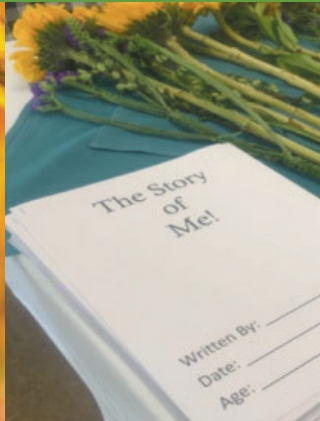


October 2022

The Buzz

3 Hoosac Street • (413) 743-8333 • Open Mon, Tue, Thu 8am-4pm
Wed 8am-5pm
Fri 8am-12pm



Why Should I Use the Fall

*from MedicareFAQ.com

Medicare Open Enrollment Period?

If you have a Medicare Advantage plan or a Medicare Part D policy, your benefits and costs can change yearly. The Fall Medicare Open Enrollment Period (Annual Enrollment Period) allows you to change your existing coverage if you are not pleased with those changes. When changing a Medicare Advantage or Part D plan, you will never need to answer under-

writing health questions. Therefore, carriers cannot deny you a policy based on your health.

During the Fall Medicare Open Enrollment Period, you can make the following changes for the upcoming year.:

- Change from one Medicare Advantage plan to another
- Switch from Medicare Advantage to Original Medicare
- Enroll in a Medicare Advantage plan for the first time
- Change from one Medicare Part D plan to another
- Enroll in a Medicare Part D plan
- Drop Medicare Part D

You can make multiple changes, but the last change you make on or before December 7th will go into effect on January 1, and will be your coverage for all of 2023.

SHINE Counselor Karen De'Ordio will be available to assist ***by appointment only*** at the Adams COA on Mondays, Wednesdays, and Fridays from 9-12. Call 413-743-8333 to schedule your appointment.





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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Friday 9:00 am - 3:30 pm

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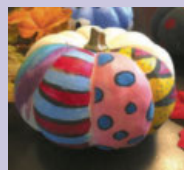


SUPPORT OUR ADVERTISERS!



Hi Everyone and Happy Fall! There is still LOTS going on here at the Adams COA, so please look through the whole newsletter and call to let us know when you'll be joining us. We are very excited to continue with our "The Story of Me!" project. It's a small booklet of prompting questions for older adults to answer so they can share information about their lives, and younger selves, with their families. For those willing, we will make copies of their completed answers to house here at the COA and to share with family. If you have difficulty writing and would like help completing your story, please let us know and we'll be happy to write or type your answers for you. If you would like a digital or hard copy of the booklet, please call the COA at 413-743-8333. Lastly, COA staff will be away at a conference Wed 10/19-Fri 10/21. A volunteer will be available to answer the phone those mornings. Be well! ~Sarah

Crafts with Izzie on Tues, October 11th, 12:30-1:30: Bring back memories—Paint your own Pumpkin! All materials are provided. Come to have some fun and socialize, and leave with a beautiful Pumpkin & Cookie!



Rita's Rickshaw Bike Rides:

Want to feel the wind in your hair again while riding along the Rail Trail??? Then call the Adams COA to schedule your ride on our fun and comfortable rickshaw bike. Available Wednesdays from 9am-3pm, or as requested, based on weather and volunteer availability.

Mill City Productions



Adams Events Committee present

PUMPKIN WALK

Come see a festival of jack-o-lanterns carved by the community while enjoying cider and donuts. FREE and open to the public!

Come carve with us!

Friday, October 28th at the Adams Visitor Center, 5:30pm-7:30pm. We'll provide the tools and cleanup, you decorate the pumpkins! We'll have a limited amount of free pumpkins on hand for those who don't have one to carve, but you're also welcome to BYOP. **Donated jack-o-lanterns will be accepted at this time as well.**

Saturday, October 29th and Sunday, October 30th 6pm-8pm Adams Visitor Center

Call the Adams Visitor Center at (413) 743-8333 or email contactmillcity@gmail.com for more info

COA Board Members

Barbara Lagowski Chairperson
Bruce Shepley, R.N., Vice Chair
Bob Joppich
Pam St. John
Mary Whitman
Leona Meczywor
Barbara Fiske
Aleta Moncecchi
Liz Mach
Next Meeting: October 3rd, 2pm

COA Director

Sarah Fontaine
sfontaine@town.adams.ma.us

Outreach Coordinator

Barbara Proper
bproper@town.adams.ma.us

Administrative Assistant

Kathryn "Izzie" Bellizzi
kbellizzi@town.adams.ma.us

Van Drivers

John Naughton, Chuck Gebauer,
Joe Sloane, John Bianchi

Custodians

Kyle Wilson & Ray Keele

SHINE Counselor (Medicare)

Karen DeOrdio

Foot Nurse:

Lynette Dukehart, RN

**Check us out on Facebook
AdamsCouncil on Aging**

CHAIR YOGA w/

Maryanne

At the COA



Call to let us know you're coming!

