



September 2018



THE INFORMER

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

Friends Mtg	5 th	3:00
Senior Mtg	6 th	1:00
Art with Donna	10 th , 17 th , 24 th	12:30
Movie	13 th	12:30
Card Making	6 th , 20 th	1:00
Mobile Food Bank	11 th , 25 th	11:00
Bingo	19 th	12:30
Meet a Selectman	20 th	11:00
Blood Pressure Clinic	26 th	10:30
Brown Bag	28 th	1:00
COA Board	24 th	2:00

CHAIR YOGA

Adams Memorial School
30 Columbia St.



Tuesdays & Thursdays at 9:00 AM
We welcome new participants!
Donation based class

New Walking Club!

Join Walking Club organizer, Nancy Lanski on Mondays at 11am & Wednesdays at 10am through September. Starting point: Adams Visitor Center / Council on Aging.



Slow or fast pace, doesn't matter. You don't have to walk alone anymore. Join Nancy and others as they walk even and flat surfaces around town.

Live Well EXPO

SEPTEMBER 20 2018 11AM - 2PM

ADAMS VISITOR CENTER
brought to you by the Council on Aging
3 Hoosac Street, Adams ~ 743-8333
Rain or Shine

Adaptive bike & trek pole walking demos, health vendors, bone density tests, flu shots, caregiver resources and MORE! Not to mention, music, food and raffles!

CHECK OUT THE DETAILS ON THE LIVE WELL EXPO ON PAGE 2. Don't miss this annual event!

*Thanks to a grant from the Massachusetts Council on Aging, with contributions from your Adams COA and the Friends of Adams COA, **Assistive Listening Systems** are now available. If you need any other assistance beyond an assistive listening device, please contact us 2 weeks prior to an event so we may accommodate you. Available for COA programming.*

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EDMUND R. ST. JOHN, III

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Live Well Expo Details:

- 11:00—2:00: Vendor Tables filled with resources, contacts, info
- 11:00—2:00: Pop-Up Jaeschke's Farm Market (They accept SNAP benefits, Farmer's Market Coupons and offer HIPV incentive)
- 11:00—2:00: Live Music by Duane Carlson
(preview at www.duanecarlsonshow.com)
- 11:00—2:00: Mobile Health Unit: Offering free physicals, quick blood test and BP readings, glucose tests, hemoglobin tests and A1c test by Community Health Partners
- 11:00—2:00: Flu Shot onsite through Rite Aid (bring Medicare Card)
- 11:00—2:00: Bone Density check through Health New England
- 11:00—2:00: Chair Massages available through licensed masseuse
- 11:00—2:00: Demos in adaptive bikes, trek pole walking & Fall Prevention Exercises through the Matter of Balance Program
- 11:00—2:00: Eye Exams through the Adams Lions Club
- 11:00: Introduction to Bee Keeping: 101 on process and health benefits, presented by local bee keeper Bob Balawender, of Let It B Bees
- 11:15: Chair Yoga demonstration
- 12:15: Differences in Fall Devices: Learn about differences in prices, mobility, and units. Presented by Adams COA Director, Erica Girgenti
- 12:30: Crafting with Mary Lou— Card Making
- 1:00: Benefits of Medical Marijuana, with Q & A presented by MedWell

**Food Truck available from 11—2
by Tres Ninos Taqueria**

And more!!



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: Sept. 24 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



This Month's Movie Viewing...

Life of the Party
Featuring Melissa McCarthy
PG-13 · 2018 · Comedy · 1h 47m

When her husband suddenly dumps her, longtime and dedicated housewife Deanna turns regret into reset by going back to college. Unfortunately, Deanna winds up at the same school as her less-than-thrilled daughter. Plunging headlong into the campus experience, the outspoken new student soon begins a journey of self-discovery while fully embracing all of the fun, freedom and frat boys that she can handle.

