



743-8333 • 3 Hoosac Street • Adams

November 2023

The Buzz



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



Adams COA Van Driver John Naughton is RETIRING! (sort of)

John will no longer be driving the van daily, but has agreed to stay on as a fill-in van driver and will

help train new drivers Dave Ronnow and Greg Trotter. We also have a feeling that John will be hanging around the weekly COA yoga classes (if you know, you know).

We will be honoring him and his 7+ years of service to the older adults of Adams on

Thursday, November 30th at 1pm.

Come to the COA to give John your best wishes on his well-earned retirement.

Light refreshments will be served, some tears may be shed, and hearty laughs are guaranteed. We'll be passing cards around for folks to sign. If you can't join us, please feel free to send us a note with your thanks and congratulations for him to read in his soon to be leisure time.

Get your Holiday Party tickets at the COA by Wednesday, December 6th at 5pm!

VETERANS DAY



Honoring All Who Served
...THANK YOU!

Please join us at the COA as we honor our Veterans on Wednesday, November 8th

11:30am Lunch

12:00pm Honor Guard Ceremony, followed by a reading of his poem "A Bugle Playing Taps" by Paul Tagliaferro; and ending with Entertainment provided by Sheila Scott and dessert from Bane Care.



Call the COA to register, 413-743-8333.

Adams Council on Aging
Annual Holiday Party
Tuesday, Dec. 12, 2023 4:00 - 7:00 PM
Bounti-Fare Restaurant
☐ Beef Medallions ☐ Baked Stuffed Haddock
☐ Chicken Vermont
Music/Cash Bar/50-50 Raffle/Auction
\$25 per person \$20 Friends of Adams COA Member



You can make multiple changes during the Medicare Open Enrollment Period, 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 2024. SHINE and Independent Insurance Counselors will be available to assist with your Medicare plan reviews and changes ***by appointment only*** at the Adams COA on Mondays and Thursdays 9am-3pm, Oct 16th - Dec 7th.

Call 413-743-8333 to schedule your appointment before they fill up!



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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Friends of Adams CoA, Adams, MA

06-5289

Hello again everyone! The weather is cooling down, but the Adams COA is still heating things up with a full calendar of events to bring us down the home-stretch of 2023. Come celebrate the holidays with us– some real and some made up (like National Pickle Day on 11/14, and Full Moon Day on 11/27). We look forward to hearing from you... Blessings, Sarah ☺

AARP Tax Aide Volunteer Fair
Wednesday, November 8th, 3-5pm
Adams COA, 3 Hoosac St
Light Refreshments will be served.

AARP Foundation Tax-Aide Is Looking for Volunteers

We are looking for compassionate and friendly people to join our volunteer team. We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping those in need. The program is looking for individuals to volunteer virtually or in person in a number of roles to provide help to taxpayers. Our volunteers come from a variety of industries and span from retirees to college students.

Volunteers fill a variety of roles:

- ✓ **Counselors** work with taxpayers directly by filling out tax returns. If you have no previous experience, you'll get the training you need and will also receive IRS certification.
- ✓ **Client Facilitators** welcome taxpayers, help organize their paperwork, and manage the overall flow of service.
- ✓ **Technology Coordinators** manage computer equipment, ensure taxpayer data is secure, and provide technical assistance to volunteers.
- ✓ **Leadership and Administrative** volunteers make sure program operations run smoothly, manage volunteers, and maintain quality control.
- ✓ **Communications Coordinators** promote the program to prospective volunteers and taxpayers.
- ✓ **Speak a second language?** We have a big demand for bilingual speakers in all roles, especially dedicated interpreters who can assist other volunteers.

For more information or to volunteer go to:
[HTTPS://MATAXAIDE.ORG](https://MATAXAIDE.ORG)

Or call 413-446-7483 for Berkshire County information

AARP Foundation
Tax-Aide

Art with Donna

Local accomplished artist, Donna Loncto, brings us mixed media (pastels & drawing) art classes. Cost is \$5 per class, payable to Donna.
 Mondays @ 1pm
 All levels welcome!



