



November 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

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We want to thank Lou Yarter and Joyce Wing for their donation in honor of Lou's Aunt ,
Ruth Yarter.

This month we remember Ruth and all she had to offer her family and community. She will be missed by many. .

Don't miss our Annual Veterans Day Celebration!



Celebrate with us on
Thursday,
November 9th
10:30—12:30



Flag Raising and Salute with Post 160
at 11:00am

Pasta & Meatball lunch provided and served at 11:30 must RSVP by 11/7
Musical entertainment throughout provided by local favorite **Shelia Scott**

Do you have photos of your time in service or photos of a loved one you'd like to honor? Please bring them in so that we can honor them. We'll scan the photos and return them to you right away!



Through November 1st—12th Veterans can receive a free registration or renewal for a Medical Marijuana card, after an evaluation with Canna Care Docs, a value of \$200. The State fee of \$50 may likely be waived too, depending on their enrollment in various programs. Questions can be answered Tue, Wed & Sat at 413-344-9312. Canna Care Docs are Nationwide and have a location in Pittsfield. Check back at the Senior Center in December for a Presentation on Medical Marijuana with Q&A.



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Mobile Food Bank Distribution



Continues to grow,
rain or shine through the end of the year!

Just 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
- This is being provided in partnership with the Adams COA.

2nd and 4th Tuesday of EVERY MONTH
11am – 12pm

Nov. 13th & 27th

Last month we distributed 29 lbs. of food per household!

Thank you to our Volunteers who make this possible!



Movie of the Month

LOVING

PG-13 2016 · Drama/Romance · 2h 3m

Thursday, November 8th, @ 12:30 P.M.

Based on a true story, an interracial couple Richard and Mildred Loving, fell in love and were married in 1958. They grew up in Central Point, a small town in Virginia that was more integrated than surrounding

areas in the American South. Yet it was the state of Virginia, where they were making their home and starting a family, that first jailed and then banished them. Richard and Mildred relocated with their children to the inner city of Washington, D.C., but the family ultimately tries to find a way back to Virginia.

Having a hard time coping loss during the holidays?

Have you recently had to say “until we meet again” to someone? Well you’re not alone. Join us on **November 16th** for a workshop called “**Coping with the Holidays**” presented by Hospice Care of Berkshire County. The group will meet from **12:30—1:30pm** here at the Adams Council on Aging. Light refreshments will be provided, a little comfort food for the soul.



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: Oct.22 at 2pm

COA Director

Erica Girgenti

Outreach Worker

Barbara Proper

Administrative Assistant

Eric LaRoche

Van Drivers

John Naughton, Cindy Fletcher,
Bill Wilson, Dennis Kingsbury,
Chuck Gebauer & Joe Sloane

COA Reception

Louise Charron

Custodian

Kyle Wilson

SHINE Counselor (Medicare)

Karen DeOrdio

Newsletter Editor

Marsha Mikuszewski

Did you Know?

A Community couple celebrated 71 years of marriage this past October! Cheers to them!



Happy Belated
71st Wedding Anniversary
Anne & Chet Ciuk

Anyone else have a milestone anniversary?
We'd love to hear about it!

**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*

11/01 Baked Haddock, Roasted Potatoes, Spinach
11/02 Mini Ravioli w/Marinara, Carrots, Broccoli, Fruit
11/05 Chicken Marsala, Mashed Pot, Butternut Squash
11/06 Beef Chili, Brown Rice, Green Beans, Fruit Mix
11/07 Beef Stew, Roasted Pots, Broccoli, Fruit Cocktail
11/08 Chicken Salad, Corn Chowder, Brussels Sprouts,
Apple Crisp
11/09 Veal w/Peppers & Onions
11/12 CLOSED in honor of VETERAN'S DAY
11/13 Chicken Divan, Egg Noodles, Broccoli, Applesauce
11/14 Meatloaf w/gravy, Scalloped Pots, Peas & Carrots
11/15 LINEN LUNCH—Turkey w/gravy, Mashed Pots, Pie
11/16 Beef Burgundy, Brown Rice, Cauliflower, Apricots
11/19 Salmon Boat w/Newburg Sauce, Roasted Pots, Peas
11/20 Mac & Cheese, Sewed Tomatoes, Greens, Apples
11/21 Chicken Bruschetta, Sweet Potatoes, Veggies
11/22 CLOSED FOR THANKSGIVING
11/23 CLOSED
11/26 Swedish Meatballs, Egg Noodles, Beets, Orange
11/27 Chicken Piccata, Roasted Potatoes, Cabbage
11/28 Salisbury Steak, O'Brien Potatoes, Spinach
11/29 Vegetable Lasagna w/white sauce, Green Beans
11/30 Orange Chicken, Mashed Potatoes, Mixed Veggies



No charge and a great chance to win some gift
cards to local community spots.

