

November 2021



Adams Council on Aging

# The Informer

3 Hoosac Street • (413) 743-8333 • Open Monday-Friday



## Did you Know?

Veteran's Day is a holiday honoring men and women who have served in the US armed forces. Observed annually in the United States on November 11 – the anniversary of the end of WWI



What is the Symbol of Veteran's Day? **POPPIES!**  
On September 27, 1920, **the poppy** became the official flower of The American Legion family to memorialize the soldiers who fought and died during the war. In 1924, the distribution of poppies became a national program of The American Legion.

## CELEBRATE OUR VETERANS WITH US!

**Mark your calendars and join us - NOVEMBER 10th**

11:15—American Legion Post 160, Flag Raising & Gun Salute—Remember to Salute as it is hoisted! 11:30—  
Lunch (Italian Meatballs w/Ziti)  
Special Cake Provided by Bane Care for Dessert  
We do ask you to let us know if you're coming!

## Daylight Savings time:

Sunday, November 7th

Don't forget to turn those clocks back!



A festive graphic for the "10TH ANNUAL HOLIDAY PARTY". The background is dark red with large, stylized white and gold snowflakes. The text is in white and gold. It includes the title "THE RETURN OF THE FRIENDS OF THE COA", the event name "10TH ANNUAL HOLIDAY PARTY", and details about the event: "50/50 \* TABLE AUCTION \* CASH BAR", the date "MONDAY, DECEMBER 6TH", and time "BOUNTI FARE 4P-7PM". It also lists ticket prices: "\$18 (Member of Friends)" and "\$23 (Non-Member)", and the menu: "Choice of Chicken Vermont, Beef Medallions or Baked Stuffed Haddock". Transportation information is provided at the bottom: "Transportation Available Call 743-8333 for tickets".

A graphic with the text "CHANGE IS ON THE HORIZON FOR THE COA" in a bold, sans-serif font. The background is a light yellow with faint, stylized autumn leaves and pumpkins. Below the main text, in smaller letters, it says "PLEASE REMAIN PATIENT AND STAY POSITIVE".



## 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

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413-743-0001

When in doubt check with your bank!



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06-5289



A Note from our outgoing Director, Erica Girgenti:

For those who may not have heard, after 11 years with the Town of Adams I will begin a new adventure on November 3 as the Executive Director of Sugar Hill Assisted Living in Dalton. I wanted to take a moment to share my gratitude with you for allowing me the privilege to work with you, welcoming me into your homes and your private lives. It has been a true honor to serve my community and offer my expertise to you all.

Over the years I've helped this department relocate from 20 East St, evolved the department to fit the needs of our community utilizing the budget I am offered, increasing accesses, programming and participation, grew the transportation program and expanded our role to neighboring communities. In addition I was able to represent the Town and this department on a number of committees including but not limited to Age Friendly Berkshires, Elder Services, various housing boards, different community agencies and most recently the Northern Berkshire Vaccine Clinic.

On a personal level, many of you have watched me grow my family while working here and have showed a genuine interest in how we are doing. I am a proud Adams resident and I will continue to serve my community through my role as a Town Meeting Member and look forward to seeing what my future holds. I am certain you'll open your hearts, homes and acceptance to the individual who will permanently fill my position but in the meantime, I leave you in well trained hands. Our Outreach Worker, Barbara Proper will be stepping in as Interim Director and juggling two roles and another relocation to the proposed Memorial Building. Support her, help her, and be patient. She's about to get REAL BUSY!

Again, thank you so very much for the past eleven years filled with new friendships, funny memories, hard lessons and the support to grow from them.

Sincerely,  
Erica

## **VOLUNTEER SPOT LIGHT OF THE MONTH: Peter Traub**

In addition to being an active member of the Cheshire COA and other various boards across Berkshire County, Pete has been a volunteer of ours in Adams for several years. Not only does he volunteer at our Mobile Food Bank, but he also is a driver for our long distant medical transportation program and was a certified AARP Tax Preparer for the 2020 tax season. We're very grateful for Pete's involvement and commitment to public service.

