



July 2018

Adams Council on Aging

The Informer

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

Coloring with Donna	3 rd	12:30
Friends Mtg	11 th	3:00
Senior Mtg	5 th , 19 th	1:00
Mobile Food Bank	10 th , 26 th	11:00
Linen Lunch	16 th	11:30
Movie	12 th	12:30
Card Making	12 th , 26 th	1:00
Bingo	18 th	12:30
Meet a Selectman	19 th	11:00
Brown Bag	27 th	1:00
Blood Pressure Clinic	25 th	10:30



WATCH YOUR STEP!

During the next few months, the public parking lot will be under construction, and we urge you to be careful. It will be inconvenient, however, when all is said and done, there will be more parking available. In the interim, limited parking is available at the former Waverly Parking Lot, which is 5-7 Hoosac Street.

Please park ON THE GRASS.



Sandy Doppell, our foot clinic master, has been with us for many years and has decided to move back home to Nova Scotia. If anyone wishes to send a card or letter, please send/

bring it to the COA and we will be sure to forward it to Sandy. We wish her all the best!

And now...we welcome our new *Heel to Toe* foot care specialist, Lynette Dukehart. Lynette has been practicing in Adams at other venues, and she is now available at the COA.



Appointments may be scheduled for the 3rd Tuesday of each month for \$35.00. For this month ONLY, she will be here on Thursday, July 26th. Call the COA to schedule your appointment, 743-8333.

The **Mobile Food Bank** will continue, but please keep in mind the parking situation. Since there is limited parking, it would be helpful if folks would stagger their arrivals. It isn't necessary to stand in line for over an hour. We have plenty of food!



July 10th and July 24th, from 11:00 am - 12:00 pm.

In addition, we now have LIVE entertainment.

"This program is supported in part by a grant from the Cultural Council of Northern Berkshire, a local agency which is supported by the Massachusetts Cultural Council, a state agency."



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DID I HEAR YOU SAY: “I DON”T KNOW IF I HAVE HIGH BLOOD PRESSURE?”

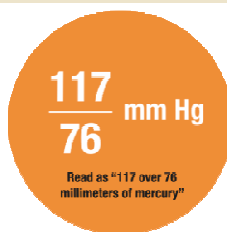
The only way to know (diagnose) if you have high blood pressure (HBP or hypertension) is to have your blood pressure tested. Understanding your blood pressure numbers is key to controlling high blood pressure.

Systolic blood pressure (the upper number) — indicates how much pressure your blood is exerting against your artery walls when the heart beats.

Diastolic blood pressure (the lower number) — indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

These two measurements help your doctor to determine if you do have any abnormality with your blood pressure. And we do have you covered. Come to our blood pressure clinic, held on the 4th Wednesday every month, and you will be able to track your measurements and report them to your physician.

This month’s clinic will be held on **Wednesday, July 25th 10:30am!**



Movie of the Month

Growing up in Greenville, Texas, Bart Millard suffers physical and emotional abuse at the hands of his father, Arthur. When Arthur becomes terminally ill, he finds redemption by embracing his faith and rediscovering his love for his son. Years later, Bart’s troubled childhood and mended relationship with his dad inspires him to write the hit song, “I Can Only Imagine”, as singer of the Christian band Mercy Me. It is an inspiring story that brings hope to so many, and is a gripping reminder of the power of true forgiveness.



THURSDAY, July 12th at 12:30 pm
“I Can Only Imagine”

R 2018 · PG -Drama - Family - Music
1 hr 50m

COA Board Members

Pam St. John, Chairperson
Aleta Moncecchi, Vice Chair
Bob Joppich
Melissa Schaffrick
Bruce Shepley, R.N.
Debbie Wineberg, R.N.
Officer Greg Onorato
Mary Whitman
Leona Meczywor
Next Meeting: July 23 at 2pm

COA Director

Erica Girgenti

Outreach Worker

Barbara Proper

Administrative Assistant

Eric LaRoche

Van Drivers

John Naughton, Cindy Fletcher,
Bill Wilson, Dennis Kingsbury,
Chuck Gebaur & Joe Sloane

COA Reception

Louise Charron

Custodian

Kyle Wilson

SHINE Counselor (Medicare)

Karen DeOrdio

Newsletter Editor

Marsha Mikuszewski

Join us for a great afternoon at MacHayden Theatre.....We only have 4 tickets left. Cost is \$85 pp which includes transportation, buffet lunch @ White Stone Restaurant and theatre ticket!
July 12, 2018
11am—5:30pm



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 48 hours in advance at 743-8333.

