



May 2018

Adams Council on Aging

# The Informer

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

ATTENTION ALL 65+



Coming in the mail to you! New Medicare cards with NEW numbers. While this is NOT a scam you should be aware of scams that may come. Any questions or concerns, call your COA office 743-8333 and we can assist you.

**HAPPY  
MOTHER'S  
DAY**



## Long distance Medical rides are now an option for Adams Residents

Thanks to a recent grant provided through Fallon Community Health, the Adams Council on Aging can provide long distance medical rides at no cost to the elder. Hopefully, through the use of volunteers and additional grant funding your Adams Council on Aging will be able to offer the ride and also companionship while you wait for your appointment. Perhaps you're the primary caregiver to your spouse and you're worried about what your spouse will do while you're at your appointment? Well, now our dedicated staff/volunteers will be able to wait with your loved one. Or perhaps, you live alone and have no local family and could use a second set of ears during your appointment? Well now you can get that help. To learn more about how we can help you, call us at 743-8333 and ask to speak with the Director.

(Disclaimer: at this point in time, this can not support dialysis appointments).



## CONGRATULATIONS TO LOU YARTER FOR RECEIVING THE 2018 ROSE BELISLE VOLUNTEER RECOGNITION AWARD.

Your 205 recorded hours of commitment to your community have not gone unnoticed.

Past honorees include: 2014 Rose Belisle, 2015 Bob Jopich, 2016 Ralph Farrar, 2017 Karen DeOrdio

Heartfelt THANKS TO OUR VOLUNTEERS!

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## EDMUND R. ST. JOHN, III

*Attorney-At-Law*

2 Center Street / P.O. Box 228 / Adams, MA  
85 East Street / Suite 6 / Pittsfield, MA

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## VOTE IN YOUR LOCAL ELECTION! MAY 7

**Your local elections are being held May 7 at the DPW Garage on North Summer St. from 7am—7pm.**

Door to Door transportation is available to you via the Senior Center van or car. Call 743-8333 to book your ride now, free of charge.

Along with many other positions, there are five people running for your local Select board with two open seats.

Absentee ballots available via Town Clerks Office.

**NO EXCUSES!**

**SUSAN B. COULDN'T.  
BUT YOU CAN!**



## Movie of the Month



May 10th at 12:30PM  
The Greatest Showman  
PG 2017 · Drama/Romance · 1h 46m

Inspired by the imagination of P. T. Barnum, The Greatest Showman is an original musical that celebrates the birth of show business & tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

### 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

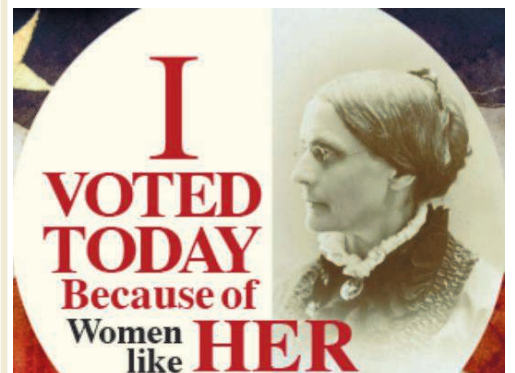
Kyle Wilson

### Nutrition Site Director

Dee Dee O'Bryan

### SHINE Counselor (Medicare)

Karen DeOrdio





**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

- 5/1 Egg Salad Sandwich, Minestrone Soup, Salad
- 5/2 Meatloaf w/gravy, mashed potatoes, peas
- 5/3 Eggplant Parm, whole wheat penne, salad
- 5/4 Chuckwagon Chili, black beans and rice
- 5/7 Shepard's Pie, mashed potatoes, pea
- 5/8 Orange Chicken, sweet potatoes, red cabbage
- 5/9 Baked Breaded Pollock, rice with lentils, veg
- 5/10 **Mother's Day Celebration:** Linen Lunch  
Roasted Turkey & Gravy, mashed potatoes, squash
- 5/11 **New Item!** Veggie Lasagna w/sauce,  
cauliflower, green beans, salad
- 5/14 Beef Stew, roasted potatoes, beets
- 5/15 Calico beans and sausage, steamed brown rice
- 5/16 Roasted Pork w/ gravy, sweet potatoes, veg
- 5/17 Chicken Asparagus, roasted potatoes, carrots
- 5/18 Mac & Cheese, stewed tomatoes, peas
- 5/21 Chicken Parm, whole wheat penne w/sauce
- 5/22 Baked Haddock, potatoes, mixed greens
- 5/23 Chicken Piccata, mashed potatoes, veg
- 5/24 Memorial Day Celebration:  
Hot dog, veggie baked beans, sauerkraut
- 5/25 Swedish Meatballs, rice pilaf, Brussel sprouts
- 5/28 CLOSED for Memorial Day
- 5/29 BBQ Chicken Filet, mashed potatoes, veg
- 5/30 Beef Burgundy, egg noodle, squash
- 5/31 Veal w/peppers & onions, greens, carrots