### **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  
(one vacancy)

Next Meeting: November 1 @ 3pm

### **Interim COA Director**

Barbara Proper

### **Outreach Worker**

Barbara Proper  
Bproper@town.adams.ma.us

### **Administrative Assistant**

Elizabeth "Liz" Chapman  
echapman@town.adams.ma.us

### **Van Drivers**

John Naughton, Joe Sloane,  
John Bianchi

### **Custodians**

Kyle Wilson & Ray Keele

### **SHINE Counselor (Medicare)**

Karen De'Ordio

### **Foot Nurse:**

Lynette Dukehart, RN

**Check us out on Facebook  
Adams.Council.on.Aging**



## Community Lunches

Catered by ESBC

**Monday – Thursday Indoor Dining @ 11:30am**

**Friday ONLY is Grab & Go @ 11am**

**Adams Council on Aging 743-8333**

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

**A \$2.00 Donation per meal for 60+ yrs old**

- 11/1 Chicken Cordon Bleu, mashed potatoes, squash
- 11/2 Roast Pork w/Gravy, mashed sweet potatoes, brocc.
- 11/3 Beef Stew, red potatoes, mixed greens
- 11/4 White Chicken Chili, brown rice, Monaco veggies
- 11/5 Swedish Meatballs, buttered noodles, red cabbage
- 11/8 Salmon Newberg Sauce, potatoes, Antiqua Veggies
- 11/9 Chicken Pot Pie, asparagus cuts
- 11/10 Veteran's Day Celebration  
Italian Meatballs & Ziti, Italian green beans
- 11/11 CLOSED in honor of Veteran's Day
- 11/12 Turkey Picatta, harvest soup, red potatoes
- 11/15 Calico Beans & Sausage, steamed rice, beets
- 11/16 Chicken Almandine, potatoes, winter veggies
- 11/17 BBQ Pulled Pork, baked beans, Asian slaw
- 11/18 Thanksgiving Meal! Linen Lunch
- 11/19 Beef Stroganoff, buttered noodles, peas
- 11/22 Orange Chicken, red potatoes, Capri blend veggies
- 11/23 Mac & Cheese, stewed tomatoes, mixed greens
- 11/24 Grab n' Go (COA closes early)  
Beef w/peppers & onions, sliced potatoes, veggies
- 11/25 & 11/26 COA CLOSED**  
Happy Thanksgiving & Good Luck Shopping Day
- 11/29 Beef Cabbage Casserole, butternut soup, wax beans
- 11/30 Moroccan Beef Stew, mashed potatoes, carrots

## Art Classes!

Local accomplished artist, Donna Loncto, brings us mixed media art classes. Supplies provided by the COA. Suggested \$5/per class  
Mixed Media, such as pastels & drawing



Mondays @ 1pm  
All levels welcome.



## 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*

November 9th 3:00 - 4:30pm

December 14th 3:00 - 4:30pm



## CHPs Mobile Health Unit

At the Adams Council on Aging/Visitor Center

November 9th from 10am - 12pm

**NEED A VACCINE? COVID-19 TEST?**

**CHP IS COMING TO A NEIGHBORHOOD NEAR YOU!**

**Appointment required.** For more schedule information or questions: (413) 528-0457

(This is also Adams Mobile Food Bank Day 10am - 11am)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9-12: SHINE 11:30 Lunch 1:00 Art Class  2:00 COA Board Meeting	<b>2</b> 9 - 10 Chair Yoga 11:30 Lunch 1:00 Crafters	<b>3</b> 12: SHINE 11:30 Lunch 3:00 Friends of COA	<b>4</b> 9 - 10 Chair Yoga 11:30 Lunch	<b>5</b> 11:00 Lunch Grab n Go  North Adams Mobile Food Bank 10
<b>8</b> 9-12: SHINE 11:30 Lunch 1:00 Art Class	<b>9</b> <u>Mobile Food Bank</u> Bring your own bag! 9 - 10 Chair Yoga 10 - 12 CHP Vaccine Bus 11:30 Lunch 1:00 Crafters 3 - 4:30 Alzheimer Support Group	<b>10</b> 9-12: SHINE 11:15 Veteran's Day Event 11:30 Lunch	<b>11 Closed</b> 	<b>12</b> 11:00 Lunch Grab n Go
<b>15</b> 9-12: SHINE 11:30 Lunch 1:00 Art Class	<b>16</b> 9 - 10 Chair Yoga 11-11:30 Blood Pressure Clinic 11:30: Lunch 1:00 Crafters  Foot & BP Clinic	<b>17</b> 9-12: SHINE 11:30 Lunch 1:00 BINGO	<b>18</b> 9 - 10 Chair Yoga <b>11:30 Linen Lunch</b> 1:00 Senior Meeting	<b>19</b> 11:00 Lunch Grab n Go  North Adams Mobile Food Bank 10
<b>22</b> 9-12: SHINE 11:30 Lunch 1:00 Art Class  <b>11:00 Brown Bag</b>	<b>23</b> <u>Mobile Food Bank</u> Bring your own bag! 11:30 Lunch	<b>24</b> 11:30 Grab N' Go Lunch <b>COA Closes early</b>	<b>25</b> Closed  Happy Thanksgiving	<b>26</b> Closed
<b>29</b> 9-12: SHINE 11:30 Lunch 1:00 Art Class	<b>30</b> 9 - 10 Chair Yoga 11:30 Lunch 1:00 Crafters			

November 2021

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**1:** PLAN ahead to protect your assets  
**2:** Get to KNOW your banker  
**3:** INFORM your attorney of suspicious behavior

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**Sponsored by: All Saints Berkshires Episcopal Church**  
**Thanksgiving Dinner for Seniors**

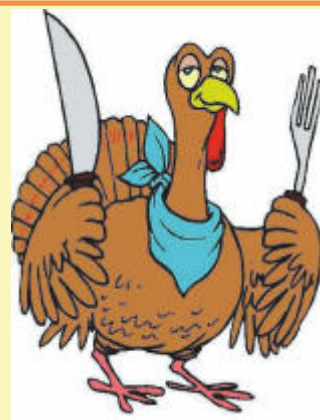


For Seniors 60 years of age and older:  
**For Those who are alone on Thanksgiving and have no way of having a traditional Thanksgiving meal.**

The meals are delivered on Thanksgiving Day by Volunteers between 11:00 a.m. - 12:00 p.m. and are FREE.

