

August 2022

The Buzz

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

Memorial Building Update:

We are awaiting a rescheduled date for our main grant request presentation, which will hopefully allow us to initiate the restroom renovation process. Due to continued delays out of our control, the updated timeline for the COA transition to the Memorial Building is Spring of 2023. Once we are there, we hope to welcome the community by hosting a large health fair in our abundant new gymnasium and program space. Stay tuned...



THANK YOU for your responses! The following volunteer opportunities are still available:

Adams COA Volunteer Opportunities **Responsibilities** ***All Volunteers must have a CORI check completed***

Meal Site / Sit down Lunch

Mon thru Thu 10am-1pm

*don't have to volunteer everyday

Set up tables and chairs; Add place settings; Monitor donation box; 4x wk,
Servers- deliver milks and desserts;
Servers- scoop food onto plates;
Servers- deliver plates to tables;
Clean-up: tables, salt & pepper shakers, dishes, serving trays;
Maintain attendance

Nissan Rogue Driver

As needed Mon-Fri

Have a clean driving record;
Drive seniors to medical appointments throughout the county, state, and region;
Maintain record of trips; Conduct pre and post trip car inspection

Rita's Rides Rickshaw Bike

Wed, 9am-3pm, or as needed

Complete training on how to operate the rickshaw bike;
Ensure liability waiver is signed by riders;
Provide rides along the Rail Trail for those who sign up

Brown Bag

1x mo, 4th Friday 10-11am

Package non-perishable food items delivered by the Food Bank of Western MA

Town Volunteer Opportunities

Adams Visitor Center Desk

Fri-Sun and Monday holidays

Answer visitor questions, monitor the building while open to the public

Beautification Team

as needed

Maintain flowers and planters throughout the town



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

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413-743-0001

When in doubt check with your bank!



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estjohn3adams@roadrunner.com

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Greetings! I hope everyone is enjoying a safe and happy summer so far. Things continue to be busy here at the Adams COA. We've got a little something for everybody, so take a look at our calendar and event descriptions listed in this newsletter, and call the COA with questions or registrations. Don't see something that interests you? Then still please call us and let us know what you'd like to have offered for additional programming. We are a center for active living and aging and strive to meet everyone's needs and interests. We look forward to seeing you! Peace and light to all. ~Sarah ☺



Crafts with Izzie on Wed August 17th, 12:30-1:30:
Crafting Extravaganza! Brining back some old favorites. Choose from an array of projects done throughout the year already. Materials will be provided, but please register with the COA prior to the class so we can ensure there are enough materials for all who wish to participate in the fun and creativity.

August 2 | 5pm-7pm | Adams Massachusetts Visitors Center



| Kids Activities | Exhibits | Food | Music |

Register/Inquiries: 413-743-1212
adamspolice@town.adams.ma.us

Rita's Rickshaw Bike Rides:

Want to feel the wind in your hair again while riding a bike along the Rail Trail??? Then call the Adams COA to schedule your ride on our fun and comfortable rickshaw bike. Available Wednesdays from 9am-3pm, or as requested, based on weather and volunteer availability. Call the COA to sign up at 413-743-8333.



**Adams
Police Department
2nd Annual
NATIONAL NIGHT OUT
August 2nd 5pm - 7pm**



JOIN US FOR:
BOUNCE HOUSES
MUSIC
IRISH DANCE TROOP
FOOD
DUNK TANK
CAR SHOW & TOUCH-A-TRUCK
AND MORE

COA Board Members

Barbara Lagowski Chairperson
Bruce Shepley, R.N., Vice Chair
Bob Joppich
Pam St. John
Mary Whitman
Leona Meczywor
Barbara Fiske
Aleta Moncecchi
Liz Mach
Next Meeting: August 1st, 2pm

COA Director

Sarah Fontaine
sfontaine@town.adams.ma.us

Outreach Worker

Barbara Proper
bproper@town.adams.ma.us

Administrative Assistant

Kathryn "Izzie" Bellizzi
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 ESBC

