

# January 2023

# The Buzz

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

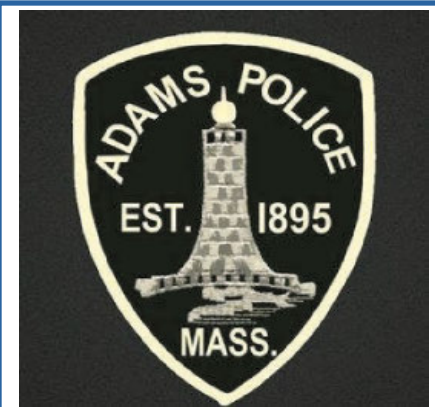


Happy New Year!!!  
Join us as we celebrate National Pizza Week (January 8th-14th), a little early. We'll be having a New Years Pizza Party on Wednesday, January 4th at 11:30am. Sparkling Cider will be served as we count down to our first pizza party of 2023. Space is limited to 50 people. Call the COA to register: 4132-743-8333.



National Pizza Week  
[www.NationalDayCalendar.com](http://www.NationalDayCalendar.com)

Winter has arrived! 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! Proceeds from the raffle will go to the Friends of the Adams Council on Aging. The Friends Group helps support COA programming to benefit the older adult population in our community (see page 2 for the upcoming trip to Ventfort Hall, sponsored by the Friends of the ACOA). Also, check out page 5 for ways to get help with your utility bills.



## Coffee with the Chief

Friday, January 20th  
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.

**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



## 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](http://www.adamscommunity.com)

## MidTown TAX & BOOKKEEPING CO., INC

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Tues & Thurs: 8:30 am - 5:00 pm  
Friday 9:00 am - 3:30 pm  
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## EDMUND R. ST. JOHN, III

Attorney-At-Law

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

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Friends of Adams CoA, Adams, MA

06-5289





Hi everyone. I hope you all had a wonderful holiday season, full of peace, joy, love, and hope! We were very lucky here at the Adams COA to receive numerous donations from Home Instead, Fallon Health, and community members. Usually, we're able to hand out gifts to 15-20 seniors who may not have any local supports. This year, thanks to everyone's generosity, we were able to distribute presents to more than 50 people! And I can tell you, it certainly made a difference to their holidays and was so very much appreciated by those individuals. Healthy and Happy New Year to All! ~Sarah



Crafts with Izzie on Wed, January 18th at 12:30: Cookie decorating, take 2! All materials are provided. Come to have some fun, social, and be creative! Please register by Friday, January 13th so we can make sure we have enough supplies.



Friends of the Adams COA Valentines Event  
Monday, February 13th

### *Venfort Hall Tour and Victorian Tea/Light Lunch*

Tour of the mansion begins at 11am, tea/lunch to follow at 12pm.

Both the first and second floor are handicapped accessible with a lift available to go to the second floor.

This event is sponsored by the Friends of the Adams COA.

Limited to 50 people. Sign up by Wednesday, February 8th.

Transportation assistance limited to 1 van and those willing to carpool.

Please call the Adams COA to register: 413-743-8333.

Want to see  
more events  
and trips like  
this one???

Join the  
Friends of the  
Adams COA!

Your \$10  
annual  
membership  
dues and  
money from  
Friends'  
fundraisers go  
directly  
towards  
sponsoring  
programs like  
the Ventfort  
Hall trip.

#### **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: Wed, Jan 18, 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**

1/2 CLOSED for New Years

1/3 Chix Strips, Alfredo Pasta, Broccoli, Fruit Crisp

1/4 COA New Years Pizza Party!

1/5 Eggplant Parm, Noodles, Winter Veg, Sliced Peaches

1/6 Chix w/Gravy, Mashed Potatoes, Green Beans, Apricot Halves

1/9 Turkey w/ Gravy, Potatoes, Peas&Carrots, Sliced Pear

1/10 Lentil Stew, Brown Rice, Squash, Diced Mangos

1/11 Chix w/ Biscuit, Noodles, Broccoli, Lemon Bavarian

1/12 Beef Stew, Mashed Potatoes, Root Veg, Mixed Fruit

1/13 Swedish Meatballs, Potatoes, Brussel Sprouts, Apple

1/16 CLOSED for Martin Luther King, Jr. Day

1/17 Roast Pork w/ Gravy, Sweet Potatoes, Boiled Cabbage, Applesauce

1/18 Mac & Cheese, Tomato Soup, Italian Veg, Peaches

1/19 Linen Lunch– Chix w/ Apple Raisin Gravy, White Rice, Asparagus, Chocolate Chip Cookie

1/20 Oriental Beef, White Rice, Peas, Pineapple

1/23 Chix Curry, Coconut Rice, Green Beans, Apricots

1/24 Cheese Lasagna, Mixed Greens, Minestrone Soup, Spiced Apples

1/25 Chix Cacciatore, Rice Pilaf, Peas, Banana

1/26 Beef Stroganoff, Noodles, Mixed Veg, Sliced Pears

1/27 Meatloaf w/ Gravy, Potatoes, Beets, Mandarins

1/30 Penne w/ Meat Sauce, Italian Veg, Peaches

1/31 Chicken Bruschetta, Rice Pilaf, Winter Veg, 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: January 10th  
February 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







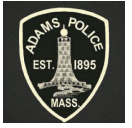




Friday 8am~12pm for Adams residents,

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

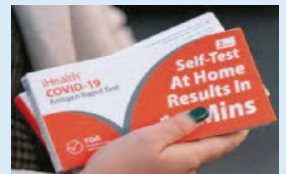
\*Please call at least 2 business days prior to your travel needs, as we cannot accommodate same day requests.

