



September 2019

Adams Council on Aging

The Informer

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



ALZHEIMER'S IS RELENTLESS. SO ARE YOU.

Thank you for contributing to the success of the Walk to End Alzheimer's®! You are making a difference in this fight.

Continue the momentum and mark your calendar for the 2019 Berkshire County Walk. Now is the time to start making plans for building your team and fundraising.

DATE: Saturday, September 21, 2019

TIME: Registration begins at 8:30 a.m.

LOCATION: Adams Visitors Center
3 Hoosac Street
Adams, MA 01220

Registration is open at alzwalkMANH.org

You can always join Team Adams Council on Aging! Walk or don't walk, at least come for the ceremony! Call us and ask us how!
743-8333



DON'T MISS OUR TWO BIGGEST EVENTS OF THE YEAR!

Our LIVE WELL EXPO & The Walk to End Alzheimer's, which are both hosted here this year!

We hope to see you at both!
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COA Board Members

Pam St. John, Chairperson
Aleta Moncecchi, Vice Chair
Bob Joppich
Bruce Shepley, R.N.
Debbie Wineberg, R.N.
Mary Whitman
Leona Meczywor
Barbara Fiske
1 Vacant Position
Selectman Jim Bush, Liaison
Next Meeting: September 23rd at 2pm

COA Director

Erica Girgenti

Outreach Worker

Barbara Proper

Administrative Assistant

Cindy Fletcher

Van Drivers

John Naughton,
Chuck Gebauer & Joe Sloane

Custodian

Kyle Wilson

Community Lunch Volunteers

BFAIR, Louise Charron, Barb Zimba
Kathy Jordan, Joseph Mouller,
Bob Joppich, Susan Kerr

SHINE Counselor (Medicare)

Karen DeOrdio

THE INFORMER Editor

Marsha Mikuszewski,
Cindy Fletcher, Pam St. John,



MOVIE OF THE MONTH

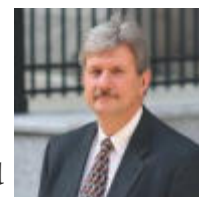
August 8th 12:30

R 2019 Biography/Fantasy 2h 1m

An epic musical fantasy about the uncensored human story of Sir Elton John's breakthrough years.

**Join us for a free movie
and popcorn!**

Need Legal Advice?



Attorney Edmund
St. John III will
be donating some of his valuable
time at the COA to offer free
counsel. Call 743-8333 to make
your appointment.

Now booking into November.

SEPTEMBER

Community Lunches

Catered by ESBC

A \$2.00 Donation per meal for 60 yr old and up

Monday – Friday Serving Time: 11:30 AM

Adams Council on Aging/Visitor Center

To order a meal, call 48 hours in advance at 743-8333.

Transportation Available

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

9/02 LABOR DAY - NO LUNCH

9/03 Turkey w/gravy, Sweet Taters, Mixed Greens

9/04 Shepherd's Pie, Carrots, Peaches

9/05 Chicken Bruschetta, Egg Noodles, Broccoli

9/06 Potato Pollock, Taters, Peas & Onions

9/09 Beef Stew, Taters, Broccoli, Sliced Apples

9/10 Beef Pepper Casserole, Peas, Carrots, Squash

9/11 Chicken Piccata, Au Gratin Taters, Brussels

Sprouts

9/12 Hot Dog, Baked Beans, Peach Crisp

9/13 Coq au Vin, Brown Rice, Mixed Veggies

9/16 Veal Marsala, Taters, Winter Blend Veggies

9/17 Glazed Drumstick, Rice Pilaf, Spinach

9/18 Philly Steak, Mashed Taters, Green Beans

9/19 LIVE WELL EXPO! No Lunch Program

9/20 Beef Stroganoff, Noodles, Red Cabbage

9/22 BBQ Chicken, Brown Rice, Carrots

9/24 Meat Loaf w/gravy, Scalloped Taters, Veggies

9/25 Mac & Cheese, Stewed Tomatoes, Zucchini

9/26 **Linen Lunch**—Pulled Pork w/gravy, Taters,

Green Beans

9/27 Cheeseburger, Tater Tots, Brussels Sprouts

9/30 Veggie Pinwheel w/Sauce, Turnip, Beets



The Town of Adams is partnering with the Berkshire County Sheriff's Department to transition from Code RED to Reverse911 for emergency alerts. Below you will find answers to questions you may have.

