



MARCH 2019

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

## CHANGE OF HOURS...

**SHINE** (Serving the Health Insurance Needs of Everyone) Program has a change of office hours during the tax season. Counseling will be available **ONLY** on Mondays and Tuesdays from 9:00 a.m. -12:00 noon.

## Potential Changes on the horizon for the Adams Fire District

Most don't vote on the Fire District's budget or know much about it, but we should. Did you know that the Fire District is a separate municipality from the Town of Adams? If you pay a water bill to the Adams Fire District, then you should show up to vote on its budget. Fiscal Year 2020 (this July) will bring higher rates due to regulations pushed by DEP. In addition to the increased rates, there will be a few ballot questions asking the community if the water bills should also increase to accommodate a paid full time fire Chief and full time fire fighter. The response to those questions will help shape the budget for the following fiscal year. Your vote matters! If you have a vote, this is where it counts. Stay tuned for budget and election information.



## Upcoming Events to be aware of...

4/10 De-Clutter Workshop  
4/15 Medical Marijuana  
4/22 Earth Day Event  
6/21 Longest Day  
– Alzheimer's Awareness



In Memory of  
**Alice Badorini**  
Always in our hearts

Did you know our newsletter is online? You may 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)

## Tax Season is HERE!

As a reminder, we have a team of certified Tax preparers to prepare and electronically file your taxes for **FREE!!**  
Wednesdays and Fridays  
continuing until April.



Meetings will resume in April!

Senior Meetings - 1st and 3rd Thursdays  
at 1:00 pm  
Friends of the COA - 1st Wednesday  
at 3:00 pm



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## EDMUND R. ST. JOHN, III

*Attorney-At-Law*

2 Center Street / P.O. Box 228 / Adams, MA  
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## Meet and Greet

March 6th at 10:30am

At the Adams Council on Aging The Northern Berkshire Community Coalition (nbCC) would like to meet you! Join Amanda Chilson and Bret Beattie of nbCC in conversation on March 6 at 10:30 am. The mission of the Coalition is "Empowering the Northern Berkshire region to enhance the quality of life through our efforts at connecting, convening, and supporting all facets of the community."



# Retirement Workshop

## Finding Your Way to Fun and Fulfillment

**March 6**  
1:00 - 2:15pm

**&**

**March 13**  
1:00 - 2:15pm

This small-group two session workshop is for you to avoid boredom and make your golden years exciting, purposeful, social, and healthy.

You must be able to commit to both dates.

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.

**ADAMS COUNCIL ON AGING**  
Presented by Rev Fareau  
Space is limited so please call 743-8333 to reserve materials

### COA Board Members

Pam St. John, Chairperson  
Aleta Moncecchi, Vice Chair  
Bob Joppich  
Leona Meczywor  
Bruce Shepley, R.N.  
Debbie Wineberg, R.N.  
Mary Whitman  
2 Vacancies  
Next Meeting 3/25/19 @2pm

### COA Director

Erica Girgenti

### Outreach Worker

Barbara Proper

### Administrative Assistant

Eric LaRoche

### Van Drivers

John Naughton, Cynthia Fletcher,  
Bill Wilson, Chuck Gebauer,  
& Joe Sloane

### Custodian

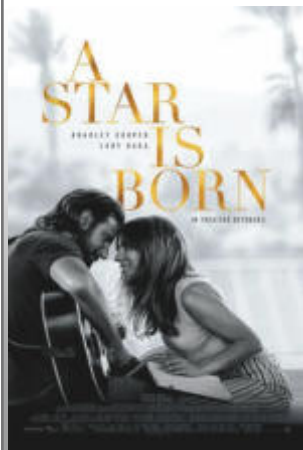
Kyle Wilson

### SHINE Counselor (Medicare)

Karen DeOrdio

### THE INFORMER Editor

Marsha Mikuszewski,  
Cindy Fletcher, Pam St. John,  
Carol Roberts, Debbie Wineberg

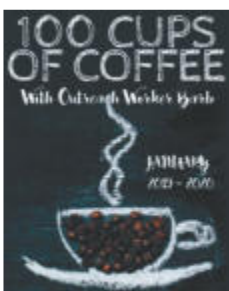


## MOVIE OF THE MONTH

R 2018 · Drama/Romance · 2h 14m

Seasoned musician Jackson Maine discovers--and falls in love with--struggling artist Ally. She has just about given up on her dream as a singer until Jack coaxes her into the spotlight.

