

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



Artwork by Jennifer Wagner,
Inspirity

Well, winter has finally arrived in the Berkshires. And with that comes higher home heating costs. Come get your 2023 Heating Raffle Tickets at the Adams COA for a chance to win \$500 or \$250 toward your heating bill! Also, check out page 5 for ways to get help with your utility bills.

Support the Adams Council On Aging Senior Programming!

2023 Heating Raffle

4 Chances to Win!

1st Prize: \$500 Credit on Fuel Account
2nd, 3rd & 4th Prize: \$250 Credit on Fuel Account

Special Thanks to our Donors: West Oil Co. • Paciorek Funeral Home • Rowley Fuel • Dr. Martin Bush • Souliere & Zepka Construction • Adams Community Bank • Adams Plumbing & Heating • Central Radio • Oasis Senior Advisors • H.A. George & Sons Fuel • and others that may have donated after printing.

Winners drawn Tuesday, January 31, 2023
Donation - \$4 per ticket/\$10 for 3 tickets • Sponsored by Friends Group of Adams COA



11th Annual Holiday Party
50/50 * Table Auction * Cash Bar
Music by DJ Bizz
Tuesday, Dec. 6th— 4-7pm @ Bounti Fare



Thank you to all involved that are working to make this a successful and festive gathering!
And thank you to all who purchased tickets to the party and who will purchase raffle and auction tickets at the party. Proceeds will benefit the Friends of the Adams COA.

Donations from local businesses and individual supporters that enable the party and raffles to take place: Adams American Legion, Adams Market, Adams Community Bank, Adams Plumbing & Heating, A.J.'s Pub, Berkshire Outfitters, Central Radio, DiLego Jewelry, DJ Bizz, Dr. Martin Bush DDS, Edward Jones, Flower Gallery, Greylock Federal Credit Union, H. A. George Oil, Health New England, Lee's Dynasty, McCann Tech, Midtown Tax & Bookkeeping, Miss Adams Diner, New Waves Hair Salon, Oasis Senior Advisors, Paciorek Funeral Home, Pizza House, Raybella's Gift Shop, Rowley Fuel Co., Smith Bros McAndrews Insurance, Souliere and Zepka Construction, St. John Law Office, Standard Furniture, The Clark Art Institute, Val's Variety, West Oil, Barb Bessette, Bev Collins, Deb Gigliotti, Jean Kondej, Mary & John Labombard, Liz Mach, Bruce & Pat Shepley, Joe Sloane, Pam & Ed St. John, Barb Ziemba, and many others that may have arrived after the printing of this issue...THANK YOU!!!



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

MidTown TAX & BOOKKEEPING CO., INC

ROBERT C. BLAIR, OWNER

44 Spring Street, Adams, MA

Tel: 413.743.4933 | midtowntaxadams@aol.com

Personal Service • Professional Results



When it comes to
caring for seniors,
it's a matter of trust

Meet the Berkshires
Senior Care Family



Springside
255 Lebanon Ave • Pittsfield
413-499-2334
Rehabilitation • Skilled Care



Craneville Place
265 Main Street • Dalton
413-684-3212
Rehabilitation • Skilled Care



Sugar Hill
45 Main Street • Dalton
413-684-0100
Independent Living
Assisted Living • Memory Care

Visit us online at
www.BaneCare.com



2 Park Street, Adams
(413) 743-7333
www.Greylock.org



**ADAMS
PHYSICAL THERAPY**
Heal. Function. Perform

Check out our new website:
www.adamsphysicaltherapy.com

413.743.2600

Hours: Mon & Wed: 9:00 am - 5:30 pm
Tues & Thurs: 8:30 am - 5:00 pm
Friday 9:00 am - 3:30 pm
1 Berkshire Square, Suite 109 • Adams, MA

Millhouses of Adams

Wingate Management Company, Inc.



Elderly & Family Apartments

• Rent 30% of Income

On Site Laundry • Social Activities

75 COMMERCIAL STREET, RT. 8
ADAMS, MA

Call **413-743-2375**

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed to
you every
week.



