



August 2019

Adams Council on Aging

# The Informer

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

## CHANGE IN DATE! TAKE NOTICE!

**August 22nd 4PM—6PM**



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

Join us for some fun  
company under the tent! Live  
music and hot dog/hamburger  
picnic dinner, courtesy of the Lions Club. Also  
50/50 raffle and more

**Registration is required**

## ALZHEIMER'S IS RELENTLESS. SO ARE YOU.

Thank you for contributing to the success of the  
Walk to End Alzheimer's®! You are making a  
difference in this fight.

Continue the momentum and mark your calendar  
for the 2019 Berkshire County Walk. Now is the  
time to start making plans for building your team  
and fundraising.

**DATE: Saturday, September 21, 2019**

**TIME: Registration begins at 8:30 a.m.**

**LOCATION: Adams Visitors Center**  
3 Hoosac Street  
Adams, MA 01220

Registration is open at [alzwalkMANH.org](http://alzwalkMANH.org)

You can always join Team Adams Council on  
Aging! Walk or don't walk, at least come for  
the ceremony! Call us and ask us how!  
743-8333

## TREKKING POLE DEMO & GUIDED WALKS

**FREE!**



**MONDAYS**

**9:00-11:00 AM**

Session 1 August 12  
Session 2- August 26  
Session 3- Sept. 9  
Session 4- Sept. 16

Workshop led by nbCC's Bret Beattie & Amanda Chilson

Learn how to use trekking poles to help with balance on various terrains,  
followed by a short guided walk through various locations in Adams.  
Matter of Balance components will be incorporated. Poles will be provided.

Space is limited, register by contacting the Adams Council on Aging at  
(413) 743-8333 or Bret Beattie at (413) 663-7586, ext. 28

Sponsored by the Northern Berkshire Community Coalition  
and The Adams Council on Aging.



**Take a drive around town...  
on Saturday, August 10th!**

You never know what treasures you might find at  
the Town Wide Tag Sale!

August 2019

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

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06-5289



# 45th Adams Agricultural Fair

August 2, 3, and 4  
Bowe Field



- \* Friday: Children's Pedal Tractor Contest, Robbins Zust, Russian Folk Tale with music. Following the puppet show, there will be a family movie under the pavilion
- \* Saturday Morning: Judging of Adult Sheep and Goats, Crowning of Prince & Princess, Horse Pull, Puppet Show, "Birds of Prey", and "Terry a la Berry"
- \* Saturday Afternoon and Evening: Rodeo, Story Hour, Puppet Show, ending with music under the Pavilion
- \* Sunday Morning: Judging of Adult Cattle, Judging of Youth, Ox Pull, "Kumar" Demonstration, Terry ala Berry, Music Under the Pavilion
- \* Sunday Afternoon: Music under the Pavilion, Demolition Derby, Awards Ceremony

NO PETS ALLOWED, SERVICE DOGS ONLY

Admission: Adult - \$10.00, 3-day Pass - \$25.00

Children Ages 5-12 - \$8.00

FREE Admission for Children 4 years old and younger!



## MOVIE OF THE MONTH

August 8th, 12:30

BREAKTHROUGH is based on the inspirational true story of one mother's unfaltering love in the face of impossible odds. When Joyce Smith's adopted son John falls through an icy Missouri lake, all hope seems lost. But as John lies lifeless, Joyce refuses to give up. Her steadfast belief inspires those around her to continue to pray for John's recovery, even in the face of every case history and scientific prediction.

### COA Board Members

Pam St. John, Chairperson  
Aleta Moncecchi, Vice Chair  
Bob Joppich

Bruce Shepley, R.N.  
Debbie Wineberg, R.N.

Mary Whitman  
Leona Meczywor

Barbara Fiske  
Selectman Jim Bush, Liaison

Next Meeting: August 26th at 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

### Community Lunch Volunteers

BFAIR, Louise Charron, Barb Zimba  
Kathy Jordan, Joseph Mouller,  
Bob Joppich

### SHINE Counselor (Medicare)

Karen DeOrdio

### THE INFORMER Editor

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

## Need Legal Advice?



Attorney Edmund St. John III will be donating some of his valuable time at the COA on **AUG 6th, from 9-11 AM** to offer free counsel. Call 743-8333 to make your appointment.



## Community Lunches

Catered by ESBC

**A \$2.00 Donation per meal for 60 yrs old and up**

Monday – Friday Serving Time: 11:30 AM

Adams Council on Aging/Visitor Center

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

**\*Transportation is Available\***

For a full listing, obtain a menu at the Council on Aging.

