



January 2024

743-8333 ♦ 3 Hoosac Street ♦ Adams

The Buzz



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

Wed 8am-5pm

Fri 8am-12pm

Thank you to all involved that worked so hard to make the COA Holiday Party a successful and festive gathering! And thank you to all who purchased tickets to the party and supported the raffles. Proceeds benefitted the Friends of the Adams COA. Donations from local businesses and individual supporters that enabled the party and raffles to take place include: Amedisys Home Health Care, Assante Massage, BaneCare Management, Boston Seafood, DJ Bizz, Fallon Health, Freight Yard Pub, Healthy New England, Oasis Senior Advisors, Preite Oil, Rowley Fuel, St. John Law Office, Stop & Shop and Walmart in North Adams, West Oil, and numerous community members...our heartfelt thanks to all the businesses and supporters!



Support the Adams Council On Aging Senior Programming!

2024 Heating Raffle

3 Chances to Win!!

1st Prize: \$300 Credit on Fuel Account
2nd Prize: \$150 Credit on Fuel Account
3rd Prize: \$100 Credit on Fuel Account

Special Thanks to our Sponsors: ❄️ West Oil Co. ❄️ Rowley Fuel ❄️ Preite Oil ❄️

Winners to be drawn January 31, 2024

Donation - \$3 per ticket/\$10 for 4 tickets ❄️ Sponsored by the Friends of Adams COA

Tis the season for higher home heating costs. Come get your 2024 Heating Raffle Tickets at the Adams COA for a chance to win \$100-300 toward your heating bill!

Proceeds from the raffle will go to the Friends of the Adams Council on Aging. Also, check out the back page for ways to get help with your utility bills.



MAESTRO: "This love story chronicles the lifelong relationship of conductor-composer Leonard Bernstein (Bradley Cooper) and actress Felicia Montealegre Cohn Bernstein (Carey Mulligan). Maestro will tell the complex love story of Leonard and Felicia, a story that spans over 30 years-from the time they met in 1946 at a party and continuing through two engagements, a 25 year marriage, and three children." - IMDb

Monday, January 22nd at 12:30pm at the COA

Please call to register, 413-743-8333.





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

Whoa, what a year 2023 was!!! And didn't it fly by!? We are so grateful for all of you! Help us ring in the New Year by participating in the many programs, activities, and services we offer here at the Adams COA. Check out this newsletter, give us a call, or stop by the office to chat and see how we can make your 2024 happy and healthy! Blessings of joy, peace, and prosperity...~Sarah☺

Art with Donna is on a hiatus.

Local accomplished artist, Donna Loncto, brings us mixed media (pastels & drawing) art classes. Cost is \$5 per class, payable to Donna. All levels welcome!

COA Board Members

Bruce Shepley, R.N., Chairperson
Aleta Moncecchi, Vice Chair
Liz Mach, Secretary
Pam St. John
Mary Whitman
Leona Meczywor
Barbara Ziemba
Ben Acquista
Tom Dubis
Next Mtg: Mon Jan 8th at 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

David Ronnow, Greg Trottier,
John Naughton, Chuck Gebauer,
Joe Sloane, John Bianchi

Meal Site Coordinator

Kathy Polidoro

Custodians

Kyle Wilson & Ray Keele

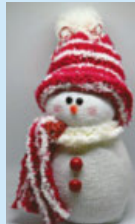
SHINE Counselor (Medicare)

Karen DeOrdio

Foot Nurse:

Lynette Dukehart, RN

Craft with Izzie: Wednesday, January 31st at 12:30pm
Do you want to build a snowman? DIY Sock Snowman
Class size is limited. Please register so we know how many supplies to have available, 413-743-8333.



Craft with Deb G: Wednesday, Jan 10th at 12:30pm
Postponed from a few months ago, Deb is ready to have you join her to create fun crafts with old cigar boxes. Please call to register so we know how many supplies to have available.

Thursday, January 11th 9-11am
Attorney Edmund St. John III of St. John Law Offices will be here to offer free legal counsel to seniors. He is offering a free 15 minute CONSULT ONLY— if more time is needed you will have to set up an appointment at his office. Please Call 743-8333 to reserve a consultation.



Nursing Students from McCann Tech will be holding Blood Pressure Clinics every Thursday for 6 weeks at the Adams COA from 10-12:30pm, starting Dec 7th. No Clinic on Thursday, December 28th due to the school holiday break. Walk-ins are welcome. Please contact the COA if you have any questions.



