



WELCOME November 2020

Adams Council on Aging

The Informer

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



Veterans Appreciation Lunch Drive-Thru Thursday—November 12th

Dear Veteran,

Let me first state my sincere gratitude for your time, bravery, and sacrifice. It is because of your commitments to our country that we're able to enjoy our liberties. Veteran's Day is a time where we can express our gratitude and while it should happen far more than just once a year we're grateful to have this day to remind us to say, thank you.

In previous years we've hosted a luncheon with entertainment, followed by a flag raising ceremony. Sadly, this year, for obvious reasons, we cannot gather or call for a large group setting. However, this hasn't stopped us from wanting to express our gratitude. So, we have a plan.

Just like in previous years, we've partnered with Bane Care which is the management company for Springside, Sugar Hill and Craneville Place and they have agreed to sponsor a grab n' go lunch for you and your partner.

All we need is your help in letting us know that you'd be interested in picking one up on November 12th between 12:00 and 12:30. You can call us to reserve your lunch and dessert. It certainly isn't nearly enough but given the health pandemic it's all we can do at this time. We hope you say yes because we would still enjoy seeing you and expressing our gratitude. Please let us know by Monday, November 9th if you'd like lunch.

Veteran's Appreciation Drive-Thru Lunch
November 12, 2020 at Noon
RSVP to 743-8333 by November 9th

All our respect,
Erica Girgenti & COA Team



Conversations about Scams!

Join the COA and Adams Sgt. Malloy in a discussion about current scams, past scams and safety measures you can take.

November 20th @ 2:00 p.m.

Space limited, must RSVP to 743-8333



Sponsored by:
**All Saints Berkshires
Episcopal Church**

THANKSGIVING DINNER FOR SENIORS 60+

The meals are delivered on Thanksgiving Day by volunteers between 11:00 am—12:00 pm and are FREE! All Seniors who wish to receive a meal **must make a reservation.** You may call Barbara @ 743-8333 X-205 or All Saints @ 413-664-9656 (Mon-Thurs 8-1) to sign you up.



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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SBM

Dave Bissaillon, President

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413-664-4041

www.northadamscommons.org



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**First Prize is 125 Gallons of Fuel from West Oil
(Value over \$300)**

**2nd, 3rd, 4th, and 5th Prize is \$125 credit on your
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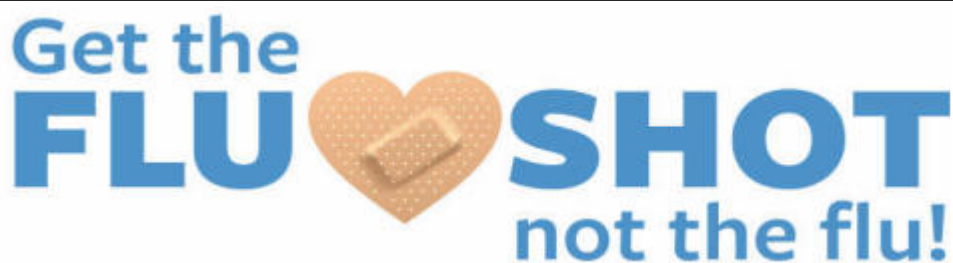
West Oil Co. - Paciorek Funeral Home - Rowley Fuel -
Dr. Martin Bush - Souliere-Zepka Construction - Sommer Electric
Trottier/Pringle Funeral Home - Midtown Tax Service - Preite Oil
and others that may have donated after the printing...

Winners to be drawn, Thursday, December 31st!

\$3 per Ticket or 4 for \$10

**Raffle to Support Adams COA Senior Programming!
Great Stocking Stuffers!!**

**Tickets available thru a "Friend" member,
Barb @ 743-8333 or find us on Venmo
@AdamsCOAFriends**



November 4, 2020 from 11:00am—12:00pm

Adams Visitor Center

Brought to you by the Berkshire VNA
High Dose is NOT Available at this time

- The flu vaccine is available at no charge to adults with Medicare or Medicaid please bring you're a copy of the front of your insurance card(s) with you. Otherwise it is \$30 out of pocket fee
- Please wear short sleeves, or a shirt that has easily rolled-up sleeves.