Visit www.mycommunityonline.com

SBM

Dave Bissaillon, President

SMITH BROS. - McANDREWS INSURANCE

45 Park Street • Adams • 743-1216

www.smithbrosmcandrews.com

EDMUND R. ST. JOHN, III

Attorney-At-Law

2 Center Street / P.O. Box 228 / Adams, MA

413.743.0990

estjohn3adams@roadrunner.com

30% SENIOR DISCOUNT



SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpcommunities.com

Friends of Adams CoA, Adams, MA

06-5289



Wishing you all a blessed holiday season full of Peace, Joy, Hope, and Love! If you know of a senior that could use an extra dose of holiday cheer, please let us know so we can tell our COA elves. As I reflect back on a full year here at the COA, I am blessed to have gotten to meet so many wonderful people! Happy Holidays! ~Sarah 😊

Crafts with Izzie on Wed, Dec 21st, 12:30-1:30: Decorate Christmas Cookies to take home -All materials (and cookies for snacking) are provided. Come to have some fun, social, and be creative!



Thank you to all who joined us to honor our Veterans last month. Special thanks to Adams American Legion, Bane Care for the cake and favors, Veterans Agent Steve Roy, soloist Sheila Scott, and the staff and volunteers who made this event possible.

THANK YOU, VETERANS!!!

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: December 12, 2pm

COA Director

Sarah Fontaine
sfontaine@town.adams.ma.us

Outreach Coordinator

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

- 12/1 Veal Parmesan, Penna w/Marinara, Mand Oranges
- 12/2 Grab n Go—Kitchen Renovations—Frozen Meal
- 12/5 Grab n Go—Kitchen Renovations—Frozen Meal
- 12/6 Grab n Go—Kitchen Renovations—Frozen Meal
- 12/7 Chicken & Gravy, Potatoes, Fruit Cocktail
- 12/8 Baked Pollock, Mashed Potatoes, Fruit Mix
- 12/9 Greek Chix Casserole, Potatoes, Clementine's
- 12/12 Chix Cacciatore, Rice, Sliced Pears
- 12/13 Shepherd's Pie, Mashed Potatoes, Applesauce
- 12/14 Turkey Sausage Taco, Potatoes, Banana
- 12/15 **Holiday Dinner**—Roast Beef w/ Gravy
Mashed Potatoes, Cherry Pie
- 12/16 Ravioli w/meat sauce, Carrots, Peaches
- 12/19 Beef Stew, Potatoes, Diced Pears
- 12/21 Butternut Mac & Cheese, Tomato Soup
- 12/22 Roast Pork w/Gravy, Sweet Potatoes, Apple
- 12/23 **CLOSED—HAPPY HOLIDAYS**
- 12/26 **CLOSED—HAPPY HOLIDAYS**
- 12/27 Beef Spanish Rice, Split Pea Soup, Tropical Mix
- 12/28 Turkey w/cranberry orange glaze, Potatoes
Asparagus, Spiced Apples
- 12/29 Veal w/Peppers & Onions, Noodles, Fresh Orange
- 12/30 Yankee Pot Roast, Mashed Potatoes, Applesauce

CHPs Mobile Health Unit

Adams Visitor Center Parking Lot

December 13th 9-11am

COVID Bivalent Booster and both the regular and Senior Flu vaccine available. Call (413) 528-0457 for more information or to schedule an appointment.

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***

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: December 13th
January 17th



Project Safe Return

The Adams COA and Police Dept are partnering to bring Project Safe Return to our community.

This program assists in reuniting caregivers with lost or wandering loved ones suffering from Alzheimer's/dementia, Autism, or other incapacitating conditions. It is a free service and a valuable tool in identifying distressed individuals quickly and effectively. Individuals interested in enrolling in Project Safe Return may obtain a registration form and ID tag (pictured above) at the COA. The completed registration form along with a recent color photograph of the participant may be mailed or delivered to the COA. Please call the COA with any questions, 413-743-8333.

