



March 2024

743-8333 ♦ 3 Hoosac Street ♦ Adams

The Buzz



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

Wed 8am-5pm

Fri 8am-12pm

National Consumer Protection Week • March 3–9 #NCPW2024

We need your help to
#SlamTheScam
on government
imposters.

Learn how to spot scams,
identify red flags, and
report suspicious activity.



National "Slam the Scam" Day is designated by Social Security's Office of the Inspector General to raise awareness of government imposter scams, which continue to spread across the United States. Slam the Scam Day is **Thursday, March 7, 2024**, as part of National Consumer Protection Week. Join us during lunch that day at 12pm for a short presentation by local attorney Ed St. John and take home hand-outs with info concerning Social Security scams.



**If you receive a
suspicious call:**



- **Hang up**
- **Don't** believe them
- **Don't** trust your caller ID
- **Don't** give them money
- **Don't** give them personal information
- Report the scam at oig.ssa.gov



SSA.GOV/SCAM

Social Security Administration | Publication No. 85-024 | June 2023 | Produced at U.S. taxpayer expense

Attention members of the Friends of the Adams COA:

There will be an election for the officer position of President of the Friends of the Adams COA at the March 6th meeting at 1pm. Your attendance at this meeting would be greatly appreciated.

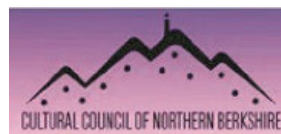
A CELTIC CELEBRATION Songs & Stories for the Season



**Tuesday, March 5th
12pm @ the COA**

A lively participatory
program by
DAVIS BATES
Parents' Choice Award-
winning singer &
Storyteller

Celebrate St. Patrick's Day, Celtic Culture & the impending arrival of Spring. For information and lunch reservations please call the COA (413) 743-833. *Funded, in part, by a grant from the Cultural Council of Northern Berkshire, a regional agency supported by the Massachusetts Cultural Council.





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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Friday 9:00 am - 3:30 pm

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Friends of Adams CoA, Adams, MA

06-5289

Hi all! Happy St. Patrick's Day, Happy Spring, Happy Daylight Savings! Come shake off winter and celebrate longer days with our many social, nutritional, educational, and cultural programs offered this month. Don't see something that interests you? Give us a call to share your thoughts on other programs and events you'd like to see us offer. Spring Blessings ~Sarah☺

Art with Donna

Local accomplished artist, Donna Loncto, brings us mixed media (pastels & drawing) art classes. Cost is \$5 per class, payable to Donna. Mondays @ 1pm All levels welcome!

COA Board Members

Bruce Shepley, R.N., Chairperson
Aleta Moncecchi, Vice Chair
Liz Mach, Secretary
Pam St. John
Mary Whitman
Leona Meczywor
Barbara Ziemba
Ben Acquista
Tom Dubis
Next Mtg: Mon March 4th at 2pm

COA Director

Sarah Fontaine, ext. 4
sfontaine@town.adams.ma.us

Outreach Coordinator

Barbara Proper, ext. 3
bproper@town.adams.ma.us

Administrative Assistant

Kathryn "Izzie" Bellizzi, ext. 0
kbellizzi@town.adams.ma.us

Van Drivers

David Ronnow, Greg Trottier,
John Bianchi; Chuck Gebauer;
John Naughton

Meal Site Coordinator

Kathy Polidoro

Custodians

Kyle Wilson & Ray Keele

SHINE Counselor (Medicare)

Karen DeOrdio

Foot Nurse:

Lynette Dukehart, RN

Craft with Izzie: Thursday, March 28th, 12:30

Back by popular demand! Join us for marble egg coloring with Cool Whip. This event was full of fun, laughs, and messiness last year, so don't miss out. Please register by Thu 3/21 so we know how many eggs to hard boil.