Crafts with Izzie

Tuesday, Nov 21st
 12:30pm

Get festive with fall leaves to decorate your Thanksgiving tables! Supplies and treats will be provided. Please register with the COA so we know how much of each to have available.
 413-743-8333.



Wed, Nov 15th
12:30 - 1:30pm
 At the COA
 Sponsored by:



COA Board Members

Bruce Shepley, R.N., Chairperson
 Aleta Moncecchi, Vice Chair
 Liz Mach, Secretary
 Pam St. John
 Mary Whitman
 Leona Meczywor
 Barbara Ziemba
 Ben Acquista
 Tom Dubis
 Next Mtg: Mon Nov 6th at 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

David Ronnow, Greg Trottier,
 John Naughton, Chuck Gebauer,
 Joe Sloane, John Bianchi

Meal Site Coordinator

Kathy Polidoro

Custodians

Kyle Wilson & Ray Keele

SHINE Counselor (Medicare)

Karen DeOrdio

Foot Nurse:

Lynette Dukehart, RN

Online on Facebook as
AdamsCouncil on Aging &
[www.town.adams.ma.us/](http://www.town.adams.ma.us/council-aging)
council-aging



CHAIR YOGA
 w/Maryanne
 At the COA

Call to let us know
 you're coming!

Donations are graciously
 accepted by Maryanne.
 Tues & Thurs 9am - 10am

Community Lunches

Catered by Elder Services of Berkshire County
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+ years old

\$8.00 Required fee for under 60 years old

11/1 Beef Stew, Red Potatoes, Raisins
11/2 White Chix Chili, Brown Rice, Fresh Apple
11/3 Swedish Meatballs, Noodles, Sliced Peaches
11/6 Salmon Newburg, Potatoes, Apricots
11/7 Chix on a Biscuit, Warm Fruit Compote
11/8 Meatballs and ziti, Green Beans, Fruit Cocktail
11/9 Chix Picatta, Red Potatoes, Fresh pear
11/10 HAPPY VETERAN'S DAY! : NO MEAL
11/13 Italian Sausage, Noodles, Applesauce
11/14 Chix Almondine, Gold Potatoes Mixed Fruit
11/15 Sweet & Sour Pork, Rice, Pineapple Tidbits
11/16 Turkey & Gravy, Mashed Potatoes, Pumpkin Pie
11/17 Beef Stroganoff, Noodles, Banana
11/20 Orange Chix, Red Potatoes, Sliced Pears
11/21 Mac & Cheese, Tomatoes, Fresh Orange
11/22 Beef with Peppers, Sliced Potatoes, Apricots
11/23 HAPPY THANKSGIVING! : NO MEAL
11/24 CLOSED
11/27 Beef Casserole, Squash Soup, Vanilla Yogurt
11/28 Moroccan Beef Stew, Israeli Couscous, Fresh Apple
11/29 Chix Marsala, Mashed Sweet Potatoes, Diced Pear

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 at 3:00 p.m.

Pre-registration is unnecessary but welcomed.

Questions can be answered at 743-8333

Upcoming Dates: Nov 14th & Dec 12th

"Living After Loss"

Hospice Care In The Berkshires, Inc.

An Affiliate of Integrus Healthcare

Losing a loved one is difficult. Talking with others who have had similar experiences can help ease this burden. Come join our group each month to talk with people on this same journey.

Second Wednesday of every month at 2:00 p.m.

Pre-registration is unnecessary but welcomed.

Questions can be answered at 743-8333

Upcoming Dates: Nov 8th & Dec 13th

* The Nov 8th meeting will focus on emotionally preparing for the holidays.

* See the back of the newsletter for information regarding the Remembrance Ceremony at the Adams COA on Wed, Nov 29th from 4-5pm. You do not have to have been affiliated with Hospice to attend.

