



WELCOME August 2020

Adams Council on Aging

The Informer

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

SENIOR FARMER'S MARKET NUTRITION Program



Farmer's Market Coupons!

Call us and see if you're eligible to receive
\$25 worth of coupons to spend at local
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Mo. Income or below—you qualify:

1 \$1,968 - Annual \$23,606

2 \$2,658 - \$31,894

Stop by at the following times to pick yours
up:

Wed 8/12, Fri 8/14, Mon 8/17,

Thurs 8/20, Fri 8/21

10:30 - 11:00 a.m.



Bring a smile and some good conversation and
have lunch here....bring a friend or meet someone
here and enjoy your lunch together....

We will be setting out small tables that 2—4 people
may sit at to have lunch together....Reservations
must be made ahead of time to dine as all health &
safety regulation with the State & local boards of
health will be followed. Call to reserve your table
NOW!

Household Hazardous Waste Collection

Must wear mask and remain in car

August 22, 2020 9:00AM-1:00PM

Adams DPW Garage 92 North Summer St.

Pre-Registration required: CALL 413-743-8208
Or E-Mail your name, address & phone number to:
lcernik@nbswmd.com

* Registration OPENS *August 3rd to August 21,
or until at capacity. (space is limited)

Details on what can and can not be brought can be
directed upon registration.

Call for "Coffee w/Barb"

She still needs to meet her
2019 goal of 100 cups of
coffee! Book your cup today!
743-8333



Berkshire Medical Center set up a toll-free Hotline for the community to call if you have any questions or
concerns about the Coronavirus (COVID 19).

The phone number is available 7 days a week from 7am—7 pm. **1-855-262-5465**



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

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What to know when choosing a Home Health Care provider or VNA service can be confusing. Sarah Kline, Amedisys Care transition Coordinator, will help to take out the guess work with her presentation of “How to Choose a Home Health Care provider”.

Participants will learn where to find and compare Medicare scores and ratings for VNA and home health services. Presentation will be offered on Tuesday, August 18th under the tent at the Adams COA/Visitor Center. Pre registration is required by calling the Adams Council on Aging @ **413-743-8333**, as attendance will be limited. Mocha sundaes will be served



DID You Know these Things Had Names:

1. The space between your eyebrows is called a glabella
2. The way it smells after the rain is called petrichor
3. The plastic or metallic coating at the end of your shoelaces is called an aglet
4. The rumbling of stomach is actually called a wamble
5. The cry of a new born baby is called a vagitus
6. The prongs on a fork are called tines
7. The sheen or light that you see when you close your eyes and press your hands on them is called phosphenes
8. The tiny plastic table placed in the middle of a pizza box is called a box tent
9. The day after tomorrow is called overmorrow
10. Your tiny toe or finger is called minimus
11. The wired cage that holds the cork in a bottle of champagne is called an agraffe
12. The space between your nostrils is called columella nasi
13. The condition of finding it difficult to get out of bed in the morning is called dysania
14. Illegible hand-writing is called griffonage
15. The dot over an “i” or a “j” is called tittle.

COA Board Members

Pam St. John, Chairperson
Aleta Moncecchi, Vice Chair
Bob Joppich
Bruce Shepley, R.N.
Mary Whitman
Leona Meczywor
Barbara Fiske
Barbara Lagowski
(one vacancy)
Selectman Jim Bush, Liaison
Next Meeting: July 27 @ 2pm

COA Director ext. 201

Erica Girgenti

Outreach Worker ext. 205

Barbara Proper

Administrative Assistant ext. 208

Liz Chapman

Van Drivers ext. 210

John Naughton, Chuck Gebauer,
Jolene Droshen, Neal Crosier
Joe Sloane & Bruce Shepley

Custodian

Kyle Wilson & Ray Keele

SHINE Counselor (Medicare)

Karen DeOrdio

Foot Nurse:

Lynette Dukehart, RN

THE INFORMER Editor



**Did you know our newsletter
is online?**



You can read the current and previous editions by visiting the following website:

www.ourseniorcenter.com/find/friends-of-adams-coa

"Grab n Go" Community Lunches

Catered by ESBC

Monday – Friday

Pick up Time: 11—11:30 AM

Adams Council on Aging/Visitor Center

A \$2.00 Donation per meal for 60+ yrs old

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

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

8/3 Chicken Tetrazzini Casserole, Broccoli, Pears

8/4 Shepard's Pie, Mashed Potatoes, Mixed Fruit

8/5 Pot Roast w/gravy, Potatoes, Peaches

8/6 Meatballs w/Marinara, Penne, Fresh Plum

8/7 Baked Fish, Sweet Potatoes, Peas

8/10 Beef Patty w/gravy, Mashed Potatoes, Orange

8/11 Beef Stroganoff, Noodles, Sliced Pears

8/12 Chicken Salad, Garden Salad, Diced Mango

8/13 BBQ Pulled Port, Boiled Potatoes, Fruit

8/14 Chicken & Chickpea Stew, Rice, Apricots

8/17 Roast Pork w/Gravy, Mashed Sweet Potatoes,
Asparagus, Applesauce

8/18 Sweet & Sour Meatballs, Rice, Fresh Peach

8/19 Veg Lasagna w/White Sauce, Squash, Nectarine

8/20 Chicken Breast w/Gravy, Potatoe, Fruit Cocktail

8/21 Hot Do, Beans, Sauerkraut, Blueberry Yogurt

8/24 Chicken Marsala, Garlic Mashed, Fruit Loaf

8/25 Blk Bean Burger, Peas & Onions, Apricots

8/26 Chicken Bruschetta, Noodles, Diced Pears

8/27 Meatloaf w/Gravy, Mashed, Sliced Peaches

8/28 Beef Stew, Potatoes, Beets, Fresh Orange

8/31 Salmon Burger, Fried Rice, Pineapple tidbits

**We're still here for your
transportation need!**



Currently still providing rides to grocers, well visits, prescription pick ups, hair salons, take out (without delivery) and more. You won't know if we can take you if you don't ask. While our transportation is limited right now we ARE STILL PROVIDING it, with increased safety provisions.

Do you have a need during this challenging time? Call us and help us better understand how we can assist you. If we can find a way, we will! We're here for you! You can call us or email us

413-743-8333 or

adamscoa@town.adams.ma.us

B-I-N-G-O on the Lawn:

Must call to sign up w/Barbara
Limited Seats each session

Wednesday 8/5th & 8/19th

**We use Disposable cards,
provide Prizes,
and Socialization!**

CHAIR YOGA RETURNS!

Outdoors under the big tent

Space is limited to 10 people, plus instructor
Maryann Kufs, distantly placed.

Masks and pre-registration are required.

Mondays 10—11:00 a.m.

Tuesdays & Thursdays

8:30-9:30 & 10-11:00 am

(excluding Mobile Food Bank Days)

Chairs are provided but bringing your own would be
more helpful



**Check us out on
Facebook!**

@

Aams.Council.on.Aging

A u g u s t

Monday	Tuesday	Wednesday	Thursday	Friday
3 11—11:30: Lunch	4 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch 12:00 How to Prepare for the Unexpected Hospitalization—	5 11—11:30: Lunch 12– 1 BINGO B I N G O	6 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch	7 11—11:30: Lunch North Adams Mobile Food Bank
10 11—11:30: Lunch	11 10-11 Mobile Food Bank 11—11:30: Lunch 12:30 & 2pm Chair Yoga Mobile Food Bank 6:00pm—Alzheimer Support Group	12 11—11:30: Lunch	13 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch	14 11—11:30: Lunch
17 11—11:30: Lunch	18 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch 12:30 How to choose a home health care provider F o o t C l i n i c	19 11—11:30: Lunch 12-1 BINGO B I N G O	20 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch	21 11—11:30: Lunch North Adams Mobile Food Bank
24 11—11:30: Lunch	25 10-11 Mobile Food Bank 11—11:30: Lunch 12:30 chair Yoga 2:00 Chair Yoga Mobile Food Bank	26 11—11:30: Lunch	27 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch 12—2:00 Navicare Presentation w/Fallon Health	28 11—11:30: Lunch 12-1 Brown Bag Pick Up B r o w n B a g
			Did you know we provide TRANSPORTATION Monday– Friday? Tell us about your transportation needs!	