September 13th at 12:30



THE FOOT CLINIC
positive steps for your feet

EVERY 3RD TUESDAY

September 18th \$35

BOOK TODAY!



Sponsored by:

North Adams Commons

Nursing and Rehab

Wednesday, Sep 19th 12:30pm

DON'T FORGET ABOUT THE LIVE WELL EXPO SEPT 20TH 11—2PM

Wacky Wordies
Solutions found on page 3

fall brow	PROMISE PROMISE	skinned	he he he LEASH
1. _____	2. _____	3. _____	4. _____
Talk Talk	.SIGN.	credib ility ↑	GOING CURRENT
5. _____	6. _____	7. _____	8. _____
i brow brow brow	POICASENT	H-O-P-E H-O-P-E H-O-P-E	E E T T A A D D
9. _____	10. _____	11. _____	12. _____



Catch a ride to
The Big E
Opening Day
Friday, Sept. 14, 2018.

Cost for transportation \$25, prepaid upon registration with Barbara at the Senior Center, 743-8333.

Admission tickets sold separately: \$10 pp / Veterans free with proof of ID (must present military ID).

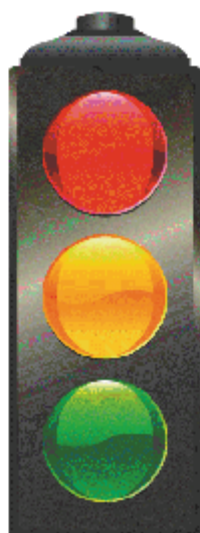
Don't wait! Call Barbara @ 743-8333 to make your reservation today!

KNOW YOUR BLOOD PRESSURE NUMBERS

MORE THAN 140 SYSTOLIC
MORE THAN 90 DIASTOLIC

130 - 139 SYSTOLIC
85 - 89 DIASTOLIC

LESS THAN 120 SYSTOLIC
LESS THAN 80 DIASTOLIC



**YOUR BLOOD
PRESSURE IS HIGH**
(follow up with Doctor as required)

Work with your Doctor
to control your BP

**APPROACHING
HIGH RISK**
(check in 1 year)

Begin Lifestyle Changes
to prevent full blown
hypertension

HEALTHY RANGE
(check in 2 years)

Maintain a
Healthy Lifestyle

Join us for our **FREE** drop in Blood Pressure clinic,
offered by our two Board Members who happen to be
Registered Nurses,
Bruce Shepley & Debbie Wineberg

BLOOD PRESSURE CLINIC IS
EVERY 4TH WEDNESDAY OF
THE MONTH at 10:30am
September 26th



Day Trips with Rita are BACK!

Polaski's Polish Buffet for
lunch & Holyoke Mall

Sept 26
8:00 — 4:00 (ish)



ATTENTION!

Your **Fuel Assistance re-certifications** will be
coming in the mail! **DO NOT DISCARD!** We
can help you complete them in our office if you
need assistance. As a heads up, they are a longer-
than-normal sheet, pink in color.

MGM Casiono

The new game in Town....

Bus Trip sponsored by
"BCAC"



Saturday, September 29th - COST IS \$35 pp
Call Barbara @ 743-8333 to reserve your seat!!

September

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**

9/03 LABOR DAY - NO LUNCH

9/04 Meatloaf, Mashed Potatoes, Carrots

9/05 Roast Pork, Egg Noodles, Broccoli

9/06 Lentil Stew, Cauliflower, Mixed Greens

9/07 Chicken Bruschetta, Sweet Potatoes, Cabbage

9/10 Italian Meatballs, Penne w/Sauce, Mixed Veg

9/11 Roast Turkey, Sweet Potatoes, Zucchini

9/12 Shepherd's Pie, Mashed Potatoes, Cauliflower

9/13 Chicken Marsala, Egg Noodles, Snap Peas

9/14 Calico Beans, Sausage, Brown Rice, Broccoli

9/17 Baked Haddock, Mashed Potatoes, Peas &
Carrots

9/18 Linen Lunch!

