



January 2021

Adams Council on Aging

# The Informer

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



Just a Shout Out to all our Peeps: Seniors, friends, colleagues, neighbors, and families - We want to wish Everyone a Safe, Healthy, Happy New Year! We have all put in a tough year for 2020 - lost some near and dear to our hearts, made new connections, and have seen so much goodness come out of our struggles. We will keep up the programs we can continue safely doing such as Brown Bag, Grab 'n' Go Lunches, Virtual Yoga, Mobile Food Bank, and Van Transportation to name a few and continue to find new ways to reach out!



Been a little slow getting this group up and running—Year End was extremely busy.

**We'll be calling you the 1st/2nd week of January**

Are you concerned about the isolation that the winter weather can bring? Would you be interested in joining a weekly call group made up of your Senior Center's Peers?

We've started a Telephone Group to stay connected! It's always great to hear a friendly voice on the other end of the phone—We Need **YOU**! Sometimes all it takes is a kind word from another human being to keep us going—Be that Connection — Please call to join a group to keep us connected through the L-o-n-g winter that is upon us!!

**Starting w/a small Group  
Would Love to have you Join  
Us!!**

**Call 413-743-8333 to sign up!!**



Please Help Us Stay Connected!





## 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

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When in doubt check with your bank!



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## EDMUND R. ST. JOHN, III

Attorney-At-Law

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

413.743.0990

[estjohn1@albany.twcbc.com](mailto:estjohn1@albany.twcbc.com)

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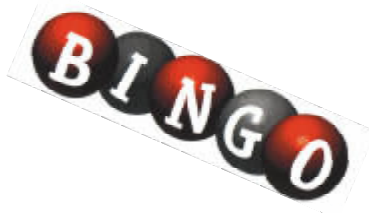




## CALL-IN BINGO??

GIVE IT A TRY .....

**Thursday, January 14th @ 1:00**



Pick up your Bingo Card Mon—

Thurs that week to play. All info will be on your Card.

There will be a call in number on the sheet— If you get a Bingo, you may pick up your prize on Friday.

**GOOD LUCK!!**

We'll play 4-5 games and you can stop in Friday to pick up your prize

## Become a “Friend” 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 a check to 3 Hoosac St, Adams MA. You can pop in too and pay cash. Being a Friend can get you discounts on COA programming throughout the year.

## We're still here for your transportation need!



Currently still providing rides to grocers, well visits, prescription pick ups, hair salons, take out (without delivery) and more. You won't know if we can take you if you don't ask. While our transportation is limited right now we ARE STILL PROVIDING it, with increased safety provisions.

**BMC set up a toll-free Hotline for the community to call if you have any questions or concerns about the (COVID 19). The phone number is available 7 days a week from 7am—7 pm.**  
**1-855-262-5465**

### COA Board Members

Pam St. John, Chairperson  
Aleta Moncecchi, Vice Chair  
Bob Joppich  
Bruce Shepley, R.N.  
Mary Whitman  
Leona Meczywor  
Barbara Fiske  
Barbara Lagowski  
(one vacancy)

Next Meeting: December 14 @ 2pm

### COA Director ext. 201

Erica Girgenti  
egirgenti@town.adams.ma.us

### Outreach Worker ext. 205

Barbara Proper  
Bproper@town.adams.ma.us

### Administrative Assistant ext. 208

Elizabeth “Liz” Chapman  
echapman@town.adams.ma.us

### Van Drivers ext. 210

John Naughton, Jolene Droschen,  
Joe Sloane & Bruce Shepley

### Custodian

Kyle Wilson & Ray Keele

### SHINE Counselor (Medicare)

Karen De'Ordio

### Foot Nurse:

Lynette Dukehart, RN



## 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](http://www.ourseniorcenter.com/find/friends-of-adams-coa)

## "Grab n Go" Community Lunches

Catered by ESBC  
Monday – Friday

Pick up Time: 11–11:30 AM

Adams Council on Aging/Visitor Center

**A \$2.00 Donation per meal for 60+ yrs old**

**To order/cancel meals, call 48 hours in advance 743-8333.**

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

1/1 HAPPY NEW YEAR—CLOSED!

