

February 2023

The Buzz

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

Practice random ACTS OF KINDNESS

Random Acts of Kindness Week

Feb 12-18, 2023

Random Acts of Kindness Day

Feb 17, 2023

Help make kindness the norm by visiting
www.randomactsofkindness.org

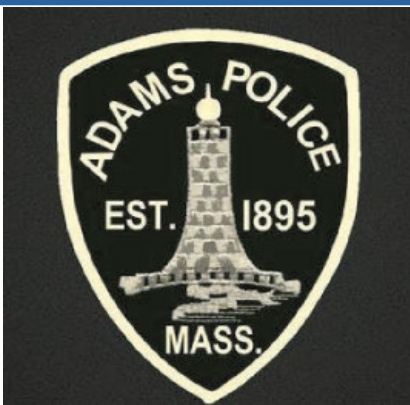


Card-making Class with
Carleen Butler and
Lynda Bianchi

Friday, February 10th
10am at the COA
\$5 per person
Class limited to 10 people

4 cards, 2 of each design
Call 743-8333 to register.

Friendly Reminder: If you call the COA and someone doesn't answer the phone, **please leave a message.** We are a very busy office with only 3 full-time employees who are not always available to take your call. But we will always call you back if you leave a message. ☺



Coffee with the Chief

Friday, February 10th

9-10am at the Adams COA

Come introduce yourself to our Chief of Police, K. Scott Kelley, and have an open discussion about public safety while enjoying some coffee and light refreshments.

Adams Rhythm Keepers: Amy and Dan of Tamarack Hollow missed you all so much, that they have decided to come back one day this month! Whether you've drummed before or not, join us for class on Wednesday, February 22nd at 2:30pm. Call the COA to register and reserve your drum! 743-8333



Attention: Extra Emergency Supplemental Nutrition Assistance Program (SNAP) benefits from the federal government that began during the COVID-19 pandemic will be ending soon. Those who have received this may see your SNAP benefits reverting back to the pre-pandemic amounts in March. Please contact the COA or SNAP if you have any questions.



AARP Tax Aide program is being held at the Adams COA on Mon and Wed by appt only Feb 15th-April 12th. Spots are limited. Call the COA to schedule.

The Ventfort Hall trip originally scheduled for Monday, Feb 13th has been rescheduled to Monday, April 3rd. Please call the COA for more details and to sign up.



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!



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Friday 9:00 am - 3:30 pm
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Friends of Adams CoA, Adams, MA

06-5289

Hello again, and Happy February! There's lots going on throughout the month, both at the COA and the larger Berkshire community. I'd like to highlight two important weeks and ask you to think about them and how you may participate in them. 1) National Women's Heart Week February 1st-7th: "This observation aims to educate, raise awareness, and teach the symptoms and prevention of serious heart disease in women." (National Today) And 2) Random Acts of Kindness Week February 12th-18th: "There are scientifically proven benefits of being kind. The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to 'pay it forward.' This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people!" (RandomActsOfKindness.org) Peace, Love, and Light ~Sarah ☺

Crafts with Izzie on Wed, February 15th at 12:30: KINDNESS ROCKS are back! Join us to have some fun painting rocks to keep in your home gardens or ours here at the COA. As always, supplies, cookies, and a fun time provided! Call the COA to register, 413-743-8333.



Interested in Reading to local children on Read Across America Day, Thursday, March 2nd??? Let us know and we can help coordinate reading times with local youth organizations. CORI checks will be required. 413-743-8333



THANK YOU, ALADCO!

This amazing, local company donates all the linens every month for our Linen Lunches ... saving the COA approximately \$1,500 a year and providing a very special monthly event that makes our participants smile!

