

March 2023

The Buzz

3 Hoosac Street • (413) 743-8333 • Open Mon, Tue, Thu 8am-4pm
Wed 8am-5pm
Fri 8am-12pm

Long-time Adams COA Advisory Board members **Bob Joppich** and **Barb Fiske** have stepped away from the board recently. Please join us in thanking them with sincere gratitude for their many years of dedicated service to the Adams COA and those we

The COA staff truly enjoys engaging with and taking care of our participants. With this in mind, we have two upcoming events we'd like you to join us for:

Friday, March 10th at 9:30 - Coffee Chat w/ the COA Staff, let's all get to know each other a little better!

Monday, March 20th at 11:30 - Cabin Fever Lunch, COA staff will serve homemade soup, salad, and grilled cheeses.



JP Murphy Duo
LIVE at the
Adams COA!

Sponsored by the
Friends of the
Adams COA.

St. Patrick's Day Luncheon

Thursday, March 16th.

Corned Beef and Cabbage served at 11:30am.

Music to follow immediately after serving.

Call the COA to reserve your spot, 743-8333.

Card-making Class with
Carleen Butler and
Lynda Bianchi

Thursday, March 23rd
1:30pm at the COA
\$5 per person

4 cards, 2 of each design

Call 743-8333 to register.

*Smile
it's your day!*



Irish Music with Roger Tincknell
Tuesday, March 21st, 11:45am

Ireland to America!

Call the COA to register for lunch (served at 11:30) and the show, or just the show at 11:45am. 743-8333

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.



Friendly Reminder: If you call the COA and someone doesn't answer the phone, **please leave a message.**

We are a very busy office with only 3 full-time employees who are not always available to take your call.

But we will be able to call you back if you leave a message. ☺

Attention: Extra Emergency Supplemental Nutrition Assistance Program (SNAP) benefits from the federal government that began during the COVID-19 pandemic will be ending after March 2nd. Those who have received this will see your DTA SNAP benefits reverting back to the pre-pandemic amounts in April. Please contact the COA or DTA if you have any questions, or go online to www.mass.gov/federal-extra-pandemic-snap-benefits-to-end. Report any changes in medical or housing costs that may increase your SNAP benefits.



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

Call
413-743-0001

When in doubt check with your bank!



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Friends of Adams CoA, Adams, MA

06-5289

Hello again! C  ad M  le F  ilte...A Hundred Thousand Welcomes! That's how you'll be greeted at the Adams COA, this and every month! Take a peek at what we have to offer and call or come on by if something interests you. From trips and entertainment, exercise classes and health clinics, to educational and nutritional programs. We've got a little bit of everything to offer- socialization, cognitive stimulation, health and wellness, and social services. We're here for you! Sl  inte ~Sarah   



Crafts with Izzie: Wednesday, March 15th at 12:30

Join us to make Rainbow Paper.

If you don't know what that is or how to do it, you'll need to join us to find out!

As always, Materials & Cookies provided!



AARP Tax Aide program schedule for the Adams COA is FULL.

Please contact the VITA program through MCLA & Habitat for Humanity to see if they have any tax appointment availability, 413-442-3184.

The Ventfort Hall trip originally scheduled for Monday, Feb 13th and rescheduled to Monday, April 3rd has to be postponed again due to a Ventfort Hall scheduling conflict. As of this printing, a new date has not been determined yet. Please call the COA for more details.

COA Board Members

Bruce Shepley, R.N., Chairperson
Aleta Moncecchi, Vice Chair
Liz Mach, Secretary
Pam St. John
Mary Whitman
Leona Meczywor
Barbara Ziemba
Vacant 1
Vacant 2
Next Meeting: Mon, Mar 6th 2pm

COA Director

Sarah Fontaine
sfontaine@town.adams.ma.us

Outreach Coordinator

Barbara Proper
bproper@town.adams.ma.us

Administrative Assistant

Kathryn "Izzie" Bellizzi
kbellizzi@town.adams.ma.us

Van Drivers

John Naughton, Chuck Gebauer,
Joe Sloane, John Bianchi

Custodians

Kyle Wilson & Ray Keele

SHINE Counselor (Medicare)

Karen DeOrdio

Foot Nurse:

Lynette Dukehart, RN



MOVIE DAY - "Glass Onion"

Join us for this fun, murder mystery hit!