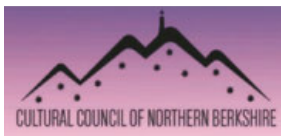


West African & Caribbean Hand-Drum Class w/ The Tamarack Hollow Nature and Cultural Center

Wednesday, March 27th 12:30-1:30 at the COA. Registration required. Call the COA

Join cultural educators from the Tamarack Hollow Nature and Cultural Center in a dynamic, hands-on participatory class focusing on folkloric and contemporary West African & Caribbean drumming, percussion and singing. Students will learn hand and instrument technique, an understanding of how drum patterns fit together, cultural context of the music, fun and challenging drum patterns and exercises and accompanying songs in many languages. Traditional instruments such as the conga, djembe, clave, bell, and maraca provided for student use. This project has been supported by a grant from the William J. and Margery S. Barrett Fund, a fund of Berkshire Taconic Community Foundation and supported in part by a grant from the Cultural Council of Northern Berkshire, a local agency which is supported by the Mass Cultural Council, a state agency.

Tamarack Hollow



\$\$\$ Cash BINGO \$\$\$

\$2.00 per card
3 card limit
Wednesday,
March 20th



12:30pm at the COA

Please call us to reserve your spot!!!

HAVE A PICNIC TO



Cabin Fever Picnic

Wednesday, March 19th

11:30am at the COA

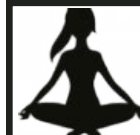
The BART Chorus will join us for an Intergenerational Cabin Fever Picnic Lunch of burgers, chips, and macaroni salad. They will then serenade us with some Irish Music. Must register with the COA, 413-743-8333.

Online on Facebook as

AdamsCouncil on Aging Or

www.town.adams.ma.us/

council-aging



CHAIR YOGA

w/Maryanne
At the COA

Call to let us know
you're coming!

Donations are graciously
accepted by Maryanne.

Tues & Thurs 9am - 10am

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+ years old

\$8.00 Required fee for under 60 years old

3/1 Butternut Mac & Cheese, Stewed Tomatoes, Green Beans, Craisins

3/4 Salisbury Steak, Mashed Potatoes, Carrots, Oranges

3/5 Pork w/ Apricot-Pineapple Sauce, Au Gratin Potatoes, Cauliflower w/Red Peppers, Chocolate Chip Cookie

3/6 Veal w/ Peppers & Onions, Risotto, Beets, Pineapple

3/7 Chix Divan, Rice Pilaf, Green Beans, Pears

3/8 Lentil Stew, Cabbage & Apples, Coconut Rice, Peaches

3/11 Oriental Pork, Rice, Brussel Sprouts, Spiced Apples

3/12 Chix Cacciatore, Noodles, Carrots, Tropical Fruit Mix

3/13 Calico Beans & Sausage, Brown Rice, Squash, Apricot

3/14 Corned Beef & Cabbage, Potatoes, Green Gelatin

3/15 Lemon Dill Salmon, Couscous, Asparagus Applesauce

3/18 Beef Chili, Brown Rice, Mixed Greens, Raisins

3/19 Cabin Fever Intergenerational Picnic Lunch!

3/20 Pot Roast, Mashed Sw. Potatoes, It. Beans, Banana

3/21 Hungarian Skillet, Scalloped Potatoes, Apples

3/22 Egg Salad, Tomato Rice Soup, Warm Fruit Compote

3/25 Chix Piccata, Noodles, Veg Blend, Diced Mangoes

3/26 Chix Meatballs, Pasta, Broccoli, Mixed Fruit

3/27 Beef Stew, Mashed Potatoes, Veg Blend, Orange

3/28 Ham w/Raisin Sauce, Mashed Sweet Potatoes, Chocolate Pudding Cup

3/29 Baked Fish, Rice, Mixed Beans, Strawberry Cup

Volunteer drivers needed for the COA's medical transportation program with the Nissan Rogue car!

Long-Distance Medical Transportation

Available via COA's Nissan Rogue, 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.***

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 at 3:00 p.m.