**All Seniors who wish to receive a meal must make a reservation.**

Reservations can be made from November 10—November by calling All Saints Berkshires Episcopal Church at 413-664-9656—Monday thru Thursday from 8:00 a.m. to 1:00 p.m. Or if you may call Adams COA to register at 743-8333.



**CHRISTMAS BAZAAR**  
 - 2021 -

***We're Bringing Our Bazaar Back and It's Better Than Ever!***

**Saturday, November 20, 2021**  
 9:00 am to 4:00 pm

**NEW LOCATION:**  
 Inside St. Stanislaus Kostka School  
 108 Summer Street, Adams, MA

Polish Foods To-Go | Bake Sale  
 Children, Teen & Adult Chinese Auctions  
 BIG Money Raffle | Restaurant & Gift Certificate Raffle  
 Children's Games | Craft Table | **AND MORE!**



**CHAIR YOGA w/Maryanne**  
**NOW INSIDE!**

Call to let us know your coming!  
 Tues & Thurs - 9am - 10am  
 RSVP to reserve seating

**FOOT CARE**

Get your foot care taken care of, don't delay. Book an appointment with Lynette Dukehart, RN for by calling 743-8333

Appointments available every month on the 3rd Tuesday  
**\$35 November 16th**



**BLOOD PRESSURE CLINIC**

Every month on the 3rd Tuesday. Get your foot care done and your blood pressure read!

**FREE** readings between 11:00 - 11:30

Appointments & Walk-ins Welcome

**November 16th**

Offered by local RNs Luanne Rose & Bruce Shepley

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## Berkshire Community Action Council (BCAC) is here to help!

**YOU MAY BE ELIGIBLE FOR  
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BCAC Fuel Assistance Guidelines	Household Size	Gross Annual Income
	1	\$40,951
	2	\$53,551
	3	\$66,151
	4	\$78,751
	5	\$91,351
	6	\$103,951
	7	\$106,314



*If eligible for Fuel Assistance, you may be eligible for  
weatherization & no cost products, such as energy efficient  
LED light bulbs, replacement washing machine, refrigerator  
and/or freezer, replacement window A/C unit, insulation,  
heating system replacement & repair ... & much more!*

To learn more about what BCAC can do for you:

Pittsfield/South County: 413-445-4503

North County: 413-663-3014

Status Line, available 24/7: 1-866-216-6200  
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Friends of Adams CoA, Adams, MA

06-5289



As you know November for you senior horseracing buffs is the breeding cup. **Holy Moley** strikes again by lending insight to be careful you don't go betting the farm, then destroying your marriage. Here's a little race track humor on what happens with divorce if you do bet the farm:

And they're off: On Divorce

Out of the Gate is Flirtation, followed by Are You Impressed. Another quick start is Hay Look At Me, followed by Hay Look Me Over. Then comes Analysis, closely followed by This Doesn't Make Sense. At the ½ mile mark comes Affection, then Romance and as we go into the turn here comes Marriage and Mortgage. Closing down the stretch comes Where's My Education? closely trailed by What Was I Thinking? Now taking the lead is Obviously I Wasn't. Out of nowhere comes both I Don't Give A Damn with Honey, I Want The Home breathing down his neck. As we go to the finish line I Don't Care is being nosed out by Take The Damn Home. At the finish line is Divorce Attorney along with Finally A Partner I Can Trust

The Winner is: Where's The Money?

Next Year's Favorites:

When Will We Ever Learn?, Shot Gun Wedding and Where's The Shot Gun?



## CHANGE IS ON THE HORIZON!

Not only will the Council on Aging be gaining a NEW director but our current Admin Assistant will be moving on too. The Department will be getting several new faces, we also hope to fill our vacant board seat with a dedicated COA volunteer.

## BUT WAIT THERE IS MORE...

The move is happening! The Council on Aging will be relocating the Adams Memorial Building, Valley St entrance side. Our space is expanding greatly to accommodate for all of our demand. Not only will we be gaining larger activity space to appropriately spread out but we'll be gaining the use of the gymnasium and auditorium on special occasions.

When we open, you'll notice we still need a lot of renovating and we'll have supporters accepting donations to help us make our space as comfortable as can be. We hope to build the Senior Center our community deserves. Our move is scheduled for late November, early December. Stay tuned and remain patient. During our transition programming, phones and transportation may be affected. Please listen completely to our answering service when calling.