Project Safe Return The Adams COA and Police Dept are partnering to bring Project Safe Return to our community. This

program assists in reuniting caregivers with lost or wandering loved ones suffering from Alzheimer's/dementia, Autism, or other incapacitating conditions. Call the COA with questions or to get an application. 413-743-8333



Please note new van schedule:

Due to driver availability, the COA Van will no longer run on Fridays starting in November. We're sorry for any inconvenience. Also, please be patient with our new drivers as they learn the routes and riders' individual needs.

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 for residents of Adams;

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 w/in Adams, N. Adams, & Williamstown.

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



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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!!! BUS TRIPS !!!

- Nov 8th: **Country Jamboree** - \$98 pp Call Mary Lamke @ 655-4137 or Karen Oak @ 684-3233 of the Dalton COA for reservations or questions.
- Nov 13th: **MGM Casino** (bus only) \$35 pp, Sold Out, can put you on wait list - 413-743-8333.



Enjoy a 15 min chair massage by local practitioner Eva Assante for only \$20!
Thursday, Nov 16th 12-3pm
Call the COA today to reserve your spot!

Meraki Salon in Adams is offering discounted Haircuts at the Adams COA. \$20 for women & men.
Monday, Nov 13th, 9:00-11:00am



MERAKI
(v) to do something with soul, creativity, or love; when you leave a piece of yourself in your work.



Call the COA to schedule your appt, 413-743-8333.

Friends of the COA Holiday Tea
Wednesday, December 20th, 2pm
At the Adams COA

Tea and Treats will be served, and a festive reading of "A Cup of Christmas Tea" will be performed.

Seating is limited. Reservations can be made at the COA. \$5 per person.

Like to Knit, Crochet, Cross Stitch...???
We have 2 opportunities every week for you to practice your craft in good company!
Mondays, 9-10am in the 2nd floor conference room
Tuesdays, 1-3pm in the 1st floor program room.

Working On Wellness (W.o.W.)



Workshop with Jessi Byrne,
Health & Wellness Coordinator at nbCC
~Shelf Stable Soup Presentation~
Monday, Nov 20th at 12:30pm
Adams COA Program Room

BLOOD PRESSURE CLINIC

Every month on the 3rd Tuesday.
FREE readings between 10:30 - 11:00am
Appointments & Walk-ins Welcome



November 17th
Offered by local RNs
Luanne Rose & Bruce Shepley

Pitch with Friends!

Join us every Thursday at 1:00 for cards, fun, and laughter.
Call 413-743-8333 if you are interested. It's a great group!

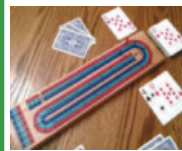


"Give me a Smile!" SCRABBLE



with Garret every other Tuesday at
12:30 on the 2nd floor of the COA.

Attention Cribbage Players:



Join us Mondays at 10am on the 2nd floor of the COA. Instruction by peers provided as needed. Call the COA to sign up if interested. 413-743-8333

"I said, oh-oh Domino..." 12:30pm

Join Friends here, upstairs at the COA every other Tuesday to play Dominos!
Upcoming dates: Nov 7th and Nov 21st



DANCE YOGA

Yoga instructor Maryanne Kufs continues to offer dance yoga classes every Wednesday morning from 9-10am.

Donations are graciously accepted.

We hope you can join us!



NEW SOCIAL GROUP:

Monday, Nov. 27th 12:30-1:30pm

Join your comrades at the Adams COA to socialize and share stories in good company. Group will be very casual—Like going for coffee at a friend's home. We look forward to some laughs and great conversation with great company!

Laurel Ridge Senior Living Residence



An excellent option for independent seniors looking for quality support aimed at maximizing independence and freedom.