"Five long-time friends are invited to the Greek island home of billionaire Miles Bron. All five know Bron from way back and owe their current wealth, fame and careers to him.

The main event is a murder weekend game with Bron to be the victim. In reality, they all have reasons to kill him. Also invited is Benoit Blanc, the world's greatest detective."

Wednesday, March 8th, 12:30pm

Adams COA

*reservations are appreciated so we know how much popcorn to make. ;-)



Check us out on Facebook
AdamsCouncil on Aging

CHAIR YOGA w/

Maryanne

At the COA



Call to let us know you're coming!

Tues & Thurs - 9am - 10am
RSVP to reserve seating

413-743-8333

Community Lunches

Catered by Elder Services of Berkshire County
Monday – Thursday Indoor Dining @ 11:30am

***Friday is Grab & Go ONLY 11-11:30am**

Adams Council on Aging 743-8333

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

\$3.00 Donation per meal for 60+ yrs old

\$8.00 Required fee for under 60 yrs old

3/1 Orange Chicken, Boiled Potatoes, Pineapple

3/2 Chuck Wagon Stew, Buttered Noodles, Applesauce

3/3 Stuffed Shells w/ Marinara, Winter Veggies, Fruit Cocktail

3/6 Salisbury Steak, Rice w/Orzo, Fruit Cocktail

3/7 Roast Pork w/ Gravy, Sweet Potatoes, Pumpkin Pudding

3/8 Veal w/ Peppers & Onions, Au Gratin Potatoes, Pineapple

3/9 Broccoli & Cheese Chicken, Mashed Potatoes, Pears

3/10 Lentil Stew, Cabbage & Apples, Sliced Peaches

3/13 Ravioli w/ Meat sauce, Fiesta Corn, Fruit Cocktail

3/14 Chicken Teriyaki, Noodles, Tropical Fruit Mix

3/15 Calico Beans & Sausage, Brown Rice, Apricots

3/16 Corned Beef & Cabbage, Potatoes, Green Gelatin

3/17 Salmon Filet, Sliced Potatoes, Applesauce

3/20 Cabin Fever Lunch– soup, sandwich, salad, dessert

3/21 Chicken Marsala, Mashed Potatoes, Sliced Peaches

3/22 Macaroni & Cheese, Stewed Tomatoes, Oranges

3/23 Meatloaf w/ Gravy, Scalloped Potatoes, Apples

3/24 Tuna Salad, Tomato Rice Soup, Fruit Compote

3/27 Chicken Piccata, Rice Pilaf, Diced Mangos

3/28 Goulash, Corn & Broccoli, Fruit Cocktail

3/29 Beef Stew, Mashed Potatoes, Oranges

3/30 Ham w/ Raisin Sauce, Mashed Sweet Potatoes, Key Lime Bavarian

3/31 Baked Breaded Pollock, Rice, Applesauce

Alzheimer's Support Group

Are you a caregiver or have a loved one who has Alzheimer's, dementia or related disorder?

Join us for our Alzheimer's support group offering emotional, educational and social support in a non-judgmental setting.

Second Tuesday of every month

Pre-registration is unnecessary but welcomed.

Questions can be answered at 743-8333

Upcoming Dates: March 14th

April 11th



Project Safe Return

The Adams COA and Police Dept are partnering to bring Project Safe Return to our community.

This program assists in reuniting caregivers with lost or wandering loved ones suffering from Alzheimer's/dementia, Autism, or other incapacitating conditions. It is a free service and a valuable tool in identifying distressed individuals quickly and effectively. Individuals interested in enrolling in Project Safe Return may obtain a registration form and ID tag (pictured above) at the COA. The completed registration form along with a recent color photograph of the participant may be mailed or delivered to the COA. Please call the COA with any questions, 413-743-8333.