Wednesday, Nov. 21st @ 12:30 pm

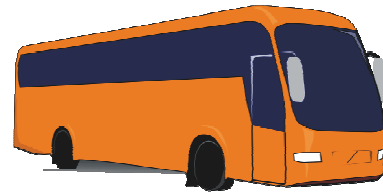
Thanksgiving

Bus Trip to VT Country Store

We have a great group of people heading out to the Vermont Country Store on November 7th to the famous Vermont Country Store. There are a few seats left if you are interested. We'll end the afternoon with a lunch at the Bob's Diner in Manchester!

This trip is brought to you by the Friends of the Adams Council on Aging for the discounted rate of \$50, includes coach bus transportation and lunch!

STILL NEED 15 TO MAKE IT A GO!



Medicare Open Enrollment Deadline Is Here –

SHINE Can Help Seniors Make Sense Of It All

Do NOT Ignore Your Medicare Mail... it's that time of year again! If you have any type of Medicare Plan, you should have received a guide with information about your plan. Please **read** this guide -- it explains changes in your plan for 2019.

During the annual Medicare Open Enrollment, **October 15 - December 7**, you will have a chance to **CHANGE** your plan for next year.

We can help make sense of the information. Trained SHINE (Serving the Health Insurance Needs of Everyone) counselors can help you understand your plan changes as well as other available options. Be sure you have coverage that best meets your needs! SHINE counselors are in every community and there are still appointments available. *Sign up soon!*

Please call the COA to get a SHINE Appointment.

Adams offers hours on Mon, Wed, Fri.

Call today 743-8333

Calendar of Events

NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We provide transportation to Big Y every Tuesday!</p>	<p>Open Computer Lab</p>  <p>Free Wi-Fi Mon-Fri 9-3</p>		<p>1</p> <p>9:00 Chair Yoga (donation) 11:30 Lunch 12:00 Crafty Card Marking 1:00 Senior Citizens Club 7:00 pm Quilt, Crochet, Knit</p>	<p>2</p> <p>9:00 - 12:00 SHINE Counsel 11:30 - Lunch</p>
<p>5</p> <p>9:00 - 12:00 SHINE Counsel 11:00 Walking Club 11:30 Lunch 12:30 Art with Donna</p>	<p>6</p> <p>9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:30 Lunch 1:00 Quilt, Crochet, Knit</p> 	<p>7</p> <p>9:00 - 12:00 SHINE Counsel 10:00 Transp to Wal-Mart 10:00 Walking Club 11:30 Lunch 3:00 Friends Meeting</p>	<p>8</p> <p>9:00 Chair Yoga (donation) 9:00 Meet with Attorney 11:30 Lunch 12:00 Crafty Card Making 12:30 Movie 7:00 pm Quilt, Crochet, Knit</p>	<p>9</p> <p>9:00 - 12:00 SHINE Counsel 11:00 - Veterans Celebration 11:30—Lunch</p>
<p>12</p> <p>Closed in honor of VETERANS DAY</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 1:00 Quilt, Crochet, Knit 6:00 Alzheimer's Support Gp</p>	<p>14</p> <p>9:00 - 12:00 SHINE Counsel 10:00 Transp to Wal-Mart 10:00 Walking Club 10:30 MedMinder Presentation 11:30 Lunch</p>	<p>15</p> <p>9:00 Chair Yoga (donation) 11:30 Linen Holiday Lunch 1:00 Senior Citizens Club 7:00 pm Quilt, Crochet, Knit</p>	<p>16</p> <p>9:00 - 12:00 SHINE Counsel 11:30 Lunch 12:30 Coping w/the Holidays</p>
<p>19</p> <p>9:00 - 12:00 SHINE Counsel 11:00 Walking Club 11:30 Lunch 12:30 Art with Donna</p>	<p>20</p> <p>9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:30 Lunch 1:00 Quilt, Crochet, Knit</p> <p>Foot Clinic by Appointment Book @ 743-8333</p>	<p>21</p> <p>9:00 - 12:00 SHINE Counsel 10:00 Transp to Wal-Mart 10:00 Walking Club 11:30 Lunch 12:30 BINGO</p> 	<p>22</p> 	<p>23</p> <p>CLOSED FOR THANKSGIVING</p>
<p>26</p> <p>9:00 - 1:00 SHINE Counsel 11:00 Walking Club 11:30 Lunch 12:30 Art with Donna 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 1:00 Quilt, Crochet, Knit</p>	<p>28</p> <p>9:00 - 12:00 SHINE Counsel 10:00 Transp to Wal-Mart 10:00 Walking Club 10:30 Blood Pressure Clinic 11:30 Lunch</p>	<p>29</p> <p>9:00 Chair Yoga (donation) 7:00 pm Quilt, Crochet, Knit</p>	<p>30</p> <p>9:00 - 12:00 SHINE Counsel 11:30 Lunch</p> <p>1:00 BROWN BAG'S NEW DATE FOR THIS MONTH ONLY</p>

Don't be Zapped by Electricity Sales!

