



December 2018

Adams Council on Aging

The Informer

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

SHORT 'n SWEET

Mobile Food Bank..... Pg #2
Movie..... Pg #2
Staff Pg #2
BINGO Pg #3
Nutrition Program Pg #3
Calendar of Events..... Pg #4



Please Note: The Senior Club will not meet again until April 4th

Also, the Friends of Adams COA Group will meet Dec. 5th and then not again until April 3rd

Alzheimer's Support Group will NOT be meeting in December, resuming January 8th at 6pm



2019 is around the corner!

Celebrate the end of a year and the beginning of the next with us on
Wednesday, January 2nd
Lunch time, 11:30
RSVP required



A N N U A L HOLIDAY PARTY

DECEMBER 10th, 2018
4pm Social / 5pm Plated Meal

50/50, Auction Table, Live Music

Bounti Fare Restaurant
\$15/pp on sale at COA Office
Transportation Available

Call 743-8333 with questions
Meal choice: Haddock, Beef, Pasta, Turkey
This meal cost is discounted by the generous support of your Adams Council on Aging Department and the Friends of the Adams Council on Aging

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06-5289

Mobile Food Bank Distribution

Please bring bags or cart to carry your food

- No proof of eligibility required
- No Age/income requirements



2nd and 4th Tuesday of EVERY MONTH 11am – 12pm

Last month we served over 288 families in one hour!

Thank you to our Volunteers who make this possible!

This program will continue year round. Please note, this month there will be **ONLY ONE DISTRIBUTION** that will be held on December

11th, since the 4th Tuesday is Christmas

Again, December's ONLY distribution is the 11th, then

January 8th & 22nd and so on...

Movie of the Month

That Thing You Do!

PG · 1996 · Drama/Comedy-drama · 2h 29m

December 13th at 12:30pm



Wily band manager Mr. White helps a small town band achieve big time success when they release a Beatles-style pop song in 1964. Pennsylvania band the "Oneders" become a sensation after their drummer breaks his arm, and is replaced by jazz enthusiast, Guy Patterson, who injects something a bit different into their music.

Want to tie up loose ends at the end of the year?

Does it require legal council? Wait no further!

St. John III of St. John Law is offering **FREE legal**

council at the Adams Council on Aging on

Tues., Dec. 4th. Appointments available from 9am—11am.

Book today at 743-8333



Buckets of Sand

Avoid falls this winter with a FREE bucket of sand provided to home-bound seniors by the Adams COA. Whether you need a new bucket or need one refilled, we can help you!

Please call (413) 743-8333 for more information.

COA Board Members

Pam St. John, Chairperson

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Bob Joppich

Melissa Schaffrick

Bruce Shepley, R.N.

Debbie Wineberg, R.N.

Officer Greg Onorato

Mary Whitman

Leona Meczywor

Next Meeting: December 3rd 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

Gebauer & Joe Sloane

Custodian

Kyle Wilson

Nutrition Site Reservationist

VACANT

SHINE Counselor (Medicare)

Karen DeOrdio

THE INFORMER Editor

Marsha Mikuszewski, Cindy Fletcher, Pam

St. John, Carol Roberts, Debbie Wineberg

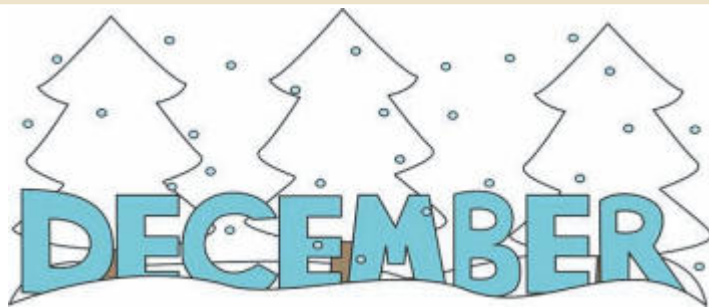
Tax Season is upon us!

As a reminder, the Adams COA has a team of certified Tax preparers to prepare and electronically file your taxes for FREE!!

We will be booking in January for the month of February, March and April. Appointments on Wednesdays & Fridays at 12:00pm, 1:30pm & 2:30pm

Don't think you have to file anymore? Maybe not, but you also might be missing out on getting the circuit breaker credit! That could put a few extra hundred bucks in your pocket.





