



January 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
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BINGO	Pg #3
Nutrition Program	Pg #3
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We continue to receive thoughtful donations.

Thank you to Ed Koczela, the McKenna Family, and Alice Noel for your generous donations this month!

Please Note:
The Senior Club and Friends Group will NOT meet again until March.



Access to Council on Aging staff will be closed January 4th and 5th for some new year office organization. Our vans and lunch program is still Running; but access to the second floor for office support and computer labs will be closed.



SCAM ALERT

Beware National Grid Customers
See page 6 for details!



The IRS will NEVER call you! It's a SCAM!
Hang up!

Don't fall for the grandchild scam.

If you get a call and learn that your grandchild is injured, locked up or in trouble, check with their parents or someone else who may know.

If you can, screen your calls. Let your machine pick up first and if you don't personally know them then don't answer. You can ALWAYS call the Senior Center to see if it sounds like a scam or not.



Retirement Workshop: Finding Your Way To Fun and Fulfillment

Presented by Beverly Favreau



Do you worry about boredom in retirement? Do you want to make your golden years exciting, active, purposeful, social, and healthy?

This 2-session small group workshop is meant for you:

- In the year or so before you retire, or
- In the first few years after you actually retire.

It is intended to help you if you are serious about finding your way to fun and fulfillment. This **individualized** program will lead you through a series of procedures that allow you to **explore numerous activities** that might interest you. It will actually help you to identify your purpose and follow your passions. **This is a 2-class commitment offered at the Adams Council on Aging**

Tuesday, January 23rd from 6:00 PM–7:30PM &

Tuesday, January 30th from 6:00 PM–7:30 PM

Please call 743-8333 to sign up / Workshop is sponsored by Adams COA
Light Refreshments will be provided.

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06-5289

Mobile Food Bank Distribution



Continues to grow, rain or shine through the year! Just a few points to remember:

- NO age requirements & NO income guidelines— open to ALL!
- Sign in begins 1/2 hr **before** distribution
- One portion of each item will be available per household
- **Please bring bags or cart to carry your food**
- **No proof of eligibility required**
- Please park in the old Waverly Parking lot on the grass, volunteers will be there to direct you
- This is being provided in partnership with the Adams COA.

2nd and 4th Tuesday of EVERY MONTH
11am – 12pm
January 9th & 23rd

Questions? Contact the Food Bank at 413-247-9738 or the Adams COA 413-743-8333. This program is generously funded by Our Family Foundation by Stop & Shop and managed by The Food Bank of Western MA and Community Health Programs.



COA Board Members

Pam St. John, Chairperson
 Aleta Moncecchi, Vice Chair
 Bob Joppich
 Melissa Schaffrick
 Esther Turner
 Bruce Shepley, R.N.
 Debbie Wineberg, R.N.
 Officer Greg Onorato
 Mary Whitman
 Next Meeting 1/22/17 @2pm

COA Director

Erica Girgenti

Outreach Worker

Barbara Proper

Administrative Assistant

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 Cynthia Fletcher,
 Chuck Gebaur & Joe Sloane

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Nutrition Site Director

Dee Dee O'Bryan

Nutrition Site Reservationist

VACANT

Computer Instructor

Lou Yarter (Retiring)

SHINE Counselor

(Medicare)

Karen DeOrdio

THE INFORMER Editor

Marsha Mikuszewski

Editing Skills?

We'd love you to volunteer!



Movie of the Month

DUNKIRK

PG-13 2017 · Thriller/Drama ·

January 11th 12:30pm—2:30PM



In May 1940, Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of

this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were safely evacuated.

Have a happy and healthy 2018. Make good decisions and realistic goals. You're never too old to start a new hobby or learn a new skill.

Buckets of Sand

Avoid falls this Winter with a FREE bucket of sand provided to homebound seniors by the Adams COA and Greylock Reality. Whether you need a new bucket or need one refilled, we can help you!