COA Board Members

Bruce Shepley, R.N., Chairperson
 Aleta Moncecchi, Vice Chair
 Liz Mach, Secretary
 Pam St. John
 Mary Whitman
 Leona Meczywor
 Pending approval, Barbara Ziemba
 Pending Vacant 1
 Pending Vacant 2
 Next Meeting: Mon, Feb 6th 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

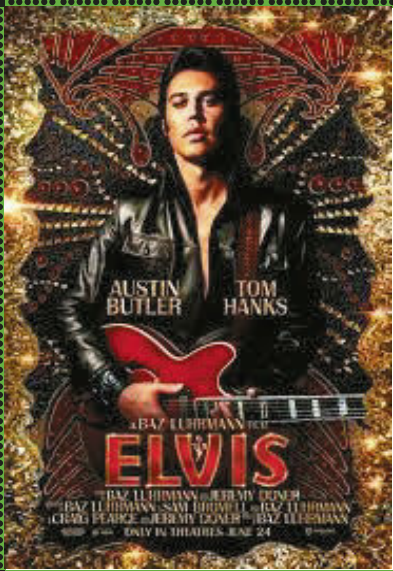
Kyle Wilson & Ray Keele

SHINE Counselor (Medicare)

Karen DeOrdio

Foot Nurse:

Lynette Dukehart, RN



You lived through Elvis-mania, now come see the biopic on the "life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker." -IMDb

Thursday, February 16th, 1:30pm
Adams COA

*reservations are appreciated so we know how much popcorn to make. ;-))

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

- 2/1 Shepherd's Pie, Mashed Potatoes, Fruit Cocktail
- 2/2 Moroccan Beef Stew, Noodles, Mandarin Oranges
- 2/3* Cheeseburger, German Potato Salad, Applesauce
- 2/6 Roast Pork w/BBQ Sauce, Potatoes, Orange
- 2/7 Beef Patty w/peppers/onions, Potatoes, Spiced apples
- 2/8 Chix Almondine, Mashed Potatoes, Sliced Peaches
- 2/9 Butternut Mac & Cheese, Barley Soup, Diced Pears
- 2/10* Oriental Chix, Brown Rice, Pineapple Tidbits
- 2/13 Sloppy Joe on a Bun, Brown Rice, Sliced Peaches
- 2/14 Breaded Chix & Gravy, Mashed, Strawberry Cup
- 2/15 Cheese & Bacon Omelet, Fiesta Corn, Apricot Halves
- 2/16 Chix Puttanesca, Noodles, Banana
- 2/17* Vegetarian Wheat Chili, Rice w/Lentils, Sliced Pear
- 2/20 President's Day— **CLOSED**
- 2/21 Mardi Gras - Chix & Sausage Jambalaya, Rice w/Orzo, Cornbread, Cupcake and King's Cake!
- 2/22 Ash Wednesday - Lasagna Roll, Veggies, Warm Fruit Compote
- 2/23 Turkey Picatta, Sweet Potatoes, Fruit Cup
- 2/24* Breaded Pollack, Mulligatawny Soup, Orange
- 2/27 Orange Chix, Potatoes, Pineapple Tidbits
- 2/28 Beef Chili, Brown Rice, Sliced Pears

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: February 14th
March 14th



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 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***

Adams COA Van Transportation

***Available Monday ~ Thursday 8am-3pm**








Friday 8am-12pm for Adams residents,

Tuesday ~ Thursday 8am-3pm for Savoy residents.

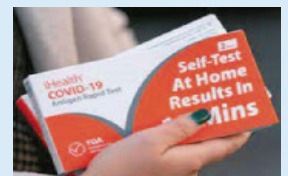
*Please call at least 2 business days prior to your travel needs, as we cannot accommodate same day requests.

*travels within Adams, North Adams, and Williamstown.

