



October 2018



# THE INFORMER

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

Coffee with a Cop	3 <sup>rd</sup>	10:00
Friends Mtg	3 <sup>rd</sup>	3:00
Senior Mtg	4 <sup>th</sup> , 18 <sup>th</sup>	1:00
Art with Donna	Mondays	12:30
Movie	11 <sup>th</sup>	12:30
Card Making	4 <sup>th</sup> , 11 <sup>th</sup>	1:00
Mobile Food Bank	9 <sup>th</sup> , 23 <sup>rd</sup>	11:00
Bingo	17 <sup>th</sup>	12:30
Meet a Selectman	18 <sup>th</sup>	11:00
COA Board Mtg	22 <sup>nd</sup>	2:00
Blood Pressure Clinic	24 <sup>th</sup>	10:30
Brown Bag	26 <sup>th</sup>	1:00



## Sunday, October 7th

Ramble Fest - Noon to 5

Free Admission

Held outdoors at the Adams Visitors Center at 3 Hoosac Street, admission is free to a festival full of music, food and fun in celebration of autumn in the Berkshires. There will be live musical acts, local craft beer and local wine, great food, produce, outdoor recreation and craft exhibitors. Activities usually include hayrides or horse-drawn trolley tours of historic Adams, a toasty campfire, pumpkin decorating and other activities for the kids. Leashed pets are welcome, so it's fun for the whole family! Historic Train Rides by Berkshire Scenic Railway will also be available, right across Hoosac Street at Adams Station.

## Monday, October 8th

The 51st Greylock Ramble!

Since 1967, people that love the fall colors, great views and a great hike in the woods gather at base of Mount Greylock on Columbus Day for the annual Greylock Ramble. It's the ultimate way to experience autumn in the Berkshires. Free shuttles take hikers from downtown Adams to and from the base of the Cheshire Harbor Trail from 8 am to 4 pm.

## SPAGHETTI DINNER FUNDRAISER for the ZIEMBA FAMILY FARM

October 22nd / Bounti Fare / \$10pp

Tickets Available at  
Bella Skye & Bounti Fare

Free Transportation Available through the  
Council on Aging for Adams 60-plus. Pre-  
Arrangement is required by calling  
743-8333.

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EVERY 4TH WEDNESDAY OF THE MONTH / 10:00am

**You can make a big difference in someone else's life.**



Since 1968, the volunteer-based AARP Tax Aide Program has helped nearly 50 million low- to moderate-income taxpayers. Retirement or other life changes may mean your taxes are a little more complicated now. With the help of a team of IRS-certified volunteers, we make it easy for you. The COA has been fortunate to host this program for several years, and the response grows every year. We would like to continue this program, but **we need more volunteers**. As a volunteer, you'll help provide a free, trusted service - whether you greet taxpayers at the door or prepare and file their taxes. If you have a few hours a week, and are willing to help, please call Erica at 743-8333.

### 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

# Movie of the Month

## BOOK CLUB



Diane (Diane Keaton) is recently widowed after 40 years of marriage, Vivian (Jane Fonda) enjoys her men with no strings attached, Sharon (Candice Bergen) is still working through her decades-old divorce, and Carol's (Mary Steenburgen) marriage is in a slump after 35 years. The lives of these four lifelong friends are turned upside down after reading the infamous "50 Shades of Grey," catapulting them into a series of outrageous life choices.

**Thursday, October 11, 12:30**

PG-13 2018 Drama/Romance 1h 44m

## SAVE THE DATE!

### Holiday Gathering

Dinner & Auction

December 10th 4pm—7pm  
Bounti Fare Restaurant

Thank you for your donations.

This month we keep

**Wanda Midura & Allyn Basel**

and their families in our thoughts.

The ancient practice of **tai chi** may beat strength training and aerobics for preventing falls among seniors, a new trial shows. Tai chi is a centuries-old Chinese tradition that involves a graceful series of movements. People performing tai chi flow between different postures in a slow and focused manner, keeping their body in constant motion and frequently challenging their balance.



