



WELCOME January 2020

Adams Council on Aging

The Informer

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



WINTER IS UPON US!! BRRRR...

When school is closed due to bad weather, the COA is closed. We will not offer transportation, meals or programming. You'll find staff snuggled into their office still but we'd like our community to stay safe indoors. This allows Town staff an opportunity to get the streets and sidewalks clear.

STAY SAFE! WHATEVER IT IS CAN WAIT!

Did you know our newsletter is online?

You can read the current and previous editions by visiting the following website:



www.ourseniorcenter.com/find/friends-of-adams-coa

HEAT THROUGH THE HOLIDAYS

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\$3 TICKET OR 4 TICKETS FOR \$10

TICKETS AVAILABLE AT THE ADAMS COUNCIL ON AGING
INSIDE THE VISITOR CENTER / 3 HOOSAC ST, ADAMS
DRAWING ON FRIDAY, JANUARY 31, 2020

Our gratitude extends to Aladco, a staple company in our small town who has been making linen donations to our senior center each month over the years. Aladco has donated over \$1,300 in linen services this past year.

THANK YOU ALADCO

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USNews
2016-17

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MOVIE OF THE MONTH



Actor Rick Dalton gained fame and fortune by starring in a 1950s television Western, but is now struggling to find meaningful work in a Hollywood that he doesn't recognize anymore. He spends most of his time drinking and palling around with Cliff Booth, his easygoing best friend and longtime stunt double. Rick also happens to live next door to Roman Polanski and Sharon Tate -- the filmmaker and budding actress whose futures will forever be altered by members of the Manson Family.

Showing Time: January 9th at 12:30pm



“Caring Hands” is a group of ten ladies who are members of St. John Paul II Parish in Adams, MA. We began our ministry in 2012 by presenting each child who was baptized in our parish with a handcrafted blanket. We have made “premie” hats, sweaters and blankets which were donated to the NICUs at Baystate and Albany Medical Center. We have expanded our ministry to include “chemo caps” “prayer shawls” for the patients at the cancer centers. Again this year we are yet again expanding our efforts to help support Berkshire County agencies such as BCAC, Berkshire Nursing & WIC. “Caring Hands” is grateful for the opportunity to serve our parish, our community and all those in need. This has been a bountiful year and Caring Hands donated 15 Lapghans & 15 Shawls that were given to our seniors that were chosen by their peers. These gifts were very much appreciated by all.

THANK YOU CARING HANDS!

COA Board Members

Pam St. John, Chairperson
Aleta Moncecchi, Vice Chair
Bob Joppich
Bruce Shepley, R.N.
Debbie Wineberg, R.N.
Mary Whitman
Leona Meczywor
Barbara Fiske
Barbara Lagowski
Selectman Jim Bush, Liaison
Next Meeting: January 27, 2020 at 2pm

COA Director

Erica Girgenti

Outreach Worker

Barbara Proper

Administrative Assistant

Vacant

Van Drivers

John Naughton, Chuck Gebauer,
Jolene Droshen, Neal Crosier
Joe Sloane & Bruce Shepley

Custodian

Kyle Wilson & ‘Fi Fi’ Culverwell

Community Lunch Volunteers

BFAIR, Louise Charron, Barb Ziemba
Kathy Jordan, Joseph Molleur,
Don & Corey Prosser, Bob Joppich,
Linda Kupiak

SHINE Counselor (Medicare)

Karen De’Ordio

Foot Nurse:

Lynette Ducart, RN

THE INFORMER Editor



HAPPY NEW YEAR

From the Adams COA Board

(not present Barb Fiske & Aleta Moncecchi)

Community Lunches

Catered by ESBC

A \$2.00 Donation per meal for 60 yr old and older

Monday – Friday Serving Time: 11:30 AM

Adams Council on Aging/Visitor Center

To order a meal, call 48 hours in advance at 743-8333.