March 14 @ 12:30  
Transportation available



Barb's quest for 100 cups of coffee has begun! Well, not just coffee, but tea, or hot chocolate, or whatever! Barb has visited with several community members already, and each has departed with a personalized gift to commemorate the visit. Don't be shy, give Barb a call, 743-8333, and make your appointment! She would love to meet you or your group of friends. Please Help her Reach her GOAL!

## MOBILE FOOD BANK

We say it happens rain or shine but not always on a snow storm! Several of our past distributions were cancelled due to road Conditions, but we're hoping to see you on the 12th & 26th of March!

**Alzheimer's Support Groups:** Caregiving can be a full time job and taking care of yourself is just as important as taking care of your loved one. Consider attending this warm and inviting support group, lead by long time volunteer Beth Mougin.

2nd TUESDAY OF EACH MONTH / March 12th at 6pm on the 2nd floor at the Adams Visitor Center, 3 Hoosac Street. .



# MARCH

## Senior Community Meals

Monday – Friday / Serving Time: 11:30 AM

For only a suggested \$2 donation!

To order a meal, call Reservationist 48 hours in advance at  
743-8333 / Transportation Available

*Meals catered by Elder Services of Berkshire County*

- 3/1 Pot Roast, mashed potatoes, winter veg blend
- 3/4 Chicken Bruschetta, roasted potatoes, spinach
- 3/5 Veal Marsala, egg noodles, Italian beans
- 3/6 Pollock Loin, scalloped potato, butternut squash
- 3/7 Beef Chili, white rice, broccoli, corn muffin
- 3/8 Mac & Cheese, stewed tomato, carrots
- 3/11 Sweet n Sour Pork, brown rice, Brussel sprouts
- 3/12 Roast Turkey Picatta, whipped potatoes, peas
- 3/13 Chuck Wagon Stew, sweet potatoes, veg blend
- 3/14 Chicken Sorrento, pasta w/marinara, carrots
- 3/15 Baked Haddock, mashed potato, green beans
- 3/18 St. Paddy's Day—Linen Lunch: Corned Beef Hash, Cabbage, Carrots & Fruited Green Gelatin
- 3/19 Meatloaf w/gravy, mashed potatoes, broccoli
- 3/20 Greek Chicken Stew, egg noodles, peas,
- 3/21 Beef Stroganoff, brown rice, beans
- 3/22 Eggplant Parmesan, calico bean soup, broccoli
- 3/25 Swedish Meatballs, potatoes, mixed veg
- 3/26 Hawaiian Chicken, confetti rice, oriental veg
- 3/27 Colby Jack Omelets w/salsa, potato, beans
- 3/28 Roast Port w/gravy, roasted potatoes, squash
- 3/29 Veggie Lasagna w/ White Sauce, beets & broccoli

Feeling Lucky? In honor of St. Patrick's Day have your chance at winning some coin at this month's

## BINGO event!

Monday, March 18th at 12:30PM

\$1 per card

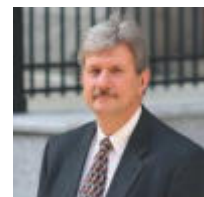


Do you enjoy playing Right, Left, Center? Well so do we! Join us in a friendly game every first and third Tuesdays of the month.

March 5th & 19th at 10:30a.m.

Lunch to follow with RSVP

Attorney Edmund St. John III of St. John Law offers free legal counsel to Elders at the COA. He will be here March 7th 2pm - 4 p.m. Make your reservation soon 743-8333



## Crafty Card Making is back!

In this fast-paced life, how many people do you think/know create hand-made greeting cards? "Not many", you say. But, YOU can be one of those folks.

A hand-crafted card gives a sense of importance. It tells your loved one how much you care.

