

September 2022

The Buzz

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

National Senior Center Month

September 2022 "Strengthening Community Connections"

From National Council on Aging: Celebrated every year in September, Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults...The 10,000 senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older American's Act in 1973, and up to today. **But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well.**

Senior centers work with community partners to provide access to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment.





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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Tues & Thurs: 8:30 am - 5:00 pm

Friday 9:00 am - 3:30 pm

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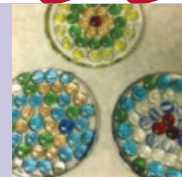
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Friends of Adams CoA, Adams, MA

06-5289

Greetings, and Happy National Senior Center Month! There's lots going on here at the Adams COA to celebrate: CHP will be here with their Mobile Health Unit on the 6th and 13th to meet your COVID vaccine and testing needs; Grandparents' Day Linen Lunch on the 12th, 2 new Wednesday programs- Dance Yoga and Drumming- start on the 14th; Bingo with our new Bingo board (donated by the N. Adams American Legion) on the 15th, Fall Luncheon on the 22nd; 90+ year old Birthday Party on the 26th; Health & Wellness presentation with nbCC on the 28th; and because it was so successful, we're topping off the month with another Belly Dancing class on the 30th! Look at all those smiling and engaged faces on the cover...come see how we can help you meet your active living, learning, and social needs. ~Sarah ☺

Crafts with Izzie on Wed September 21st, 12:30-1:30: Marble Sun Catchers to dazzle your windows on sunny days. All materials are provided. Come to have some fun and socialize, and leave with a beautiful ornament!



Rita's Rickshaw Bike Rides:

Want to feel the wind in your hair again while riding a bike 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. Call the COA to sign up at 413-743-8333.



#ENDALZ #Walk2EndAlz
2022 Walk to End
Alzheimer's - Berkshire County
Adams, MA
Saturday, October 1, 2022
Adams Visitor Center
3 Hoosac St

Walkers Welcome at 8:30 a.m.
Promise Garden Ceremony 9:45 a.m.
Walk immediately after at 10:00 a.m.

Go to www.act.alz.org
to donate or join the
Council on Aging team.

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

- 9/1 Cheeseburger, Potato Salad, Fiesta Corn, Cookie
- 9/2 Chicken Picatta, Mashed Potatoes, Carrots, Peaches
- 9/5 CLOSED FOR LABOR DAY!
- 9/6 Beef Stroganoff, Noodles, Fruit Cocktail
- 9/7 Chicken Breast, Spiced Beets Fresh Apple
- 9/8 Oriental Port Casserole, Rice, Applesauce
- 9/9 Swedish Meatballs, Mashed Potatoes, Pears
- 9/12 Linen Lunch—Roast Port w/Gravy, Sweet Potatoes, Spiced Apples
- 9/13 Tortellini Primavera, Broccoli, Fresh Peach
- 9/14 Spanish Chix Stew, Rice, Arroz con Leche
- 9/15 Turkey w/Gravy, Mashed Potatoes, Apricots
- 9/16 Stuffed Pepper Casserole, Vegetables, Fruit Cocktail
- 9/19 Beef Stew, Mashed Potatoes, Tropical Fruit Mix
- 9/20 Chix Puttanesca, Red Potatoes, Spinach, Orange
- 9/21 Macaroni & Cheese, Tomato Soup, Sliced Pears
- 9/22 Fall Luncheon: Butternut Squash Soup, Grilled Cheese Sandwich, Cider Donuts
- 9/23 Breaded Pollock, Au Gratin Potatoes, Oranges
- 9/26 Chix Cordon Bleu, Mashed Potatoes, Mixed Fruit
- 9/27 Beef & Broccoli, Rice, Snap Peas, Fresh Apple
- 9/28 Chix Marsala, Boiled Red Potatoes, Applesauce
- 9/29 Mini Ravioli, Broccoli, Fresh Pear
- 9/30 Chix Breast w/Gravy, Mashed Potatoes, Peaches

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: September 13th
October 11th