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+ yrs old

\$8.00 Required fee for under 60 yrs old

8/1 Cheese burger, Red potatoes, Asparagus, Applesauce

8/2 Goulash, Cauliflower, Beets, Peach

8/3 Turkey Tetrazzini, Broccoli, Carrots, Sliced Pears

8/4 Chicken Bruschetta, Potatoes, Spinach, Mangoes

8/8 Pot Roast w/ Gravy, Mashed Potatoes, Veg, Peaches

8/9 Meatballs & Shells, Green Beans, Apricots

8/10 Penne w/ Meatballs, Brocc/Cauliflower, Fruit

8/11 Pork Roast w/Gravy, Mashed Sweet Potato,
Brussel Sprouts w/Cheese, Applesauce

8/12 Cold Salmon Filet, Pineapple Mango Salsa, Slaw,
Chickpeas/Tomatoes, Apricots

8/15 Berkshire Grown Beef Stroganoff, Buttered
Noodles, Broccoli Florets, Diced Pears

8/16 Tuna Nicoise Salad, Cucumbers, Egg, Oranges

8/17 Chicken Marsala, Brown Rice, Greens, Pineapple

8/18 Southwestern Salad, Corn,/Peppers/Onions, Black
Beans/Tomatoes, Applesauce

8/19 Hot Dog, Sauerkraut, Veg Beans, Fruit Cocktail

8/22 Turkey & Gravy, Mashed Sweet Potatoes, Yogurt

8/23 Chix Salad, Mulligatawny Soup, Peach Crisp

8/24 Beef Stew, Potatoes, Steamed Cabbage, Sliced Pears

8/25 Veal, Peppers/Onions, Egg Noodles, Veg, Orange

8/26 Meatloaf w/ Gravy, Mashed Potatoes/Veg, Mango

8/29 Orange Chicken, Steamed Rice, Honey Dew Melon

8/30 Shepherd's Pie, Mashed Potatoes, Asparagus, Pear

8/31 Pizza and Salad provided by the COA Staff!

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: No August Meeting
September 16th

Bingo Wed, August 10th @

12:30pm

Sponsored by Bane Care



How to Spot Fraud and Scams

Presented by local Attorney Ed St. John and
FBI Springfield Supervisory
Special Agent Matt Fontaine

Learn how to spot fraud and scams, how to
protect yourself and your personal information
from them, and what to do if you become a
victim of fraud or scams.

When: Thursday, August 25th 1:30-2:30

Where: Adams Visitor Center, 3 Hoosac St

Call the COA at 413-743-8333 to register.

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.***

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 1-2 business days prior to your
travel needs, as we cannot accommodate
same day requests.

*travels within Adams, North Adams,
and Williamstown.

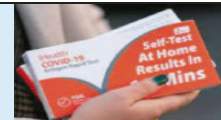
*Suggested donation of \$1.00 per town, each way