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

Staff determines homebound eligibility

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*

1/1 **CLOSED FOR NEW YEARS**

1/2 Chicken w/Orange Sauce

1/3 Salisbury Steak

1/4 Tuna Salad Sandwich

1/5 Beef Stew

1/8 Chicken w/Gravy

1/9 Baked Pollock / **Mobile Food Bank**

1/10 Curry Chicken / **Linen Lunch followed by
 De-Clutter Workshop**

1/11 Italian Meatballs / **Movie**

1/12 Roasted Pork w/gravy

1/15 **CLOSED FOR HOLIDAY**

1/16 BBQ Pork Ribs

1/17 Chicken Bruschetta / **BINGO**

1/18 Salmon Boat /Newburg Sauce

1/19 Chicken Cacciatore

1/22 Meatloaf w/gravy

1/23 Chicken Almandine / **Mobile Food Bank
 Presentation on FREE Phone**

1/24 Calico Beans & Sausage

1/25 Beef Chili

1/26 Roasted Turkey w/Gravy / **Brown Bag**

1/29 Mac & Cheese

1/30 Beef Stroganoff

1/31 Shepherd's Pie



Do you have a hard time hearing on your home phone? If so, call Erica and inquire about getting a **FREE phone**, designed for hearing loss. Some

even show what the person is saying to you on a screen! Demos are in the office if you'd like to see the phone in action. VERY user friendly! DEMO DAY & INFO on Jan. 23rd from 10am—12pm.

AARPSM

Tax-AideTM

Tax Season

is HERE!

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

**We're BOOKING
 APPOINTMENTS!
 Call today! 743-8333**



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

**Wednesday, January 17th
 @ 12:30 pm**

What a Great Holiday Party:
Thank You to all that supported and attended!.....
A Good Time was Had by All!
**The Chinese auction was greatly supported by the
 community with donations of over 70 prizes! It
 raised just over \$1,000 for the Friends of the
 Adams COA which provides additional programs/
 services for our seniors!**

**Because of your generosity, we also raised \$170.00
 to support our Local Salvation Army Kettle Bell
 Fund**



Interested in Beekeeping??

Saturday, January 27th, from 1-3 pm,
 the Northern Berkshire Beekeepers
 Association will be presenting the art of
 beekeeping. They will have information,
 instruction, and demonstrations
 to answer all your questions.

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 - 12:00 SHINE 11:30 Lunch	2 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:30 Lunch 1:00 Quilt, Crochet, Knit	3 9:00 - 12:00 SHINE Counsel 10:00 Transp to Wal-Mart 11:30 Lunch	4 2nd Floor COA Office Closed 9:00 Chair Yoga (donation) 11:30 Lunch 7:00 pm Quilt, Crochet, Knit	5 2nd Floor COA Office Closed 11:30 Lunch
8 9:00 - 12:00 SHINE 11:30 Lunch	9 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:00 Mobile Food Bank 11:30 Lunch 1:00 Quilt, Crochet, Knit 6:00 Alzheimer's Support Grp	10 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch 12:30 De-Clutter Wrkshp	11 9:00 Chair Yoga (donation) 11:30 Lunch 12:30 MOVIE 7:00 pm Quilt, Crochet, Knit 	12 9:00 - 12:00 SHINE 11:30 Lunch
15 CLOSED	16 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:30 Lunch 1:00 Quilt, Crochet, Knit Foot Clinic by Appointment Call 743-8333 to Book	17 9:00 - 12:00 SHINE Counsel 10:00 Transp to Wal-Mart 11:30 Lunch 12:30 Bingo 	18 9:00 Chair Yoga (donation) 11:30 Lunch 7:00 pm Quilt, Crochet, Knit	19 9:00 - 12:00 SHINE 11:30 Lunch
22 9:00 - 12:00 SHINE 11:30 Lunch 6PM Aromatherapy 101	23 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:00 Mobile Food Bank 11:30 Lunch 1:00 Quilt, Crochet, Knit	24 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch	25 9:00 Chair Yoga (donation) 11:30 Lunch 7:00 pm Quilt, Crochet, Knit	26 9:00 - 12:00 SHINE 11:30 Lunch 1:00 Brown Bag
29 9:00 - 12:00 SHINE 11:30 Lunch 6:00 Retirement Wrkshp	30 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:30 Lunch 1:00 Quilt, Crochet, Knit	31 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch	We provide transportation to Big Y every Tuesday!	Open Computer Lab  Free Wi-Fi Mon-Fri 9-3



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

ESSENTIAL OILS 101

Are you interested in learning more about the use of essential oils? If so, then join us for a presentation from Clinical Aroma therapist Kay Judge of Blue Skye Wellness. This will be Essential Oils 101 class which will be an overview on the practice of aromatherapy and the safe use of essential oils to support wellness goals. This is a practical hands on learning opportunity. Depending on the level of interest shown, Kay will continue with a series on various topics. Each class would include the creation of a customized take home product. The presenter is NOT a essential oils distributor

Cost will be \$20 per class or \$15 for "Friends member"
Essential Oils 101 will be Monday, January 22, 2018
6:00PM -8:00PM at the Visitor Center/Council on Aging
Please call (413) 743-8333 to sign up w/Barbara



As a reminder: Here at the Adams COA, we're 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!