Why is the Town making this change?

Reverse911 is a service provided by the Sheriff's Office to the Town at no cost.

Additionally, landline numbers are automatically added to the Reverse911 system periodically, resulting in a more reliable alerting system for emergency events.



Will I notice a difference?

Emergency alerts will come from a different phone number. You will still be able to receive text messages and email alerts if you sign up for Reverse911.

I signed up for Code RED, do I need to sign up for Reverse911?

If you have a landline (e.g., Verizon or Spectrum/Time Warner) and want to receive alerts to your landline ONLY, you DO NOT need to sign up. If you previously provided an email and/or mobile number, you WILL need to sign up again.



Where can I sign up?

Sign up forms are available at the Town Clerk's office, Treasurer/Collector's office, Town Administrator's Office, Council on Aging, and library.

You can also sign up online at:

<https://bcsoma.onthealert.com/Terms/Index/?ReturnUrl=%2f>

Thank you for your patience and cooperation as we work through this transition.



Be mindful of school buses! And remember to NEVER pass a school bus when their flashers are on. Plan your trips accordingly for frequent stops!



Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 9:00 Chair Yoga 9:15 Tai Chi 11:30 \$2 Lunch 12:00 Adams Market Transportation 1:00 Quilt, Crochet, Knit	4 9:00 - 12:00 SHINE Counsel 10:00 Transp to Wal-Mart 11:30 \$2 Lunch 12:30 Bingo  3PM Friends Meeting	5 9:00 Chair Yoga 11:30 \$2 Lunch 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit 	6 9:00 - 12:00 SHINE 11:30 \$2 Lunch
9 9:00 - 12:00 SHINE 9—11:00 Trekking Pole Demo 11:30 Lunch 12:30—Art w/Donna	10 9:00 Chair Yoga 11:00 Mobile Food Bank 11:30 Lunch 12:00 Adams Market Transportation 1:00 Quilt, Crochet, Knit	11 9:00 - 12:00 SHINE Counsel 10:00 Transport to Wal-Mart 11:30 Lunch	12 9:00 Chair Yoga 11:30 Lunch 12:30 Movie Rocketman 7:00 pm Quilt, Crochet, Knit 	13 9:00 - 12:00 SHINE 11:30 Lunch 1:00 Apple Picking w/ Friends Group 
16 9:00 - 12:00 SHINE 9—11:00 Trekking Pole Demo 11:30 Lunch 12:30—Art w/Donna	17 9:00 Chair Yoga 9:15 Tai Chi - 11:30 Lunch 12:00 Adams Market Transportation 1:00 Quilt, Crochet, Knit Foot Clinic by App Call 743-8333 to Book	18 9:00 - 12:00 SHINE 10:00 Transport to Wal-Mart 11:30 Lunch	19 9:00 Chair Yoga LIVE WELL EXPO! 11-2 7:00 pm Quilt, Crochet, Knit	20 9:00 - 12:00 SHINE 11:30 Lunch
23 9:00 - 12:00 SHINE 11:30 Lunch 12:30—Art w/Donna 2:00 COA Board Meeting	24 9:00 Chair Yoga 9:15 Tai Chi - 11:00 Mobile Food Bank 11:30 Lunch 12:00 Adams Market Transportation 1:00 Quilt, Crochet, Knit	25 9:00 - 12:00 SHINE 10:00 Transport to Wal-Mart 10:30 Blood Pressure Clinic 11:30 Lunch Trip with Rita! Christmas Tree Shops & Atkins Market	26 9:00 Chair Yoga 11:30 Linen Lunch 7:00 pm Quilt, Crochet, Knit	27 9:00 - 12:00 SHINE 11:30 Lunch 1:00 Brown Bag 
30 9:00 - 12:00 SHINE 11:30 Lunch 12:30—Art w/Donna				




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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



TREKKING POLE DEMO & GUIDED WALKS
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MONDAYS
9:00-11:00 AM

Session 1 August 12
Session 2- August 26
Session 3- Sept. 9
Session 4- Sept. 16

Workshop led by nbCC's Bret Beattie & Amanda Chilson

Learn how to use trekking poles to help with balance on various terrains, followed by a short guided walk through various locations in Adams. Matter of Balance components will be incorporated. Poles will be provided.