Have you received a confusing phone call about your electric service? Is someone urging you to switch suppliers? Do not make any hasty decisions. Just to stay on the safe side, never enroll with an electricity or gas supplier over the phone unless you called the supplier yourself. While many sales calls are handled professionally, you need time to really consider what you are getting into with a sales rep. If you feel that you are being pressured, just hang up the phone.



Do you need answers that only a lawyer can provide? Call Erica @ 743-8333, to make an appointment to meet with Attorney St. John.
Nov 8th - 9-11 a.m.



Brown Bag Date has changed for
Nov/Dec
FRIDAY, November 30th
MONDAY, December 17th
@ 1:00 P.M.

THANKSGIVING DINNER FOR SENIORS

For Seniors 60 years of age and older who are alone on Thanksgiving and have no way of having a traditional Thanksgiving meal. The meals are delivered on Thanksgiving Day by volunteers between 11:00am—12:00pm and are FREE. All seniors who wish to receive a meal must make a reservation. Reservations can be made by calling Nov. 1st—Nov. 18th by calling All Saints Berkshires Episcopal Church at 664-9656. Monday thru Thursday from 9am to 1pm. If no answer: Leave your name, address, town, phone number and someone will return your call to reserve your reservation. You do not have to be a member of the church to receive a meal.

We want to help you save money!

Who doesn't like a little extra cash in the pocket, especially around the holiday time?

Call our office today to provide you with a confidential conversation exploring your eligibility in a variety of programs. For example, household of 2 can make up to \$59,284 and qualify for savings! Don't struggle this winter! Call Barbara or Erica at 743-8333.



FREE RIDE TO THE POLLS FOR THE 2018 STATE ELECTION



Tuesday, November 6.

Call 743-8333 to arrange door to door pick up

Also, available at the Visitor Center are your
Massachusetts Information for Voters
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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

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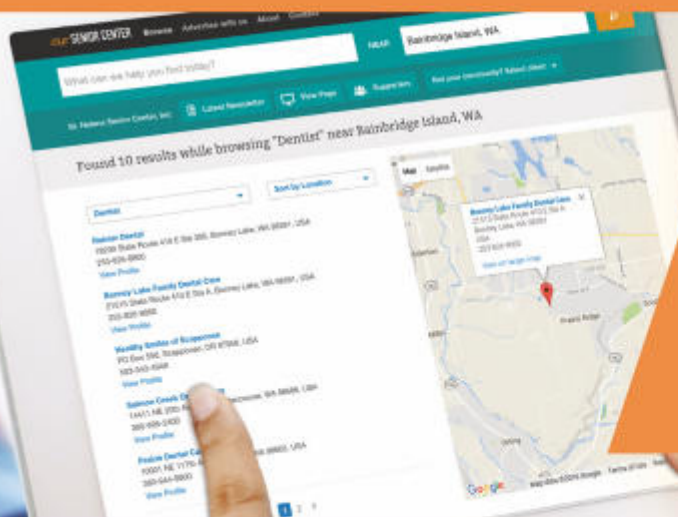
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06-5289

Coming Attractions



ANNUAL HOLIDAY GATHERING

50 / 50 - AUCTION TABLE - CASH BAR

MUSICAL ENTERTAINMENT

Transportation available by pre-registration at 743-8333

Monday, December 10th

4:00 p.m.—7:00 p.m.

Tickets will be on sale at the COA office.

Bounti Fare Restaurant

This celebration is discounted through the Adams COA and Friends of the Adams COA

Thank you for your donations throughout the year.

Every check out the local **Pope John Paul Charity Center**? They operates every Wednesday from 11 a.m. - 1 p.m. and 4 p.m. - 6 p.m. Anyone having items to donate may bring them to the Charity Center on Tuesdays from 10 a.m. – 12 p.m. and Wednesday from 9:30 a.m. – 11 a.m. and 3:30 – 4 p.m.. Also don't forget to check out their Angels Come at Christmas Time program. In December we call on our Angels to spread some joy. Christmas trees in our churches are decorated with Angels bearing wish lists. Parishioners and friends take an Angel and fulfill a wish by purchasing gifts for the child who made their request known through the Angels resting on the Christmas tree.



We will be closed on Friday,
November 12th in
Honor of Our Veterans,
also, on Thurs & Friday,
November 22rd & 23th

for Thanksgiving

MedMinder™

What is MedMinder? A system that prompts users to take or refill their medications through a series of customizable visual and auditory alerts. There are several different options available. Please join us to hear a presentation by a representative of the company that provides this service. The rep will be happy to answer any questions you might have.

November 14th - 10:30 AM

**New Column added by Administrative Assistant
and local previous mail mail: Eric LaRoche:**

Origin of Idioms and Old Phrases

“Pipe Down”

The phrase “Pipe Down” is a nautical term derived from a call on the boatswain's pipe or whistle to observe silence.