- 8/1 Hawaiian Chicken, Sweet Taters, Brussels Sprouts
- 8/2 Goulash, Broccoli Florets, Wax Beans
- 8/5 Turkey w/Gravy, Mashed Taters, Zucchini
- 8/6 Vegetable Pinwheel w/dipping sauce, Beets, Onions
- 8/7 Orange Chicken, Steamed Brown Rice, Greens
- 8/8 Baked Haddock, Mashed Taters, California Blend
- 8/9 Lentil Stew, Cauliflower Florets, Italian Beans
- 8/12 Beef Patty w/Pepper & Onion Gravy, Boiled Taters
- 8/13 Bone-in Chicken w/Gravy, potatoes, Green Beans
- 8/14 Hot Dog, Sauerkraut, Vegetarian Baked Beans
- 8/15 Cheese Ravioli w/Meatballs, Peas, Italian Bread
- 8/16 Linen Lunch—  
Pork Roast w/Gravy, Sweet potatoes, Spinach
- 8/19 White Chicken Chili, Noodles, Ratatouille
- 8/20 BBQ Pulled Pork, Coleslaw, Sliced Carrots
- 8/21 Baked Breaded Pollock, Scalloped Taters, Broccoli
- 8/22 Beef Stew, Red Potatoes, Sliced Beets
- 8/23 Mac & Cheese, Stewed Tomatoes, Green Beans
- 8/26 Oriental Pork Casserole, Brown Rice, Spinach
- 8/27 Vegetable Lasagna, Summer Blend Veggies
- 8/28 Chuck Wagon Stew, Potatoes, Summer Squash
- 8/29 Cheeseburger, Potato Salad, Minted Green Beans
- 8/30 Chicken Puttanesca, Noodles, Peas & Carrots



The Town of Adams is partnering with the Berkshire County Sheriff's Department to transition from CodeRED to Reverse911 for emergency alerts. Below you will find answers to questions you may have.

### Why is the Town making this change?

Reverse911 is a service provided by the Sheriff's Office to the Town at no cost.

Additionally, landline numbers are automatically added to the Reverse911 system periodically, resulting in a more reliable alerting system for emergency events.



### Will I notice a difference?

Emergency alerts will come from a different phone number. You will still be able to receive text messages and email alerts if you sign up for Reverse911.

### I signed up for CodeRED, do I need to sign up for Reverse911?

If you have a landline (e.g., Verizon or Spectrum/TimeWarner) and want to receive alerts to your landline ONLY, you DO NOT need to sign up. If you previously provided an email and/or mobile number, you WILL need to sign up again.



### Where can I sign up?

Sign up forms are available at the Town Clerk's office, Treasurer/Collector's office, Town Administrator's Office, Council on Aging, and Library.

### You can also sign up online at:



<https://bcsoma.onthealert.com/Terms/Index/?ReturnUrl=%2f>

Thank you for your patience and cooperation as we work through this transition.



Be mindful of school buses! And remember to NEVER pass a school bus when their flashers are on. They will start to reappear at the end of August.