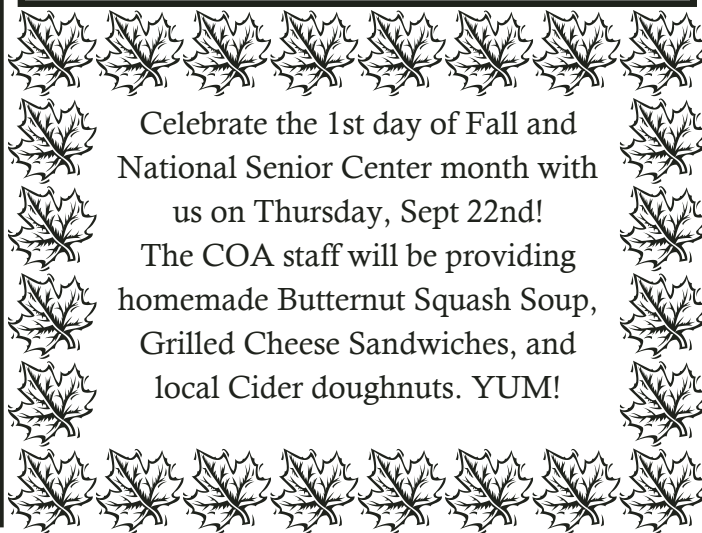
Bingo Thurs, September

15th @ 12:30pm

Call the COA to register!

*New Bingo Board generously donated by the North Adams American Legion.

THNAK YOU!!!



Celebrate the 1st day of Fall and National Senior Center month with us on Thursday, Sept 22nd!

The COA staff will be providing homemade Butternut Squash Soup, Grilled Cheese Sandwiches, and local Cider doughnuts. YUM!

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.

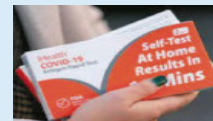
*Suggested donation of \$1.00 per town, each way

Monday	Tuesday	Wednesday	Thursday	Friday
	Farmers Market Coupons are still available! If you haven't gotten yours yet, come on down. You only have until October 29th to use them!		1 9 - 10 Chair Yoga 11:30 Lunch 12:30 Scrabble with Garret Erwin 1:30 Friends of the ACOA: Pitch with Corry Cairns	2 11:00-11:30 Lunch Grab n Go North Adams Mobile Food Bank 10
5 CLOSED 	6 9 - 10 Chair Yoga 11:30 Lunch 1:00 Crafters 1-2:30 CHP Mobile Health Unit: COVID shots, boosters, testing 	7 9-12 SHINE 11:30 Lunch 1:30-2:30 Friends of the ACOA Meeting	8 9 - 10 Chair Yoga 11:30 Lunch 12:30 Scrabble with Garret Erwin 1:30 Friends of the ACOA: Pitch with Corry Cairns	9 11:00-11:30 Lunch Grab n Go
12 9-12 SHINE 11:30 Grandparents' Day Linen Lunch 1:00 Art w/ Donna Loncto	13  9 - 10 Chair Yoga 9-11 CHP Mobile Health Unit: COVID shots, boosters, testing 10-11 Mobile Food Bank* *Please bring your own bag 11:30 Lunch 1:00 Crafters 3:00 Caregivers Support Group 	14 9-12 SHINE 9-10 Dance Yoga 11:30 Lunch 12:30 Drumming 	15 9 - 10 Chair Yoga 11:30 Linen Lunch 12:30 BINGO 12:30 Scrabble with Garret Erwin 1:30 Friends of the ACOA: Pitch with Corry Cairns	16 11:00-11:30 Lunch Grab n Go North Adams Mobile Food Bank
19 9-12 SHINE 11:30 Lunch 1:00 Art w/ Donna Loncto	20 8-4 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch 1:00 Crafters 	21 9-12 SHINE 9-10 Dance Yoga 11:30 Lunch 12:30-1:30 Craft w/ Izzie Marble Sun Catchers	22 First Day of Fall 9 - 10 Chair Yoga 11:30 Fall Luncheon: Soup, Sandwich, and Cider Donut 12:30 Scrabble with Garret Erwin 1:30 Friends of the ACOA: Pitch with Corry Cairns	23 11:00-11:30 Lunch Grab n Go 11-12 Brown Bag 
26 9-12 SHINE 11:30 Lunch 12:00 Nonagenarian Birthday Party sponsored by the Friends of the Adams COA 1:00 Art w/ Donna Loncto	27 9 - 10 Chair Yoga 10-11 Mobile Food Bank* *Please bring your own bag 11:30 Lunch 1:00 Crafters 	28 9-12 SHINE 9-10 Tick Bite Prevention & Care and BP Screenings by  Northern Berkshire Community Coalition Community Empowerment • Prevention & Wellness 11:30 Lunch 12:30 Drumming	29 9 - 10 Chair Yoga 11:30 Lunch 12:30 Scrabble with Garret Erwin 1:30 Friends of the ACOA: Pitch with Corry Cairns	30 9 - 10 Belly Dancing 11:00-11:30 Lunch Grab n Go 