Monday	Tuesday	Wednesday	Thursday	Friday
1 9-12 SHINE 11:30 Lunch 2-3 COA Board Meeting	2 9 - 10 Chair Yoga 11:30 Lunch 1:00 Crafters 5-7 National Night Out with local First Responders at the Adams Visitor Center	3 9-12 SHINE 11:30 Lunch 1:30-2:30 Friends of the Adams COA Meeting	4 9 - 10 Chair Yoga 11:30 Lunch 12:30 Scrabble with Garret Erwin 1:30 Friends of the ACOA: Pitch with Corry Cairns	5 11:00-11:30 Lunch Grab n Go North Adams Mobile Food Bank 10
8 9-12 SHINE 11:30 Lunch	9 9 - 10 Chair Yoga 10-11 Mobile Food Bank* <i>*Please bring your own bag</i> 11:30 Lunch 1:00 Crafters No Support Group this month	10 9-12 SHINE 11:30 Lunch 12:30 Bingo, Sponsored by: 	11 Margarita Day! 9 - 10 Chair Yoga 11:30 Linen Lunch, w/ Non-Alcoholic Margaritas! 12:30 Scrabble with Garret Erwin 1:30 Friends of the ACOA: Pitch with Corry Cairns	12 11:00-11:30 Lunch Grab n Go
15 9-12 SHINE 11:30 Lunch	16 8-2 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch 1:00 Crafters	17 9-12 SHINE 11:30 Lunch 12:30-1:30 Craft w/ Izzie	18 9 - 10 Chair Yoga 11:30 Linen Lunch 3-6 COA/Lions Club Picnic	19 11:00-11:30 Lunch Grab n Go North Adams Mobile Food Bank
22 9-12 SHINE 11:30 Lunch 10-1 Historical Tour of Adams and lunch at Adams Pizza House	23 Log Cabin Bus Trip 9 - 10 Chair Yoga 10-11 Mobile Food Bank* <i>*Please bring your own bag</i> 11:30 Lunch 1:00 Crafters	24 9-12 SHINE 11:30 Lunch	25 9 - 10 Chair Yoga 11:30 Lunch 1:30 Friends of the ACOA: Fraud and Scam Prevention w/ Atty Ed. St John and FBI Supervisor Matt Fontaine	26 11:00-11:30 Lunch Grab n Go 11-12 Brown Bag
29 9-12 SHINE 11:30 Lunch	30 9 - 10 Chair Yoga 11:30 Lunch 1:00 Crafters	31 9-12 SHINE 11:30 Pizza and Salad Lunch provided by the COA 12:30-1:30 Belly Dancing w/ Izzie, no experience necessary	Farmers Market Coupons <i>*should*</i> be received from Elder Services sometime this month. Please check back with Elder Services or the COA for availability. Since each COA in Berkshire County receives them, Adams COA will provide our allotment to Adams and Savoy residents only.	*Art with Donna on Monday afternoons is taking the summer off. See you in September! *Town-wide Tag Sale is Saturday, August 13th from 8am-4pm, rain or shine. Find the map at all Town buildings or online at www.town.adams.ma.us

Get free at-home COVID-19 tests: www.covidtests.gov or 1-800-232-0233

Free Test kits also available at the following Town of Adams Departments: Council on Aging, Town Clerk, Town Treasurer, Dept of Public Health, Library, and Police Dept.

The FDA has extended the expiration date 3 months beyond what is printed on the back of the box.



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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

**A DAY OF ELVIS PRESLEY &
ROD STEWART!!
LOBSTER FEAST!
August 23, 2022
LOG CABIN BUS TRIP "SOLD" OUT!!**

Belly Dancing Class

Want to try something new, fun, and exciting?

Then we have the class for you!

Join us on Wednesday, August 31st at 12:30 for
Belly Dancing, taught by our own Izzie Bellizzi!

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.

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



**Adams COA /
Lions Club Picnic**



Join the Adams COA and the Adams Lion
Club as we host our Annual Picnic on the
lawn of the Adams Visitor Center.

Thursday, August 18th, 3-6 pm.

Good Food ~ Good Music ~ Good Company

Call the COA at 413-743-8333

to register.

Historical Tour of Adams

The Friends of the Adams Council on Aging are
sponsoring an interesting event to be held on Monday,
August 22 beginning at 10 a.m. We will visit the Susan B.
Anthony Birthplace Museum. Our docent will be Marty
Loughman. We will then make a stop at the Susan B.
Anthony statue before going to the Quaker Meeting House
in the Maple Street Cemetery. Our guide will be Eugene
Michalenko or Ginny Duval. We will finish with lunch at
the Pizza House. This event is free of charge to all
participants. If you are interested in attending, please
register at the Adams Council on Aging during business
hours or by calling 743-8333 by Wednesday, August 17.
We hope to see you on August 22!