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 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 - 10 Chair Yoga 11:30 Lunch 1:30 Pitch with Corry Cairns	2 11-11:30 Grab n Go Lunch, ESBC Kitchen Renovations—Frozen Meal Pack North Adams Mobile Food Bank
5 9-12 SHINE 10:00 Cribbage 11:00-11:30 Lunch Grab n Go ESBC Kitchen Renovations—Frozen Meal Pack 1:00 Art w/ Donna	6 9-10 Chair Yoga 11:00-11:30 Lunch Grab n Go ESBC Kitchen Renovations—Frozen Meal Pack CX'D- Dominos with Che-Che 1:00 Crafters 4-7:00 HOLIDAY PARTY	7 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 1:30-2:30 Friends of the Adams COA Holiday Tea Party	8 9 - 10 Chair Yoga 11:30 Lunch 1:30 Pitch with Corry Cairns	9 11-11:30 Grab n Go Lunch
12 9-12 SHINE 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna 2-3 COA Board Meeting	13 9 - 10 Chair Yoga 10-11 Mobile Food Bank* CHP Wellness Van 11:30 Lunch 12:30 Scrabble with Garret 1:00 Crafters 3:00 Caregivers Support Group	14 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Holiday BINGO	15 9 - 10 Chair Yoga 11:30 Holiday Linen Lunch 1:30 Pitch with Corry Cairns	16 11-11:30 Lunch Grab n Go North Adams Mobile Food Bank
19 9-12 SHINE 10:00 Cribbage 11:30 Lunch CX'D- Art w/ Donna 1-2 Brown Bag Bagging 2-3 Brown Bag Distribution	20 8-4 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch 12:30 Dominos with Che-Che Kozik 1:00 Crafters	21 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Craft w/Izzie Holiday Cookie Decorating	22 9 - 10 Chair Yoga 11:30 Lunch 1:30 Pitch with Corry Cairns	23 CLOSED
26 CLOSED	27 9 - 10 Chair Yoga 10-11 Mobile Food Bank* 11:30 Lunch 12:30 Scrabble with Garret 1:00 Crafters	28 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch	29 9 - 10 Chair Yoga 11:30 Lunch 1:30 Pitch with Corry Cairns	30 11-11:30 Lunch Grab n Go

Get FREE at-home COVID-19 tests Free Test kits and masks available at the following Town of Adams Departments: Town Clerk, Council on Aging, Town Treasurer, Dept of Public Health, Library, and Police Dept. They will also be available at the subsidized housing complexes in town. ***The FDA has extended the expiration date 6 months beyond what is printed on the back of the box.***



Adams
COMMUNITY
BANK

Call

413-743-0001

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



NEED HELP WITH UTILITY BILLS?



Resources for Adams & N. Berkshire Residents:

- Berkshire Community Action Council
413-663-3014 - <https://bcacinc.org/>
- Salvation Army's Good Neighbor Energy Fund
413-743-8333
<http://www.magoodneighbor.org/>
- Dynegy (Town of Adams Energy Program)
866-220-5696 - <https://www.dynegy.com/municipal-aggregation/communities-we-serve/massachusetts/adams>
- Mass Save Energy Audit
866-527-SAVE (7283)
<https://www.massave.com/>

DANCE YOGA



The funds from non-profit organization Berkshire Kripalu Community have been used. BUT, Yoga instructor Marianne Kufs has generously offered to continue dance yoga classes every

Wednesday morning from 9-10am. Donations are graciously accepted. **We hope you can join us!**

Please call 413-743-8333 to register.

Reminder for those that registered:

The Friends of the Adams COA Holiday Tea Party is Wednesday, December 7th at 1:30 at the COA, in lieu of the regularly scheduled monthly meeting.



"I said, oh-oh *Domino*..."

Join Che-Che Kozik and Friends here at the COA every other Tuesday as she teaches us how to play Dominos!

Upcoming dates: Dec 20th



BLOOD PRESSURE CLINIC

Every month on the 3rd Tuesday.

FREE readings between 10:30 - 11:00am

Appointments & Walk-ins Welcome

December 20th

Offered by local RNs

Luanne Rose & Bruce Shepley



Friends of the Adams COA

Thursday Class Series

Dec 1st - Pitch w/ Corry Cairns

Dec 8th - Pitch w/ Corry Cairns

Dec 15th - Pitch w/ Corry Cairns

Dec 22 - Pitch w/ Corry Cairns

Dec 29th - Pitch w/ Corry Cairns

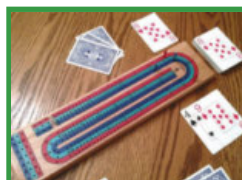
*All classes are at 1:30pm. Space is limited.