Pre-registration is unnecessary but welcomed.

Questions can be answered at 743-8333

Upcoming Dates: March 12th & April 9th

"Living After Loss"

Hospice Care In The Berkshires, Inc.

An Affiliate of Integritus Healthcare

Losing a loved one is difficult. Talking with others who have had similar experiences can help ease this burden. Come join our group each month to talk with people on this same journey.

Second Wednesday of every month at 2:00 p.m.

Pre-registration is unnecessary but welcomed.

Questions can be answered at 743-8333

Upcoming Dates: March 13th & April 10th

NaviCare Navigator

Debby Stanlewicz will be at



the Adams COA on the 2nd Wednesday of every month from 10:30-11:30 to answer any questions existing members may have.

Upcoming dates: March 13th & April 10th

Please note new van schedule:

Due to driver availability, the COA Van no longer runs on Fridays. We're sorry for any inconvenience.

Also, please be patient with our new drivers as they learn the routes and riders' individual needs.

Adams COA Van Transportation

***Available Monday - Thursday 8am-3pm for residents of Adams;**





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 w/in Adams, N. Adams, & Williamstown.**

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

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch reservations MUST be made by 11:30am the business day before you'd like to attend in order to confirm your meal.				1 11-11:30 Grab n Go Lunch 11-12 North Adams Mobile Food Bank
4 Read Across America 9-10 Knit/Crochet 9-11 AARP Tax Prep 9-12 SHINE 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna 2:00 COA Board Meeting	5 9-10 Chair Yoga 11:30 Lunch 12:00 Davis Bates Irish Songs & Stories 12:30 Scrabble 1:00 Crafters	6 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 1:00 Friends Meeting *Officer Election*	7 9-10 Chair Yoga 9-11 AARP Tax Prep 11:30 Lunch 12:00 Slam the Scam w/ St. John Law 12:30 Pitch	8 11-11:30 Grab n Go Lunch
11 Encore Casino Bus Trip 9-10 Knit/Crochet 9-12 SHINE 9-11 AARP Tax Prep 10:00 Cribbage 11:30 Lunch	12 9-10 Chair Yoga 11:30 Lunch 12:30 Dominos 12:30-1:30 Mobile Food Bank 1:00 Crafters 3:00 Caregiver Support Group	13 9-10 Dance Yoga 9-12 SHINE 10:30-11:30 Fallon Health Table 11:30 Lunch 2-3 "Living After Loss" Support Group	14 9-10 Chair Yoga 9-11 AARP Tax Prep 11:30 St. Patrick's Day Linen Lunch 12:30 Pitch	15 11-11:30 Grab n Go Lunch 11-12 North Adams Mobile Food Bank
18 9-10 Knit/Crochet 9-12 SHINE 9-11 AARP Tax Prep 10:00 Cribbage 11:30 Lunch 12:30 Social Group 1:00 Art w/ Donna	19 8-4 Foot Care Clinic (by appt) 9-10 Chair Yoga 10:30-11 BP Clinic 11:30 Cabin Fever Intergenerational Picnic Lunch w/ BART Student Chorus 12:30 Scrabble 1:00 Crafters	20 9-10 Dance Yoga 9-12 SHINE 11-11:30 Lunch 12-30 Cash BINGO  5-7 Food Pantry @AdamsFCC	21 9-10 Chair Yoga 9-11 AARP Tax Prep 11:30 Lunch 12:30 Pitch	22 11-11:30 Grab n Go Lunch 11-12 Brown Bag 
25 9-10 Knit/Crochet 9-12 SHINE 9-11 AARP Tax Prep 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna 1:00 Aquaponics Tour at Berkshire County Jail	26 9-10 Chair Yoga 11:30 Lunch 12:30 Dominos 12:30-1:30 Mobile Food Bank 1:00 Crafters 1:00 Tea w/ Strangers at The Daily Grind	27 9-10 Dance Yoga 9-12 SHINE 11:30 Lunch 12:30 Drumming	28 9-10 Chair Yoga 9-11 AARP Tax Prep 11:30 Lunch 12:30 Craft w/ Izzie: Egg Coloring 12:30 Pitch	29 11-11:30 Grab n Go Lunch

Winter Weather reminder: If Adams-Cheshire Schools are closed or delayed, so are Adams COA programs and transportation.