A modified senior-centered tai chi program reduced falls nearly a third better in a head-to-head comparison with an exercise regimen that combined aerobics, strength training and balance drills, the researchers reported.

People with heart disease who shy away from traditional cardiac rehabilitation may also benefit from tai chi. A small study found that the slow, gentle movements of this traditional Chinese practice may help increase physical activity among those who are reluctant to exercise.

If you suffer from fibromyalgia, new research suggests tai chi might do more than aerobic exercise to ease your chronic pain. "Tai chi mind-body treatment results in similar or greater improvement in symptoms than aerobic exercise, the current most commonly prescribed nondrug treatment, for a variety of outcomes for patients with fibromyalgia"

**Join us on Tuesdays at 9:15 at the East St Center!** Donations are encouraged and are greatly appreciated. Every dollar allows us to continue this valuable program.

## Free Legal Council

Attorney Edmund St. John III of St. John Law offers free legal council to Elders at the Adams Council on Aging



Tuesday, October  
16th 9am—11am  
By appointment only  
Call 743-8333 to  
book

Monthly date changes but is offered each month. Can't make the 16th?  
Check back in November.

Have you ever heard of a Gilfeather Turnip? Did you know it was the Vermont State Vegetable? Well, for the past 16 years the Friends of the Wardsboro Library in Vermont have been hosting a Gilfeather Festival! Local Cheshire farmer, Gene Gebarowski will led a group to the Oct. 27th festival. Call 743-8333 with questions or need for transportation. Weather you have an interest in a new harvest or like to support Libraries, your welcome to tag along!



**IT'S A PARTY FOR  
A VEGETABLE!**

**THE 16TH ANNUAL  
GILFEATHER  
TURNIP FESTIVAL &  
GILFEATHER TURNIP  
CONTEST**

Saturday  
October 27, 2018  
10am-3pm, rain,  
snow, or shine.

Main Street, Wardsboro, VT  
Junction of Route 100  
Admission free; parking \$3. Restrooms available.  
Festival information Gilfeather Turnip  
Contest entry rules 802-896-3416 or  
friendsofwardsborolibrary.org and  
wardsborovermont.com





## 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**

10/01 Chicken Breast, Potatoes, Mixed Veggies  
10/02 Ravioli w/Marinara, Salad, Peas  
10/03 Turkey w/Gravy, Mashed Potatoes, Carrots  
10/04 Veal Marsala, Rice Pilaf, Spinach  
10/05 Salisbury Steak, Sweet Potatoes, Veggies  
10/08 **COLUMBUS DAY - NO LUNCH**  
10/09 Baked Haddock, Boiled Potatoes, Broccoli  
10/10 French Toast, Chicken Sausage, Potatoes  
10/11 Tuna Noodle Casserole, Zucchini, Greens  
10/12 Chicken w/Orange Sauce, Brown Rice, Veg  
10/15 Beef Stroganoff, Mashed Potatoes, Gr Beans  
10/16 Grilled Chicken Burger, Tater Puffs, Veggies  
10/17 Macaroni & Cheese, Stewed Tomatoes, Peas  
10/18 **Linen Lunch**

Stuffed Chicken w/Gravy, Roasted Potatoes

10/19 Beef/Cabbage Casserole, Cauliflower, Carrots  
10/22 Chicken ala King, Noodles, Veggies  
10/23 Meatloaf w/gravy, Mashed Taters, Gr Beans  
10/24 Chicken w/BBQ Sauce, Potatoes, Squash  
10/25 Stir Fry Beef, White Rice, Broccoli  
10/26 Roast Pork w/Apricot Glaze, Potatoes, Peas  
10/29 Vegetarian Wheat Chili, Brown Rice, Veggies  
10/30 Chicken Almandine, Potatoes, Veggies  
10/31 **HALLOWEEN Party!**

Goulash, Broccoli, Costumes & Candy

Don't Forget Your Brown Bag  
Friday, Oct 26<sup>th</sup> 1:00 pm



Ghosts and Goblins Welcome!