BMC set up a toll-free Hotline for the community to call if you have any questions or concerns about the (COVID 19). The phone number is available 7 days a week from 7am—7 pm.
1-855-262-5465

COA Board Members

Pam St. John, Chairperson
Aleta Moncecchi, Vice Chair
Bob Joppich
Bruce Shepley, R.N.
Mary Whitman
Leona Meczywor
Barbara Fiske
Barbara Lagowski
(one vacancy)

Next Meeting: December 14 @ 2pm

COA Director ext. 201

Erica Girgenti
egirgenti@town.adams.ma.us

Outreach Worker ext. 205

Barbara Proper
Bproper@town.adams.ma.us

Administrative Assistant ext. 208

Elizabeth "Liz" Chapman
echapman@town.adams.ma.us

Van Drivers ext. 210

John Naughton, Jolene Droschen,
Joe Sloane & Bruce Shepley

Custodian

Kyle Wilson & Ray Keele

SHINE Counselor (Medicare)

Karen DeOrdio

Foot Nurse:

Lynette Dukehart, RN

THE INFORMER Editor



**Did you know our newsletter
is online?**



You can read the current and previous editions by visiting the following website:

www.ourseniorcenter.com/find/friends-of-adams-coa

"Grab n Go" Community Lunches

Catered by ESBC

Monday – Friday

Pick up Time: 11—11:30 AM

Adams Council on Aging/Visitor Center

A \$2.00 Donation per meal for 60+ yrs old

To order/cancel meals, call 48 hours in advance 743-8333.

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

11/2 Chix Cordon Bleu, Mashed Potatoes, Mixed Fruit

11/3 Beef Stew, Red Potatoes, Banana

11/4 Pork Roast w/Gravy, Sweet Potatoes, Choc. Pudding

11/5 Swedish Meatballs, Noodles, Sliced Pears

11/6 White Chix Chili, Brown Rice, Orange

11/9 Beef Stroganoff, Noodles, Diced Pears

11/10 Salmon Filet, Potatoes O'Brien, Strawberry Cup

11/11 CLOSED

11/12 Chix Almandine, Mashed Potatoes, Oranges

11/13 Meatballs w/Penne & Sauce, Beans, Fruit Cocktail

11/16 Macaroni & Cheese, Beef Taco Soup, Pineapple bits

11/17 Orange Chix, Rice Pilaf, Diced Pears

11/18 Beef Patty w/gravy, Sliced Potatoes, Mixed Fruit

11/19 Sliced Turkey & Gravy, Mashed, Butternut Squash,
Pumpkin Pie

11/20 Calico Beans & Sausage, White Rice, Fresh Apple

11/23 Chix Drum w/Gravy, Red Potatoes, Sliced Peaches

11/24 Vegetable Lasagna, Carrots, Mandarin Oranges

11/25 Moroccan Beef Stew, Mashed Potatoes, Sliced Pears

11/26 CLOSED

11/27 CLOSED

11/30 Veal Picatta, Lyonnaise Potatoes, Fruit Cocktail

We're still here for your transportation need!

Currently still providing rides to grocers, well visits, prescription pick ups, hair salons, take out (without delivery) and more. You won't know if we can take you if you don't ask. While our transportation is limited right now we ARE STILL PROVIDING it, with increased safety provisions.



Foot Care!

Get your foot care taken care of, don't delay.

Book an appointment with

Lynette Dukehart, RN for November 17th
by calling 743-8333

Appointments
available every
month on the
3rd Tuesday
\$35



Common Foot Problems

B-I-N-G-O

Must call to sign up

Limited Seats each session

Tuesday, 11/17 @ 12:00

**We use Disposable cards, provide Prizes, and
Socialization!**



SOCIAL HOUR!

**Join COA Staff for a conversational break and
socialization (space limited) must RSVP**

743-8333

11/4 @ 9:30—Coffee—Donuts—Socialization

11/20 @ 2:00—Coffee—Snack—Scam Alerts

11/25 @ 9:30—Coffee—Muffins—Socialization







Check us out on

Facebook

Adams.Council.on.Aging

N o b e m b e r

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00—Chair Yoga 11—11:30: Lunch	3 8:30 Chair Yoga 10:00 Chair Yoga 7am-8pm DPW Garage VOTE! 	4 9:00—Chair Yoga 9:30— Social Hour 11—11:30: Lunch Flu Clinic 	5 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch Free Legal Advice with Attorney St. John Call 743-8333 to book	6 11—11:30: Lunch North Adams Mobile Food Bank
9 9:00—Chair Yoga 11—11:30: Lunch HNE -10-12	10 10 -11—Mobile Food Bank 11:30: Lunch 12:30 chair Yoga Mobile Food Bank 3:00pm — Alzheimer Support Group	11 CLOSED 	12 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch 12:00 Veteran Drive Thru Lunch!	13 11—11:30: Lunch
16 9:00—Chair Yoga 11—11:30: Lunch	17 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch 12:00 Bingo BINGO!! Foot Clinic	18 9:00—Chair Yoga 11—11:30: Lunch	19 8:30 Chair Yoga 10:00 Chair Yoga 11—11:30: Lunch	20 11—11:30: Lunch 2:00— Social Hour w/ SCAM ALERT North Adams Mobile Food Bank
23 9:00—Chair Yoga 11—11:30: Lunch B r o w n B a g	24 10 -11—Mobile Food Bank 11—11:30: Lunch 12:30 chair Yoga Mobile Food Bank	25 9:00—Chair Yoga 9:30— Social Hour 11—11:30: Lunch	26 	
30 9:00—Chair Yoga 11—11:30: Lunch	Did you know we provide TRANSPORTATION Monday– Friday? Tell us about your transportation needs!	Town of Adams Parking Ban No Parking on Town Streets NOVEMBER 1st - April 15th 12:00 A.M. - 6:00 A.M.		

