



WELCOME October 2020

Adams Council on Aging

The Informer

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

Diana Saie from Home Care Services of MA will present
“The Power of Thought”

Your thoughts are connected with the way you feel and vice versa—Let’s explore how the mind functions and learn some techniques to help control our thoughts to gain power over negativity.

Call 743-8333 to RSVP limited seating
Dessert Included!!!



Coffee with a Cop!

OCTOBER 7, 2020

@ 9:30am



Join recently hired interim Police Chief, Troy Bacon for a cup of coffee and conversation. Meet and greet the new Chief! Space limited, must RSVP to 743-8333, if possible event will be outside. Dress appropriate.

PLAN YOUR VOTE.

NOVEMBER 3, 2020

Vote in person, mail in or early voting! Contact the Town Clerk at 743-8300 ext 176 to learn about your options to vote. Adams COA will be providing transportation to the Poll booths, should you wish to vote in person but pre-arrangements need to be made by calling 743-8333. **MAKE SURE YOUR REGISTERED TO VOTE,** prior to election day!

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

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 7473-8333.

Looking for info specifically on Health New England? Swing by the Visitor Center on Oct. 22 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	ANNUAL ENROLLMENT PERIOD ENDS	FIRST DATE COVERAGE CAN START
This is the first day you can enroll for 2020 health coverage.	This is the last day you can enroll for 2020 health coverage.	Even if you enroll in December 2019, your new Medicare plan won't go into effect until Jan. 1, 2020.



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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According to the CDC, an older adult falls every second, but falls are not a normal part of aging!

Amedisys Home Health VNA
invites you to learn about **Managing Your Fall Risk**

Stephen Pickering, Doctor of Physical Therapy and Sarah Kline, Care Transition Coordinator, with Amedisys Home Health will lead a discussion on who is at risk, suggestions for fall prevention and when to talk to your doctor

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Wednesday, October 21<sup>st</sup> at 12:00 p.m.

at the Adams Council on Aging  
**registration is required as space is limited**

Barbara Proper ~743-8333



Free Webinar (call in option available) brought to you by Attorney General Maura Healey's Community Engagement Division

## COVID-19 Identity Theft and Scams Thursday, October 8th, at 10:00am

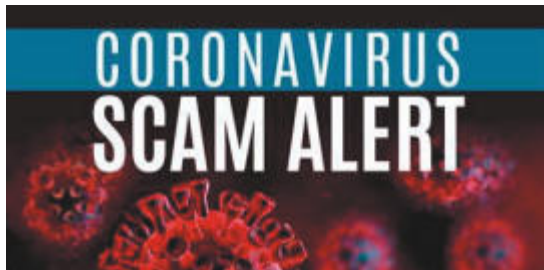
This webinar will cover what identity theft is & other forms of scams, and how to avoid or detect a variety of mail, phone, and online scams. Their goal is to make sure everyone knows how to protect themselves against bad actors.

Please join us! You can RSVP for this webinar at Information to log in to the upcoming webinar is below and will be emailed to everyone who registers.

Please join the AG's meeting from your computer, tablet, or smartphone.  
<https://www.eventbrite.com/e/ag-healeys-fall-webinar-series-tickets-105859197710>

New to GoToMeeting? Get the app now and be ready when your first meeting starts

Not comfortable with computers, tablets or smartphones? Call your Adams COA and ask us to help you register!  
743-8333, ext 201



### 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: October 26 @ 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, Chuck Gebauer,  
Jolene Droshen, Neal Crosier  
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](http://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