Please Note the Mobile Food Bank time change:
Due to the Food Bank of Western MA moving to Chicopee, the Adams Mobile Food Bank distribution time is now 12:30-1:30pm.
The days will remain the 2nd & 4th Tuesdays of the month.

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

Upcoming Bus Trips:

March 11th - 1st Time to Encore Boston Harbor Casino—\$60 pp, includes bus and \$20 Comp. Only a few seats left!

Leaves Adams 8:00 a.m.—

Returns about 8:00 p.m.

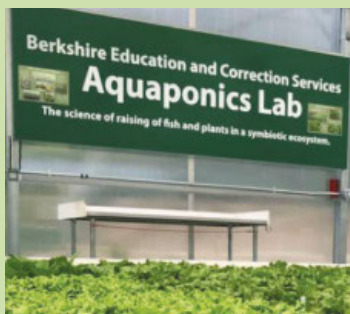
April 30th - Bus trip to The Polish Museum in Chicopee, Lunch at the Munich Haus, followed by a stop at Bernat's Polish Deli. Further details and price are To Be Determined...stay tuned!



Tour the Aquaponics/Hydroponics System at Berkshire County House of Corrections Monday, March 25th at 1pm.

Now in its 4th year of operation, this closed system of fish farming and vegetable growing is a prime example of sustainable gardening.

Those interested in the tour **MUST** pre-register with the Adams COA by Wednesday, March 20th so we can notify BCHC. Group size is limited to 15 people and transportation will be via those willing to carpool.



Feeling isolated? Are a lot of your friends snow birds? The COA has a new opportunity for you. **TEA WITH STRANGERS** is a chance for you to meet new people. Please join us to share conversation and stories with a beverage and dessert. Each gathering will take place at the Daily Grind on Park Street in Adams. Our first one will be held Tuesday, March 26 at 1 p.m. Attendance is free and all ages are welcome. Group size will be limited to five each month. If you are interested, please contact the Adams Council on Aging at 743-8333 to register. Hope to see you there!

Like to Knit, Crochet, Cross Stitch...???
We have 2 opportunities every week for you to practice your craft in good company!
Mondays, 9-10am in the ski museum.
Tuesdays, 1-3pm in the 1st floor program room.

BLOOD PRESSURE CLINIC

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



March 19th
Offered by local RNs
Luanne Rose & Bruce Shepley

Pitch with Friends!

Join us every Thursday at 1:00 for cards, fun, and laughter.
Call 413-743-8333 if you are interested. It's a great group!

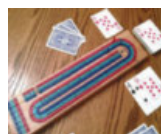


"Give me a Smile!" SCRABBLE with Garret every other Tuesday at 12:30 on the 2nd floor of the COA.



Upcoming: March 5th & 19th

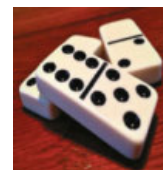
Attention Cribbage Players: Join us Mondays at



10am in the ski museum. Instruction by peers provided as needed.
Call the COA to sign up if interested.
413-743-8333

"I said, oh-oh Domino..." 12:30pm

Join Friends here, upstairs at the COA every other Tuesday to play Dominos!
Upcoming dates: **March 12th & 26th**



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.



***SOCIAL GROUP*:**

Monday, March 18th at 12:30pm

Join your comrades at the Adams COA to socialize and share stories in good company. Group will be very casual—Like going for coffee at a friend's home. We look forward to some laughs and great conversation with great company!