1/4 Veal w/peppers & onions, Mashed, Applesauce

1/5 Chix Strips, Pasta Alfredo, Fruit Crisp

1/6 Salmon Newburg, Brown Rice, Fresh Orange

1/7 Eggplant Parmesan, Calico Bean Soup, Peaches

1/8 Chix w/gravy, Mashed, Green Beans, Apricots

1/11 Chix Almandine, Sliced Potatoes, Sliced Pears

1/12 Calico Beans & Sausage, Brown Rice, Strawb Cup

1/13 Chix on a biscuit, Noodles, Mixed Fruit

1/14 Beef Stew, Mashed, Lemon Bavarian

1/15 Swedish Meatballs, old Potatoes, Fresh Apple

1/18 CLOSED— Martin Luther King Day

1/19 Roast Port w/gravy, Sweet Potatoes, Cabbage

1/20 Butternut Squash Mac & Cheese, Tomato Soup,  
Peaches

1/21 Chix w/Apple Raisin Gravy, White Rice, Fruit  
Cocktail

1/22 Sloppy Joe, Cream Broccoli Soup, Choc Cookie

1/25 Chix Curry, Coconut Rice, Minted Green Beans

1/26 Cheese Lasagna, Minestrone Soup, Spiced Apples

1/27 Chix Cacciatore, Wild Rice, Banana

1/28 Meatloaf & Gravy, Lyonnaise Potatoes, Beets

1/29 Beef Stroganoff, Mashed , Mixed Veg, Sliced  
Pears



## Foot Care!

Get your foot care taken care of, don't delay.

Book an appointment with

Lynette Dukehart, RN for February 16th  
by calling 743-8333

Appointments  
available every  
month on the  
3rd Tuesday  
\$35



(January Appointments are FULL)

Thank you Brian O'Grady from the Williamstown COA for putting this piece of information together about the RMV for seniors.

As you know, Massachusetts law requires drivers who are age 75 or older to renew in person. The RMV has designated Wednesdays in January to serve these customers. Between the hours of 9:00 am and 10:30 am, service centers will be dedicated to processing license renewals for older customers whose licenses expire in January, 2021.

The North Adams site is available. A reservation is required. A renewal letter has been sent to eligible individuals who currently hold a driver's license or ID card expiring in January.

If you are a AAA member, you may make a reservation now to renew your driver's license/ID at an AAA location to schedule your visit. If you are not a AAA member, visit [www.Mass.Gov/RMV](http://www.Mass.Gov/RMV) Mass. Gov/RMV to make a reservation to renew. Select the "Seniors License Renewal" option on the "Make/Cancel a Reservation transaction".

We have heard that the process works very smoothly.



Check us out on

Facebook

Adams.Council.on.Aging

# J a n u a r y

Monday	Tuesday	Wednesday	Thursday	Friday
Did you know we provide TRANSPORTATION Monday– Friday? Tell us about your transportation needs				<b>1</b>  <b>CLOSED</b> <b>HAPPY NEW YEARS</b>
<b>4</b> 11—11:30: Lunch	<b>5</b> 11:30: Lunch  <b>3:00 pm — Alzheimer Support Group</b>	<b>6</b> 11—11:30: Lunch	<b>7</b> 11—11:30: Lunch	<b>8</b> 11—11:30: Lunch
<b>11</b> 11—11:30: Lunch	<b>12</b> 10 -11—Mobile Food Bank 11—11:30: Lunch  <b>Mobile Food Bank</b>	<b>13</b> 11—11:30: Lunch	<b>14</b> 11—11:30: Lunch 1:00 Call In Bingo	<b>15</b> 11—11:30: Lunch  <b>North Adams Mobile Food Bank</b>
<b>18</b>  <b>Closed</b> <b>Martin Luther King</b>	<b>19</b> 11—11:30: Lunch  <b>Foot Clinic</b>	<b>20</b> 11—11:30: Lunch	<b>21</b> 11—11:30: Lunch	<b>22</b> 11—11:30: Lunch  <b>Brown Bag</b>
<b>25</b> 11—11:30: Lunch	<b>26</b> 10 -11—Mobile Food Bank 11—11:30: Lunch  <b>Mobile Food Bank</b>	<b>27</b> 11—11:30: Lunch	<b>28</b> 11—11:30: Lunch	<b>29</b> 11—11:30: Lunch

January 2021

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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!**

**Call**  
**413-743-0001**

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**“Be the reason  
someone feels  
welcomed, seen,  
heard, valued, loved  
and supported.”**



### **The January Slow Down**

With rising COVID19 cases throughout November and December—we have made a difficult decision to slow down in January. We will continue to host our Grab n’ Go lunch, foot clinic, and 1:1 meetings when absolutely necessary but we won’t be hosting any socials or in-house Yoga. In other words, no programs that generate a small group gathering. Our number one focus is keeping people safe and healthy and so we’ll be exploring some more interesting way to keep our Outreach going. You should expect some changes in transportation too but nothing that will last for too long. We are here for you to answer any questions, guide or refer you and keep you as up-lifted as we can through these coming months.