Adams COA Rogue Car Transportation

Available Monday ~ Friday for Adams, Cheshire, and Savoy residents

*travels within Massachusetts, as well as to Albany and Bennington

*based on volunteer availability

*donations suggested but not required

****This program is funded in part by a grant from Elder Services of Berkshire County, Inc. and the Executive Office of Elder Affairs.***

Adams COA Van Transportation

***Available Monday ~ Thursday 8am-3pm**



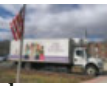

Friday 8am-12pm for Adams residents,

Tuesday ~ Thursday 8am-3pm for Savoy residents.

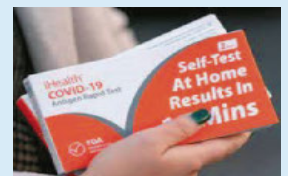
*Please call at least 2 business days prior to your travel needs, as we cannot accommodate same day requests.

*travels within Adams, North Adams, and Williamstown.

*Suggested donation of \$1.00 per town, each way

Monday	Tuesday	Wednesday	Thursday	Friday
	THUNDERFEST Cure Your Cabin Fever March 25 • Noon to 5 Adams Visitor Center 3 Hoosac St	1 9-10 Dance Yoga 9-12 SHINE 9-1 AARP Tax Appts 11:30 Lunch 1:30-2:30 Friends Mtg	2 9 - 10 Chair Yoga 11:30 Lunch 1:30 Pitch w/ Corry Read Across America Day 	3 11-11:30 Grab N Go Lunch North Adams Mobile Food Bank
6 9-12 SHINE 9-1 AARP Tax Appts 10:00 Cribbage 11:00-11:30 Lunch 1:00 Art w/ Donna 2:00 COA Board Meeting	7 9-10 Chair Yoga 11:00-11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters	8 9-10 Dance Yoga 9-12 SHINE 9-1 AARP Tax Appts 11:30 Lunch 12:30 Movie: Glass Onion	9 9 - 10 Chair Yoga 11:30 Lunch 1:30 Pitch w/ Corry	10 9:30 Coffee Chat with the COA Staff- light refreshments will be served. 11-11:30 Grab n Go Lunch
13 9-12 SHINE 9-1 AARP Tax Appts 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna	14 9 - 10 Chair Yoga 10-11 Mobile Food Bank  11:30 Lunch 12:30 Dominos w/ Che-Che 1:00 Crafters 3:00 Caregiver Support Group <i>Delany House Trip</i> 	15 9-10 Dance Yoga 9-12 SHINE 9-1 AARP Tax Appts 11:30 Lunch 12:30 Crafts w/Izzie, Rainbow Paper Making	16 9 - 10 Chair Yoga 11:30 St. Patrick's Day Linen Lunch w/ the JP Murphy Duo 1:30 Pitch w/ Corry	17 11-11:30 Grab n Go Lunch North Adams Mobile Food Bank Happy St. Patrick's Day  
20 9-12 SHINE 9-1 AARP Tax Appts 10:00 Cribbage 11:30 Cabin Fever Lunch 1:00 Art w/ Donna	21 8-4 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch, Irish Entertainment with Roger Tincknell 12:30 Scrabble w/ Garret 1:00 Crafters	22 9-10 Dance Yoga 9-12 SHINE 9-1 AARP Tax Appts 11:30 Lunch 12:30 	23 9 - 10 Chair Yoga 11:30 Lunch 1:30 Card Making w/ Carleen Butler & Lynda Bianchi 1:30 Pitch w/ Corry (2nd fl)	24 11-11:30 Grab n Go Lunch 11-12 Brown Bag 
27 9-12 SHINE 9-1 AARP Tax Appts 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna	28 9 - 10 Chair Yoga 10-11 Mobile Food Bank  11:30 Lunch 12:30 Dominos w/ Che-Che 1:00 Crafters	29 9-10 Dance Yoga 9-12 SHINE 9-1 AARP Tax Appts 11:30 Lunch 12:30 Belly Dancing 	30 9 - 10 Chair Yoga 11:30 Spring Dinner 1:30 Pitch w/ Corry Red Sox Opening Day	31 11-11:30 Grab n Go Lunch

