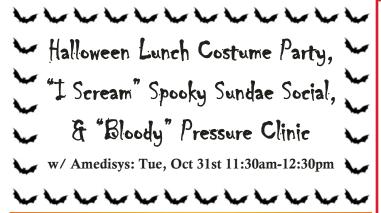


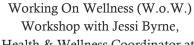
# October 2023

3 Hoosac Street

(413) 743-8333

Open Mon. Tue. Thu 8am-4pm Wed 8am-5pm Fri 8am-12pm





Health & Wellness Coordinator at: Northern Berkshire Community

#### Fire Cider & Other Immune Boosters

Thursday, Oct 19th, 12:30pm at the Adams COA

Learn the benefits behind this ancient remedy. Grow in your knowledge of your body's natural defense, the Immune System. Fire Cider has long been used in folk medicine for decades and perhaps even centuries. Join us to:

- -Learn why Fire Cider is a highly recommended immune booster and cold and flu remedy.
- -Learn which ingredients are used and why.
- -Make your own Fire Cider to take home!
- -Discuss other natural medicines and remedies best to combat common illnesses.

Bring your questions and come ready to dive into your immune system! Registration is required. Contact 413-743-8333.

# ADAMS IS COLUMBUS DAY WEEKEND! PARTY - SUNDAY OCTOBER 8 EXPLOREADAMS.COM/RAMBLEFEST

#### Why Should I Use the Fall Medicare Open Enrollment Period?

\*from MedicareFAQ.com

If you have a Medicare Advantage plan or a Medicare Part D policy, your benefits and costs can change yearly. The Fall Medicare Open Enrollment Period (Annual Enrollment Period) allows you to change your existing coverage if you are not pleased with those changes. When changing a Medicare Advantage or Part D plan, you will never need to answer underwriting health questions. Therefore, carriers cannot deny you a policy based on your health. During the Fall Medicare Open Enrollment Period, you can make the following changes for the upcoming year:

•Change from one Medicare Advantage plan to another

- •Switch from Medicare Advantage to Original Medicare
- •Enroll in a Medicare Advantage plan for the first time
- •Change from one Medicare Part D plan to another
- •Enroll in a Medicare Part D plan
- •Drop Medicare Part D

**OPEN** ENROLLMENT AHEAD October 15th December 7th



You can make multiple changes, 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.

A SHINE Counselor will be available to assist \*by appointment only\* at the Adams COA on Mondays and Thursdays 9am-3pm, starting Oct 16th. 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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## **SUPPORT OUR ADVERTISERS!**



Fall has arrived in the beautiful Berkshires! Get out and enjoy all the area has to offer- from leaf peeping, apple picking, pumpkin carving, and ves, fun Fall activities at the Adams COA. There's lots going on here this month. So take a look at the newsletter and let us know if you'll be joining us for any of the festivities. We'll make you a be-leaf-er in the COA! Blessings, Sarah ☺

Urgent need for volunteer Counselors and Client Facilitators!!! Otherwise, the Adams COA will no longer be able to host the AARP Tax Program!

### 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

Or call 413-446-7483 for Berkshire County information

**AARP** Foundation

#### 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!



NPC Fall Volunteer Fair 2023

> October 17th, 12pm-4pm at the **Adams Theatre**

Our Volunteer Fairs bring together 30 nonprofits with community members looking to volunteer and learn more about the opportunities to get involved. Collect brochures and swag, talk face to face with nonprofit representatives, and get your free copy of the Giving Back guide. Attendance is free but registration is greatly appreciated. Refreshments will be served. www.npcberkshires.org/ volunteer-fairs



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North Adams Commons ursing & Rehabilitation Center

#### **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 Oct 2nd 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

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

Check us out on Facebook AdamsCouncil on 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 413-743-8333