Transportation Available

For a full listing, obtain a menu at the Council on Aging
1/1 CLOSED

1/2 Cheese Lasagna, Spinach, Fresh Orange

1/3 Teriyaki Chicken, Brown Rice, Fruit Cocktail

1/6 Lentil Stew, Squash Medley, Fresh Orange

1/7 Baked Pollock, New England Clam Chowder
Apricot Halves

1/8 Pulled Pork Chili, White Rice, Vanilla Yogurt

1/9 Chicken Picatta, Mashed Sweet Potatoes,
Peaches

1/10 Shepherd's Pie, Mashed Potatoes, Diced Pears

1/13 Beef Stew, Boiled Potatoes, Fruit Mix

1/14 French Toast w/Pork Sausage, Applesauce

1/15 Hawaiian Chicken, Egg Noodles, Fresh Orange

1/16 Veal w/peppers & onions, Beef Barley Soup,
Fruit Crisp

1/17 Tuna Noodle Casserole, Veggies, Peaches

1/20 CLOSED

1/21 Broccoli/Cheese Stuffed Chicken, Mashed
Potatoes w/gravy, Blueberry Yogurt

1/22 Macaroni & Cheese, Stew Tomatoes, Apricots

1/23 Oriental Chicken, Rice Pilaf, Fruit

1/24 Chuckwagon Stew, Garlic Mashed, Mix Fruit

1/27 Chicken Marsala, Noodles, Sliced Peaches

1/28 Eggplant Parmesan, Pear Crisp

1/29 Shred Turkey w/Gravy, Mashed, Applesauce

1/30 Pot Roast w/Gravy, Parslied Potatoes,
Bavarian Creme

1/31Homemade Meatloaf, Au gratin Potatoes, Apple

Mobile Food Bank

**January 14th & 28th
10am - 11am**

Questions? Contact 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

Do you like Scrabble? Are you up for a challenge?
We have a few people who have been playing be-
fore lunch and would love to challenge you! Come
on over!



HIGH BLOOD PRESSURE

What the Numbers Mean



	SYSTOLIC	DIASTOLIC
Normal	<120	<80
Elevated	120-129	<80
Stage 1 Hypertension (High Blood Pressure)	130-139	80-89
Stage 2 Hypertension	≥140	≥90
Hypertensive Crisis (Emergency Care Needed)	>180	>120

RETURNING THIS MONTH!

We welcome local registered nurse, Luanne Rose who will be coming every 2nd Tuesday of the month from 10:30—11:30 to host our blood pressure clinic. Stop in and get your BP taken each month!

Alzheimer's Caregiver
Support Group

Alzheimer's Info and Caregiver Support Group

Meets every 2nd Tuesday of every month from 6pm—7:30pm., upstairs in the Visitor's Center/Council on Aging. You are not alone!

Next meeting will be held on **January 14th**. See you there.

JANUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Did you know we provide TRANSPORTATION Monday– Friday?</p> <p>Tell us about your transportation needs!</p>	<p>NO BINGO this month</p>	<p>1</p> <p>Happy New Year</p>	<p>2</p> <p>9:00 Chair Yoga 11:30 Lunch: Cheese Lasagna 7:00 pm Quilt, Crochet, Knit</p>	<p>3</p> <p>11:30 Lunch: Teriyaki Chicken</p>
<p>6</p> <p>9:30 - 12:00 SHINE Counsel 11:30 Lunch: Lentil Stew</p>	<p>7</p> <p>9:00 Chair Yoga 9:15 Tai Chi (on break) 11:30 Lunch: Baked Pollock & Clam Chowder 1:00 Quilt, Crochet, Knit 6:00 Alz Support Group</p>	<p>8</p> <p>9:30 - 12:00 SHINE Counsel 11:30 Lunch: Pulled Pork Chili</p>	<p>9</p> <p>9:00 Chair Yoga 11:30 Lunch: Chicken Picatta 12:30 MOVIE: Once Upon a Time... In Hollywood 7:00 pm Quilt, Crochet, Knit</p>	<p>10</p> <p>9:30-12:00 SHINE Counsel 11:30 Lunch: Shepard's Pie</p>
<p>13</p> <p>9:30 - 12:00 SHINE Counsel 11:30 Lunch: Beef Stew</p>	<p>14</p> <p>9:00 Chair Yoga 9:15 Tai Chi (on break) 10:00 Mobile Food Bank 10:30-11:30 Blood Pressure 11:30 Lunch: French Toast w/ sausage 1:00 Quilt, Crochet, Knit 6:00pm Alzheimer's Support</p>	<p>15</p> <p>9:30 - 12:00 SHINE Counsel 11:30 Lunch: Hawaiian Chicken</p>	<p>16</p> <p>9:00 Chair Yoga 11:30 Lunch: Veal w/peppers & Barley Soup 7:00 pm Quilt, Crochet, Knit</p>	<p>17</p> <p>9:30-12:00 - SHINE Counsel 11:30 Lunch: Tuna Noodle Casserole</p>
<p>20</p> <p>CLOSED</p>	<p>21</p> <p>9:00 Chair Yoga 9:15 Tai Chi (on break) 11:30 Lunch: Broccoli/Cheese stuffed Chicken Foot Clinic by App Call 743-8333 to Book</p>	<p>22</p> <p>9:30 - 12:00 SHINE Counsel 11:30 Lunch: Macaroni & Cheese</p>	<p>23</p> <p>9:00 Chair Yoga 11:30 Lunch: Oriental Chicken 7:00 pm Quilt, Crochet, Knit</p>	<p>24</p> <p>9:30-12:00 - SHINE Counsel 11:30 Lunch: Chuckwagon Stew 12:30 Brown Bag</p>
<p>27</p> <p>9:30 - 12:00 SHINE Counsel 11:30 Lunch: Chicken Marsala</p>	<p>28</p> <p>9:00 Chair Yoga 9:15 Tai Chi (on break) 10:00 Mobile Food Bank 11:30 Lunch: Eggplant Parmesan</p>	<p>29</p> <p>9:30 - 12:00 SHINE Counsel 11:30 Lunch: Shredded Turkey w/gravy</p>	<p>30</p> <p>9:00 Chair Yoga 11:30 Lunch: Pot Roast w/gravy 7:00 pm Quilt, Crochet, Knit</p>	<p>31</p> <p>9:30-12:00 - SHINE Counsel 11:30 Linen Lunch: Homemade Meatloaf</p>

JANUARY 2020

The INFORMER | 4




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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

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time, that made this party a success!



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Friends of Adams CoA, Adams, MA

06-5289

You could be eligible for \$250 towards your heating bill through the Salvation Army's Good Neighbor Energy Fund, starting January 1, 2020.

Household Size Minimum / Maximum

1 : \$37,361—\$49,815

2 : \$48,856—\$65,141

3 : \$60,352—\$80,469

Call COA Outreach at 743-8333 to inquire or

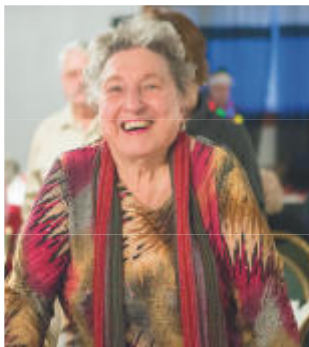
For more information please visit

www.magoodneighbor.org



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WELCOME FRAN!



The Adams COA has a new local favorite face in the office to assist with answering phones and making friendly Birthday calls!

Mrs. Meier's has been teacher to many and friend to all! We welcome her with open arms and her generosity of time!

Stand Up! Be Counted!



Learn More: 2020census.gov

The Coffee Challenge continues.....book your coffee time w/Barb— her mission is 100 cups!!



Buckets of Sand

Avoid falls this winter with a FREE bucket of sand provided to homebound seniors by the Adams COA.

MUST HAVE YOUR OWN BUCKET

Have your buckets ready for pickup, and we will pick up, refill, and deliver.

Please call (413) 743-8333 for more information

Become "Friends of the Adams Council on Aging"

Annual Membership is \$10 and in itself is a fundraiser for the Council on Aging and it's programming. The Friend Group can help to raise the dollars needed for programming that the Center isn't allowed to generate. Did you know that municipal departments cannot fundraise? Well the Friends can! Support your senior center TODAY and become a "Friend" by mailing check (made out to "Friends of Adams COA") to 3 Hoosac St, Adams MA.—Or stop in to pay cash. Being a Friend can get you discounts on COA programming throughout the year.

Tai Chi Classes

The Adams COA is looking for a new location for our Tai Chi Classes, usually held every Tuesday at 9:15am



'Adams COA Friends' are seeking donations in the form of stamps or unused birthday cards.

Thank you in advance!