



**WELCOME July 2020**

**Adams Council on Aging**

# **The Informer**

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

## **W e N e v e r L e f t !**

The Council on Aging staff, along with our colleagues across the State, have been very busy doing our best to keep people informed and engaged as restrictions would allow. This year had been planned as one of our most active in regards to programming and events, but the universe has other plans for us. Since the beginning of March our staff continues to report to the office, provide outreach phone calls, create and distribute outreach bags of essentials like brain games and physical activities you can do from home, support programming around food security, process emergency grants, provide insurance counseling, as well as providing essential transportation services.

I would like to take a moment to recognize my reporting staff, as they have been essential workers through the thick of this pandemic. Barbara Proper and John Naughton, along with myself and dozens of our Mobile Food Bank volunteers have made provisions within their own personal life to stay healthy and safe to be able to continue to provide services to our community. Along with the Council on Aging department, other Town employees and departments have been making difficult decision in an effort to keep our municipality operating.

## **T h e S h o w M u s t G o O n !**

As of June 29th, the Council on Aging has resumed normal business hours which has previously been managed from 9am - 1pm. We've rented a big top tent to start running some small group activities and presentations, all of which will require pre-registration and outdoor dining opportunities. We'll roll out some activities as we begin to get our feet wet again and while we closely watch the State's recommendations and phases. Our newsletter will resume to a monthly distribution and we'll welcome back pre-booked one-on-one appointments as necessary; the foot clinic, and health insurance counseling. As always, never hesitate to call our office and ask any questions. We now have a new phone system which allows for you to directly reach staff. See page 2 for details. Above all else, please don't fall subject to scams.

## **J U S T C A L L U S !**

- Erica Girgenti, COA Director

**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**



## 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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Being Prepared for Flu or Novel  
Coronavirus (COVID –19)

Everyday Precautions for Everyone:

- Cover your mouth when you cough or sneeze, using a tissue or the inside of your elbow.
- Wash your hands for 20 seconds with soap and warm water, frequently use hand sanitizer
- If you have a fever or feel sick, stay home & call your healthcare provider
- Get the Flu vaccine– it's not too late
- Have a 14 day supply of non-perishable foods and items with a lengthy expiration date on hand in case you or your family members cannot get to the store to shop
- Keep a 14 day supply of over-the-counter and pres. meds available

**Suggested food items to have on hand:**

- \* Peanut Butter-Whole-wheat crackers
  - \* Nuts and trail mixes
  - \* Multigrain cereals high in fiber
  - \* Granola and power bars
  - \* Dried fruits
  - \* Canned tuna, salmon, chicken & Turkey
  - \* Canned Vegetables (no salt added)
  - \* Canned soups & Chili (low sodium)
  - \* Boxed pasta & spaghetti sauce
  - \* Sport drinks such as Gatorade or PowerAde
  - \* Powdered milk
  - \* Frozen dinners such as Lean Cuisine, Healthy Choice & Smart Ones
- \*\*Focus on foods that are high energy and high protein. Look at calories, nutrients and fiber, while avoiding high salt and high sugar content foods.\*\***

**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)  
Selectman Jim Bush, Liaison  
Next Meeting: July 27 @ 2pm

**COA Director ext. 201**

Erica Girgenti

**Outreach Worker ext. 205**

Barbara Proper

**Administrative Assistant ext. 210**

John Naughton

**Van Drivers ext. 0**

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

**Custodian**

Kyle Wilson & Ray Keele

**SHINE Counselor (Medicare)**

Karen DeOrdio

**Foot Nurse:**

Lynette Dukehart, RN

**THE INFORMER Editor**



**Farmer's Market Coupons!**

We expect the Farmer's Market Coupons in July so call us and see if you're eligible to receive \$25 worth of coupons to spend at local markets!