August 2020

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Outreach to Visually Impaired

Did you know the Perkins Library is proud to present a new outreach program called "TeleFun Calls". These are recurring scheduled programs happening every week, patrons can call a special toll free number and enter a special meeting ID to be connected with other Perkins Library patrons from across the state. There are activities scheduled for almost every day, games like trivia, name-that-song, and family feud, are hosted every Monday, Wednesday, and Friday at 1 pm. They also have Monday Movie Matinees every Monday at 10 am, as well as a Listening Library hour with radio dramas Thursdays at 2:30 pm. Additionally, they are also planning on adding new content soon to include a poetry group and a virtual classroom where patrons can listen to audio-described educational videos and documentaries over the phone from the comfort of their own home. To join the fun you will first need to contact Beth at 617-972-7241 or email Elizabeth.White@perkins.org to sign up.

Have you Checked out the Talking Information Center (TIC) programming? TIC's staff and volunteers provide human voice(d) broadcasts of local news, articles, and items of interest to visually impaired and otherwise disabled listeners throughout Massachusetts to promote independence and enrich quality of life."

<http://www.ticnetwork.org/schedule/TICCoronaSchedule.pdf>

As another example of a great community media partnership, WINCAM is broadcasting the Live Radio Theatre programming as part of their regular local community cable programming.



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

Classes are co-led by:
Amanda Chilson & Bret Beattie
Northern Berkshire Community Coalition

Pre-registration is required as
class size is limited.

Please call Adams COA:
413-743-8333



Northern Berkshire Community Coalition

FREE CLASS!

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

Dates:
September 9,16,23,30
October 7,14

10:30-12:00 Pm.
The Adams Council on Aging
3 Hoosac St. Adams
Outside Under Large Tent, Rain or Shine
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(413) 445-5959

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Friends of Adams CoA, Adams, MA

06-5289

Welcome Liz Chapman!

Please extend a warm welcome to the Adams COA's newest hire, Liz, who will be filling the role as Administrative Assistant. Liz has already made a positive impact on the department with her upbeat attitude and phone etiquette. She has years of experience as an office assistant and accompanied her resume with glowing recommendations.



Liz has lived in the Berkshires her whole life, moving to Adams a few years back. When asked to describe herself, she identifies as eager to help others and upbeat. Her favorite roles are that as a mother and grandmother.

You can offer a warm welcome **to the Council on Aging community by finding her at extension 208.**

Presentations this month:

August 4th @ 12:30 & 2:00

How to Prepare for the Unexpected hospitalization with Bane Care and Hospice of Western Mass

August 18th @ 11:30

How to Choose a Home Health Care Provider
With local Sarah Kline of Amedisys followed by Mocha Sundaes.

August 27th @ 12:30

NaviCare Presentation
for those Dual Enrolled MassHealth/Medicare

**Reservation is mandatory
for all events to 743-8333**

Legal Counsel

Do you have questions? Free initial 15min consultation available by appointment with local Attorney Ed St. John III, via over the phone or in-person pending necessity.



Thursday, September 3rd Beginning at 9am
Book TODAY! 743-8333

DOG WALKING GROUP

Join our new walking group to promote physical and mental health wellness. Also to increase socialization in a safe fashion during these times of uncertainty.

We will have a veterinarian visit and answer general questions .

Plan is to have a physical therapist speak, Nurse Practitioner (socially distant) about the benefits of walking.

Walk Captain is Kathy Hynes BSN RN , Air Force Flight Nurse, Duke Medical center and Albany Medical Center Flight Nurse. Contributing writer in Mountain Dog Magazine. Owner of Got Spots Etc, non profit canine rescue group with a dual mission of dog rescue and promoting optimal wellness through the human animal bond.

Co-Captain for walk is Tammy Baker, Tammy is a certified veterinary technician, certified horse massage therapist and currently works at Berkshire Health System. She is married to Gene Baker and is mom to 2 girls who are EMTs for Adams Ambulance and a young son, Gene jr. Additionally a mom to 2 dogs, 3 cats, and 2 horses.



A grant has been submitted to allow the program to purchase t shirts for the walkers, bandanas for the dogs, journals to track walker progress, and prizes. Beginning mid-September!