Philly Steak Club with Onions, Peppers and
Cheddar Cheese, Baked Beans, Spinach

9/19 BBQ Chicken Breast, Roasted Potatoes, Gr.
Beans

9/20 NO LUNCH—Live Well Expo

Enjoy the Food Truck Tres Amigos from 11 – 2

9/21 Mac & Cheese, Stewed Tomatoes, Summer
Squash & Zucchini

9/24 Stuffed Pepper Casserole, Mixed Greens,
Beets

9/25 Chicken w/Gravy, Garlic Mashed Potatoes,
Carrots

9/26 Baked Breaded Pollock, Sweet Potatoes,
Broccoli

9/27 Beef Stew, Roasted Potatoes, Brussel Sprouts

9/28 Tuna Salad, Minestrone Soup, Cauliflower

GRANDPARENTS' DAY



Is celebrated on September 9th this year, and we will celebrate it on the 10th with an **Ice Cream Social!** Let us sprinkle your favorite toppings on your scoop of ice cream. Invite your grandchildren or great grandchildren to celebrate with you!.

Greeting Card Making with Mary

Lou resumes! During September, classes will be held on the 1st and 3rd Thursdays from 12:30 - 2PM. Materials will be provided.



2018 STATE PRIMARY ELECTION

Tuesday, September 4th



7am - 8pm

DPW Garage, Summer Street

Free Door to Door Transportation

Available from 7am - 4pm

Call 743-8333 to RESERVE A RIDE

Need some legal advice?

We invite you to meet with Attorney Edmund St. John III, for free counsel. Call Barbara @ 743-8333 to request an appointment.



Solutions to page 6 Wacky Wordies

1. Fall over backward
2. Broken promises
3. Thin-skinned
4. He's on a short leash
5. Double talk
6. Sign on the dotted line
7. Credibility gap
8. Going against the current
9. Raised eyebrows
10. Case in point
11. Dashing hopes
12. Up-to-date

SEPTEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 9:00 Chair Yoga 9:15 Tai Chi - East St Center 11:30 Lunch 12:00 Big Y Transportation 1:00 Quilt, Crochet, Knit	5 9:00 - 12:00 SHINE Counsel 10:00 Walking Club 10:00 Transp to Wal-Mart 11:30 Lunch 3PM Friends Meeting	6 9:00 Chair Yoga 11:30 Lunch 1:00 Senior Meeting 12:30 Card making w/ Mary Lou 7:00 pm Quilt, Crochet, Knit	7 9:00 - 12:00 SHINE 11:30 Lunch
10 9:00 - 12:00 SHINE 9-11 Matter of Balance 11:00 Walking Club 11:30 Lunch 12:15 Grandparents Day Ice Cream Social 12:30 Art with Donna Music with the Uke Group!	11 9:00 Chair Yoga 11:00 Mobile Food Bank 11:30 Lunch 12:00 Big Y Transportation 1:00 Quilt, Crochet, Knit 6:00 Alzheimer's Support Grp	12 9:00 - 12:00 SHINE Counsel 10:00 Walking Club 10:00 Transport to Wal-Mart 11:30 Lunch	13 9:00 Chair Yoga 11:30 Lunch 12:30 Movie 7:00 pm Quilt, Crochet, Knit 	14 Trip to Big E 9:00 - 12:00 SHINE 11:30 Lunch 
17 9:00 - 12:00 SHINE 9-11 Matter of Balance 11:00 Walking Club 11:30 Lunch 12:30 Art with Donna 	18 9:00 Chair Yoga 9:15 Tai Chi - East St Center 11:30 Linen Lunch 12:00 Big Y Transportation 1:00 Quilt, Crochet, Knit Foot Clinic by App Call 743-8333 to Book 	19 9:00 - 12:00 SHINE 10:00 Walking Club 10:00 Transport to Wal-Mart 11:30 Lunch 12:30 	20 9:00 Chair Yoga 11:00-2:00 Living Well Expo 7:00 pm Quilt, Crochet, Knit 	21 9:00 - 12:00 SHINE 11:30 Lunch 12:00 New to Grief 
24 9:00 - 12:00 SHINE 9-11 Matter of Balance 11:00 Walking Club 11:30 Lunch 12:30 Art with Donna 2:00 COA Board Meeting	25 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	26 9:00 - 12:00 SHINE 10:00 Walking Club 10:00 Transport to Wal-Mart 10:30 Blood Pressure Clinic 11:30 Lunch 	27 9:00 Chair Yoga 11:30 Lunch 7:00 pm Quilt, Crochet, Knit	28 9:00 - 12:00 SHINE 11:30 Lunch 1:00 Brown Bag 