10/1 Mac & Cheese, Tomato Soup, Mixed Fruit

10/2 Chix Marsala, Red Potatoes, Apricots

10/5 Beef Stew, Mashed Potatoes, Applesauce

10/6 Sweet n Sour Meatballs, Potatoes, Mandarin Oranges

10/7 Stuffed Shells, Beans, Sliced Peaches

10/8 Chix Divan, Rice, Fresh Orange

10/9 Meatloaf w/gravy, Mashed Potatoes, Mangos

10/12 **CLOSED FOR COLUMBUS DAY**

10/13 Baked Pollock, Potatoes, Pineapple Chunks

10/14 Greek Style Chix Stew, Broccoli, Apricots

10/15 Veal Patty, Mashed Potatoes, Fruit Cocktail

10/16 Chuckwagon Stew, Potatoes, Fresh Apple

10/19 Veg Lasagna w/Meat Sauce, Beans, Sliced Peaches

10/20 Chix Breast w/Gravy, Mashed Potato, Mixed Fruit

10/21 Meatball Grinder, Tater Tots, Fresh Pear

10/22 Roast Pork w/Gravy, Mashed Potatoes, Applesauce

10/23 Beef & Cabbage Casserole, Spinach, Fig Bar

10/26 Chix Puttanesca, Noodles, Sliced Pear

10/27 Salisbury Steak, Rice, Fresh Orange

10/28 Sliced Turkey & Gravy, Mashed Potato, Mangoes

10/29 Halloween Goulash, Beets, Fruited Orange Gelatin

10/30 Vegetable Pinwheels, blend veg, Pear Crisp

## 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 October 20th  
by calling 743-8333

Appointments  
available every  
month on the  
3rd Tuesday



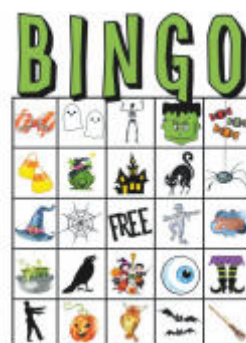
Common Foot Problems

## B-I-N-G-O

Must call to sign up

Limited Seats each session  
Halloween Bingo  
Friday the 30th!

**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**

10/7 @ 9:30 Coffee w/a Cop &

10/14 @ 11:30 Power of Thought & DESSERT!

10/22 @ 9:30 Coffee & Donuts

10/29 @ 11:30 Pizza Lunch



**Check us out on**

**Facebook**

**Adams.Council.on.Aging**

# O c t o b e r

| Monday                                                                                          | Tuesday                                                                                                                              | Wednesday                                                                                                      | Thursday                                                                                                | Friday                                                                                                                   |
|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| Did you know we provide TRANSPORTATION Monday– Friday? Tell us about your transportation needs! |                                                                                                                                      |                                                                                                                | <b>1</b><br>8:30 Chair Yoga<br>10:00 Chair Yoga<br>11—11:30: Lunch                                      | <b>2</b><br>11—11:30: Lunch<br><br><b>North Adams Mobile Food Bank</b>                                                   |
| <b>5</b><br>9:00—Chair Yoga<br>11—11:30: Lunch                                                  | <b>6</b><br>8:30 Chair Yoga<br>10:00 Chair Yoga<br>11—11:30: Lunch<br><br><b>6:00 pm — Alzheimer Support Group</b>                   | <b>7</b><br>9:00—Chair Yoga<br>9:30— Social Hour—coffee w/ a Cop<br>10:30 Matter of Balance<br>11—11:30: Lunch | <b>8</b><br>8:30 Chair Yoga<br>10:00 Chair Yoga<br>10:00 COVID19 Scam Webinar<br>11—11:30: Lunch        | <b>9</b><br>11—11:30: Lunch                                                                                              |
| <b>12</b><br><br><b>CLOSED FOR COLUMBUS DAY!!</b>                                               | <b>13</b><br>10-11 Mobile Food Bank<br>11—11:30: Lunch<br>12:30 chair Yoga<br>2:00 Chair Yoga<br><b>Foot Clinic Mobile Food Bank</b> | <b>14</b><br>9:00—Chair Yoga<br>10:30 Matter of Balance<br>11—11:30: Lunch                                     | <b>15</b><br>8:30 Chair Yoga<br>10:00 Chair Yoga<br>11—11:30: Lunch                                     | <b>16</b><br>11—11:30: Lunch<br>11:30—Social Hour—The Power of Thought w/ Dessert<br><b>North Adams Mobile Food Bank</b> |
| <b>19</b><br>9:00—Chair Yoga<br>11—11:30: Lunch                                                 | <b>20</b><br>8:30 Chair Yoga<br>10:00 Chair Yoga<br>11—11:30: Lunch                                                                  | <b>21</b><br>9:00—Chair Yoga<br>11—11:30: Lunch<br>12:00—Fall Prevention w/ Amedisys & Dessert                 | <b>22</b><br>8:30 Chair Yoga<br>9:30— Social Hour Coffee & Donuts<br>10:00 Chair Yoga<br>11—1:30: Lunch | <b>23</b><br>11—11:30: Lunch<br>12-1 Brown Bag Pick Up<br><br><b>B r o w n B a g</b>                                     |
| <b>26</b><br>9:00—Chair Yoga<br>11—11:30: Lunch                                                 | <b>27</b><br>10-11 Mobile Food Bank<br>11—11:30: Lunch<br>12:30 chair Yoga<br>2:00 Chair Yoga<br><b>Mobile Food Bank</b>             | <b>28</b><br>9:00—Chair Yoga<br>11—11:30: Lunch                                                                | <b>29</b><br>8:30 Chair Yoga<br>10:00 Chair Yoga<br>11—11:30: Lunch<br>11:30 Social Hour<br>Pizza Lunch | <b>30</b><br>11—11:30: Lunch<br>12:00 Halloween BINGO<br><br><b>B I N G O</b>                                            |

