

June 2018

Adams Council on Aging

The Informer

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

FEATURING:

Coloring with Donna	5 th	12:30
Friends Mtg	6 th	3:00
Senior Mtg	7 th , 21 st	1:00
Five Wishes Workshop	8 th	12:00
Mobile Food Bank	12 th , 26 th	11:00
Linen Lunch	14 th	11:30
Movie	14 th	12:30
Card Making	14 th , 28 th	1:00
Bingo	20 th	12:30
Ice Cream Social	21 st	12:00
Meet a Selectman	21 st	11:00
Brown Bag	22 nd	1:00
Blood Pressure Clinic	25 th	10:30

Elder Abuse Can Happen to Anyone!



The Massachusetts Senior Medicare Patrol Program's (MA SMP) objective is to reach and educate Medicare and Medicaid beneficiaries, family members, caregivers, and professionals on the importance of being engaged healthcare consumers to prevent healthcare errors, fraud and abuse.

On **June 6th at 10 AM**, at the Spitzer Center, North Adams, Scott Simundza, from MA SMP, will provide education and resources on how to prevent fraud and abuse. Registration is required. Call 662-3125 to register. Light refreshments will be served.

Reports can be filed 24 hours/day at the Elder Abuse Hotline (1-800-922-2275).



Tai Chi returns on June 19th!
9:15 AM at the East St Center

The nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972, that the day honoring fathers became a nationwide holiday in the United States. Father's Day 2018 occurs on Sunday, June 17.



FIVE WISHES WORKSHOP

Life throws many things our way over which we have no control. One thing *we can* control is how we want to be treated if we become seriously ill. Come join us for this informational meeting to learn important considerations for end-of-life care, strategies for starting conversations with our loved ones, and how to ensure our preferences are met.

Friday, June 8th 12:00 - 1:30 pm

Registration is preferred. All materials will be provided.

Free and open to the public.

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...Commemorates the adoption of the flag of the United States, which happened that day by resolution of the Second Continental Congress in 1777. In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day; in August 1949, National Flag Day was established by an Act of Congress.

Household Hazardous Waste Collection Reminder

Saturday, June 2, 2018

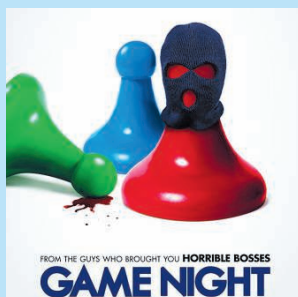
9:00 a.m. - 1:00 p.m

Adams DPW Garage, North Summer St.



NO empty containers, latex paint, pharmaceuticals, medical waste, fireworks & explosives, road flares, construction debris, smoke detectors, fluorescent bulbs, fire extinguishers, or propane tanks. Any questions, please call Linda, (413)-743-8208

Movie of the Month



A married couple's weekly game night goes to the next level when the husband's brother books a murder mystery party complete with actors as criminals and cops. When the brother is kidnapped, which is supposed to be part of the game, the weekly gamers set out to solve the case, but soon learn that things are not as they appear to be.

THURSDAY, June 14th at 12:30 pm
Game Night

R 2018 · Comedy, Crime, Mystery · 1 hr 40m



Join us to celebrate the 1st day of Summer, immediately following lunch. We will host an Ice Cream Social on June 21st, at @ 12:00 Noon where sundaes will be served.

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: TBD

COA Director

Erica Girgenti

Outreach Worker

Barbara Proper

Administrative Assistant

Eric LaRoche

Van Drivers

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

COA Reception

Louise Charron

Custodian

Kyle Wilson

SHINE Counselor (Medicare)

Karen DeOrdio

Newsletter

Marsha Mikuszewski

Join Mary Lou and create an original hand crafted greeting card. Let that loved one know that you are thinking of him or her, with a personally created Get Well card. Previous experience not required. July 14th at 1:00 pm



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**

- 6/1 Greek Chicken Stew, Potato, Broccoli
- 6/4 Pork Roast, Garlic Mashed Potato, Squash
- 6/5 Tuna Casserole, Peas, Greens, Peaches
- 6/6 Low Sodium Hot Dog, Baked Beans
- 6/7 Moroccan Beef Stew, Brown Rice, Squash
- 6/8 Chicken Salad, Macaroni Salad, Beets
- 6/11 Salmon Boat, Potato, Greens, Pears
- 6/12 Spanish Rice, Squash, Corn, Tortilla
- 6/13 Stuffed Shells, Mixed Veggies, Salad
- 6/14 Stuffed Chicken, Mashed Pot, Peas/Carrots
Father's Day Linen Lunch
- 6/15 Meatloaf, Sweet Potato, Cauliflower
- 6/18 Chicken Bruschetta, Rice Pilaf, Green Beans
- 6/19 Beef Stroganoff, Noodles, California Veggies
- 6/20 Chicken on a Biscuit, Mashed Potato, Carrots
- 6/21 Salisbury Steak, Brown Rice, Squash
Followed by an Ice Cream Social
- 6/22 Chef Salad, 3 Bean Salad, Cole Slaw
- 6/25 French Toast Stick, Sausage Links, Potato
- 6/26 Chicken Almondine, Scalloped Potato
- 6/27 Baked Haddock, Tomato Medley, Salad
w/ Northern Berkshire Uke Group to perform
- 6/28 Italian Wedding Soup, Egg Salad Sandwich
- 6/29 Curry Chicken, Mashed Potato, Carrots



Sponsored by:

Bane Care

Wednesday, June 20th

@ 12:30 pm

Have You Ever Had Chicken Pox?