**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 Reservationist 48 hours in advance at 743-8333.

****Transportation Available****

*For a full listing visit the back page of ESBC's
Berkshire Senior Newspaper*

- 12/3 Beef & Pepper Casserole, beets, cauliflower
- 12/4 Italian Meatballs, shells w/sauce, beans, salad
- 12/5 Breaded Pollock, roasted potatoes, peas & onions
- 12/6 Glazed Chicken Drumstick, brown rice, Brussel sprouts
- 12/7 Chuckwagon Stew, mashed potatoes, spinach
- 12/10 Roasted Pork w/gravy, potatoes, butternut squash
- 12/11 Cheeseburger, vegetarian baked beans, sliced carrots
- 12/12 Sage Stuffed Chicken, turnip, sweet potatoes
- 12/13 Veal Cacciatore, buttered noodles, veggie blend
- 12/14 Mac & Cheese, stewed tomatoes, green beans
- 12/17 Spanish Rice, spinach, cauliflower
- 12/18 Chicken Sorrento, penne w/marinara, carrots
- 12/19 Stir Fry Pork, brown rice, oriental veggie blend
- 12/20 **Linen Lunch:**
Roasted Beef w/ gravy, mashed potatoes, veggie blend
- 12/21 Tuna Salad Roll, cream of cabbage soup, peas
- 12/24 BBQ Chicken Breast, sweet potato, winter veg blend
- 12/25 CLOSED for Christmas
- 12/26 Beef Stew, mashed potatoes, butternut squash
- 12/27 Egg & Cheese Omelet, sliced roasted potatoes, spinach
- 12/28 Chicken Divan, buttered noodles, sugar snap pea
- 12/31 Shepard's Pie, mashed potatoes, green beans



BROWN BAG DATE CHANGE

December's Brown Bag will be held on
MONDAY, DECEMBER 17th
Pick up as early as 12:30 PM

No charge and a great chance to win some gift cards to local community spots.



**Wednesday, December 19th @
12:30 pm
Sponsored by
Hospice of Western Mass**

**Medicare Open Enrollment
Deadline Is Here**

SHINE Can Help Seniors Make Sense Of It All

**The deadline to make changes to your plan is
December 7.**

We can help make sense of the information. Trained SHINE (Serving the Health Insurance Needs of Everyone) counselors can help you understand your plan changes as well as other available options. Be sure you have coverage that best meets your needs! SHINE counselors are in every community and there are still appointments available. *Sign up soon!*

Please call your senior center to get a SHINE Appointment. Adams offers hours on M, W, F.

Call today 743-8333

**Linen Lunch Gift
Exchange:**



For those interested, please bring a gift on December 20th to our linen lunch, no greater in value than \$10 to participate in a gift exchange.

Gender neutral gifts are recommended but not mandatory. Bring a gift, get a gift!

Dine with a Selectman!

Selectman Jim Bush, liaison to the Council on Aging, will be at lunch every 3rd Thursday, which is December 20th this month. Come to get to know him, share your concerns, ideas or hear updates.