## Note Worthy!

### BERKSHIRE SUPERGENERIANS: A FORUM FOR SENIORS



Wednesday, May 9, 2018  
sign-in 8:30 am to 9:00 am  
program 9:00 am to noon  
Berkshire Museum  
39 South Street, Pittsfield, MA



In your 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> or 10<sup>th</sup> decade? Berkshire SUPERGENERIANS and others interested in aging well are invited to this **free** forum. Listen to the talks. Bring your questions and ideas. Start a dialogue between seniors and providers of health, wellness and medical services. Refreshments and door prizes.

#### SPEAKERS

Mark Pettus, MD, Berkshire Health Systems  
**Take Charge of Your Health**

Debra Ann Pollack, MD, Center for Comprehensive Care, Danbury, CT  
**Healthy Sleep for Seniors**

Alice Bonner, PhD, Secretary of Elder Affairs, Commonwealth of MA

Please pre-register: 413-528-0457 or at <https://berksuperg.eventbrite.com>

Information: [supergenerian@gmail.com](mailto:supergenerian@gmail.com)

#### SPONSORS



ORGANIZERS: Mary Jane Incurvia Mattina and Francine Weinberg

## Classy Craft Class

Card Making w/Mary Lou

The "Classy Craft Class" will begin on Thursday, May 10th and again on Thursday, May 24th from 1:00—2:30 p.m., proceeding every 2nd and 4th Thursday of the month.

Mary Lou Burdick has been a volunteer with the Adams COA for several months now, in her spare time she enjoys to craft handmade greeting cards. Her talent and expertise is teachable. Classes will continue as long as we have interest. A recent donation has provided the COA with plenty of supplies, so no initial investment is necessary. Doesn't matter if you're ever crafted before or share in the same passion as Mary Lou, all are welcome!



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 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	<b>2</b> 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch 3:00 Friends Meeting	<b>3</b> 9:00 Chair Yoga (donation) 11:30 Lunch 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit	<b>4</b> 9:00 - 12:00 SHINE 11:30 Lunch 12:00 Grief Support Group
<b>7</b> 9:00 - 12:00 SHINE 9:00-11:00—Matter of Balance 11:30 Lunch 12:30 Art w/Donna  <b>VOTE! TOWN ELECTION!</b>	<b>8</b> 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	<b>9</b> 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch 12:30 De-Clutter Workshop (See Ad for more details)	<b>10</b> 9:00 Chair Yoga (donation) 11:30 Linen Lunch 12:30 Movie "Greatest Showman" 1:00 Crafty Class - Card Making 7:00 pm Quilt, Crochet, Knit	<b>11</b> 9:00 - 12:00 SHINE 11:00 <b>Mini Concert with Hoosac Valley Elementary</b> 11:30 Lunch 12:00 Grief Support Group
<b>14</b> 9:00 - 12:00 SHINE 9:00-11:00—Matter of Balance 11:30 Lunch 12:30 Art w/Donna	<b>15</b> 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	<b>16</b> 9:00 - 12:00 SHINE Counsel 10:00 Transp to Wal-Mart 11:30 Lunch 12:30 Bingo sponsored by NA Commons  	<b>17</b> 9:00 Chair Yoga (donation) 11:30 Lunch 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit	<b>18</b> 9:00 - 12:00 SHINE 11:30 Lunch 12:00 Grief Support Group
<b>21</b> 9:00 - 12:00 SHINE 9:00-11:00—Matter of Balance 11:30 Lunch 12:30 Art w/Donna	<b>22</b> 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11-12 Mobile Food Bank 11:30 Lunch 12:00 Big Y Shopping 1:00 Quilt, Crochet, Knit	<b>23</b> 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch	<b>24</b> 9:00 Chair Yoga (donation) 11:30 Lunch 1:00 Crafty Class - Card Making 7:00 pm Quilt, Crochet, Knit	<b>25</b> 9:00 - 12:00 SHINE 11:00 <b>Mini Patriotic concert w Hoosac Valley Elementary</b> 11:30 Lunch 12:00 Grief Support Group 1:00 Brown Bag
<b>28</b>  CLOSED Memorial Day	<b>29</b> 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	<b>30</b> 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch	<b>31</b> 9:00 Chair Yoga (donation) 11:30 Lunch 7:00 pm Quilt, Crochet, Knit	Free Wi-Fi Computer Lab Open Mon-Fri 9-3  We provide transportation to Big Y every Tuesday!