If you have, the varicella-zoster virus lies inactive in nerve tissue near your spinal cord and brain. Years later, the virus might reactivate as shingles. You cannot catch shingles from another person, however, a person who has never had chicken pox or a chicken pox vaccination, could get chickenpox from someone with shingles.

A rash usually appears on one side of the face or body and heals within 2 to 4 weeks. Its main symptom is nerve pain, which can be severe. Other symptoms might include fever, headache, chills, and upset stomach. For about 1 person in 5, the pain can continue even long after the rash has cleared up.



While it isn't a life-threatening condition, vaccines can help reduce the risk of shingles, and early treatment can help shorten a shingles infection and lessen the chance of complications. Currently, there are two types of vaccines available. Speak with your healthcare provider to determine which vaccine would be appropriate for you.

WHEN will you get your new Medicare Card?



You might have heard that the government will be sending a new Medicare Card to everyone with Medicare. Your social security number will be removed, and you will get a new Medicare Number that is unique to you. This will help keep your information more secure and help protect your identity.

Hang tight - mailing takes some time across the country, and you might get your card at a different time than friends or neighbors in your state. Cards will be mailed between **April 2018 and April 2019**. Any questions or concerns, call your COA office at 743-8333 and someone will assist you.

JUNE 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Free Wi-Fi Computer Lab Mon-Fri 9-3 will not be available June 1—6		We provide transportation to the Big Y every Tuesday!		1 9:00 - 12:00 SHINE 11:30 Lunch
4 9:00 - 12:00 SHINE 11:30 Lunch 12:30 Art w/Donna	5 9:00 Chair Yoga (donation) 11:30 Lunch 12:00 Big Y Shopping 12:30 Coloring with Donna 1:00 Quilt, Crochet, Knit 6:00 Alzheimer's Support Grp	6 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch 3:00 - 4:00 Friends Mtg.	7 9:00 Chair Yoga (donation) 11:30 Lunch 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit	8 9:00 - 12:00 SHINE 11:30 Lunch 12:00 Five Wishes Living Will Workshop
11 9:00 - 12:00 SHINE 11:30 Lunch	12 9:00 Chair Yoga (donation) 11:00 Mobile Food Bank 11:30 Lunch 12:00 Big Y Shopping 1:00 Quilt, Crochet, Knit	13 9:00 - 12:00 SHINE Counsel 10:00 Transp to Wal-Mart 11:30 Lunch	14 9:00 Chair Yoga (donation) 11:30 LINEN LUNCH 12:30 Movie "Game Night" 1:00 Card Making 7:00 pm Quilt, Crochet, Knit	15 9:00 - 12:00 SHINE 11:30 Lunch
18 9:00 - 12:00 SHINE 11:30 Lunch	19 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:30 Lunch 12:00 Big Y Shopping 1:00 Quilt, Crochet, Knit Foot Clinic by Appointment Call 743-8333 to Book 5:30-7:30 Aromatherapy Class	20 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch 12:30  sponsored by Bane Care	21 9:00 Chair Yoga (donation) 11:00 Meet Your Selectman 11:30 Lunch 12:00 Ice Cream Social 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit	22 9:00 - 12:00 SHINE 11:30 Lunch 1:00 Brown Bag
25 9:00 - 12:00 SHINE 11:30 Lunch	26 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 1:00 Quilt, Crochet, Knit	27 9:00 - 12:00 SHINE 10:00 Transport to Wal-Mart 10:30 Blood Pressure Clinic 10:30 Ukelele Performance 11:30 Lunch	28 9:00 Chair Yoga (donation) 11:30 Lunch 1:00 Crafty Class - Card Making 7:00 pm Quilt, Crochet, Knit	29 9:00 - 12:00 SHINE 11:30 Lunch

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



Now is **your** chance to join a remarkable team of volunteers. You've got just what it takes to help your neighbors in need. Both organizations highlighted below are searching for compassionate and friendly folks who are willing to learn the ropes, and then provide help.



Shine Counselor

The Shine Program provides free, unbiased, Medicare/Medicaid Counseling to beneficiaries and their families throughout Berkshire County. Last year the program served approximately 3,900 people and saved residents a little over 5 million dollars. It is estimated that 72% of Medicare beneficiaries are either in the wrong plan or not receiving all of the benefits for which they qualify.

Volunteer SHINE Counselors undergo @ 50 hrs of classroom training and receive mentoring support. No prior experience is necessary. Class begins on June 18th, and will run on Mondays and Thursdays until mid-July. While the position is certainly a commitment, it is also a very fulfilling and unique opportunity.