Tues & Thurs - 9am - 10am
RSVP to reserve seating

413-743-8333

Community Lunches

Catered by ESBC

Monday – Thursday Indoor Dining @ 11:30am

***Friday is Grab & Go ONLY 11-11:30am**

Adams Council on Aging 743-8333

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

\$3.00 Donation per meal for 60+ yrs old

\$8.00 Required fee for under 60 yrs old

- 10/3 Baked Pollock , Red Potatoes, Sliced Pears
10/4 Greek Chix Stew, Rice, Mandarin Oranges
10/5 Pot Roast, Mashed Potatoes, Tapioca Pudding
10/6 Sweet & Sour Meatball, Rice, Fruit Cocktail
10/7 Mac & Cheese, Tomatoes, Apricots
10/10 CLOSED- HAPPY COLUMBUS/INDIGENOUS PEOPLE'S DAY!
10/11 Orange Chix, Noodles, Red Cabbage, Applesauce
10/12 Chuckwagon Stew, Mashed Potatoes, Peaches
10/13 Chix Fajita, Rice, Spiced Apples
10/14 Salisbury Steak w/gravy, Red Potatoes, Orange
10/17 Chix Puttanesca, Mashed Potatoes, Fresh Apple
10/18 Tuna Salad Sandwich, Cabbage Soup, Peach Crisp
10/19 Meatball Grinder, Penne, Applesauce
10/20 Chix Divan, Boiled Potatoes, Diced Pears
10/21 Roast Pork w/Gravy, Mashed Potato, Tropical Fruit
10/24 Beef Burgundy, Noodles, Sliced Peaches
10/25 Cheese Lasagna Roll, Cauliflower, Fresh Pear
10/26 Cranberry Chix Breast, Mashed Potato, Apricots
10/27 Halloween—Linen Lunch:
Ghoooolash, Beets, Orange Gelatin
10/28 Asian Pork Soup, Rice, Pineapple & Fortune Cookie
10/31 Costume Party, Chix Cordon Bleu, Mashed Potatoes, Squash, Sliced Pears

Alzheimer's Support Group

Are you a caregiver or have a loved one who has Alzheimer's, dementia or related disorder?

Join us for our Alzheimer's support group offering emotional, educational and social support in a non-judgmental setting.

Second Tuesday of every month

Pre-registration is unnecessary but welcomed.

Questions can be answered at 743-8333

Upcoming Dates: October 11th
 November 8th

Bingo Thurs, October 13th

@ 12:30pm

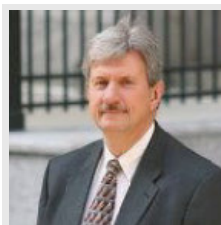


Call the COA to register!

New Bingo Board generously donated by the North Adams Elks

(American Legion was previously listed, but was incorrect)

THANK YOU!!!



Tuesday, Oct 18th, Attorney Edmund St. John III of St. John Law Offices will be here to offer free legal counsel to seniors. He is offering a free 15 minute

CONSULT ONLY—

if more time is needed you will have to set up an appointment at his office.

Please Call 743-8333 to reserve a consult on October 18th, 9-11 a.m.

Adams COA Rogue Car Transportation

Available Monday - Friday for Adams, Cheshire, and Savoy residents

*travels within Massachusetts, as well as to Albany and Bennington

*based on volunteer availability

*donations suggested but not required

****This program is funded in part by a grant from Elder Services of Berkshire County, Inc. and the Executive Office of Elder Affairs.***

Adams COA Van Transportation

***Available Monday - Thursday 8am-3pm**

Friday 8am-12pm for Adams residents, Tuesday - Thursday 8am-3pm for Savoy residents.

*Please call at least 2 business days prior to your travel needs, as we cannot accommodate same day requests.

*travels within Adams, North Adams, and Williamstown.