**LITURGICAL PUBLICATIONS**


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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)





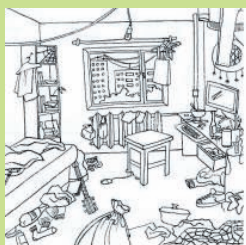
## It's Time for the BIG Cleanout!

This is the perfect time of the year to clean out those areas you've been avoiding, while still honoring precious memories.

This workshop, which is offered by volunteer Bev Favreau, will teach you to:

- \*Overcome the resistance you've had to get started.
- \*Reduce the amount of stuff you've accumulated, and MOST of all,
- \*Honor your special people and the memories you have of them.

Join us on **Wednesday, May 9 at 12:30** at the Adams Council on Aging. Please RSVP at 743-8333 so we have enough handouts for everyone. Feel free to bring a friend or relative who will encourage you to stay with it.



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

Sponsored by: North Adams Commons  
Wednesday, May 16th @ 12:30

## Brown Bag Day!

For those income & age eligible, you can receive a pre-stuffed brown paper bag filled with non-perishable goods, no cost to you, courtesy of the Food Bank of Western Mass, once a month.

Next distribution, Friday, May 25th  
@ 1PM—3PM

(This is different than the Mobile Food Bank



## WE THINK YOU'RE KIND OF A BIG DEAL!

*Thanks* for Volunteering With Us

We have a great deal of respect and appreciation for our volunteers at the Adams Council on Aging. This past April we hosted a volunteer appreciation luncheon for volunteers who contributed over 20 hours of service with us in the 2017 calendar year (we'll do the same again next year for those who assisted in the 2018 calendar). Below is a list of those who help our doors stay open and our programming to be successful.

### **Congratulations to Lou Yarter on being this year's Rose Belisle Volunteer Recognition Honoree**

Bernie Abramson	34	Jean Kondej	24
Yvete Bastow	24	MaryJane Kufs	160
Lynda Bianchi	4	Barb Lagowski	17
Bernice Blanchard	24	Sylvia Lefebvre	20
Gloria Boudreau	18	Donna Loncto	60
Shirley Brandt	22	Linda McClendon	18
Beverly Brothers	61	Leona Meczywor	28
Sophie Buck	32	Marsha Mikuszewski	25
Mary Lou Burdick	40	Joseph Molleur	131
Lynda Cain	27	Aleta Moncecchi	12
Beverly Cardinal	78	Greg Onaroto	8
Louise Charron	137	<b>Flora Peters</b>	<b>264</b>
<b>Debbie Coody</b>	<b>268</b>	Myron Proper	27
Mary Culverwell	75	Marian Roper	30
<b>Karen DeOrdio</b>	<b>509</b>	Ethal Sakowski	20
Cindy Fletcher	12	Mellissa Schaffrick	14
Teisha Fletcher	16	Judy Sheehan	19
Gene Gebarowski	22	Bruce Shepley	30
Gail Grant	19	John Socha	18
Marie Greenbush	20	Ed St. John III	42
Bill Greilich	89	Pam St. John	52
Sandy Hughes	188	Laura Sunn	40
Lee Jaggi	10	Carol Thorner	18
Norm Jette	77	Esther Turner	12
<b>Bob Joppich</b>	<b>825</b>	Deb Wineberg	21
<b>Susan Kerr</b>	<b>200</b>	Joyce Wing	117
Geoff King	39	<b>Lou Yarter</b>	<b>205</b>
<b>Sam Kissel</b>	<b>525</b>	Barb Ziemba	36
Dolly Kolis	55		
Mary Jane Kolis	16		