Monday	Tuesday	Wednesday	Thursday	Friday
3 9-12 SHINE Counsel 9-3 Computer Lab Open 11:00 Walking Club 11:30 Lunch 12:30 Art with Donna 2:00 COA Board Meeting	4 9-3 Computer Lab Open 9:00 Chair Yoga 9-11 Free Legal Counsel 9:15 Tai Chi 11:30 Lunch 1:00 Quilting, Crochet, Knitting	5 9-12 SHINE Counsel 9-3 Computer Lab Open 10:00 Transport to Wal-Mart 11:00 Walking Club 11:30 Lunch 3:00 Friend's Meeting	6 9-3 Computer Lab Open 9:00 Chair Yoga 11:30 Lunch 12:00 Craft Card Making 7pm Quilting, Crochet, Knitting	7 9-12 SHINE Counsel 9-3 Computer Lab Open 11:30 Lunch
10 9-2 SHINE Counsel 9-3 Computer Lab Open 11:00 Walking Club 11:30 Lunch 12:30 Art with Donna Office Closes at Noon 4pm Holiday Gathering At Bounti Fare	11 9-3 Computer Lab Open 9:00 Chair Yoga 9:15 Tai Chi 11:30 Lunch 11-12 Mobile Food Bank 1:00 Quilting, Crochet, Knitting	12 9-12 SHINE Counsel 9-3 Computer Lab Open 10:00 Transport to Wal-Mart 11:00 Walking Club 11:30 Lunch Sorry for the inconvenience but we'll be closing at noon today!	13 9-3 Computer Lab Open 9:00 Chair Yoga 11:30 Lunch 12:00 Craft Card Making 12:30 MOVIE 7pm Quilting, Crochet, Knitting	14 9-12 SHINE Counsel 9-3 Computer Lab Open 11:30 Lunch
17 9-12 SHINE Counsel 9-3 Computer Lab Open 11:00 Walking Club 11:30 Lunch 12:30 Art with Donna 12:30 Brown Bag	18 9-3 Computer Lab Open 9:00 Chair Yoga 9:15 Tai Chi 11:30 Lunch 1:00 Quilting, Crochet, Knitting 1:00 Pierogi Making Foot clinic by appointment @743-8333 \$35	19 9-12 SHINE Counsel 9-3 Computer Lab Open 10:00 Transport to Wal-Mart 11:00 Walking Club 11:30 Lunch 12:30  5pm Holiday Light Tour around town	20 9-3 Computer Lab Open 9:00 Chair Yoga 11:30 Lunch w/ Selectman & Linen Lunch Sorry for the inconvenience but we'll be closing at noon today! 7pm Quilting, Crochet, Knitting	21 9-12 SHINE Counsel 9-3 Computer Lab Open 11-12 Music with Northern Berkshire Ukulele Group 11:30 Lunch
24 9-12 SHINE Counsel 9-3 Computer Lab Open 11:00 Walking Club 11:30 Lunch Close at noon	25 	26 9-12 SHINE Counsel 9-3 Computer Lab Open 10:00 Transport to Wal-Mart 10:30 Blood Pressure Clinic 11:00 Walking Club 11:30 Lunch	27 9-3 Computer Lab Open 9:00 Chair Yoga 11:30 Lunch 7pm Quilting, Crochet, Knitting	28 9-12 SHINE Counsel 9-3 Computer Lab Open 11:30 Lunch
31 9-12 SHINE Counsel 9-3 Computer Lab Open 11:00 Walking Club 11:30 Lunch 12:30 Art with Donna			We have transportation to the Big Y every Tuesday at noon	NOTICE: Alzheimer's Support group on 12/11 is canceled Only one mobile food bank this month on 12/11




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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 Night In Bethlehem"

A living experience in a recreation of the town of Bethlehem with a full cast, live animals, sights, sounds, and smells.. All to remind you of that night long ago when the Reason for Christmas was born. A Living Nativity set up at Hope Church in Lenox, MA—259 Kemble St. - No Charge

Saturday Dec. 8th - 3-6:00 p.m.

Sunday, Dec. 9th - 2-5:00 p.m.



As a reminder: Here at the Adams COA, we are the Salvation Army Site for Adams, Cheshire, Savoy and Windsor residents. So if you support your Salvation Army we can collect and send your holiday donations. It helps the many families within your community for emergency needs!



December 19th 5PM

Hop on the COA vans and take a tour of our community's holiday decorations. You'll start the night with some hot cocoa from McDonalds and carry on with some festive music as you tour the community. Space is limited and fills up fast, book today, 743-8333.

We want to help you save money!

Who doesn't like a little extra cash in the pocket, especially around the holiday time?

Call our office today to provide you with a confidential conversation exploring your eligibility in a variety of programs. For example, household of 2 can make up to \$61,916 and qualify for savings! Don't struggle this winter! Call Barbara or Erica at 743-8333.



SAVE ON YOUR PROPERTY TAXES!

The Town of Adams offers a break in your property taxes to income eligible adults, age 60 and older, who meet guidelines similar to Fuel Assistance and who own their own home or who have life tenancy. You can work up to \$990.00 OFF your property taxes. For more information, call Erica at 413-743-8333.

Card Making



Crafty Cards with Mary Lou

Nothing says Happy Holidays more than a home-made card. Join local crafter, Mary Lou Burdick for a Holiday Card making demonstration, supplies/materials provided.

December 6th & 13th 12:00—1:00pm.
Classes will then resume in March

WELCOME BACK!

Northern Berkshire Uke Club

December 21st from 11—12pm through lunch for some holiday music cheer.