*Suggested donation of \$1.00 per town, each way

Monday	Tuesday	Wednesday	Thursday	Friday
3 9-12 SHINE 10:00 Apple Picking at Lakeview Orchard 11:30 Lunch 1:00 Art w/ Donna 2-3 COA Board Meeting	4 9 - 10 Chair Yoga 11:30 Lunch 12:30 Scrabble with Garret Erwin 1:00 Crafters	5 9-10 Dance Yoga  9-12 SHINE 11:30 Lunch 1:30-2:30 Friends of the ACOA Meeting	6 9 - 10 Chair Yoga 11:30 Lunch 1:30 Pitch with Corry Cairns 1:30 Learn Dominos w/ Che-Che Kozik	7 11:00-11:30 Lunch Grab n Go North Adams Mobile Food Bank
10 CLOSED 	11 9 - 10 Chair Yoga  10-11 Mobile Food Bank* *Please bring your own bag 11:30 Lunch 12:30-1:30 Craft w/ Izzie Pumpkin Painting  1:00 Crafters 3:00 Caregivers Support Group	12 9-10 Dance Yoga  9-12 SHINE 11:30 Lunch 12:30 Drumming 	13 9 - 10 Chair Yoga  11:30 Lunch 12:30 BINGO 1:30 Pitch with Corry Cairns	14 10:00 Belly Dancing w/ Izzie 11:00-11:30 Lunch Grab n Go
17 9-12 SHINE 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna	18 8-4 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch 12:30 Scrabble with Garret Erwin 1:00 Crafters	19 9-10 Dance Yoga  9-12 SHINE 11-11:30 Grab n Go No afternoon programs, COA Staff at a Conference	20 9 - 10 Chair Yoga 11-11:30 Grab n Go No afternoon programs, COA Staff at a Conference	21 9-12 SHINE 11-11:30 Grab n Go North Adams Mobile Food Bank COA Staff at a Conference
24 9-12 SHINE 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna	25 9 - 10 Chair Yoga 10-11 Mobile Food Bank* *Please bring your own bag 11:30 Lunch  1:00 Crafters	26 9-10 Dance Yoga  9-12 SHINE 11:30 Lunch 12:30 Drumming 	27 9 - 10 Chair Yoga  11:30 Halloween Linen Lunch 1:30 Card Making w/ Carleen Butler 1:30 Pitch with Corry Cairns	28 9-12 SHINE 11:00-11:30 Lunch Grab n Go 11-12 Brown Bag 
31 9-12 SHINE  10:00 Cribbage 11:30 Lunch— Halloween Costume Party 1:00 Art w/ Donna				Farmers Market Coupons: You have until October 29th to use them!

Get FREE at-home COVID-19 tests

Free Test kits and masks available at the following Town of Adams Departments:

Council on Aging, Town Clerk, Town Treasurer, Dept of Public Health, Library, and Police Dept. They will also be available at the subsidized housing complexes in town.

The FDA has extended the expiration date 6 months beyond what is printed on the back of the box. So don't throw out your old one until you're certain they've expired.



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COMMUNITY
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413-743-0001



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

BACK BY POPULAR DEMAND...

Belly Dancing Class

Want to try something new, fun, and exciting?

Then we have the class for you!

Join us on Friday, Oct 14th at 10am for Belly Dancing, taught by our own Izzie Bellizzi!

No experience or skill necessary, just a willingness to try something new and share some laughs with friends. Chairs or assistive devices may be used for support, if needed.

Call the COA at 413-743-8333 to sign up!

BLOOD PRESSURE CLINIC

Every month on the 3rd Tuesday.

FREE readings between 10:30 - 11:00am

Appointments & Walk-ins Welcome

October 18th

Offered by local RNs

Luanne Rose & Bruce Shepley



Friends of the Adams COA

Thursday Class Series

Oct 6th - Learn Dominos w/ Che-Che Kozik
Pitch w/ Corry Cairns

Oct 13th - Pitch w/ Corry Cairns

Oct 20th - COA Closed in the Afternoon

Oct 27th - Card Making w/ Carleen Butler
Pitch w/ Corry Cairns

*All classes above at 1:30pm. Space is limited.

Please call the COA at 413-743-8333 to register.

*Scrabble with Garret has moved to every other Tuesday at 12:30 upstairs in the COA conference room. Starting Tue October 4th.



DANCE YOGA

Non-profit organization

Berkshire Kripalu Community

has generously donated funds to the Adams COA which allows us

to offer another yoga class in addition to chair yoga. Yoga instructor Maryanne Kufs will be offering dance yoga classes (featured at the COA on June 21st for The Longest Day) on October 5th, 12th, 19th, 26th, and November 2nd.

9-10am. We hope you can join us!

Please call 413-743-8333 to register.