West African & Caribbean Hand-Drum Class w/ The Tamarack Hollow Nature and Cultural Center

Wednesday, January 17th at the Adams COA, 12:30-1:30pm

Join in a dynamic, hands-on participatory class focusing on folkloric and contemporary West African & Caribbean drumming, percussion and singing. Students will learn hand and instrument technique, an understanding of

how drum patterns fit together, cultural context of the music, fun and challenging drum patterns and exercises and accompanying songs in many languages. Traditional instruments such as the conga, djembe, clave, bell, and maraca provided for student use.

Registration required. Call the COA.

*Supported by the Arts Build Community Initiative of the Berkshire Taconic Community Foundation.



**Online on Facebook as
AdamsCouncil on Aging &
[www.town.adams.ma.us/
council-aging](http://www.town.adams.ma.us/council-aging)**



CHAIR YOGA w/Maryanne At the COA

Call to let us know
you're coming!

Donations are graciously
accepted by Maryanne.

Tues & Thurs 9am - 10am

Community Lunches

Catered by Elder Services of Berkshire County
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+ years old

\$8.00 Required fee for under 60 years old

1/1 - Closed...HAPPY NEW YEAR!

1/2 - Chix Strips, Pasta Alfredo, Broccoli, Fruit Crisp

1/3 - Pizza Party!

1/4 - Eggplant Parm, Noodles, Winter Veg, Peaches

1/5 - Chix w/Gravy, Mashed Potatoes, Gr. Beans, Apricot

1/8 - Beef & Cabbage Cass., Beans, Peas, Carrots, Pears

1/9 - Lentil Stew, Brown Rice, Squash, Diced Mangos

1/10 - Chix on Biscuit, Noodles, Broccoli, Lemon Pudding

1/11 - Swedish Meatballs, Potatoes, Brussel Sprouts, Apple

1/12 - Pork Chili, Barley, Root Veg, Mixed Fruit

1/15 - Closed...MLK Jr. Day

1/16 - Roast Pork w/Gravy, Sw Potato, Cabb., Applesauce

1/17 - Butternut Mac & Cheese, Tomato Soup, Peaches

1/18 - Chix w/Gravy, Mash.Potatoes, Asparagus, Cookies

1/19 - Oriental Beef, White Rice, Carrots, Pineapple

1/22 - Chix Curry, Coconut Rice, Green Beans, Apricots

1/23 - Cheese Lasagna, Greens, Minestrone Soup, Apples

1/24 Chix Caccitore, Rice Pilaf, Peas, Banana

1/25 - Beef Stroganoff, Noodles, Mixed Veg, Sliced Pears

1/26 - Meatloaf & Gravy, Potatoes, Beets, Oranges

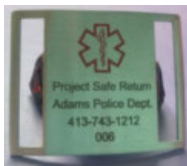
1/29 - Penne w/ Bolognese, Italian Veg, Peach Crisp

1/30 - Chix A La King, Rice Pilaf, Winter Veg, SlicedPears

1/31 - Shepherd's Pie, Mash.Potatoes, Spinach, FrCocktail

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. Call the COA with questions or to get an application. 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 Executive Office of Elder Affairs.**

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 at 3:00 p.m.

Pre-registration is unnecessary but welcomed.

Questions can be answered at 743-8333

Upcoming Dates: Jan 9th & Feb 13th

"Living After Loss"

Hospice Care In The Berkshires, Inc.

An Affiliate of Integrus Healthcare

Losing a loved one is difficult. Talking with others who have had similar experiences can help ease this burden. Come join our group each month to talk with people on this same journey.

Second Wednesday of every month at 2:00 p.m.

Pre-registration is unnecessary but welcomed.

Questions can be answered at 743-8333

Upcoming Dates: Jan 10th & Feb 14th

NaviCare Navigator

Debby Stanlewicz will be at



the Adams COA on the 2nd Wednesday of every month from 10:30-11:30 to answer any questions existing members may have.

Upcoming dates: January 10th and February 14th

Please note new van schedule:

Due to driver availability, the COA Van no longer runs on Fridays. We're sorry for any inconvenience.

Also, please be patient with our new drivers as they learn the routes and riders' individual needs.