Space is limited, register by contacting the Adams Council on Aging at (413) 743-8333 or Bret Beattie at (413) 663-7588, ext. 28

Sponsored by the Northern Berkshire Community Coalition and The Adams Council on Aging.



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FOR MORE INFORMATION

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Funding for this program is brought to you by the Towns of Adams & Cheshire, Fallon Health, Adams Community Bank and Elder Services of Berkshire County

Northern Berkshire Solid Waste Management District
Contractor PSC/Stericycle Environmental Solutions

HOUSEHOLD HAZARDOUS WASTE COLLECTION

Sunday, September 28, 2019

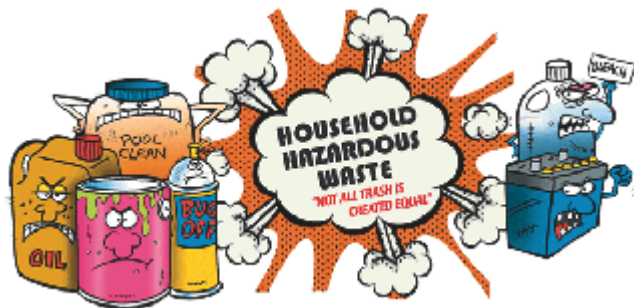
9am—1pm

Adams DPW Garage, North Summer St.

For Residents of: Adams, Cheshire, Clarksburg, Florida, Hancock, Hinsdale, Lanesborough, Monroe, New Ashford, Peru, Savoy, Williamstown and Windsor

Pre-Registration Required: Call 743-8208 or E-Mail your name, address and phone number to:
lcernick@nbswmd.com **** Registration OPENS*** September 3—27, 2019

For a detailed list of what you can and can not bring please contact the Solid Waste Office.



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Friends of Adams CoA, Adams, MA

06-5289



THIS MONTH
10am - 11 am
September 10th & 24th

Mobile Food Bank

2nd and 4th Tuesday of EVERY MONTH

Questions? Contact the Adams COA 413-743-8333.

This program is generously funded by Our Family Foundation by Stop & Shop and managed by The Food Bank of Western MA and Community Health Programs.

100 CUP COFFEE CHALLENGE

Adams Council on Aging Outreach Coordinator-Barbara Proper continues her mission to meet with 100 different people, couples, or agencies this year. She is enthusiastic to share some conversation over a cup of coffee. You don't have to drink coffee to engage in conversation though so don't be shy, call Barb today...she's waiting for YOUR call and needs YOUR help to complete this challenge! You'll leave with a nice parting gift, a personalized coffee mug from the Adams Council on Aging.

This program is in part sponsored by the Friends of the Adams COA



Half way there! Book your visit today!

END ALZ



SilverSneakers is a program encouraging older adults to participate in physical activities that will help them to maintain greater control of their health. It sponsors activities and social events designed to keep seniors healthy while encouraging social interaction.

The program is available right here in Adams at Cutting Edge Fitness! Owner/Instructor, Aimee Sinopoli, is an advisor who will introduce you to the program and help get you started.

The Adams Council on Aging is sponsoring several fitness classes at Cutting Edge

For 8 consecutive weeks, the Adams COA will be offering a 50% discount on several classes at Cutting Edge Gym, the sponsored classes include :

Beginners Spin/Cycle –

Starting Wednesdays 10am August 21st

(This class runs every Wednesday but our sponsorship runs 8/21 – 10/9)

Osteo-exercise-

Fridays at 10:15am Beginning August 30th

(This class will run beyond the 8 class sponsorship but starts 8/30)

Yoga-

Sundays at 10am Beginning August 18th

(This class happens every Sunday at 10am but our sponsorship runs 8/18 – 10/6)

Sponsorship is 50% off class costs and users must present their Adams Council on Aging ID card to participate. Don't have an ID card, it's easy and free, pop into our office to acquire one. Check out Cutting Edge's website for a full list of exercise classes at www.cuttingedgefama.com Cutting Edge is located at 73 1/2 Summer St, Adams.