Laurel Ridge Senior Living Residence



An excellent option for independent seniors looking for quality support aimed at maximizing independence and freedom.

For a personal visit or to discuss your individual needs,

Contact Kimberly Babbs:

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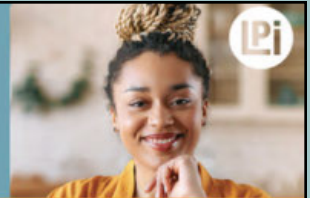


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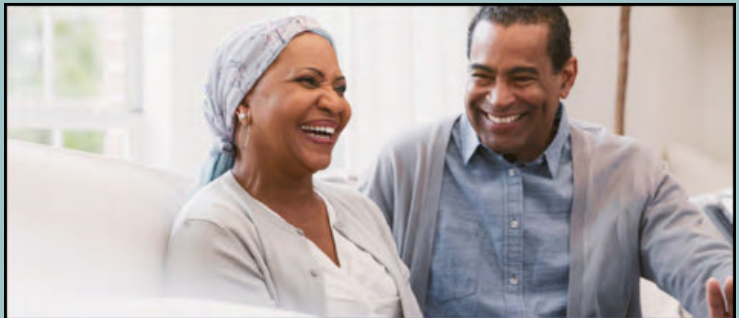
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2024 Income guidelines
to qualify for Fuel Assistance

Family Size	Income
1	\$45,392
2	\$59,359
3	\$73,326

To learn more about what BCAC
can do for you, contact us:

Central / South County

413-445-4503

North County

413-663-3014

If you are eligible for fuel assistance,
you may qualify for more helpful programs.



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Friends of Adams CoA, Adams, MA

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.

- The COA 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 Savoy Book Club will meet on Thursday March 21st at 10am. We will discuss *Against All Odds* by Alex Kershaw. Meetings are held at the Savoy Town Hall. All are welcome!

Select Board meetings: 2nd and 4th Tue of each month at 5:00.

Due to the volume of transportation requests and availability of the vans and Nissan Rogue, the Adams COA may not always be able to accommodate your needs. Here are some additional transportation resources available to Berkshire County residents:

- RSVP Wheels For Wellness, 413-499-9345
- Prescription for Transportation (PT-1 Form, for MassHealth only), contact your doctor's office.
- Fallon NaviCare Insurance, call you Navigator.
- Soldier On (for Veterans Only), 413-418-4300

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. Thank you in advance for your patience and understanding! ☺

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, ask for Barb Proper
<http://www.magoodneighbor.org/>
- Dynergy (Town of Adams Energy Program)
866-220-5696 - <https://www.dynergy.com/municipal-aggregation/communities-we-serve/Massachusetts/Adams>
- Mass Save Energy Audit
866-527-SAVE (7283)

VISITOR CENTER VOLUNTEERS REQUESTED:

The Visitor Center is, again this year, seeking volunteers to staff the Center, during the tourist season Memorial Day thru Columbus Day. The commitment is what you want it to be. A minimum of 2 hours is requested per shift. Ideally 2 people together.

I reach out to you, the Adams Council on Aging participants, because of the wide ranging talents you possess. You are, by default, a wealth of knowledge, an encyclopedia of local history, filled with stories and experiences, you know the culture, character and offerings 'Our Adams' holds. Who best to tell the story and share your wisdoms.

Specific dates and times will be offered in the next month. Like last year, the Council on Aging volunteers provided coverage on a specific weekend. We will be doing the same this year. This does not prevent you from filling other slots.

I hope you'll consider sharing a little of your time for the betterment of our community.

Sincerely,

Bruce Shepley

Chairman, Adams Council on Aging Advisory Board

AARP Tax Aide program schedule is full at the Adams COA. We are keeping a waitlist. However, Habitat for Humanity is again hosting a free tax prep program at MCLA in North Adams. Please call Habitat at 413-442-3181 to schedule an appointment at MCLA.