Adams COA Van Transportation

***Available Monday ~ Thursday 8am-3pm for residents of Adams;**











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 w/in Adams, N. Adams, & Williamstown.**

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

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED 	2 9-10 Chair Yoga 11:30 Lunch 12:30 Dominos 1:00 Crafters	3 9-10 Dance Yoga 11:30 Pizza Lunch  No Friends Meeting this month	4 9 - 10 Chair Yoga 10-12:30 McCann Tech BP Clinic 11:30 Lunch 1:00 Pitch	5 11-11:30 Grab n Go Lunch 11-12 North Adams Mobile Food Bank
8 9-10 Knit/Crochet 9-12 SHINE 10:00 Cribbage 11:30 Lunch 2:00 COA Board Meeting	9 9-10 Chair Yoga 11:30 Lunch 12:30 Scrabble 12:30-1:30 Mobile Food Bank 1:00 Crafters 3:00 Caregiver Support Group 	10 9-10 Dance Yoga 9-12 SHINE 10:30-11:30 Fallon Health Table 11:30 Lunch 12:30 Craft w/ Deb G. 2-3 "Living After Loss" Support Group	11 9-10 Chair Yoga 9-11 St John Law Consults 10-12:30 McCann Tech BP Clinic 11:30 Lunch 1:00 Pitch	12 11-11:30 Grab n Go Lunch
15 CLOSED 	16 8-4 Foot Care Clinic (by appt) 9-10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch 12:30 Dominos 1:00 Crafters	17 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Drumming 5-7 Food Pantry at FCC	18 9 - 10 Chair Yoga 10-12:30 McCann Tech BP Clinic 11:30 Linen Lunch w/ Entertainment by Lighten Up for New Years 12-3 Chair Massages 1:00 Pitch 	19 11-11:30 Grab n Go Lunch 11-12 North Adams Mobile Food Bank
22 9-10 Knit/Crochet 9-12 SHINE 10:00 Cribbage 11:30 Lunch 12:30 Movie: Maestro 	23 9 - 10 Chair Yoga 11:30 Lunch 12:30 Scrabble 12:30-1:30 Mobile Food Bank 1:00 Crafters 	24 9-10 Dance Yoga 9-12 SHINE 11-11:30 Lunch	25 9 - 10 Chair Yoga 10-12:30 McCann Tech BP Clinic 11:30 Lunch 1:00 Pitch	26 11-11:30 Grab n Go Lunch 11-12 Brown Bag 
29 9-10 Knit/Crochet 9-12 SHINE 10:00 Cribbage 11:30 Lunch 12:30 Social Group 	30 9 - 10 Chair Yoga 11:30 Lunch 12:30 Dominos 1:00 Crafters	31 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Craft w/ Izzie		Lunch reservations MUST be made by 11:30am the business day before you'd like to attend in order to confirm your meal.

Winter Weather reminder:

If Adams-Cheshire Schools are closed or delayed, so are Adams COA programs and transportation.

Please Note the Mobile Food Bank time change:

Due to the Food Bank of Western MA moving to Chicopee, the Adams Mobile Food Bank distribution time is now 12:30-1:30pm.

The days will remain the 2nd & 4th Tuesdays of the month.

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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



Every home in the U.S. is eligible to order 4 more free at-home tests beginning Nov 20th. If you did not order tests this fall, you may place two orders for a total of 8 tests:
<https://special.usps.com/testkits>
 Or Call 1-800-232-0233 (TTY 1-888-720-7489)



Enjoy a 15 min chair massage by local practitioner Eva Assante for only \$20!
Thursday, January 18th 12-3pm
 Call the COA today to schedule!

~ New Year's Celebration ~

(a little late, rescheduled from 12/28/23)

Lunch, Music, and Mocktails with

Lighten Up - Acoustic Trio

Sponsored by Hilltown Travelers

Thursday, Jan 18th at 11:30am

Must call to register. Space is limited.

413-743-8333



TYPES OF SCAMS

- Employment Scams
- Investment Scams
- Ransomware
- Imposter/Macau Scams
- Dating/Romance Scams
- "You've won" (Giveaway) Scams
- Products & Services Scams



How To Avoid Scams?

Never Share Personal Details

Refuse Demands to Act Immediately

Becareful with links/websites

Always Change Your Passwords

Block and Screen Unwanted Calls, Text Messages & Email

Never Share Personal Details

Consult with someone you trust before acting further

Look Out for Mistakes in Emails and Messages

Stay Informed on Latest Cyber Threats/Scam Syndicates

Always Be Skeptical & Cautious

Like to Knit, Crochet, Cross Stitch...???

We have 2 opportunities every week for you to practice your craft in good company!

Mondays, 9-10am in the 2nd floor conference room

Tuesdays, 1-3pm in the 1st floor program room.

BLOOD PRESSURE CLINIC

Every month on the 3rd Tuesday.

FREE readings between 10:30 - 11:00am

Appointments & Walk-ins Welcome

January 16th

Offered by local RNs

Luanne Rose & Bruce Shepley



Pitch with Friends!

Join us every Thursday at 1:00 for cards, fun, and laughter.

Call 413-743-8333 if you are interested. It's a great group!