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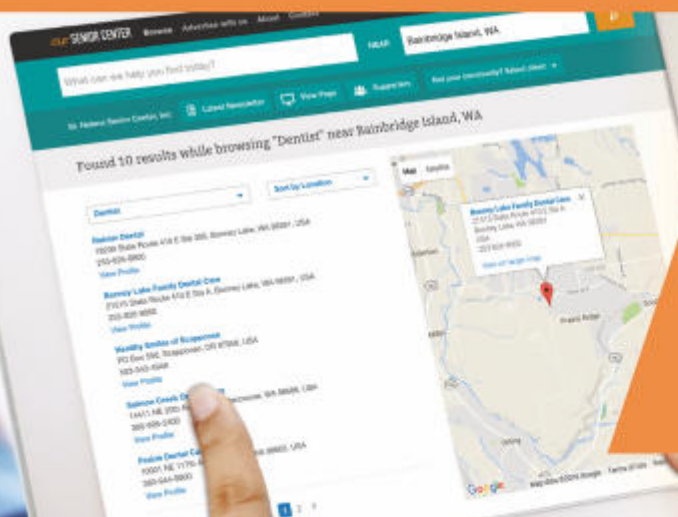
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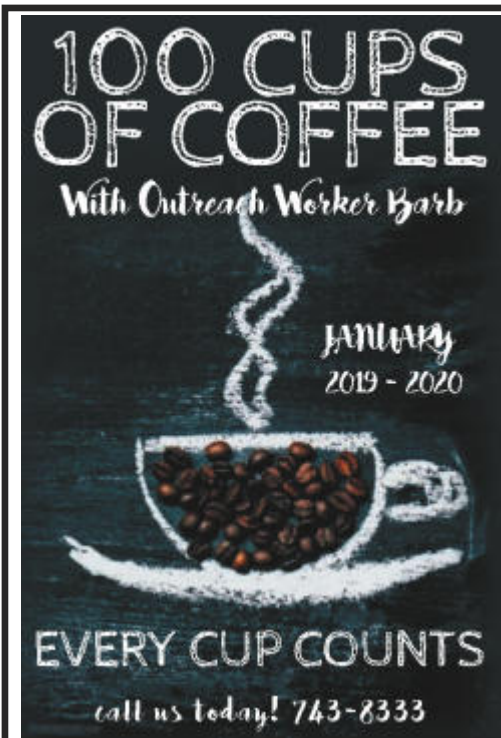
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Friends of Adams CoA, Adams, MA

06-5289



With a new year brings new goals! Outreach Worker Barb has decided to have 100 cups of coffee or tea with 100 people in 2019. Whether it's at your home, at a local coffee shop or here at the center Barbara would like to share a cup with you. This will provide her with an opportunity to get to know you better, and you to know her better and if you're interested, to learn more about the Senior Center. With each cup we'll have a parting gift for you to remember us by! Call today and book your cup of coffee with Barb! In return, we're hoping you'll be willing to take a quick 'selfie' with her so she can share it on her office wall to commemorate all the great people she has gotten to know better through the 2019 year!

Whether you're a group, agency, individual or couple, she'd like to have a cup with you! Call 743-8333!

Pierogi Making!!

Do you make them? Have you always wanted to learn? Well now is your chance on December 18th at 1pm at the Adams Council on Aging.



Registration Required! We'll make them as a group. Call to sign up, \$10 per person. You'll leave with at least an estimated one dozen or more.

**CLOSING
EARLY**

December brings many gathering and celebrations.

So that our staff can enjoy them all and prepare for them, we'll have a few days where we'll close early. They are listed below:

Monday, December 10th: Office closing at noon
 Wednesday, December 12th: Office closing at noon
 Thursday, December 20th: Office closing at noon
 Monday, December 24th: Closing at noon
 Tuesday, December 25th: Closed all day
 Tuesday, January 1st: Closed all day

We look forward to celebrating the season with you. Happy holidays to all!



Origin of Idioms and Old Phrases

"Don't go off half cocked"

We use that term today to refer to someone who acts impulsively or who goes off unprepared for a task.

Its origin: During colonial times the Flint Lock Rifle was used—its striker mechanism was 2 stage and when it was drawn back at half cock the gun was in a safe state and would not accidentally discharge. When the cocking mechanism was drawn all the way back, it was then ready to be fired. To go off half cocked unaware meant that the gun would not discharge when needed.

- Brought to you by Eric LaRoche, Admin. Assistant