Check us out on Facebook!  
@ Adams.Council.on.Aging



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

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

7/1 Beef Stew, Potatoes, Blueberry Snack Loaf

7/2 Picnic—Hot Dog, Beans, Apple Crisp

7/6 Chix Drum w/gravy, Sweet Potatoes, Peaches

7/7 Swedish Meatballs, Noodles, Mixed Fruit

7/8 Sweet & Sour Port, Rice, Pears

7/9 Chix Marsala, Potatoes, Fruit Cocktail

7/10 Oriental Beef, White Rice, Oranges/Pineapples

7/13 Chix Cordon Beau, Mashed Sweet Potato, Pear

7/14 Veal Scaloppini, Ziti, Fresh Orange

7/15 Breaded Pollock, Scalloped Potatoes, Mix Fruit

7/16 Beef Burgundy, Mashed Potatoes, Peaches

7/17 Chix Bruschetta, Potatoes, Sliced Pears

7/20 Moroccan Beef Stew, Mashed Potatoes, Apricots

7/21 Chix w/asparagus, Red Potatoes, Diced Mango

7/22 Beef & Pepper Casserole, Applesauce

7/23 Lasagna, Mixed Greens, Sugar Cookie

7/24 Shepard's Pie, Mashed Potato, Nectarine

7/27 Cod w/Pomodoro Sauce, Potatoes, Cherry Loaf

7/28 Hamburger, Potato Salad, Strawberry Yogurt

7/29 Curry Chix, White Rice, Honeydew Melon

30 Veal w/Marinara, Noodles, Fresh Orange

Do you have a need during this challenging time? Call us and help us better understand how we can assist you. If we can find a way, we will! We're here for you! You can call us or email us

413-743-8333 or

adamscoa@town.adams.ma.us

## **B-I-N-G-O on the Lawn:**

July 8th & 22nd at 12:00

Must call to sign up w/Barbara  
Limited Seats each session

**We use Disposable cards,  
provide Prizes,  
and Socialization!**

## **CHAIR YOGA RETURNS!**

Outdoors under the big tent

Space is limited to 10 people, plus instructor  
Maryann Kufs, distantly placed.  
Masks and pre-registration are required.

**Tuesdays & Thursdays  
8:30-9:30 & 10-11:00 am  
(excluding Mobile Food Bank Days)**

Chairs are provided but bringing your own would be  
more helpful

## **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.

We have partnered up w/Ad-Lib to start a Pen  
Pal Group. We are looking for anyone, any age  
that would like to participate. We will ask you a  
few questions, then give you a packet (note cards,  
conversation starters, etc) and a pal. Please con-  
tact Barb if you would  
like to join us.....

**Starting now!**



# J U L Y

Monday	Tuesday	Wednesday	Thursday	Friday
Did you know we provide TRANSPORTATION Monday– Friday? Tell us about your transportation needs!		<b>1</b> 11—11:30: Lunch	<b>2</b> 11—11:30: Lunch	<b>3</b> <b>CLOSED</b> in observance of 4th of July
<b>6</b> 11—11:30: Lunch	<b>7</b> 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch	<b>8</b> 11—11:30: Lunch 12– 1 BINGO  B I N G O	<b>9</b> 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch	<b>10</b> 11—11:30: Lunch
<b>13</b> 11—11:30: Lunch	<b>14</b> 10-11 Mobile Food Bank 11—11:30: Lunch <b>Mobile Food Bank</b>  <b>6:00 pm — Alzheimer Support Group</b>	<b>15</b> 11—11:30: Lunch	<b>16</b> 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch	<b>17</b> 11—11:30: Lunch
<b>20</b> 11—11:30: Lunch	<b>21</b> 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch  F o o t C l i n i c	<b>22</b> 11—11:30: Lunch 12-1 BINGO  B I N G O	<b>23</b> 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch	<b>24</b> 11—11:30: Lunch 12-1 Brown Bag Pick Up  B r o w n B a g
<b>27</b> 11—11:30: Lunch	<b>28</b> 10-11 Mobile Food Bank 11—11:30: Lunch  <b>Mobile Food Bank</b>	<b>29</b> 11—11:30: Lunch	<b>30</b> 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch	<b>31</b> 11—11:30: Lunch

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Tuesday, January 21, 2020  
For Immediate Release

Mark Hinkle, Acting Press Officer  
[press.office@ssa.gov](mailto:press.office@ssa.gov)



## **Social Security Launches New Campaign to Fight Scammers**

The Social Security Administration launched a new Public Service Announcement (PSA) campaign to continue warning people about the ongoing nationwide telephone impersonation scheme. The PSAs feature a message from Social Security Commissioner Andrew Saul. Social Security and its Office of the Inspector General (OIG) continue to receive reports about fraudulent phone calls from people falsely claiming to be Social Security employees. The scammers mislead victims into making cash or gift card payments for help with purported identity theft, or to avoid arrest for bogus Social Security number problems.

