos,
 health vendors, bone density tests, flu shots,
 caregiver resources and MORE! Not to
 mention, music, food and raffles!



**Catch a ride to
The Big E
Opening Day**
 Friday, Sept. 14, 2018.

On that day, the Big E celebrates Be A Kid for a Day - tickets for everyone at child's rate, and Military Appreciation Day - free admission (proof of service, DD2 ID required). Veterans include Active duty and Retired military personnel, Dependents of active duty military personnel, Veterans (no dependents).

The cost, per person, includes bus transportation and entrance to the fair.

\$25.00 for veterans \$35.00 for non-veterans

Don't wait! Call Barbara @ 743-8333 to make your reservation today!

Mobile Food Bank Info!

The last distribution served over 270 households, 535 individuals, and six thousand, nine hundred, eighty-four (6,984) pounds of food were given away.

Tuesday
 August 14th and the 28th

Walk to End Alzheimer's

Want to walk, but not alone? Join the Adams COA Team and walk with us on September 22nd. We will begin the 2 mile walk at the Ashuwillticook Rail Trail, Farnams Road Causeway Cheshire, MA 01225. If you can't walk, please consider a donation. More information to follow.