Monday	Tuesday	Wednesday	Thursday	Friday
Free Wi-Fi Computer Lab Open Mon-Fri 9-3			<b>1</b> 9:00 Chair Yoga 11:30 Lunch 7pm Quilt, Crochet, Knit 	<b>2</b> 9:30 - 12:00 SHINE 11:30 Lunch
<b>5</b> 9:30 - 12:00 SHINE 10:00 Walking Group 11:30 Lunch	<b>6</b> 9:00 Chair Yoga 9:00 Atty St. John by appt. 11:30 Lunch 12:00 Adams Market 1:00 Quilt, Crochet, Knit 6:00 Alzheimer's Support & Information Group	<b>7</b> 9:30 - 12:00 SHINE 10:00 Walking Group 11:00 Transp to Farmer's Market 11:30 Lunch	<b>8</b> 9:00 Chair Yoga 11:30 Lunch 12:30 Movie 7pm Quilt, Crochet, Knit	<b>9</b> 9:30 - 12:00 SHINE 11:30 Lunch
<b>12</b> 9-11:00 Trekking Pole Demo 9:30 - 12:00 SHINE 10:00 Walking Group 11:30 Lunch	<b>13</b> 9:00 Chair Yoga <b>10:00 Mobile Food Bank</b> 11:30 Lunch 12:00 Adams Market 1:00 Quilt, Crochet, Knit	<b>14</b> 9:30 - 12:00 SHINE 10:00 Walking Group 10:00 Transp to Wal-Mart 11:30 Lunch	<b>15</b> 9:00 Chair Yoga 11:30 Lunch w/ Selectmen Jim Bush 1:00 Senior Meeting 7pm Quilt, Crochet, Knit	<b>16</b> 9:30 - 12:00 SHINE 11:30 Linen Lunch
<b>19</b> 9:30 - 12:00 SHINE 10:00 Walking Group 11:30 Lunch	<b>20</b> 9:00 Chair Yoga 11:30 Lunch 12:00 Adams Market 1:00 Quilt, Crochet, Knit Foot Clinic by Appt call 743-8333 to Book	<b>21</b> 9:30 - 12:00 SHINE 10:00 Walking Group 10:00 Intro to Spinning 11:00 Transp to Farmer's Market	<b>22</b> 9:00 Chair Yoga 11:30 Lunch 7pm Quilt, Crochet, Knit <b>4-6:00 Lion's Club Picnic</b>	<b>23</b> 9:30 - 12:00 SHINE 11:30 Lunch 1:00 Brown Bag Trip to Foxwoods to Support Our Alzheimer's Team \$40 pp - Call 743- 8333 to Reserve your Seat! 
<b>26</b> 9-11:00 Trekking Pole Demo 9:30 - 12:00 SHINE 10:00 Walking Group 11:30 Lunch	<b>27</b> 9:00 Chair Yoga 9:30 UKE Group <b>10:00 Mobile Food Bank</b> 11:30 Lunch 12:00 Adams Market 1:00 Quilt, Crochet, Knit	<b>28</b> 9:30 - 12:00 SHINE 10:00 Walking Group 10:00 Intro to Spinning 10:00 Transp to Wal-Mart 10:30 Blood Pressure Clinic 1:30 Lunch	<b>29</b> 9:00 Chair Yoga 11:30 Lunch 7pm Quilt, Crochet, Knit	<b>30</b> 9:30 - 12:00 SHINE 10:15 Osteo-Exercise 11:30 Lunch




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



# Living Longer, Living Better

## Changing the Culture of Aging

Thursday, August 15th, 9am-3:30pm

Berkshire Community College, 1300 West Street, Pittsfield, MA

\$40 OLLI members/\$55 general public

Advance tickets: 413.236.2190 or [www.berkshireOLLI.org](http://www.berkshireOLLI.org)

### Featuring:

#### Ashton Applewhite

Ageism activist and author of *This Chair Rocks: A Manifesto Against Ageism*

#### Steve Thaxton

Executive Director of the Osher Institute National Resource Center

#### Sandra Harris

AARPMA President & senior living interior designer

#### Dr. Maura Brennan

Head of Geriatric & Palliative Care, Bay State Hospital

#### Ishita Srivastava

Director of Culture Change, Caring Across Generations

and more!

Presented by



[www.berkshireOLLI.org](http://www.berkshireOLLI.org) [f](#) [t](#) [v](#)



Come check out your very own Adams Council on Aging Director, Erica Girgenti, be a panelist at this OLLI event, representing Social Engagement.

**Living Longer, Living Better: Changing the Culture of Aging**  
presented by the Osher Lifelong Learning Institute at Berkshire Community College  
Co-sponsored by Age Friendly Berkshires & Community Networks for Aging in Place

**Thursday, August 15, 2019**

Berkshire Community College, Pittsfield, Mass.  
& simulcast to WBUR's CityStage, Boston, Mass.

**9am-9:30am:** Registration, refreshments, viewing of Creative Elders portraits

**9:30am-10:30am:** Keynote Speaker Ashton Applewhite

**10:45am-11:45am:** Morning Concurrent Sessions

**Civic Engagement** – Sandra Harris, State President AARP MA

#### Panelists

Peg McDonough, Age Friendly Berkshires coordinator

State Representative Tricia Farley-Bouvier, Joint Committee on Elder Affairs co-chair

Michael Wilcox, former moderator of Alford, Mass.