Join Mary Lou on March 7<sup>th</sup> and 14<sup>th</sup>  
@ 12:30 pm  
Supplies Provided



# Calendar of Events

## MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Open Computer Lab</b>  <b>Free Wi-Fi</b> <b>Mon-Fri 9-3</b>				<b>1</b> 11:30 Lunch 12:00—3:00 Taxes
<b>4</b> 9:00 Matter of Balance 9:00 - 12:00 SHINE 11:30 Lunch 1:00 Art w/Donna	<b>5</b> 9:00 - 12:00 SHINE 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 10:30 Right/Left/Center 11:30 Lunch 12:00 Grocery Shopping 1:00 Quilt, Crochet, Knitting	<b>6</b> 10:00 Transport to Wal-Mart 10:30 NBCC Meet & Greet 11:30 Lunch 1:00 Retirement workshop 1:00 Fallon Health/Navicare 12:00—3:00 Taxes	<b>7</b>  9:00 Chair Yoga (donation) 11:30 Lunch 12:30 Crafty Card Making 1:00 Senior Club 2:00 - 4:00 Atty St. John  7pm Quilt, Crochet, Knitting	<b>8</b> 11:30 Lunch 12:00—3:00 Taxes
<b>11</b> 9:00 Matter of Balance 9:00 - 12:00 SHINE 11:30 Lunch 1:00 Art w/Donna	<b>12</b> 9:00 - 12:00 SHINE 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center <b>11:00 Mobile Food Bank</b> 11:30 Lunch 12:00 Grocery Shopping 1:00 Quilt, Crochet, Knitting 6:00 p.m. Alzheimer's Support Grp	<b>13</b> 10:00 Transport to Wal-Mart 11:30 Lunch 1:00 Retirement workshop 12:00—3:00 Taxes	<b>14</b> 9:00 Chair Yoga (donation) 11:30 Lunch <b>12:30 Movie</b> 12:30 Crafty Card Making  7pm Quilt, Crochet, Knitting <b>"National Potato Chip Day"</b> 	<b>15</b> 11:30 Lunch 12:00—3:00 Taxes
<b>18</b> 9:00 Matter of Balance 9:00 - 12:00 SHINE 11:30 Linen Lunch 12:30 BINGO \$1 per card 1:00 Art w/Donna  	<b>19</b> 9:00 - 12:00 SHINE 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 10:30 Right/Left/Center 11:30 Lunch 12:00 Grocery Shopping 1:00 Quilt, Crochet, Knitting <b>Foot Clinic</b> by Appointment Call 743-8333 to Book	<b>20</b> 10:00 Transp to Wal-Mart 11:30 Lunch 12:30 Beekeeping Presentation w/Bob Balawender 12:00—3:00 Taxes	<b>21</b> 9:00 Chair Yoga (donation) 11:30 <b>Lunch with Jim Bush</b> 1:00 Senior Club 2- 4:00 "What's Your Plan"  7pm Quilt, Crochet, Knitting	<b>22</b> 11:30 Linen Lunch 1:00 <b>Brown Bag</b> 12:00—3:00 Taxes
<b>25</b> 9:00 Matter of Balance 9:00 - 12:00 SHINE 11:30 Lunch 1:00 Art w/Donna 2:00 COA Board Meeting	<b>26</b> 9:00 - 12:00 SHINE 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center <b>11:00 Mobile Food Bank</b> 11:30 Lunch 12:00 Grocery Shopping 1:00 Quilt, Crochet, Knitting	<b>27</b> 10:00 Transp to Wal-Mart 10:30 Blood Pressure Clinic 11:30 Lunch 12:00—3:00 Taxes	<b>28</b> 9:00 Chair Yoga (donation) 11:30 Lunch  7pm Quilt, Crochet, Knitting	<b>29</b> 11:30 Lunch 12:00—3:00 Taxes  12:30 How to Prepare for Hospitalization w/Bane Care

4 | MARCH 2019



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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