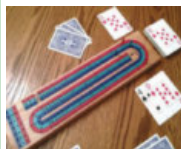
"Give me a Smile!" SCRABBLE with Garret



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

Upcoming: Jan 9th & 23rd

Attention Cribbage Players:



Join us Mondays at 10am on the 2nd floor of the COA. Instruction by peers provided as needed. Call the COA to sign up if interested. 413-743-8333

"I said, oh-oh Domino..." 12:30pm

Join Friends here, upstairs at the COA every other Tuesday to play Dominos!

Upcoming dates: Jan 2nd, 16th, & 30th



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!



***NEW SOCIAL GROUP*:**

Monday, Jan 29th @ 12:30

Join your comrades at the Adams COA to socialize and share stories in good company. Group will be very casual—Like going for coffee at a friend's home.

We look forward to some laughs and great conversation with great company!

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:

(413) 445-5959

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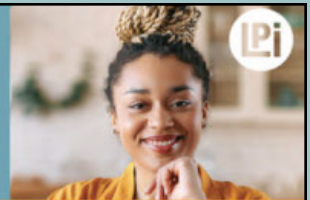


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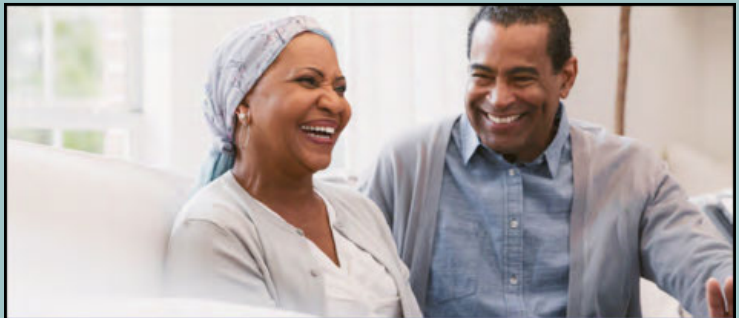
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Do you need help paying your Heating Bills?



Berkshire Community Action may be able to help!

2024 Income guidelines to qualify for Fuel Assistance

Family Size	Income
1	\$45,392
2	\$59,359
3	\$73,326

To learn more about what BCAC can do for you, contact us:

Central / South County

413-445-4503

North County

413-663-3014

If you are eligible for fuel assistance, you may qualify for more helpful programs.



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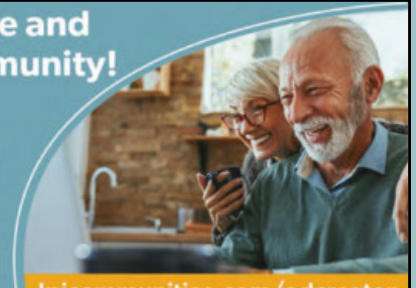
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Friends of Adams CoA, Adams, MA

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.

- The COA 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!

The Savoy Book Club will meet Thursday January 11th at 10am. We will discuss The Winter Sister by Meagan Collins and may continue our discussion of A Gentleman in Moscow. Meetings are held at the Savoy Town Hall. All are welcome!

Select Board meetings: 2nd and 4th Tue of each month at 5:00.

Adams Food Pantry, Volunteers Needed: First

Congregational Church of Adams has worked hard to bring back a free food pantry to Adams! But they need volunteers to help pick up, unload, and package food. Pantry hours will be the 3rd Wed of the month from 5-7pm. Please let the Church know if you're interested in volunteering.

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 be able to call you back if you leave a message. Thank you in advance for your patience and understanding! ☺

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, ask for Barb Proper
<http://www.magoodneighbor.org/>
- Dynergy (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/>



AARP Tax Aide program is being held at the Adams COA on Mondays and Thursdays **by appointment only**,

Feb 5th-April 8th. This program is designed to provide area, older residents who have limited resources and are filing simple returns a way to file without cost. Intake appointments to review documents will be done in person by volunteers. It is highly recommended that you wear a mask during your intake appointment. Returns will be prepared remotely by volunteers and you will receive a call when your return is available for signature and pick up. Be advised that there are a limited number of appointments available and they will be filled on a first-call, first served basis. **Call the COA starting on Wednesday, January 17th to schedule your appointment, 413-743-8333.**

Adams COA Volunteer Opportunities

Rogue Driver

As needed

Office Reception

Weekly or As needed

Responsibilities

Have a clean driving record; Drive seniors to medical appointments throughout the county, state, region; Maintain record of trips; Conduct simple pre and post trip car inspection

Answer phones; Provide general information; Take messages for staff to return calls; Learn minimal data entry in computer system

***All volunteers must pass a CORI check.**