**Moderator** – State Senator Adam Hinds

**Aging in Place** – Ishita Srivastava, Director of Cultural Change for Caring Across Generations

#### Panelists

Bobbie Onsi, Director of Community Relations, Home Instead

Howard Shapiro, co-founder of Villages of the Berkshires

Joanne Rogovin, community leader

**Moderator** – Paula Almgren, President of the Massachusetts Chapter of the National Academy of Elder Law Attorneys

**12pm-1pm:** Lunch with roundtable discussions with speakers & panelists

**1:15pm-2:15pm:** Afternoon Concurrent Sessions

**Health Care** – Dr. Maura Brennan, Head of Geriatric and Palliative Care at Bay State Health, an Age Friendly Hospital

#### Panelists

Mark Pettus MD, Berkshire Health Systems

Fran Weinberg and Mary Jane Incurvia Mattina, SuperGeneration co-founders

Leah Reed, Minority Engagement Ambassador for Dementia Friendly Massachusetts

**Moderator** – Ben Liptzin, MD, retired head of psychiatry at Bay State and founding director of geriatrics at Harvard Medical School

**Social Engagement** – Steven Thaxton, Executive Director, OLLI National Resource Center

#### Panelists

Erica Girgenti, Adams MA Senior Center Director

Sam Bittman, [Third Act Project](#)

Carole Siegel, community leader

**Moderator** – Will Singleton, OLLI board member & founder of the NAACP Berkshire County Branch

**2:30pm-3:30pm:** VOICES spoken word ensemble performance

Transportation to the Lanesboro

## FARMER'S MARKET



**1st & 3rd WEDNESDAY**

Provided by COA Van

Suggested \$6 for ride

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Need help buying healthy food?

You may be eligible for the Supplemental Nutrition Assistance Program (SNAP). The Department of Transitional Assistance (DTA) administers SNAP benefits. SNAP provides a monthly benefit to buy nutritious foods. To get SNAP, you must be low-income and be a U.S. citizen or legal noncitizen (restrictions apply). Eligibility for SNAP benefits depends on financial and nonfinancial criteria. The Adams COA is here to help you to determine if you are eligible, and if you are, we will help you to apply. Call Barbara, 743-8333, to make a reservation.





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Friends of Adams CoA, Adams, MA

06-5289



**THIS MONTH**  
**10am - 11 am**  
**August 13th & August 27th**

### **Mobile Food Bank**

**2<sup>nd</sup> and 4<sup>th</sup> Tuesday of EVERY MONTH**

*Questions? Contact 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 Programs.*

### **APPLE PICKING & HAYRIDES**

Lakeview Orchards, Lanesboro  
 September 13, 2019 at 1pm

Rides will be provided from the Adams Visitor Center, this is a free event for members of the Friends of the Adams Council on Aging and \$6 for non-members. Annual membership to the Friends is \$10 if you'd like to become a Friend!



Come pick apples, enjoy a hayride and have light refreshments with us!

### **100 CUP COFFEE CHALLENGE**

Adams Council on Aging Outreach Worker Barbara Proper continues her mission to meet with 100 different people, couples, or agencies this year. She is enthusiastic to share some conversation over a cup of coffee. You don't have to drink coffee to engage in conversation though, so don't be shy, call Barb today...she's waiting for YOUR call and needs YOUR help to complete this challenge! You'll leave with a nice parting gift, a personalized coffee mug from the Adams Council on Aging.



*This program is in part sponsored by the Friends of the Adams COA*



SilverSneakers is a program encouraging older adults to participate in physical activities that will help them to maintain greater control of their health. It sponsors activities and social events designed to keep seniors healthy while encouraging social interaction.

The program is available right here in Adams at Cutting Edge Fitness! Owner/Instructor, Aimee Sinopoli, is an advisor who will introduce you to the program and help get you started.

### **The Adams Council on Aging is sponsoring several fitness classes at Cutting Edge**

For 8 consecutive weeks, the Adams COA will be offering a 50% discount on several classes at Cutting Edge Gym, the sponsored classes include :

#### **Beginners Spin/Cycle –**

Starting Wednesdays 10am August 21st

(This class runs every Wednesday but our sponsorship runs 8/21 – 10/9)

#### **Osteo-exercise-**

Fridays at 10:15am Beginning August 30th

(This class will run beyond the 8 class sponsorship but starts 8/30)

#### **Yoga-**

Sundays at 10am Beginning August 18th

(This class happens every Sunday at 10am but our sponsorship runs 8/18 – 10/6)

Sponsorship is 50% off class costs and users must present their Adams Council on Aging ID card to participate. Don't have an ID card, it's easy and free, pop into our office to acquire one. Check out Cutting Edge's website for a full list of exercise classes at [www.cuttingedgefama.com](http://www.cuttingedgefama.com) Cutting Edge is located at 73 1/2 Summer St, Adams.