Raised Local Stays Local!

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 \$59,284 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.

Cleaning Out a Lifetime of Stuff While Still Honoring Precious Memories



This is the perfect time of year for this enjoyable workshop, offered by Bev Favreau. It is for people who seriously want to get rid of the overabundance of things they've saved over the years.

You will learn to:

- ◇ Overcome the resistance you've had to get started.
- ◇ Reduce the amount of stuff you've accumulated, and MOST of all,
- ◇ Honor your special people and the memories you have of them.

Join us on Wednesday, January 10 at 12:30 at the Adams Council on Aging. Please RSVP at 743-8333 so we have enough handouts for everyone. Feel free to bring a friend or relative who will encourage you to stay with it.



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(413) 445-5959

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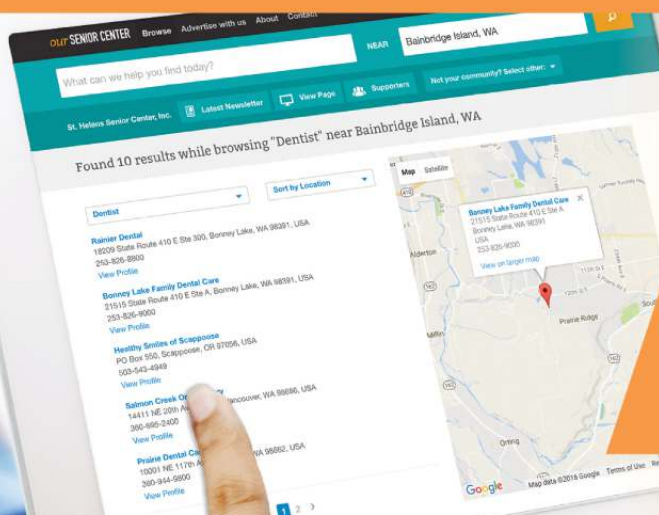
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Friends of Adams CoA, Adams, MA

06-5289

News Release—National Grid Scam These Eight Tips Could Help Prevent a Payment Scam

Imposters Demanding Immediate Payment Through Prepaid Cards Should Be Reported

Contact: Media Relations— 781-907-3980

WALTHAM, MASS. – Reported utility billing and payment scams are resurfacing once again in New England. And National Grid is warning its customers to beware and know the signs of a scam.

Customers who reported the scams say they were contacted by telephone by individuals who claim to be from National Grid and who advised the customers they have a past due balance on their utility bill.

The scammers warn that service will be shut off immediately unless the customer purchases a prepaid debit card in a specific amount, such as Green Dot card, and provides the caller with the card's account number, or in the case of business customers, by way of a Western Union money transfer. This is a huge warning sign.

The scenario can change, but the goal of the scammer remains the same: scare customers into making hasty, often large payments.

National Grid does contact customers with past due balances by phone to offer payment options, but never demands direct payment through the use of a prepaid debit card and never accepts payment through these cards.

Scam artists have become increasingly sophisticated in replicating National Grid's recorded messaging and directions for phone prompts, making it more difficult to differentiate an actual National Grid call from an imposter's call. Similar scams have been reported across the U.S. by other utilities.

Customers who believe they have fallen victim to the scam should contact National Grid and local law enforcement officials immediately.

National Grid urges customers to know the red flags and offers the following tips:

1. Customers should always contact National Grid using the toll-free telephone numbers listed on the billing statement. If you are provided a phone number that does not match the numbers on the billing statement, it is likely the call is a scam.
2. Be vigilant. If you believe you are current on your National Grid account, it is highly likely a call seeking payment is a scam.
3. Protect yourself. Ask the caller to provide the last five digits of your National Grid account number. If the caller doesn't know your account number and fishes for help, take charge and hang up immediately.
4. Do not take the bait. Scammers will not have access to your account information, and you should never offer that information if asked. National Grid representatives will know your account number.
5. National Grid may ask for a payment over the phone, but will leave the method of payment to the customer.
6. Do not fall for scare tactics and threats. National Grid will not contact customers demanding immediate payment by wire transfer, Green Dot Money-Pak or any other prepaid card service.
7. Do not cave to pressure. Never -- under any circumstances -- offer personal or financial information to someone who you cannot identify.