November 2020

The INFORMER | 4




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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!

Call 413-743-0001

www.adamscommunity.com

OPEN ENROLLMENT IS HERE!

Open enrollment is your opportunity to explore new health insurance plans and make a switch if you choose. We have a Health Insurance Counselor who can help you explore plans. Call our SHINE counselor today and book an appointment 743-8333.

Looking for info specifically on Health New England?
Swing by the Visitor Center on Nov. 9th from 10am—12pm and grab a informational packet from a Medicare Plan Specialist.

2020 ANNUAL ENROLLMENT PERIOD DATES

Dates and deadlines you need to know

		
OCT. 15, 2019	DEC. 7, 2019	JAN. 1, 2020
ANNUAL ENROLLMENT PERIOD BEGINS This is the first day you can enroll for 2020 health coverage.	ANNUAL ENROLLMENT PERIOD ENDS This is the last day you can enroll for 2020 health coverage.	FIRST DATE COVERAGE CAN START Even if you enroll in December 2019, your new Medicare plan won't go into effect until Jan. 1, 2020.

Beginning Oct. 21st Expanded hours and Saturdays!



When: Wed. & Sat. 9am - 1pm
Thurs. 2pm - 7pm, Fri. 9am - 4pm
Takeout: Library Lower Annex entrance off of Melrose St.
Computer Access: Main Entrance - reservations required
Please call 743-8345 ext. 102 to reserve a computer



Need a ride to the polls on November 3rd to Vote?
Try to book ahead of time by calling our transportation department at 743-8333. Call us even if you forgot to call ahead. We'll GET YOU THERE!

★ THANK YOU ★ VETERANS

What Are You Thankful For?

I am thankful for:

THE RIGHT TO



My Memories



DINNER
on the
TABLE

The Council on Aging Department & Staff



Challenges— we get to learn how to overcome them



Face masks! Without them we'd all be stuck at home!

GRANT ME THE SERENITY
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THE COURAGE TO CHANGE THE THINGS I CAN, AND
THE WISDOM TO KNOW THE DIFFERENCE.

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Wal-Mart—Adams COA can assist
you: Adams COA can assist you
with step by step directions - Or we
can help you place an order Or you can call your
order in to us and we will set it up! You can then
drive up and have them put it in your trunk or our
driver pick them up for you if you do not have the
means to pick it up , we can do that as well....



Call Barbara today for Details.....
743-8333 ext205

CHAIR YOGA CONTINUES!

Moving indoors in a controlled and sanitized envi-
ronment. Space is limited to 10 people, plus in-
structor Maryann Kufs, distantly placed.

Masks and pre-registration are required.

Mondays & Wednesdays 9am—10am
Tuesdays & Thursdays
8:30-9:30 & 10-11:00 am



Are you concerned about the isolation that the
winter weather can bring? Would you be interested
in joining a weekly call group made up of your
Senior Center's Peers?

Join our Telephone Group and stay connected! It
always great to hear a friendly voice on the other
end of the phone—We Need **YOU** Now to get
through this ongoing state we are all in! Sometimes
all it takes is a kind word from another human being
to keep us going -

Be that Connection — Please call to sign up to help
us get/stay connected through the L-o-n-g winter
that is upon us!!

Call 413-743-8333 to sign up!!



We'll have small groups and each week a
different person in the group will call the
others just to say Hello....after several weeks, we
will switch up the groups.

Please Help Us Stay Connected!

The Empty Chair Prayer

The pies are in the freezer,
the turkey's on the list,

But this Thanksgiving, oh how
a loved one will be missed!

Lord Jesus, please hear our
Thanksgiving prayer,

For those gathered around
a table that has an empty chair,

Oh Lord, comfort their hearts -
we know that you are able,

And let them know that this year,
there's another chair at Heaven's Table!

- Erica Parkerson -