Get FREE at-home COVID-19 tests Free Test kits and masks available at the following Town of Adams Departments: Town Clerk, Council on Aging, Town Treasurer, Dept of Public Health, Library, and Police Dept. They will also be available at the subsidized housing complexes in town. ***The FDA has extended the expiration date 6 months beyond what is printed on the back of the box.***



Adams
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413-743-0001




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

 **3/14 St. Patrick's Day Celebration w/ Sarah the Fiddler:** Starting w/a full luncheon—a glass of wine, Irish Soda Bread, Irish Stew, Traditional Corn Beef Dinner w/ Bailey's Irish Cream Cake then Sarah will perform— @ the Delaney House in Holyoke, MA - **Cost \$98 pp, payment due upon reservation . *Several Sign-Ups still needed to reach the minimum required to reserve the bus and confirm the trip can still take place as planned.***

4/15 MGM Casino & Live Buddy Holly Musical at The Majestic - SOLD OUT!

6/23 Dutch Apple Sightseeing Cruise on the Hudson River w/a Brunch stop @ Cracker Barrel on the way to the cruise —\$58 pp (Does NOT include lunch)! Payment due with Reservation!

Contact Peter Traub @ 743-3496 for questions and reservations.



NEED HELP WITH UTILITY BILLS?



Resources for Adams & N. Berkshire Residents:

- Berkshire Community Action Council
413-663-3014
<https://bcacinc.org/>
- Salvation Army's Good Neighbor Energy Fund
413-743-8333
<http://www.magoodneighbor.org/>
- Dynegy (Town of Adams Energy Program)
866-220-5696
<https://www.dynegy.com/municipal-aggregation/communities-we-serve/Massachusetts/adams>
- Mass Save Energy Audit
866-527-SAVE (7283)
<https://www.masssave.com/>



DANCE YOGA

Yoga instructor Maryanne Kufs continues to offer dance yoga classes every Wednesday morning from 9-10am. Donations are graciously accepted. **We hope you can join us!** Please call 413-743-8333 to register.

BLOOD PRESSURE CLINIC

Every month on the 3rd Tuesday.
FREE readings between 10:30 - 11:00am
Appointments & Walk-ins Welcome



March 21st

Offered by local RNs
Luanne Rose & Bruce Shepley

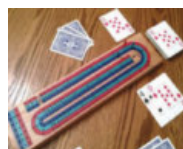
Pitch with Corry Cairns!

Join us every Thursday at 1:30 for cards, fun, and laughter.
Call 413-743-8333 if you're interested. It's a great group!



"Give me an S!"

SCRABBLE with Garret every other Tuesday at 12:30 on the 2nd floor of the COA. Upcoming Dates: March 7th & 21st



Attention Cribbage Players:

The new cribbage group started in October and is welcoming players. Group is led by Sandy Wildman, who provides instruction as needed. Mondays at 10am on the 2nd floor of the COA. Call the COA to sign up if interested. 413-743-8333

"I said, oh-oh Domino..."

Join Che-Che Kozik and Friends here, upstairs COA every other Tuesday as she teaches us how to play Dominos!



Upcoming dates: March 14th & 28th @ 12:30pm

BACK BY POPULAR DEMAND...

Belly Dancing Class

Want to try something new, fun, and exciting?
Then we have the class for you!

Join us on Wed March 29th at 12:30 for Belly Dancing. No experience or skill necessary, just a willingness to try something new and share some laughs with friends. Chairs or assistive devices may be used for support, if needed. Traditional cultural refreshments served.
Call the COA at 413-743-8333 to sign up!