Get FREE at-home COVID-19 tests: www.covidtests.gov or 1-800-232-0233

Free Test kits also available at the following Town of Adams Departments: Council on Aging, Town Clerk, Town Treasurer, Dept of Public Health, Library, and Police Dept.

The FDA has extended the expiration date 3 months beyond what is printed on the back of the box.



Adams
COMMUNITY
BANK

Call

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, Sept 30th at 9am 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!



CHP's Mobile Health Unit

NEED A VACCINE? COVID-19 TEST?

***Please bring Insurance info and
Vaccination Card to update.***

Adams COA/Visitors Center Parking Lot

Tuesday September 6th, 1:00-2:30pm

Tuesday, September 13th, 9-11am

Appointment required. Call (413) 528-0457

B L O O D P R E S S U R E C L I N I C

Every month on the 3rd Tuesday.

FREE readings between 10:30 - 11:00am

Appointments & Walk-ins Welcome

September 20th

Offered by local RNs

Luanne Rose & Bruce Shepley



Friends of the Adams COA

Thursday Class Series

Sept 1st – Pitch w/ Corry Cairns

Sept 8th – Pitch w/ Corry Cairns

Sept 15th – Pitch w/ Corry Cairns

Sept 22nd – Pitch w/ Corry Cairns

Sept 29th – 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 will be every Thursday at*

12:30 upstairs in the COA conference room.

**If there is any interest in starting a Cribbage group, please contact us.*

Hand-Drum Class

Thanks to the generous donations
received in memory of

Mary Jane Kolis,

the COA is able to sponsor cultural educator Aimee Gelinias 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.



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) for 7 weeks starting on Wednesday, Sept 14th, 9-10am. We hope you can join us!

Please call 413-743-8333 to register.

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.

Laurel Ridge Senior Living Residence



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Contact Kimberly Babbs:

(413) 445-5959

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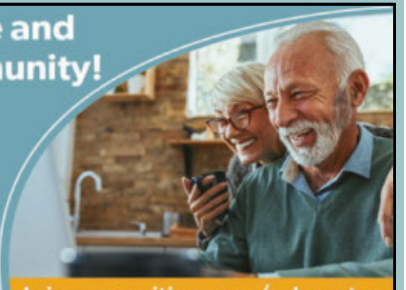
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Guidelines



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.

To learn more about what BCAC can do for you, contact us:
Central / South County | 413-445-4503
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.
 - PRIMARY ELECTION – VOTING at Town Hall Tuesday, Sept 6th from 7am until 8pm.
- 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.
- Paper Shredding Zero Waste Day-No registration is needed! Saturday, September 24, 2022 9:00 am to Noon Location: Town of Hinsdale 80 Maple Street Hinsdale, MA
 - Bulky / Electronics collections Town of Lanesborough, Saturday, Sept. 17, 2022, 10 Maple CT, DPW yard

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 September. 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, Jennifer Richard
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 on Tue, Wed, and Thu 8am-3pm. Please contact the Adams COA at least 2 business days in advance to schedule your rides.