Transportation Available

**For a full listing visit the back page of ESBC's
Berkshire Senior Newspaper**

7/2 Chicken & Sausage Casserole, Collard Greens

7/3 Italian Meatballs, Penne w/Sauce

7/4 **Closed for "INDEPENDENCE DAY"**

7/5 Cheeseburger, Roasted Potatoes, Watermelon

7/6 Roast Turkey, Sweet Potatoes, Cauliflower

7/9 Beef Burgundy, Mashed Potatoes, Vegetable

7/10 Bone-in Chicken w/Gravy, Roasted Potatoes

7/11 Beef Chili, Brown Rice, Brussel Sprouts

7/12 Baked Pollock, Sweet Potatoes, Green Beans

7/13 Chicken Fajita, Rice & Beans, Corn

7/16 Roast Pork w/Gravy, Roasted Potatoes

Linen Lunch

7/17 Tuna Salad, Tossed Salad, Potato Salad

7/18 Veal w/Peppers, Rice Pilaf, Broccoli

7/19 Chicken Marsala, Mashed Potatoes, Carrots

7/20 Sloppy Joe, Potato Puffs, Mixed Veggies

7/23 Chicken Salad, Pasta Salad, Cold Beets

7/24 Shepherd's Pie, Green Beans, Biscuit

7/25 Orange Chicken, Sweet Potatoes, Squash

7/26 Beef Stew, Roasted Potatoes, Brussel Sprouts

7/27 Chef Salad w/Ham/Chicken/Cheese

7/30 Baked Haddock, Potatoes Au Gratin, Peas



Join us for a fun social time—Sponsored by:

Adams COA

Wednesday, July 18th

@ 12:30 pm

Need some legal advice?

We invite you to meet with Attorney Edmund St. John, III, on **Wednesday, July 18th** for free counsel. Call Barbara @ 743-8333 to request an appointment.



Edmund R. St. John, III began practicing law in Adams in 1988 after working for Carroll, Burdick, and McDonough, a large, civil-ligation firm in San Francisco, CA. He is a member of the Berkshire Bar Association, the Massachusetts Bar Association and the State Bar of California. He has dedicated himself to serving the community, both in the practice of law and volunteerism.



You may be eligible for the Supplemental Nutrition Assistance Program (SNAP). The Adams COA have partnered with The Department of Transitional Assistance (DTA) to assist in processing applications. Eligibility for SNAP benefits depends on financial and nonfinancial criteria. Call Barbara at 743-8333 to make an appointment, and she will help you to determine if you qualify. Applications can be completed right in her office.

The Fourth of July has been a federal holiday in the US only since 1941, but the Independence Day celebrations go back to the 18th century and the American Revolution.



On July 2nd, 1776, the Continental Congress voted in favor of independence, and 2 days later, delegates from the 13 colonies adopted the Declaration of Independence, drafted by Thomas Jefferson. Since 1776, this day has been celebrated with festivities, parades, and concerts, and less formal family gatherings.

TOWN WIDE TAG SALE

Saturday, August 11

JULY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 - 12:00 SHINE 11:30 Lunch	3 9:00 Chair Yoga (donation) 11:30 Lunch 12:00 Big Y Shopping 12:30 Coloring with Donna 1:00 Quilt, Crochet, Knit	 Have a Happy and Safe 4th! CLOSED	5 9:00 Chair Yoga (donation) 11:30 Lunch 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit	6 9:00 - 12:00 SHINE 11:30 Lunch
9 9:00 - 12:00 SHINE 11:30 Lunch	10 9:00 Chair Yoga (donation) 11:00 Mobile Food Bank 11:30 Lunch 12:00 Big Y Shopping 6:00 Alzheimer's Support Grp	11 9:00 - 12:00 SHINE Counsel 10:00 Transp to Wal-Mart 11:30 Lunch	12 9:00 Chair Yoga (donation) 12:30 Movie "I Can Only Imagine" 1:00 Card Making 7:00 pm Quilt, Crochet, Knit	13 9:00 - 12:00 SHINE 11:30 Lunch
16 9:00 - 12:00 SHINE 11:30 LINEN LUNCH	17 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:30 Lunch 12:00 Big Y Shopping	18 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch 12:30  sponsored by Adams COA	19 9:00 Chair Yoga (donation) 11:00 Meet Your Selectman 11:30 Lunch 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit	20 9:00 - 12:00 SHINE 11:30 Lunch 2pm Wine Tasting
23 9:00 - 12:00 SHINE 11:30 Lunch 2pm COA Board meeting Stop by our table tonight @ Hi-Jinx!	24 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:00 Mobile Food Bank 11:30 Lunch 12:00 Big Y Shopping	25 9:00 - 12:00 SHINE 10:00 Transport to Wal-Mart 10:30 Blood Pressure Clinic 11:30 Lunch	26 9:00 Chair Yoga (donation) 11:30 Lunch 1:00 Card Making 7:00 pm Quilt, Crochet, Knit Foot Clinic by Appointment Call 743-8333 to Book	27 9:00 - 12:00 SHINE 11:30 Lunch 1:00 Brown Bag
30 9:00 - 12:00 SHINE 11:30 Lunch	31 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:30 Lunch 12:00 Big Y Shopping			

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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BALANCE**
MANAGING CONCERNS ABOUT FALLS

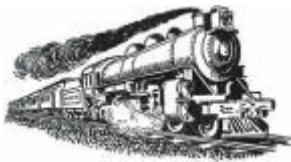
A MATTER OF BALANCE is an award-winning lay leader program designed to manage falls and increase activity levels. A series of 8 classes that include tips to reduce fear of falling and increase strength and balance. This program has now added some

New Features: *Posture Screening, Trekking Pole Demo, and a Tug Test.* Even if you have participated previously, the Program facilitators, Amanda and Brett, will be pleased to provide you with some new mechanisms to manage your wellness. Call 743-8333 to reserve your seat!