It's just around the corner! Specifically, the Northern Hemisphere marks the autumnal equinox on Friday, September 22, 2018, at exactly 9:54 P.M. EDT. And remember, a fallen leaf is nothing more than a summer's wave goodbye!

The INFORMER | 5


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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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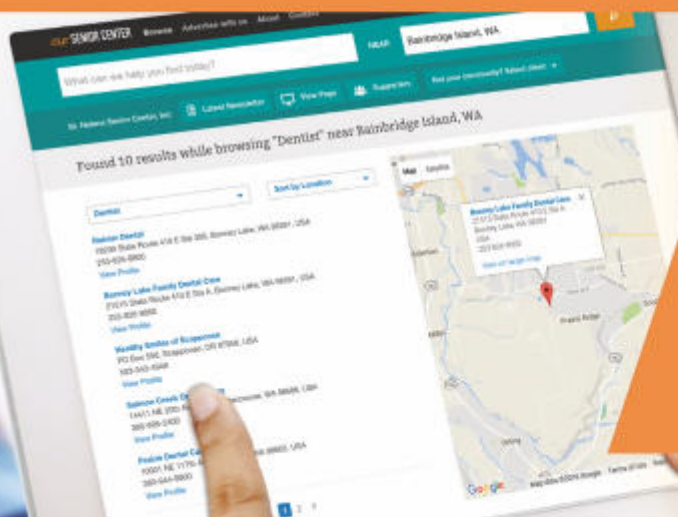
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Friends of Adams CoA, Adams, MA

06-5289

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

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



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 7th**!

Call Karen, the Adams Council on Aging Shine Counselor, at 743-8333

REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

Are you Living with Grief? Someone you love is gone. You feel sad, or angry, or even relieved. Loss changes you. It can reopen old wounds, and sometimes the world's pain feels like it's yours to carry. Hospice Care in the Berkshires is here to help you heal. They are sponsoring single sessions Workshops and Discussion Groups throughout Berkshire County. We are pleased to announce that the Adams COA will be hosting one for those who have experienced a loss within the past the 6 months.



New to Grief: What to Expect

Friday, September 21st

12:00 - 1:30 PM

Adams Council on Aging - Visitor's Center

For more information or to register, please call the Bereavement Coordinator at 413-443-2994.

ART CLASSES WITH DONNA

If you want to challenge yourself or perhaps have a little experience with pastels and drawings, then join our art classes taught by local artist, Donna Loncto. Materials are provided.

Resuming on September 10th, classes will be held on Mondays at 12:30. Drop-ins are welcome.



SEPT 26, 2018 50 PLUS JOB FAIR

(10am to NOON - Berkshire Athenaeum, 1 Wendell Ave. Pittsfield)

Meet businesses with job openings

Are you seeking full time or part time work? Meet with organizations that are age friendly and value a multi-generational workforce. Learn about free resources from AARP and other organizations to help with your job search.

Please register online or call 413-499-2220 ext. 110.

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ART CLASS

**WITH DONNA
RETURN!!**