Laurel Ridge Senior Living Residence



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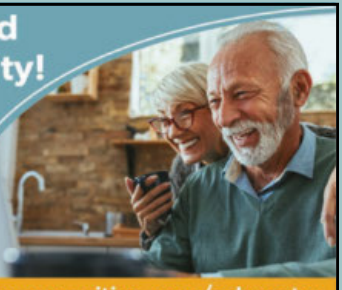
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Do you need help paying your heating bills?

*Berkshire Community Action
Council may be able to help.*

BCAC Fuel
Assistance
Guidelines



Household Size	Gross Annual Income
1	\$42,411
2	\$55,461
3	\$68,511
4	\$81,561
5	\$94,610
6	\$107,660
7	\$110,107
8	\$112,554

If you are eligible for fuel assistance,
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To learn more about what BCAC
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Central / South County | 413-445-4503
North County | 413-663-3014

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06-5289



News from SAVOY!



- COA Outreach worker Barbara Proper is available to Savoy residents 60 and older for phone, office, or as needed in-home consultations. Please call the Adams COA at 413-743-8333 to schedule an appointment. Barb can help with questions about senior services and with completing public assistance applications like SNAP, Fuel Assistance, Good Neighbor Energy Fund, and small grant applications for the community grants such as Neighbor to Neighbor and Elder Care Fund.
- Charles "Chuck" Gebauer provides van service for Savoy seniors on Tuesdays, Wednesdays, and Thursdays 8am-3pm. Please contact the Adams COA at least 2 business days in advance to schedule your rides.

Savoy Knitting Group Calling all crafters to the Savoy Town Hall every Friday morning from 10am to 11ish. Bring your knitting project, your crochet item or your needlepoint. This will be a fun group where you'll have time to work on your creative project, support from fellow crafters and the camaraderie that comes with socializing with your neighbors. All are welcome!

The February 16th meeting of the Savoy Book Club was cancelled due to schedule conflicts of the majority of our members. We will discuss both *Bitter is the New Black* and *The Diamond Eye* when we meet on Thursday March 16 at 10am at the Savoy Town Hall. All are welcome! For any questions, contact Cathy Twiss on Facebook.

Hard copies of **The Buzz** are available at the Adams COA and throughout businesses in Adams. A PDF copy is available on the Town of Adams website and Adams COA Facebook page. If you would like a copy to be mailed to you, please contact the Adams COA. We will request that you send a supply of stamps in an envelope for us to keep on file for you at our office.

**** Do Savoy residents want the contract with the Adams COA to continue into the next fiscal year? If so, please reach out to your select board members and attend your annual town meeting. As of now, COA services for Savoy residents are scheduled to end on June 30th unless a new contract for FY24 is approved and signed.**

COA Van Service to Adams, North Adams, and Williamstown for Savoy seniors runs on Tue, Wed, and Thu 8am-3pm. Please contact the Adams COA at least 2 business days in advance to schedule your rides.

Adams COA Rogue Car Transportation

Available Monday - Friday for Adams, Cheshire, and Savoy residents 60+

*travels within Massachusetts, as well as to Albany and Bennington

*based on volunteer availability

*donations suggested but not required

**This program is funded in part by a grant from Elder Services of Berkshire County, Inc. and the Executive Office of Elder Affairs.*

UPDATED Savoy Town Hall Hours:

Select Board Assistant

Tuesday 1-5pm; Thursday & Friday 9am-1pm

Town Clerk, Valerie Reiner

Tuesday 11- 1pm or by appointment call 743-3759 and leave a message

Tax Collector, Sheryl Guettler

Tuesday 6-8pm, Saturday 8-10am

Assessor's Office

1st and 3rd Tuesday 5-7pm

Police, Chief Koch

2nd and 4th Tuesday 5pm

Town Hall: www.townofsavoy.com

phone 413-743-4290, fax 413-743-4292

720 Main Road, Savoy, MA 01256