**Beginning Oct. 21st Expanded hours and Saturdays!**



**When:** Wed. & Sat. 9am - 1pm  
Thurs. 2pm - 7pm, Fri. 9am - 4pm

**Takeout:** Library Lower Annex entrance off of Melrose St.

**Computer Access:** Main Entrance - reservations required  
Please call 743-8345 ext. 102 to reserve a computer

### **MOBILE FOOD BANK Jan 12th & 26th**

Mark your calendars  
NOW for the entire  
Year.....Circle the 2nd  
and 4th Tues each  
month—as it does  
NOT change!



Remember to be kind  
to our Faithful Volun-  
teers—They are here to help serve you in the heat,  
rain, snow and cold. Be patient as we work together  
to bring this bountiful program to you two times  
each and EVERY month. We look forward to see-  
ing you again next time—We continue to grow and  
serve near/over 400 families each time.

**Berkshire Medical Center set up a toll-free  
Hotline for the community to call if you  
have any questions or concerns about the  
Coronavirus (COVID 19).**

**The phone number is available 7 days  
a week from 7am—7 pm.**

**1-855-262-5465**



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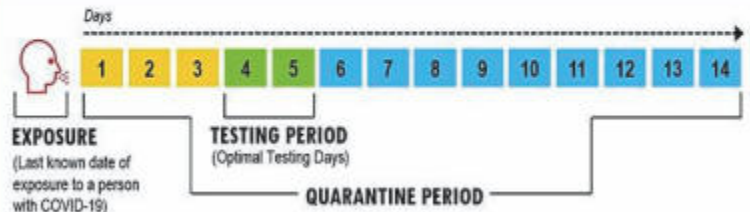


For more information contact Aimee  
413-841-0494/cuttingedgefitma@gmail.com  
Check with your health insurance provider as  
they may cover the \$5 fee for class.

## COVID-19 TESTING TIMELINE



If you develop symptoms or a fever, call your healthcare provider immediately.



Call the **BMC LINK LINE (855-262-5465)** if you feel you have symptoms of COVID 19 to be screened for COVID 19 and scheduled for testing.

**What to expect if you test positive:** You will receive your results from a health care provider who will review your results and how to isolate. You will also be contacted by the Public Health Nurse to get information related to people you may have come in close contact with.

**Close Contact Exposure:** You will be contacted by the Public Health Nurse who will review your exposure, determine if you should be tested and instruct you on what day you need to be tested. You can schedule your test through the **BMC LINK LINE (855-262-5465)**

\*Close Contact is considered anyone who has spent **15 minutes in a day** or more at closer than **6 feet** with a known COVID positive person either while they had symptoms or 48 hours prior to their symptoms **or** in the 48 hours before their positive test was taken or anytime in the 10 days after the test (MA DPH).

Don't want to go into the store?  
Contactless shopping at our Local  
Wal-Mart—Adams COA can assist : We have step by step directions to do it yourself - Or we can set you up so that you may call your order in to Barbara and then help you place an order. You can then drive up and have them put your groceries in your trunk or our driver can pick them up for you and drop off to you.....



Call Barbara today for Details.....  
743-8333 ext205

## CHAIR YOGA UPDATE

Thanks to our incredible instructor, Maryanne Kufs, our yoga program has always been a success and a popular program for the senior center. Through January the in-person yoga is on hold but offered virtually for those who have access.

Find newly recorded classes on YouTube at  
**Maryanne and Adams Chair Yoga Community**

And on their Facebook Page:  
**Adams Chair Yoga Community**

New classes are recorded on

If you need a bucket of sand for  
your walkway or stairs....we  
can deliver some to you when  
available. You will need your  
own bucket——



Please call 413-743-8333 to request!

Don't forget with severe storms certain programs might not run, like Grab n' Go lunches. If we get a major storm, we'll be sure to call you with changes to our schedule.