



March 2018

Adams Council on Aging

The Informer

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

SHORT 'n SWEET

Mobile Food Bank.....	Pg #2
Movie.....	Pg #2
Staff	Pg #2
BINGO	Pg #3
Nutrition Program	Pg #3
Calendar of Events.....	Pg #4

Please Note:
The Friends
Group will NOT
meet again until
April 4th.



Consider Joining the
Adams Senior Citizen's "Club"

Meetings are 1st & 3rd Thurs-
day (refreshments served on 3rd
Thursday).

Dues are \$2.00 per month
Bingo is played at each meeting
Monthly lunches at area
restaurants.

Nominations for officers are
now open. We have Secretary
and Chaplin positions open.

More questions? Inquire with
community member Judy
Sheehan, Club President. Ac-
cessible through your COA.

MATTER OF BALANCE IS BACK!

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.



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Monday's - 9-11am

Adams Visitor's Center & COA
3 Hoosac St, Adams MA 01220
1st Floor Cafeteria

Dates:

April 9th, 16th, 23rd, 30th
May 7th, 14th, 21st, 28th

Matter of Balance is a program funded by the Prevention & Wellness
Trust Fund. Program facilitators are Brett and Amanda from the
Northern Berkshire Community Coalition.
Inquire about joining at 743-8333, even if late.

Join the Aging Mastery Program!

The Aging Mastery Program encourages participants to make small
changes to improve their health and live better lives. A different speaker
each week will provide information and tips so participants can get start-
ed mastering the Art of Aging!

The Harper Center is recruiting 15 adults (ages 55+) to participate in this
FREE, fun, and educational 10-week program. A delicious healthy
snack will be served weekly.

*****Each graduate will receive a \$10 gift card*****

When: Thursdays, March 15-May 17

Time: 1-2:30pm

Where: The Harper Center, Williamstown

For more information or to sign up: 458-8250.
Ask to arrange transportation if needed.

The Barrett House

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to schedule an appointment or to tour Rosewood Homestyle Assisted Living.

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Mobile Food Bank Distribution



Continues to grow, rain or shine through the year!
Highest recorded household served was last month
with 267 households in just one hour!

There are a few points to remember:

- NO age requirements & NO income guidelines— open to ALL!
- Sign in begins 1/2 hr **before** distribution
- One portion of each item will be available per household
- **Please bring bags or cart to carry your food**
- **No proof of eligibility required**
- Please park in the old Waverly Parking lot on the grass, volunteers will be there to direct you
- This is being provided in partnership with the Adams COA.

2nd and 4th Tuesday of EVERY MONTH
11am – 12pm
March 13th & 27th



Questions? Contact the Food Bank at 413-247-9738 or 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 Programs.

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
Next Meeting 3/26/18 @2pm

COA Director

Erica Girenti

Outreach Worker

Barbara Proper

Administrative Assistant

Eric LaRoche

Van Drivers

John Naughton, Cynthia Fletcher,
Chuck Gebaur & Joe Sloane

COA Reception

Louise Charron

Nutrition Site Director

Dee Dee O'Bryan

Nutrition Site Reservationist

VACANT

Computer Instructor

VACANT

SHINE Counselor (Medicare)

Karen DeOrdio

THE INFORMER Editor

VACANT!

Movie of the Month



PG 2017 · Drama/Family · 1h 53m

Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time.



SHOWING TIME: 12:30 to 2:30PM

Thursday, March 8, 2018

Transportation Available upon request



Buckets of Sand

Avoid falls this Winter with a **FREE** bucket of sand provided to homebound seniors by the Adams COA and Greylock Reality. Whether you need a new bucket or need one refilled, we can help you!

Please call
(413) 743-8333
for more
information.



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 Reservationist 48 hours in advance at 743-8333.

Transportation Available

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

- 3/1 BBQ Bone-In Chicken
- 3/2 Cheese Stuffed Shells
- 3/5 Goulash
- 3/6 Chicken w/Orange Sauce
- 3/7 Beef Stroganoff
- 3/8 Shepherd's Pie
- 3/9 Baked Haddock
- 3/12 Philly Steak Sub w/onions/peppers/cheese
- 3/13 Turkey w/Cranberry Or. Glaze
Mobile Food Bank
- 3/14 Chicken Parmesan
- 3/15 **St. Patrick's Day/Linen Lunch**
Corned Beef Hash
- 3/16 Vegetarian Chili
- 3/19 Chicken Puttanesca
- 3/20 Pork Roast w/Gravy
- 3/21 **Cook Out!- Hamburgers/Hot Dogs**
- 3/22 Sage Stuffed Chicken w/Gravy
- 3/23 Macaroni & Cheese
- 3/26 Moroccan Beef Stew
- 3/27 Homemade Meatloaf w/Gravy
Mobile Food Bank
- 3/28 Chicken Marsala
- 3/29 **Easter Meal**—Baked Ham
- 3/30 **Good Friday**—Baked Pollack

New Retirement Workshop for People Who are Already Retirees and Want More Fun and Fulfilling Things to DO

Are you seeking to fill your time with more exciting, active, purposeful, social and/or healthy activities?