If interested, please call:

Elder Services @ (413) 499-0524 Ext. 723

Interested in SNAP? Find out if you qualify.
Appointments are required.
Please call Barb, 743-8333, to set up yours!



Tax Return Preparer

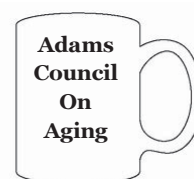
Many older, low-income taxpayers miss out on credits and deductions they've earned because they can't afford to pay for professional tax preparation. With your help, AARP Foundation Tax-Aide offers free tax filing help to those who need it most.

AARP is looking for volunteers for the 2019 tax season. Volunteers receive training and continued support in a welcoming environment. And as the current volunteers say, you'll not only learn new skills, but also get that great feeling from helping someone else.

Apply at:

https://www.aarp.org/money/taxes/aarp_taxaide/

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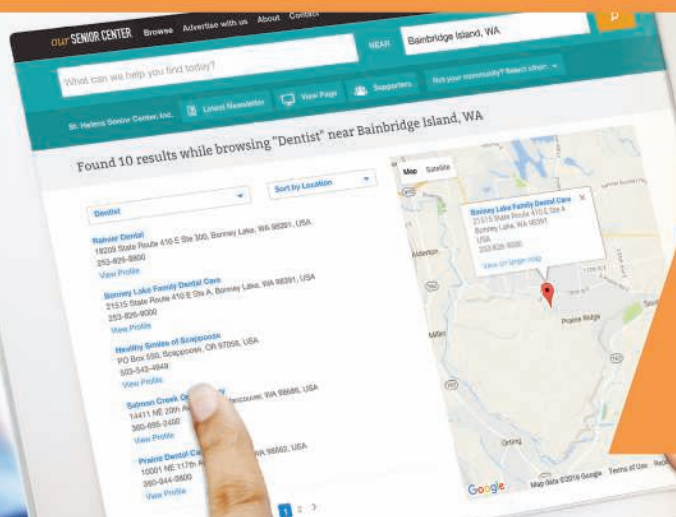
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06-5289

A Whimsical Fantasy Celebrating the Arts...

On Saturday, June 16, 2018, at Bowe Field, the Berkshire Mountains Faerie Festival will celebrate the Summer Solstice from 10 am to 10 pm. The veil shielding the Faerie Realm will fall away revealing a family-oriented experience celebrating creativity, learning, and stewardship of the Earth. Come in costume, help build the Faerie Village, decorate wings, and meet the Queen and Court. Our Festival will be a day of storytelling, music, dance, artisans, creative activities, and tasty delectable treats. A time and place for all ages!





Join us to learn how essential oils can be used in simple formulas to repel mosquitos, ticks and other biting insects. Participants will make a bug repellent spray and a bug bite soother to take home.

The presenters are not essential oil distributors, and this is NOT a sales event. Kay Judge is a Clinical Aroma therapist, certified through Heart of Herbs Herbal School. Join us to learn how to make bug repellents without using toxic chemicals. A materials fee of \$25 will be collected.

Tuesday, June 19th @ 5:30 PM - 7:30 PM



On **June 27th**, between **10:30AM — 11:30 AM**, the Northern Berkshire Ukulele Club will entertain us. This senior group was established 1 year ago for fun, social, and to learn/teach. They meet for practice at the Lanesboro Community Center. They even have loaner ukuleles available. Anyone interested in joining, see Barb for contact info!

HAVEN'T PURCHASED YOUR TICKETS YET?

As the **most requested** show in the history of the Mac-Haydn Theatre, *Mamma Mia* has finally arrived to delight you and leave you dancing in the aisles. Packed with hits and glitz, this mega-hit is sure to leave you feeling out of this world!



Reservations for the July 12th, 2:00 pm matinee performance **are still available**. The unbeatable \$85 cost includes bus transportation, lunch, and tickets. Leave the driving to someone else. The bus will leave the COA @ 11:00 am.



Take your grandchild on a TRAIN RIDE !!!

[Berkshire Scenic Railway Museum](http://www.berkshirerailroad.com)'s new Hoosac Valley Service

offers fun and educational train rides between Adams and North Adams in the beautiful Berkshire Hills of western Massachusetts. The service was designed to provide an attractive tourist link between downtown Adams and North Adams, connecting with the Ashuwillticook Rail Trail in Adams.

The COA is planning an Intergenerational Train ride where the young and the seniors will share a ride on the rails. Reserve your ticket for July 29th at 1:30pm with a \$10 holding fee, returned on the day of the event. We have limited Free tickets and are requesting 2 free tickets per family (1 adult/1 child) but additional tickets can be purchased at the group rate (\$10/adult or \$7/children). Reserve today with Barbara at the Senior Center.

<https://www.berkshiretrains.org/train-rides>

Have lunch with our newest Selectman, Jim Bush! Jim will be here on June 21st, between the hours of 11 and 12, to meet with you and listen to your concerns...and perhaps you could persuade him to stay for our Ice Cream Social.