Fairy Princesses too!

Wear your favorite costume to the  
Halloween Lunch



Goulash or is it GHOULASH?

Wednesday, October 31<sup>st</sup>

## Join Chief Tarsa for a Cup of Joe!

Wednesday, Oct 3<sup>rd</sup>, 10:00

Adams Visitor Center/Council on Aging

One-on-one conversations between citizens and their police officers are the best way to build trust and mutual goals for communities. Here is your opportunity to have that conversation about the issues you feel are important, in a relaxed, informal atmosphere.



Oct 3rd is National Coffee with a Cop Day!

## Live Well Expo Success!

We wanted to take a quick moment to thank everyone who came out for our Live Well Expo. We've has smashing positive comments about it's success. With 67 vendors, food, music and raffles there was something for everyone. Attendance was over 200 people and everyone left with something. Congratulations to our 50/50 winner, taking home \$134 extra dollars in his pocket. We hope to see you next year. Save your date and arrange your calendars.

**2019 Live Well Expo will be coming your way on  
September 19, 2019!**



# OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:30 - 12:00 SHINE 11:30 Lunch 12:30 Art with Donna	<b>2</b> 9:00 Chair Yoga 9:15 Tai Chi - East St Center 11:30 Lunch 12:00 Big Y Transportation 1:00 Quilt, Crochet, Knit	<b>3</b> 9:30 - 12:00 SHINE Counsel 10:00 Coffee with a Cop 10:00 Transport to Wal-Mart 11:30 Lunch 3:00 Friends Meeting	<b>4</b> 9:00 Chair Yoga 11:30 Lunch 12:30 Crafty Card Making 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit	<b>5</b> 9:30 - 12:00 SHINE 11:30 Lunch
<b>8 Closed for</b> 	<b>9</b> 9:00 Chair Yoga 9:15 Tai Chi - East St Center 11:00 Mobile Food Bank 11:30 Lunch 12:00 Big Y Transportation 1:00 Quilt, Crochet, Knit  6:00 Alzheimer's Support Grp	<b>10</b> 9:30 - 12:00 SHINE 10:00 Transport to Wal-Mart 11:30 Lunch	<b>11</b> 9:00 Chair Yoga 11:30 Lunch <b>12:30 Movie</b> 12:30 Crafty Card Making 7:00 pm Quilt, Crochet, Knit	<b>12</b> 9:30 - 12:00 SHINE 11:30 Lunch
<b>15</b> 9:30 - 12:00 SHINE 11:30 Lunch 12:30 Art with Donna	<b>16</b> 9:00 Chair Yoga 9:30 - 12:00 SHINE 9:15 Tai Chi - East St Center 11:30 Lunch 12:00 Big Y Transportation 1:00 Quilt, Crochet, Knit Foot Clinic by App Call 743-8333 to Book 	<b>17</b> 9:30 - 12:00 SHINE Counsel 10:00 Transport to Wal-Mart 11:30 Lunch 12:30 	<b>18</b> 9:00 Chair Yoga 9:30 - 12:00 SHINE 11:30 Linen Lunch 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit	<b>19</b> 9:30 - 12:00 SHINE 11:30 Lunch
<b>22</b> 11:30 Lunch 12:30 Art with Donna 2:00 COA Board Meeting	<b>23</b> 9:00 Chair Yoga 9:15 Tai Chi - East St Center 11:00 Mobile Food Bank 11:30 Lunch 12:00 Big Y Transportation 1:00 Quilt, Crochet, Knit	<b>24</b> 10:00 Transport to Wal-Mart <b>10:30 Blood Pressure Clinic</b> 11:30 Lunch 	<b>25</b> 9:00 Chair Yoga 11:30 Lunch 7:00 pm Quilt, Crochet, Knit	<b>26</b> 11:30 Lunch <b>1:00 Brown Bag</b> 
<b>29</b> 11:30 Lunch 12:30 Art with Donna	<b>30</b> 9:00 Chair Yoga 9:15 Tai Chi - East St Center 11:00 Mobile Food Bank 11:30 Lunch 12:00 Big Y Transportation 1:00 Quilt, Crochet, Knit	<b>31</b> 10:00 Transport to Wal-Mart 11:30 Halloween Party		