“I want every American to know that if a suspicious caller states there is a problem with their Social Security number or account, they should hang up and never give the caller money or personal information. People should then go online to [oig.ssa.gov](http://oig.ssa.gov) to report the scam call to Social Security,” said Commissioner Saul.

People should also be on the lookout for a new version of this scam. Fraudsters are now emailing fake documents in attempts to get people to comply with their demands. Victims have received emails with attached letters and reports that appear to be from Social Security or the OIG. The letters may use official letterhead and government jargon to convince victims they are legitimate; they may also contain misspellings and grammar mistakes.

The new PSA addressing the telephone impersonation scheme is available online at [www.youtube.com/socialsecurity](http://www.youtube.com/socialsecurity)

Social Security employees do occasionally contact people--generally those who have ongoing business with the agency--by telephone for business purposes. However, Social Security employees will never threaten a person, or promise a Social Security benefit approval, or increase, in exchange for information or money. In those cases, the call is fraudulent and people should just hang up.

Generally, the agency mainly calls people who have recently applied for a Social Security benefit, someone who is already receiving payments and requires an update to their record, or a person who has requested a phone call from the agency. If a person is not in one of these situations, they normally would not receive a call from the agency.

Social Security will not:

Tell you that your Social Security number has been suspended.

Contact you to demand an immediate payment.

Ask you for credit or debit card numbers over the phone.

Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, or cash.

Demand that you pay a Social Security debt without the ability to appeal the amount you owe.

Promise a Social Security benefit approval, or increase, in exchange for information or money.

If there is a problem with a person's Social Security number or record, in most cases Social Security will mail a letter. If a person needs to submit payments to Social Security, the agency will send a letter with instructions and payment options. People should never provide information or payment over the phone or Internet unless they are certain of who is receiving it.

# # #

To get more Social Security news, follow the Press Office on Twitter @SSAPress.



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## Mobile Food Bank

**July 14 & 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*

Mobile Food Bank has looked a bit different. It still remains open to any age or income, so long as you have an address anywhere in Berkshire County. You do **NOT** have to live in Adams.

We now ask that, for the time being, you remain in your cars. The volunteer "intake person" will come around to ask you statistical info regarding the age demographics of your household. Once completed, they place a colored ticket under your windshield wiper indicating the time frame you arrived. This helps us to see who came before others, believe it or not, mistakes do still happen but no one has ever left without getting a bag.

What you can't see are another team of volunteers behind the Visitor Center working like busy bees filling bags and getting them to our "runners" who are the volunteers who bring the bags to your car.



Walking in IS STILL AN OPTION. You just can't park in the Visitor Center or Mill Lot and there is no help in carrying your bags.

Please respect our process and our volunteers. I remind others of that because as of late, Unfortunately, some need to be reminded.

At times, you'll find we've been able to use NEW reusable bags. We'd like to thank our donors and the dozens of volunteers who continue to help us bring this program to our community.

## We'd like to thank:

Adams Community Bank for not only their bags but providing our volunteers with lunch in April, as well as the Council on Aging staff with gift certificates for lunch.

Wal-Mart, Fallon Health, US Census Bureau, Bane Care, Sweet Wood Independent Living, Mountain One Bank, Greylock Federal Credit Union, Cintas and ALL of our volunteers for making this twice a month event happen through this difficult time!

During this pandemic and inability to respectfully mourn the loss of our friends we wanted to take a moment to recognize them here. Some we lost as a result of COVID19 and others we lost for other reasons. Nevertheless, we will miss them and their support for our senior center. Moreover the joy they spread throughout their community.

Pat Linscott

Arthur "Skip" Harrington

Anne Ciuk

Charles Pansecchi

Dolores Lillie

Earl Ramsdell

Barbara Bednarz

Valerie Milos

## Z O O M M E E T I N G S !

Looking for a simple, easy to use Zoom training video? These videos are taught by an older instructor and use the right pacing and vocabulary to make Zoom accessible to all ages. All are produced by the Creative Life Center. Zoom is a great way to have facetime with family, friends, online classes, and exercise programs. Plus it's mostly FREE to use!

1) **Joining a Zoom Call for the First Time:** <https://www.youtube.com/watch?v=9isp3qPeQ0E&t=9s>

2) **Joining a Zoom Call via Phone for the First Time:** <https://www.youtube.com/watch?v=d6QjODgTuQE>