\*travels within Adams, North Adams, and Williamstown.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 CLOSED</b> 	<b>3</b> 9 - 10 Chair Yoga 11:30 Lunch 12:30 Dominos w/ Che-Che 1:00 Crafters	<b>4</b> 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch - New Years Pizza Party! 1:30-2:30 Friends Mtg 	<b>5</b> 9 - 10 Chair Yoga 11:30 Lunch 1:30 Pitch w/ Corry	<b>6</b> 11-11:30 Grab N Go Lunch North Adams Mobile Food Bank
<b>9</b> 9-12 SHINE 10:00 Cribbage 11:00-11:30 Lunch 1:00 Art w/ Donna	<b>10</b> 9-10 Chair Yoga  10-11 <b>Mobile Food Bank</b> 11:00-11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters 3:00 Caregiver Support Group	<b>11</b> 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 	<b>12</b> 9 - 10 Chair Yoga 11:30 Lunch 1:30 Pitch w/ Corry	<b>13</b> 11-11:30 Grab n Go Lunch
<b>16 CLOSED</b> 	<b>17</b> 8-4 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch 12:30 Dominos w/ Che-Che 1:00 Crafters	<b>18</b> 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Craft w/Izzie Cookie Decorating, take 2 	<b>19</b> 9 - 10 Chair Yoga <b>11:30 Linen Lunch</b> 1:30 Pitch w/ Corry	<b>20</b> 9-10 Coffee w/ Chief of Police K. Scott Kelley  11-11:30 Grab n Go Lunch North Adams Mobile Food Bank
<b>23</b> 9-12 SHINE 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna	<b>24</b> 9 - 10 Chair Yoga  10-11 <b>Mobile Food Bank</b> 11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters	<b>25</b> 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Belly Dancing 	<b>26</b> 9 - 10 Chair Yoga 11:30 Lunch 12:30 Movie: Where the Crawdads Sing 1:30 Pitch w/ Corry (2nd fl) 	<b>27</b> 11-11:30 Grab n Go Lunch 11-12 Brown Bag 
<b>30</b> 9-12 SHINE 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna	<b>31</b> 9 - 10 Chair Yoga 11:30 Lunch 12:30 Dominos w/ Che-Che 1:00 Crafters		<b>Stay tuned for dates in February and March for AARP Tax Prep appointments at the Adams COA.</b>	

**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](http://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.masssave.com/>


### DANCE YOGA



The funds from non-profit organization Berkshire Kripalu Community have been used. BUT, Yoga instructor Maryanne 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.



WHERE THE CRAWDADS SING

Did you read this best-seller by author Delia Owens? Come see how the movie compares. Spoiler Alert...the movie is almost never as good as the book. But, it will still be entertaining! Join us on Thu, January 26th, 12:30 pm at the COA.

## BLOOD PRESSURE CLINIC

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



**January 17th**  
Offered by local RNs  
Luanne Rose & Bruce Shepley

### Friends of the Adams COA Thursday Class Series

Jan 5th – Pitch w/ Corry Cairns

Jan 12th – Pitch w/ Corry Cairns

Jan 19th – Pitch w/ Corry Cairns

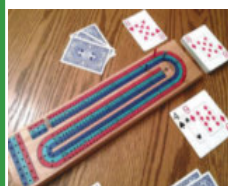
Jan 26th – Pitch w/ Corry Cairns

\*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: Jan 10th and Jan 24th



### 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 at the COA every other Tuesday as she teaches us how to play Dominos!

**Upcoming dates: Jan 3rd, 17th, & 31st @ 12:30pm upstairs at the COA**



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 Wed, January 25th 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.

Call the COA at 413-743-8333 to sign up!

## 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:

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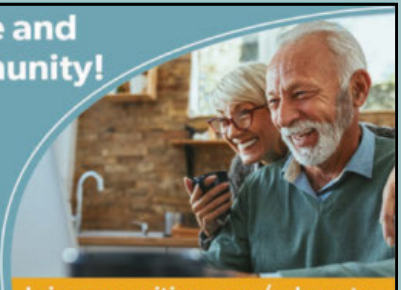
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## Do you need help paying your heating bills?

*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:  
Central / South County | 413-445-4503  
North County | 413-663-3014

bcacinc.org



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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](http://www.townofsavoy.com)**

**phone 413-743-4290, fax 413-743-4292  
 720 Main Road, Savoy, MA 01256**