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[www.4LPi.com/careers](http://www.4LPi.com/careers)






## 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)

## Laurel Ridge Senior Living Residence



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For a personal visit or to discuss your individual needs, Contact Kimberly Babbs:

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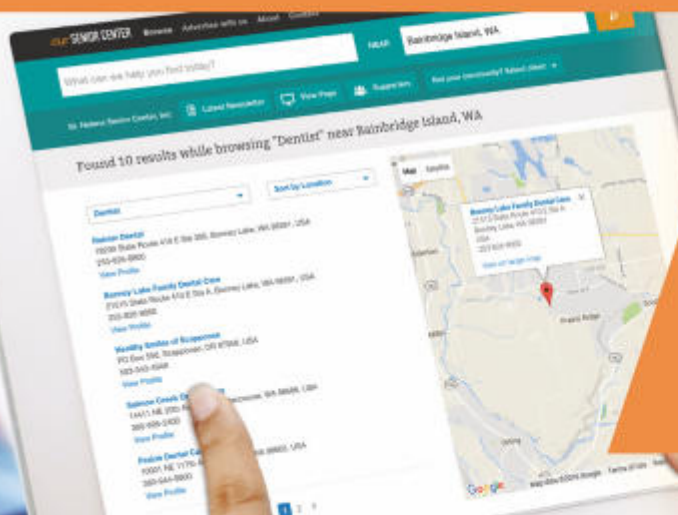
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06-5289



## Another Reminder...

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from **October 15 through December 7<sup>th</sup>**! **Couples need to have separate appointments.**

Need **Help**  
with your **Medicare**  
**Plan Comparisons**  
for Open Enrollment?



By now, most of us have already received our new Medicare cards. The biggest change you'll notice is that your Social Security number will no longer be on the card. This important step to protect older Americans is the result of a law passed by Congress in 2015. But, it's still important to stay alert! Fraudsters have already come up with new scams based on the new cards. Already, we've heard about seniors getting calls from people claiming to be from Medicare to collect a processing fee for the new cards. (They're not. The cards are FREE.) Or, scammers say they need to verify your Social Security number before sending out your new card. (NOPE. Medicare already has your Social Security number). Or, they claim there's a balance on your old card and they need bank account information to transfer the refund. (NO AGAIN. Medicare does NOT call beneficiaries asking for personal information like this.)

**If you receive one of these calls, DO NOT OFFER ANY INFORMATION.**

## The Vermont Country Store

Wednesday, November 7th, we will be taking a trip to the Vermont Country Store for a few hours of browsing/shopping/or just poking around. Leave the Adams COA at 9:00 a.m.

Arrive at the store approximately 10:15, shop till 1-1:30

Stopping at Bob's Diner in Manchester (included in price). Returning

approximately 4:00-4:30 p.m.

The country store is known for taking you back into time and providing you with an opportunity to purchase some products from the past.

**Sign up by October 22nd!**

**Ticket Price \$50.00 pp, Hope you will join us!!**



Are You Eligible????  
You May Be.....the income guidelines have increased! Call Barb for an appointment, @ **413-743-8333**

## SAVE ON YOUR ELECTRIC BILL!

Do you receive Fuel Assistance? Be sure to check our your electric bill to make sure you're getting the "R2" rate! If you or you don't know where to look, bring you bill in and we'll help you out!