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 1:30-2:30 Friends Mtg	2 9 - 10 Chair Yoga 11:30 Lunch 1:30 Pitch w/ Corry	3 American Heart Association  11-11:30 Grab N Go Lunch North Adams Mobile Food Bank
6 9-12 SHINE 10:00 Cribbage 11:00-11:30 Lunch 1:00 Art w/ Donna 2:00 COA Board Meeting	7 9-10 Chair Yoga 11:00-11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters	8 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 	9 9 - 10 Chair Yoga 11:30 Lunch 1:30 Pitch w/ Corry	10 9-10 Coffee w/ the Chief 10-12 Card Making w/ Carleen Butler and Lynda Bianchi, \$5 for materials 11-11:30 Grab n Go Lunch
13 9-12 SHINE 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna	14 9 - 10 Chair Yoga 10-11 Mobile Food Bank 11:30 Linen Lunch 12:30 Dominos w/ Che-Che 1:00 Crafters 3:00 Caregiver Support Group <i>Happy Valentine's Day</i>	15 9-10 Dance Yoga 9-12 SHINE 9-1 AARP Tax Appts 11:30 Lunch 12:30 Crafts w/Izzie, Kindness Rocks	16 9 - 10 Chair Yoga 11:30 Lunch 12:30 Movie: ELVIS 1:30 Pitch w/ Corry (2nd fl)	17 Random Acts of Kindness Day 11-11:30 Grab n Go Lunch North Adams Mobile Food Bank
20 CLOSED Presidents Day!!	21 8-4 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Mardi Gras Lunch w/King's Cake 12:30 Scrabble w/ Garret 1:00 Crafters	22 9-10 Dance Yoga 9-12 SHINE 9-1 AARP Tax Appts 11:30 Lunch 12:30 Drumming	23 9 - 10 Chair Yoga 11:30 Lunch 12:30 Belly Dancing 1:30 Pitch w/ Corry (2nd fl) 	24 11-11:30 Grab n Go Lunch 11-12 Brown Bag 
27 9-12 SHINE 9-1 AARP Tax Appts 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna	28 9 - 10 Chair Yoga 10-11 Mobile Food Bank 11:30 Lunch 12:30 Dominos w/ Che-Che 1:00 Crafters 			

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.***



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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

The Adams Travelers have joined forces w/the Dalton, Williamstown, Cheshire, N. Adams, and Clarksburg COA's to set up trips for the coming year. The First of many to come are as follows:

3/14 St. Patrick's Day Celebration w/ Sarah the Fiddler Starting w/a full luncheon: a glass of wine, Irish Soda Bread, Irish Stew, Traditional Corn Beef Dinner w/ Bailey's Irish Cream Cake then Sarah will perform— @ the Delaney House in Holyoke, MA
Cost \$98 pp, payment due upon reservation

4/15 MGM Casino & Live Musical Theater Day Outing - Gaming @ MGM, followed by a Banquet Buffet on Property –then on to Majestic Theater for

The Buddy Holly Story!

Cost \$110 pp, payment due upon reservation!



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.masssave.com/>



DANCE YOGA

Yoga instructor Maryanne Kufs continues to offer 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.

BLOOD PRESSURE CLINIC

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

February 21st

Offered by local RNs
Luanne Rose & Bruce Shepley



Pitch with Corry Cairns!

Join us every Thursday at 1:30 for cards, fun, and laughter.
Call 413-743-8333 if you're interested. It's a great group!



"Give me an S!"

SCRABBLE with Garret every other

Tuesday at 12:30 on the 2nd floor of the COA.

Upcoming Dates: February 7th & 21st



Attention Cribbage Players:

The new cribbage group started in October and is welcoming players. Group is led by Sandy Wildman, who provides instruction as needed. Mondays at 10am on the 2nd floor of the COA. Call the COA to sign up if interested. 413-743-8333

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

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

Upcoming dates: Feb 14th & 21st @ 12:30pm



BACK BY POPULAR DEMAND...

Belly Dancing Class

Want to try something new, fun, and exciting?
Then we have the class for you!

Join us on Thu, Feb 23rd at 12:30 for Belly Dancing. 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. Traditional cultural refreshments served.
Call the COA at 413-743-8333 to sign up!

Laurel Ridge Senior Living Residence



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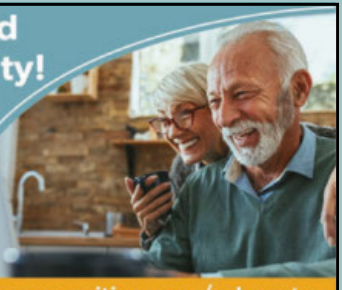
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Do you need help paying your heating bills?

*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:
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North County | 413-663-3014

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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!

On Thursday January 19, the Savoy Book Club had an interesting and lively discussion of *The Harlem Shuffle*. The next book for this group is *"Bitter is the New Black"* by Jen Lancaster. It is a comedic memoir and promises to be quite entertaining. The next meeting will be February 16 at 10:00 am at the Savoy Town Hall. All are welcome! For any questions, contact Cathy Twiss on Facebook.

Hard copies of **The Buzz** are available at the Adams COA and throughout businesses in Adams. A PDF copy is available on the Town of Adams website and Adams COA Facebook page. 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