Hand-Drumming Class

Thanks to the generous donations received in memory

of Mary Jane Kolis, the COA is able to sponsor cultural educator Aimee Gelinas M.Ed, co-founder and Director of the Tamarack Hollow Nature and Cultural Center in a dynamic, hands-on drumming class. Students will learn hand and instrument technique, an understanding of how drum patterns fit together, the cultural context of the music, fun and challenging drum patterns and exercises, and accompanying songs in many languages. Traditional instruments such as the conga, djembe, clave, bell, and maraca provided for student use.

Limited seating—Please call 413-743-8333 to join us.



Attention Cribbage Players:

New cribbage group starting Monday, October 17th 10:00-11:00am.

Group will be led by Sandy Wildman and her daughter Stephanie, who will provide instruction as needed. Call the COA to sign up if interested.

413-743-8333

FRAUD ALERT: DTA/SNAP clients have been the target of benefit theft through skimming. Skimming is a type of theft where thieves put a device on a store's card-swiping machine to copy card information. This information is used to make fake EBT cards. These are then used to steal money or SNAP from real accounts. Skimming can happen anywhere someone swipes an EBT card. The federal government will not restore SNAP funds if they are skimmed/stolen, so it is critical that we act now to help clients protect these benefits. It is suggested that you change your EBT card's PIN and notify DTA if you think you have been the victim of a skimming fraud. If you have questions or need assistance, please call the Adams COA at 413-743-8333.



"I said, oh-oh Domino..."

Join Che-Che Kozik and Friends here at the COA on Thursday, October 6th at 1:30 as she teaches us how to play Dominos!

Laurel Ridge Senior Living Residence



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Household Size	Gross Annual Income
1	\$42,411
2	\$55,461
3	\$68,511
4	\$81,561
5	\$94,610
6	\$107,660
7	\$110,107
8	\$112,554

If you are eligible for fuel assistance, you may qualify for more helpful programs.

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North County | 413-663-3014

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Friends of Adams CoA, Adams, MA

06-5289



News from SAVOY!



- COA Outreach worker Barbara Proper is available to Savoy residents 60 and older for phone, office, or as needed in-home consultations. Please call the Adams COA at 413-743-8333 to schedule an appointment. Barb can help with questions about senior services and with completing public assistance applications like SNAP, Fuel Assistance, Good Neighbor Energy Fund, and small grant applications for the community Neighbor to Neighbor and Elder Care Fund grants.
- Charles “Chuck” Gebauer has begun van service for Savoy seniors on Tuesdays, Wednesdays, and Thursdays 8am-3pm. Please contact the Adams COA at least 2 business days in advance to schedule your rides.

Savoy Knitting Group Calling all crafters to the Savoy Town Hall every Friday morning from 10am to 11ish. Bring your knitting project, your crochet item or your needlepoint. This will be a great group where you'll have time to work on your creative project, support from fellow crafters and the camaraderie that comes with socializing with your neighbors. All are welcome. Come join the fun!

The Savoy Book Club is taking a break for the summer and will meet again in the Fall. Check the town website for updates!

Hard copies of **The Buzz** are available at the Adams COA and Savoy Town Hall. A PDF copy is available on the Town of Adams and Town of Savoy websites and Facebook. If you would like a copy to be mailed to you, please contact the Adams COA. We will request that you send a supply of stamps in an envelope for us to keep on file for you at our office.

The Town of Savoy has received additional at-home Covid test kits for anyone that is interested. Stop by during town hall hours and pick one up. Tuesday 1-5, Thursday 9-1, and Friday 9-1. There are two tests per box, limit one box per person.

UPDATED Savoy Town Hall Hours:

Select Board Administrative Assistant

Tuesday 1-5pm; Thursday & Friday 9am-1pm

Town Clerk, Valerie Reiner

Tuesday 11- 1pm or by appointment call 743-3759 and leave a message

Tax Collector, Sheryl Guettler

Tuesday 6-8pm, Saturday 8-10am

Assessor's Office

1st and 3rd Tuesday 5-7pm

Police, Chief Koch

2nd and 4th Tuesday 5pm

Town Hall: www.townofsavoy.com

phone 413-743-4290, fax 413-743-4292

720 Main Road, Savoy, MA 01256

COA Van Service to Adams, North Adams, and Williamstown for Savoy seniors runs on Tue, Wed, and Thu 8am-3pm. Please contact the Adams COA at least 2 business days in advance to schedule your rides.

Adams COA Rogue Car Transportation

Available Monday ~ Friday for Adams, Cheshire, and Savoy residents 60+

*travels within Massachusetts, as well as to Albany and Bennington

*based on volunteer availability

*donations suggested but not required

**This program is funded in part by a grant from Elder Services of Berkshire County, Inc. and the Executive Office of Elder Affairs.*