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

*Scrabble with Garret has moved to every other

Tuesday at 12:30 on the 2nd floor.

Upcoming Dates: Dec 16th & 27th



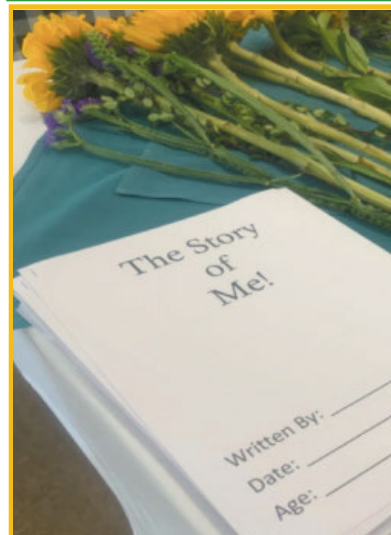
Attention Cribbage Players:

The new cribbage group started in October and is welcoming players.

Group is led by Sandy Wildman

and her daughter Stephanie, who provide instruction as needed. Mondays at 10am on the 2nd floor.

Call the COA to sign up if interested. 413-743-8333



Meeting with your family over the holidays???

Get your copy of

The Story of Me!

and fill it out with them.

Once completed, get copies made at the COA and distribute them to your family members.

They will love learning things they never knew about you!

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



WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

**CONTACT ME
Susanne Carpenter**

scarpenter@lpicommunities.com
(800) 477-4574 x6348

Call to make every moment matter.



A Member of Berkshire Healthcare
Managed by an Affiliate of Berkshire Health Systems

877 South Street, Suite 1W
Pittsfield, MA 01201
413-443-2994
www.hcib.org

The difference is in our Care.

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

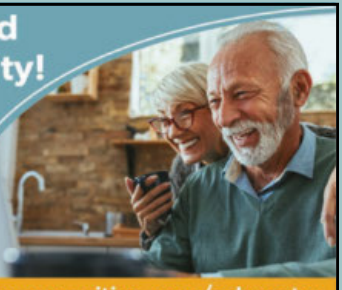
Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD
CREATOR
STUDIO



lpicommunities.com/adcreator



Do you need help paying your heating bills?

*Berkshire Community Action
Council may be able to help.*

BCAC Fuel
Assistance
Guidelines



Household Size	Gross Annual Income
1	\$42,411
2	\$55,461
3	\$68,511
4	\$81,561
5	\$94,610
6	\$107,660
7	\$110,107
8	\$112,554

If you are eligible for fuel assistance,
you may qualify for more helpful programs.

To learn more about what BCAC
can do for you, contact us:
Central / South County | 413-445-4503
North County | 413-663-3014

bcacinc.org



Quality Non-Medical Care
In the Comfort of Home

Alzheimer's & Dementia Care • Hourly Care
Respite Care • 24 -Hour & Live-In Care

Specialized Services:

Medication Reminders • Prescription Pick-Up
Personal Care • Meal Prep • Turning & Transfers
Light Housekeeping • Shopping/Errands • Pet Care
Appointment Transport • Laundry/House Keeping



*Our Focus is Helping
Seniors Live Well At Home*

Schedule A Free In-Home Consultation

Contact Us Today to Learn More: (413) 464-3694

contact@wholehearthc.com - www.wholehearthc.com

Locally Owned and Operated by a Registered Nurse and a Veteran.



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

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. Barb can help with questions about senior services and with completing public assistance applications like SNAP, Fuel Assistance, Good Neighbor Energy Fund, and small grant applications for the community grants such as Neighbor to Neighbor and Elder Care Fund.
- Charles "Chuck" Gebauer provides 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 fun 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!

Please check back later for information on the Savoy Book Club, which meets at 11:00 am at the Savoy Town Hall on the first Friday of every month.

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 website 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.

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

Adams COA Rogue Car Transportation

Available Monday - Friday for Adams, Cheshire, and Savoy residents 60+

*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.*

UPDATED Savoy Town Hall Hours:

Select Board Assistant

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