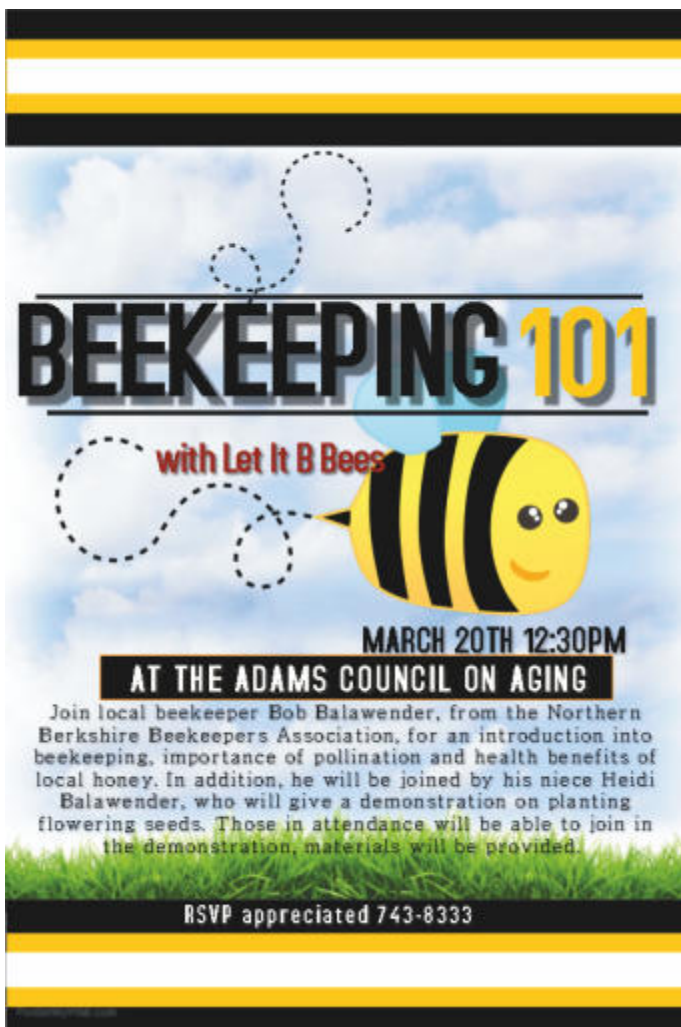
**When in doubt check with your bank!**

[www.adamscommunity.com](http://www.adamscommunity.com)

Call  
413-743-0001







Thank you to Adams Daisy Troop 64871 for delivering hand-made valentines to our seniors and spreading some love!

## Circuit Breaker Tax Credit

The Circuit Breaker is designed to give income eligible senior citizens a credit of up to \$1,100 on their property taxes.

Who is eligible?

- Massachusetts resident or part-time resident
- Must be 65 yrs old or older by Dec 31, 2018
- Must file a MA personal income tax return
- Own or rent residential property in MA, and occupy it as your primary residence
- For tax year 2018, your total income does not exceed the following:
  - ♦ Single filer: \$58,000
  - ♦ Head of household: \$73,000
  - ♦ Married filing jointly: \$88,000
- If you are a homeowner, your MA property tax payments, together with half of your water and sewer expense, must exceed 10% of your total MA income for the tax year
- If you are a renter, 25% of your annual MA rent must exceed 10% of your total MA income for the tax year

Who is Ineligible?

- Non-resident
- You are married and your status is married filing separately
- 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 \$778,000

The 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!**

## The PHANTOM of the OPERA



### Upcoming Bus Trip

### The Phantom of the Opera

Matinee Performance at Proctors

Sunday May 5th - Price: \$105

Price includes ticket and transportation, with an hour to find lunch locally on your own. Only a few Tickets left!! Payment due at time of sign-up to reserve your ticket. See Barbara for the SUNDAY, MAY 5th performance. Payment to be made out to the *Friends of The Adams COA*

**Don't miss this incredible performance!**

Friends Members get entered into a drawing for a gift card! Find out how you can become a 'Friend'

## Laurel Ridge Senior Living Residence



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## Nocher Realty



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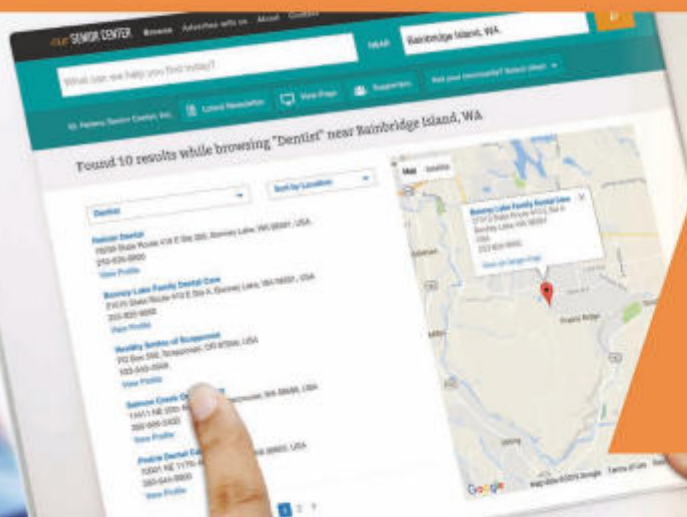
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## DO YOU HAVE concerns about falling?