Then this program is for you. This individualized program will lead you through a series of procedures that allow you to explore numerous activities that might interest you. It will actually help you to identify your purpose and follow your passions.

Wednesdays, March 21st & 28th from 1:00—2:30

This is a two week commitment, FREE program

Call 743-8333 to sign up.

Presented by Beverly Favreau and sponsored by Adams COA

Do you have a hard time hearing on your home phone? If so, call Erica and inquire about getting a FREE phone, designed for hearing loss. Some even show what the person is saying to you on a screen!



Demos are in the office if you'd like to see the phone in action. VERY user friendly!

No charge and a great chance to win a prize or gift card



Sponsored by:
N. Adams Commons
Wednesday, March 21st
@ 12:30 pm

Monday—March 12th—6-8:00 p.m.

Aromatherapy w/Blue Skye Wellness

Body Butters and Balms Education presented by Clinical Aroma therapist Kay Judge. The Essential Oils 101 was a great success and we have asked Kay to come back! Learn about carrier oils in skin care products. Make your own body butter bar and lip balm to take home. The presenters are not essential oil distributors.

Cost will be \$25 or \$20 for "Friends member"
Sign up by calling Barb at 743-8333



Foxwoods Resort Casino

Bus Trip sponsored by "BCAC"



Saturday, April 21st

COST IS \$40 per person - Sign up Early!!

Pkg: Buffet Lunch & \$10 Free Play

Payment due with sign up by April 6th

Contact Aleta Moncecci @ 413-663-3014 for more detail information

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We provide transportation to Big Y every Tuesday!</p>	<p>Free Wi-Fi Computer Lab Open Mon-Fri 9-3</p>		<p>1</p> <p>9:00 Chair Yoga (donation) 11:30 Lunch 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit</p>	<p>2</p> <p>11:30 Lunch</p>
<p>5</p> <p>9:00 - 12:00 SHINE 11:30 Lunch 12:30 Art w/Donna</p>	<p>6</p> <p>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</p>	<p>7</p> <p>9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch</p>	<p>8</p> <p>9:00 Chair Yoga (donation) 11:30 Lunch 12:30 MOVIE—"Wonder" 7:00 pm Quilt, Crochet, Knit</p> 	<p>9</p> <p>9:00 - 12:00 SHINE 11:30 Lunch</p>
<p>12</p> <p>9:00 - 12:00 SHINE 11:30 Lunch 12:30 Art w/Donna</p> <p>6-8 p.m.—Aromatherapy Body Butters/balms</p>	<p>13</p> <p>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 6:00 Alzheimer's Support Grp</p>	<p>14</p> <p>9:00 - 12:00 SHINE Counsel 10:00 Transp to Wal-Mart 11:30 Lunch</p> <p><i>"National Potato Chip Day"</i></p> 	<p>15</p> <p>9:00 Chair Yoga (donation) 11:30 Lunch—Linen Lunch St. Patrick's Day Celebration w/Accordion AI 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit</p>	<p>16</p> <p>9:00 - 12:00 SHINE 11:30 Lunch provided by</p>
<p>19</p> <p>9:00 - 12:00 SHINE 11:30 Lunch 12:30 Art w/Donna</p>	<p>20</p> <p>9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 12:00 Big Y Shopping 1:00 Quilt, Crochet, Knit</p> <p>Foot Clinic by Appointment Call 743-8333 to Book</p>	<p>21</p> <p>9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Spring Cook Out 12:30 Bingo sponsored by N. Adams Commons</p> 	<p>22</p> <p>9:00 Chair Yoga (donation) 11:30 Lunch 12:00 BHS to present: Annual Wellness Visit Benefit 7:00 pm Quilt, Crochet, Knit</p>	<p>23</p> <p>9:00 - 12:00 SHINE 11:30 Lunch 1:00 Brown Bag</p>
<p>26</p> <p>9:00 - 12:00 SHINE 11:30 Lunch 12:30 Art w/Donna</p> <p>2:00 COA Board Mtg</p>	<p>27</p> <p>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</p>	<p>28</p> <p>9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 10:30 Blood Pressure Clinic Free—open to all 11:30 Lunch</p>	<p>29</p> <p>11:30 Lunch</p>	<p>30</p> <p>9:00 - 12:00 SHINE 11:30 Lunch</p>




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- 2: Get to KNOW your banker
- 3: INFORM your attorney of suspicious behavior

When in doubt check with your bank!

www.adamscommunity.com

Have you scheduled your Annual Wellness Visit?