Matter of Balance is a program funded by the Prevention & Wellness Trust Fund.

Monday's - 9-11am
Adams Visitor's Center & COA
3 Hoosac St, Adams MA 01220

Dates:
August 6, 13, 20, 27
September 10, 17, 24



ALL ABOARD!

Intergenerational Train Ride on SUNDAY, JULY 29th

On SUNDAY, JULY 29th, an Intergenerational train ride, supported in part by the Friends of the COA, will depart the Adams Station at 1:00 PM. It is a time to enjoy a 1 hour, 10 mile, round-trip on the Historic Adams Branch, with your grandchildren or perhaps great grandchildren. The COA is offering

1 Child/1 Adult ticket per family for free. Additional tickets may be purchased at the group rate: \$10/Adult, \$7/Child (4-14), FREE lapsitters (3 and under). Please see Barbara to make your reservation; a \$10 deposit is required. If the deposit is not credited to additional tickets, the deposit will be returned on the day of the ride. Also, receive a chance to win one of 10 free tickets to the Polka Picnic. See more info about the picnic on pg. 6.

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Suggested Reading:

Life Smart after 50! (Natalie Elridge, ed.) More than 50 experts combine to give you practical advice in their areas.

Healthy Aging: A Lifelong Guide to Your Well-Being (Andrew Weil) A popular guide that explains what's healthy and why.

Rightsizing Your Life Simplifying Your Surroundings While Keeping What Matters Most
Especially helpful if you're thinking about downsizing your home.

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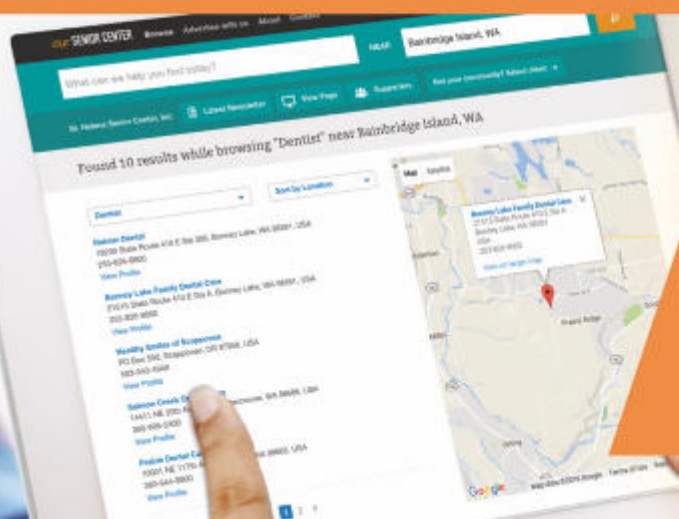
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Friends of Adams CoA, Adams, MA

06-5289

MARK YOUR CALENDARS



July 29th 2018
Polanka Grounds, Mill St.
Admission \$5.00
kids 12 & under FREE

Gates Open at 12:00 Noon
1:00pm - 5:00pm Dancing

FREE Activities for Children
Polish Food, Picnic Fare
Beer, Wine, Soft Drinks

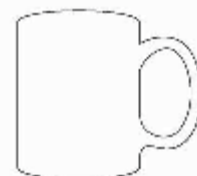


This year Hi-Jinx is a fundraiser for Pop Cares, coordinated by hi-jinx committee volunteers. Come on down to Park St. and join the festivities for all ages. Shopping will also be available, and food vendors stationed throughout.

Hi-jinx 2018 Monday, July 23 at 6 PM - 9 PM

The Friends of the Adams COA will be selling coffee mugs for \$5.00 and pocketbooks (new and slightly used) to raise funds for additional programs/activities for our seniors at the Adams COA. -

Please stop by to say Hello!



Join us for a Wine Tasting at the newly renovated NORAD Mill, Roberts Drive, North Adams. DeMarsico's Wine Cellar's new tasting room offers locally hand crafted Berry & Grape Wines, Meads, and Sangrias. All wines are produced onsite. We will car pool and have van transportation available. Cost is \$6 per person for 6 taste tests, or \$7 per glass; snacks provided.



Friday, July 20th from 2:00pm to 4:00pm

Enjoy a Taste of Summer at Williamstown Commons Annual Senior Community Cookout;

Thursday, August 2nd 11:30 am—1pm

Nothing says summer quite like a cookout shared with friends. Enjoy delicious food, learn more about the Commons Community and get a taste of the uncommonly good life at Williamstown Commons.



Van transportation available to those wishing to attend —please call Barb @ 743-8333 by Thursday, July 26th to reserve your spot!

**Lion's Club Picnic in
August 23rd!
4PM—6PM**



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See insert for
application!