## Laurel Ridge Senior Living Residence



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### Sandy Sorel

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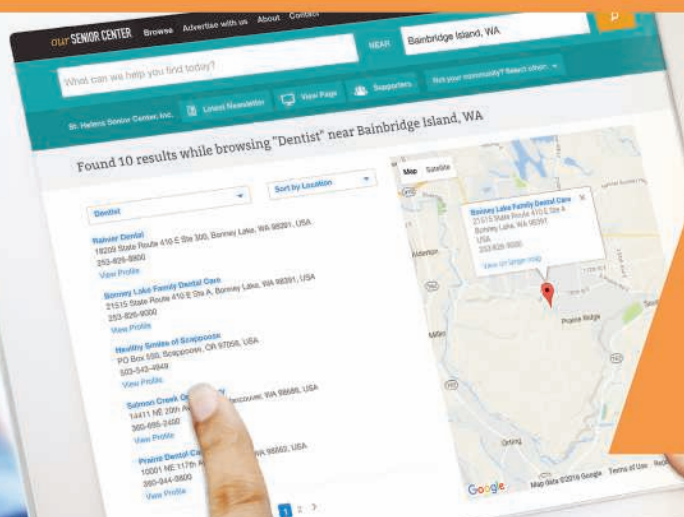
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06-5289



## Mobile Food Bank

Continues to grow, rain or shine through the year!

There are a few points to remember:

- NO age requirements & NO income guidelines—open to ALL!
- One portion of each item will be available per household**
- You MUST be present to collect a bag full**
- 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.
- This is being provided in partnership with the Adams COA.

**2<sup>nd</sup> and 4<sup>th</sup> Tuesday of EVERY MONTH**  
**11am – 12pm**  
**May 8th & 22nd**

*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*



## Grief Support Group

Fridays in May: May 4, May 11, May 18, and May 25 from 12:00 – 1:00 pm  
Adams COA / Visitor Center  
3 Hoosac St • Adams, MA

Losing a loved one can be difficult. Talking with others who have had similar experiences can help ease this burden. Come join us and talk with people who are also on this journey. This group is open to anyone who has lost a family member or friend.

Registration is Preferred. Free and Open to the Public. For more information, please call the Council on Aging at 413-743-8333. Brought to you by HospiceCare in the Berkshires, Inc.



## Amazon launches a low-cost version of Prime for Medicaid recipients

Amazon announced it will offer a low-cost version of its Prime membership program to qualifying recipients of Medicaid. The program will bring the cost of Prime down from the usual \$12.99 per month to about half that, at \$5.99 per month, while still offering the full range of Prime perks, including free, two-day shipping on millions of products, Prime Video, Prime Music, Prime Photos, Prime Reading, Prime Now, Audible Channels, and more.

The new program is an expansion on Amazon's discounted Prime service for customers on government assistance, launched in June 2017. For the same price of \$5.99 per month, Amazon offers Prime memberships to any U.S. customer with a valid EBT card – the card that's used to disburse funds for assistance programs like Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP), and Women, Infants, and Children Nutrition Program (WIC). Now that same benefit is arriving for recipients of Medicaid, the public assistance program providing medical coverage to low-income Americans. To qualify for the discount, customers must have a valid EBT or Medicaid card, the retailer says.

Read more: <https://techcrunch.com/2018/03/07/amazon-launches-a-low-cost-version-of-prime-for-medicaid-recipients/>

**amazon.com**  
**Prime**

## Five Wishes

### Living Will Workshop

Coming soon, Friday, June 8th • 12:00 – 1:30 PM

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.

All materials will be provided. Registration is Preferred. Free and Open to the Public. For more information, please call the Council on Aging at (413) 743-8333.