Annual Wellness Visit Benefits



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www.berkshirehealthsystems.org

Did you know that Medicare covers a one-time *Welcome to Medicare* screening visit and an *Annual Wellness Visit*? Both of these visits have no co-pay or deductibles applied and are a great way to improve your health. Your Wellness Visit will include a complete health history review and many other services including:

- Checking of your blood pressure, weight and vision
- Screenings to detect depression, risk of falling and other potential problems
- Recommendations for additional wellness services and healthy lifestyle changes

Thursday, March 22nd @ 12:00

Adams Council on Aging

We are committed to improving the health of our community, one person at a time.

Bus Trips w/Bennington COA:

Proctor's "The King & I"—May 3rd—\$62.00

Trip to Lancaster PA—May 10-12, 2018

\$414 pp—dble or \$546 pp-Single

Call Eleanor @ 802-442-1052 or 802-379-7216 for details and pick-up locations

Drink your coffee in style with one of our new Council on Aging mugs.

For \$5 you could own your own and support our Friends Group at the same time. Available in our office on the 2nd floor!

Disclaimer: Coffee is not provided!



Friends of Adams COA

Sponsored trip:



Mac-Hayden Theatre

Thursday, July 12th @ 2:00 p.m. w/Dinner Buffet

\$85 pp—**sign up by 3/31**

LIMITED NUMBER OF TICKETS

September 14th- Trip to Big E - Military Day

October—Fall Foliage Cruise on the Hudson

November—Vermont Country Store

Circuit Breaker

Senior Citizen Property Tax Relief

The Circuit Breaker is designed to give income eligible senior citizens a credit of up to \$1,080 on their property taxes.

You may qualify if You:

- Are age 65 or older by December 31, 2017
- Own or rent in Massachusetts as principal
- Residence

Your total income does not exceed:

- Single filer: \$57,000
- Married filing jointly: \$86,000
- Head of household: \$72,000

Who is Ineligible?

- Those who receive federal or state rent subsidy
- Those who are a dependent of another tax payer
- Those whose property is assessed at a value of more than \$747,000

How Much is the Credit?

As of January 1, 2017—capped at \$1,080

This tax credit is applied to what is owed for income tax. If the credit is more than what is owed, a refund (interest free) will be issued.

Ask your Tax Preparer if you qualify!

Laurel Ridge Senior Living Residence



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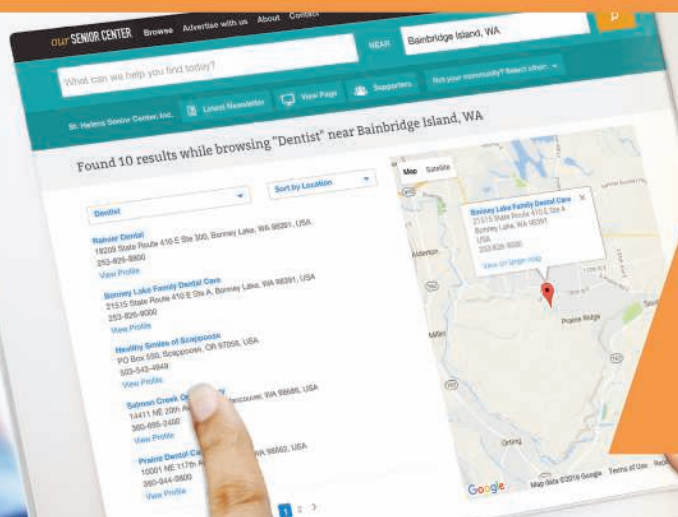
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IN VING MEMORY

Theresa Marby

June 11, 1932—February 16, 2018

We were deeply saddened to hear of Theresa's passing and then to learn how she passed was even harder to hear. We had expected to see her later that day for a special event at the Senior Center and wondered why she hadn't made it.

Over the years our staff had grown to know Theresa, some staff have known her through the Senior Center for over 20 years. We knew Theresa to be dedicated to employment, stating "I'll never retire." She loved to go on our trips and was often the photographer. I hadn't had the privilege to sit in her home with her but I can only imagine the rolls of film and printed photos. She was there when I got married, waiting outside the church with some of our other community members, camera in hand.

Theresa was a good sport, participating in events, never too shy to dress up for Halloween and always proudly wore her auxiliary hat. Theresa was a gem to our community that will truly be missed. She will never go forgotten and will forever be remembered to our community as the woman "with the camera" and the lady "who still worked at McDonalds" but mostly she will be remembered as our friend, Theresa.

The senior center has received several gifts in her memory and we're thankful to you for them.

- Erica Girgenti
COA Director

*Never
Forgotten*

A SILENT TEAR

Just close your eyes and you will see
All the memories that you have of me
Just sit and relax and you will find
I'm really still there inside your mind

Don't cry for me now I'm gone
For I am in the land of song
There is no pain, there is no fear
So dry away that silent tear

Don't think of me in the dark and cold
For here I am, no longer old
I'm in that place that's filled with love
Known to you all, as "up above"

- Author Unknown