BLOOD PRESSURE CLINIC

Every month on the 3rd Tuesday.
FREE readings between 10:30 - 11:00am
Appointments & Walk-ins Welcome



August 16th
Offered by local RNs
Luanne Rose & Bruce Shepley

Friends of the Adams COA

Thursday Class Series

August 4th - Pitch w/ Corry Cairns

August 11th - Pitch w/ Corry Cairns

August 18th - No class today due to the COA/
Lions Club Picnic

August 25th - Fraud and Scams Prevention with
local Atty Ed St. John and FBI
Springfield Supervisor Matt Fontaine

*All classes above at 1:30pm. Space is limited.

Please call the COA at 413-743-8333 to register.

*Scrabble with Garret will be on Aug 4th & 11th
at 12:30 upstairs in the COA conference room.

**MOVIES
Under the Stars**

**JULY 8
Sing 2**

**JULY 22
Up**

**AUGUST 5
Encanto**

**AUGUST 19
Clifford the Big Red
Dog**

Adams Visitor Center
Show starts at dusk
Lawn open for seating at 7:30pm
Bring lawn chairs and blankets

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ADAMS EVENTS COMMITTEE PRESENTS

**SUMMER
CONCERT
SERIES**

Jul 12 - Rev Tor
Jul 19 - Jack Waldheim
Jul 26 - Brian Benlien
Aug 3 - Sky Full of Dippers
Aug 9 - Hotshot Hillbillies
Aug 16 - Happy Together
Aug 23 - Mr. Doubtfire

ADAMS VISITOR CENTER
6:30PM - 8:30PM
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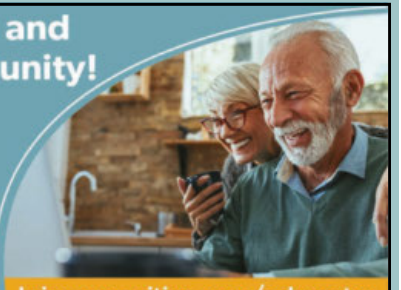
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BCAC Fuel Assistance Guidelines	Household Size	Gross Annual Income
	1	\$40,951
	2	\$53,551
	3	\$66,151
	4	\$78,751
	5	\$91,351
	6	\$103,951
	7	\$106,314



If eligible for Fuel Assistance, you may be eligible for weatherization & no cost products, such as energy efficient LED light bulbs, replacement washing machine, refrigerator and/or freezer, replacement window A/C unit, insulation, heating system replacement & repair ... & much more!

To learn more about what BCAC can do for you:

Pittsfield/South County: 413-445-4503

North County: 413-663-3014

Status Line, available 24/7: 1-866-216-6200
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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.
- The town of Savoy will hold a **Special Town Election** on August 17th from 12 noon to 7pm. This election will be held to fill the remaining term of the vacancy on the Select Board. The term of this position will expire in 2023 at the next Annual Town Election.
- PRIMARY ELECTION – EARLY VOTING Sat, August 27 10am-2pm and Tue, August 30 11am-1pm & 6-8pm.
- It's finally here! Charles "Chuck" Gebauer has begun 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 great 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. Come join the fun!

The Savoy Book Club is taking a break for the summer and will meet again in September. Check the town website for updates!

Hard copies of **The Buzz** are available at the Adams COA and Savoy Town Hall. A PDF copy is available on the Town of Adams and Town of Savoy websites and Facebook. 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.

The Town of Savoy has received additional at-home Covid test kits for anyone that is interested. Stop by during town hall hours and pick one up. Tuesday 1-5, Thursday 9-1, and Friday 9-1. There are two tests per box, limit one box per person.

UPDATED Savoy Town Hall Hours:

Select Board Administrative Assistant, Jennifer Richard
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
phone 413-743-4290, fax 413-743-4292
720 Main Road, Savoy, MA 01256**



COA van service to Adams, North Adams, and Williamstown for Savoy seniors on Tue, Wed, and Thu 8am-3pm. Please contact the Adams COA at least 2 business days in advance to schedule your rides.