For a personal visit or to discuss your individual needs,

Contact Kimberly Babbs:

(413) 445-5959

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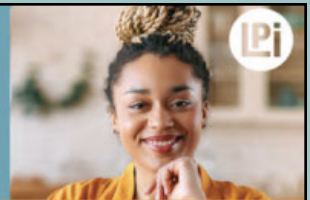


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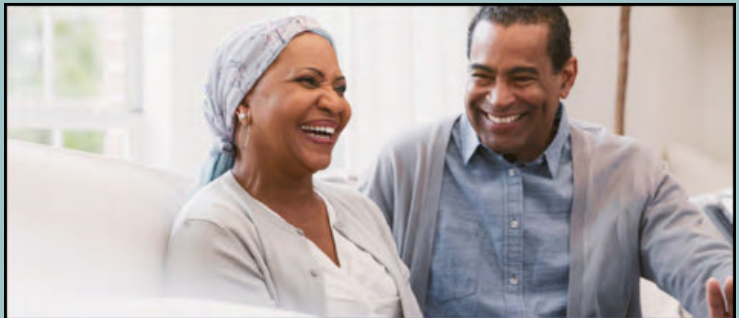
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www.hcib.org

Do you need help paying your Heating Bills?



Berkshire Community Action may be able to help!

2024 Income guidelines to qualify for Fuel Assistance

Family Size	Income
1	\$45,392
2	\$59,359
3	\$73,326

To learn more about what BCAC can do for you, contact us:

Central / South County

413-445-4503

North County

413-663-3014

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



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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 grants such as Neighbor to Neighbor and Elder Care Fund.
- Charles "Chuck" Gebauer provides 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 fun 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!

The Savoy Book Club will meet on the following Thursdays at 10am at Town Hall to discuss the agreed upon books:
Nov16th, A Gentleman in Moscow by Amor Towles
Dec 14th, The Winter Sister by Meagan Collins

Select Board meetings: 2nd and 4th Tue of each month at 5:00.

HospiceCare in The Berkshires Remembrance Ceremony A TIME TO REFLECT AND CHERISH MEMORIES



Join us for one ceremony or all

Wednesday, November 29, 2023 • 4:00pm

ADAMS COA

3 Hoosac St. • Adams, MA 01220

Thursday, November 30, 2023 • 1:30pm

SHEFFIELD COA

25 Cook Rd. • Sheffield, MA 01257

Sunday, December 3, 2023 • 3:00pm

THE STATIONERY FACTORY

63 Flansburg Ave. • Dalton, MA 01226

The evergreen tree reminds us that there is still life in the world.

The snowflakes remind us of our loved ones—each one unique.

We invite you to join us as we celebrate the memory of those who have been part of our lives. Our service gives you an opportunity to enjoy special music, thoughtful readings and a meaningful way to celebrate the memory of your loved ones.

Reception and light refreshments will follow. For information or directions, contact HospiceCare in The Berkshires at 413-443-2994.



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413-443-2994
www.hcib.org

New Adams Food Pantry, Volunteers Needed: First Congregational Church of Adams is working hard to bring back a free food pantry to Adams! But they need volunteers to help pick up, unload, and package food. Pantry hours will be the 3rd Wed of the month from 5-7pm, kick-off date of Oct 18th. Please let the COA or Church know if you're interested in volunteering.

Friendly Reminder: If you call the COA and someone doesn't answer the phone, please leave a message. We are a very busy office with only 3 full-time employees who are not always available to take your call. But we will be able to call you back if you leave a message. Thank you in advance for your patience and understanding! ☺

Adams COA Employment Opportunity Responsibilities

COA Per Diem Van Driver(s)

Weekly; as needed

Have a clean driving record; Drive seniors to appointments throughout northern Berkshire; CPR certification or the ability to become certified; successful completion of MassDOT physical; Submission to random drug and alcohol testing; Ability or willingness to learn communications and data entry systems

See full job description and application at <https://www.town.adams.ma.us/discover-adams/pages/employment>

***All employees must pass a CORI check.**

Adams COA Volunteer Opportunities Responsibilities

Rogue Driver

As needed

Have a clean driving record; Drive seniors to medical appointments throughout the county, state, region; Maintain record of trips; Conduct simple pre and post trip car inspection

Office Reception

Weekly or As needed

Answer phones; Provide general information; Take messages for staff to return calls; Learn minimal data entry in computer system

***All volunteers must pass a CORI check.**