October 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

**Call 413-743-0001 When in doubt check with your bank!**

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## Caring for the Caregiver

*Dementia Education Three Part Series*

**Wednesday October 14th 2020 from 2pm to 3pm**

### Understanding Alzheimer's and Dementia

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.

**Wednesday October 21st 2020 from 2pm to 3pm**

### Effective Communication Strategies

The workshop will explore communication changes due to dementia and the skills needed to successfully connect and communicate throughout the disease process.

**Wednesday October 28th 2020 from 2pm to 3pm**

### Understanding and Responding to Dementia

#### Related Behaviors

Behaviors are a form of communication. Learn to identify, understand and respond to challenging behaviors.



### Presented By:

**Meghan Lemay From the  
Alzheimer's Association of  
Western MA**

Join Sugar Hill Assisted Living Community as the Alzheimer's Association presents a three part series on understanding the challenges of dementia. Discuss common concerns caregivers encounter when taking care of a loved one with memory loss, learn effective communication tips and productive responses to behavior changes. This series is free and open to the public through these education programs via Zoom presentations. Participants may also call and listen in.

**Registration is required, Please call the Alzheimer's Association's 24/7 Helpline at 800-272-3900 to register or email Meghan Lemay at [mlemay@alz.org](mailto:mlemay@alz.org)**

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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!

Outdoors under the big tent, sides being added to  
block wind. Space is limited to 10 people, plus  
instructor Maryann Kufs, distantly placed.

**Masks and pre-registration are required.**

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

## DOG WALKING GROUP

Join our new walking group to promote physical and  
mental health wellness. Also to increase socialization in a  
safe fashion during these times of uncertainty. We will  
have a veterinarian visit and answer general questions.  
The Plan is to have a physical therapist speak, Nurse  
Practitioner (socially distant) about the benefits of walk-  
ing.

Walk Captain is Kathy Hynes BSN RN , Air Force Flight  
Nurse, Duke Medical center and Albany Medical Center  
Flight Nurse. Contributing writer in Mountain Dog Mag-  
azine. Owner of Got Spots Etc., non profit canine rescue  
group with a dual mission of dog rescue and promoting  
optimal wellness through the human animal bond.  
Co-Captain for walk is Tammy Baker, Tammy is a certi-  
fied veterinary technician, certified horse massage  
therapist and currently works at  
Berkshire Health System.



Arrangements for group walking  
can be main upon program  
inquire by calling 743-8333

## Beginning August 12th Public Computer Reservations



LIBRARY  
Takeout



**When:** Wed.& Fri. 9am - 12noon, Thurs 4pm-7pm  
**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

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