Back by popular demand, A MATTER OF BALANCE will once again be presented at the Adams COA. Anyone interested in improving balance, flexibility, and strength, or who has restricted activities because of falling concerns, is urged to attend. Classes are co-led by Amanda Chilson and Bret Beattie. Previous participants are welcome to attend again!

Classes will be offered:

Mondays

9 a.m. - 11 a.m.

March 4th - April 20th

Please call 743-8333 to register; class size is limited.

Do you have Mass Health Standard & Medicare?  
Are you 65 or older and living in  
Berkshire County?

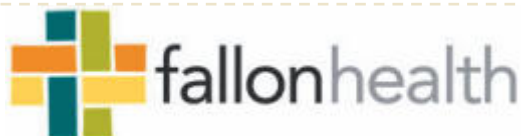
If you answered yes to all three of these, then you might be eligible for a no-cost-to-you health care plan offered by Fallon Health.

Fallon Health is proud to announce a new option for your health care. NaviCare® provides covered Medicare and Mass Health Standard benefits, items, and services—plus more. And when you're a member of NaviCare you receive all the care and services you need, including but not limited to: transportation, medical, dental, and vision.

A representative will be here to provide the specific requirements and benefits available to you if you qualify.

**Wednesday, March 6, 2019 at 1:00 PM**

An RSVP to 743-8333 greatly appreciated



## HOW TO PREPARE FOR THE EXPECTED & UNEXPECTED HOSPITALIZATION

MARCH 29TH

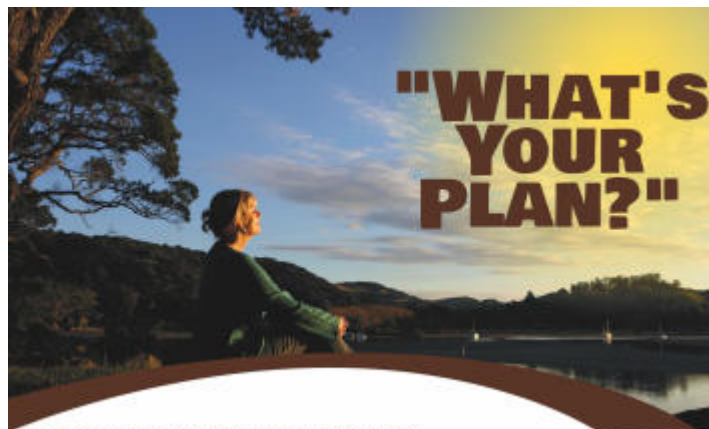
12:30PM - 1:30PM

At Adams COA / 3 Hoosac St

Lunch Provided

RSVP to 743-8333

Join the presentation, offered by Bane  
Care's Director of Marketing and Outreach,  
Denise Vigna, LSW



Join us for a panel discussion about the importance of making as many legal, medical and health decisions as possible in advance. While no one is fully able to anticipate what their future may hold, "The Plan" will offer a practical overview of community resources and suggestions for thinking ahead about long-term care planning.

This program is a partnership with area professionals who will present proactive ways to become familiar with your rights and options, and to become comfortable with initiating discussions and making key decisions regarding family, health, and future matters.

### Panelist Presentation

Elder Law: St. John Law Office  
Downsizing/Moving: Caring Transitions  
Home Care: Home Instead  
Home Health (Skilled): Kindred  
Adult Daycare: Friend's Center  
Hospice: Hospice of Western & Central MA  
Funeral Home: Paciorek Funeral Home

### AT THE ADAMS COUNCIL ON AGING

3 Hoosac Street, Adams

**MARCH 21, 2019 / 2PM - 4PM**

Light refreshments provided / RSVP not necessary but appreciated  
413-743-8333

This event's coordination was aided by  
Hospice of Western & Central MA