October 2023 The Buzz 2

#### **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

10/2 Veal Parm, Penne w/sauce, Sliced Pears

10/3 Greek Chix Stew, Wild Rice, Mandarin Oranges

10/4 Turkey & Gravy, Mashed Potatoes, Tapioca Pudding

10/5 Sweet & Sour Meatballs, Noodles, Fruit Cocktail

10/6 Chix Fajita, Rice w/Beans, Tortilla, Banana

10/9 CLOSED

10/10 Orange Tarragon Chix, Noodles, Raisins

10/11 Yankee Pot Roast, Mashed Potatoes, Peaches

10/12 White Chix Chili, Brown Rice, Apricots

10/13 Salisbury Steak w/Gravy, Potatoes, Fresh Orange

10/16 Chix Puttanesca, Mashed Potatoes, Fresh Apple

10/17 Roast Pork w/Gravy, Mashed Sweet Potato, Fruit

10/18 Meatball Grinder, Buttered Penne, Applesauce

10/19 Chix Divan, Boiled Gold Potatoes, Diced Pears

10/20 Tuna Salad, Mulligatawny Soup, Peach Crisp

10/23 Beef Burgundy, Noodles, Sliced Peaches

10/24 Cheese Lasagna Roll, Cauliflower, Fresh Pear

10/25 Cranberry Glaze Chix, Mashed Potato, Apricots

10/26 New Item: Mexican Mac & Cheese, Black Beans and Corn, Broccoli, Applesauce

10/27Asian Pork Soup, Rice, Pineapple & Fortune Cookie

10/30 Chix Cordon Bleu, Mashed Potatoes, Sliced Pears 10/31 HALLOWEEN Ghoulash, Beets, Fruited Orange

Gelatin—Special Spooky Sundaes w/Amedisys

**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

#### **Adams Historical Society Presentation**

Start RambleFest weekend off by learning the history of the town that hosts it!

Eugene Michalenko will talk about significant events

and people in Adams' past.

Light refreshments will be served.

Friday, Oct 6th -10am at the COA \*rescheduled from Sept 15th & 29th\*



### 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: Oct 10th & Nov 14th

#### "Living After Loss"

Hospice Care In The Berkshires, Inc.

An Affiliate of Integritus 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: Oct 11th & Nov 8th

#### 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 w/in Adams, N. Adams, & Williamstown.
\*Suggested donation of \$1.00 per town, each way

October 2023 The Buzz | 3

Monday	Tuesday	Wednesday	Thursday	Friday
2 No SHINE this week 9-10 Knit/Crochet 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna 2:00 COA Board Meeting	3 9-10 Chair Yoga 11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters	4 No SHINE this week 9-10 Dance Yoga 11:30 Lunch	5 9-10 Chair Yoga 11:30 Lunch 1:00 Pitch	6 10-11 Adams Historical Society Presentation w/ Eugene Michalenko 11-11:30 Grab n Go Lunch 11-12 North Adams Mobile Food Bank
C L O MARGINE O A C S S E D	9-10 Chair Yoga 11:30 Lunch 12:30-1:30 Mobile Food Bank 12:30 Dominos 1:00 Crafters 3:00 Caregiver Support Group	11 Staff at MCOA 9-10 Dance Yoga No SHINE this week 11:30 Lunch 2-3 "Living After Loss" Support Group	12 Conference in 9-10 Chair Yoga 11:30 Lunch 1:00 Pitch	13 Danvers, MA 11-11:30 Grab n Go Lunch
9-3 SHINE 9-10 Knit/Crochet 10:00 Cribbage 11:30 Lunch 12:30 In It Together Social Club w/Jessi Byrne/nbCC 1:00 Art w/ Donna	17 8-4 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch 12:30 Scrabble w/ Garret 1:00 Crafters 12-4 Volunteer Fair @ Adams Theater	9-10 Dance Yoga 11:30 Lunch 12:30 BINGO w/ Kayla from Williamstown & N.A. Commons 2:00 Friends Meeting 5-7 Food Pantry at FCC	9-12 SHINE 9-10 Chair Yoga 10:15-1:15 Chair Massages 11:30 Lunch 12:30 WOW—Working on Wellness w/Jessi Byrne/ nbCC—Fire Cider 1:00 Pitch	20 11-11:30 Grab n Go Lunch 11-12 North Adams Mobile Food Bank
9-3 SHINE 9-10 Knit/Crochet 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna	9 - 10 Chair Yoga 11:30 Lunch 12:30-1:30 Mobile Food Bank 12:30 Dominos 1:00 Crafters	25 9-10 Dance Yoga 11:00 Linen Lunch 12:30 Magnetic Poetry w/ Izzie	26 9-3 SHINE 9-10 Chair Yoga 11:30 Lunch 1:00 Pitch	27 11-11:30 Grab n Go Lunch 11-12 Brown Bag 6-8pm Pumpkin Carving for the Pumpkin Walk
9-3 SHINE 9-10 Knit/Crochet 10:00 Cribbage 11:30 Lunch 1:00 Art w/ Donna	9-10 Chair Yoga 11:30 Lunch and Costume Party 12:00 "I Scream" Spooky Sundae Social and "Bloody" Pressure Clinic w/ Amedisys Health Care 12:30 Scrabble w/ Garret 1:00 Crafters	(Hanowen	Lunch reservations  MUST be made by 11:30am the business day before you'd like to attend in order to con- firm your meal.	Please help us welcome Marley Brothers, Human Services Senior Intern from Drury High School that will be with us through the Spring. Welcome, Marley!!!



#### **Magnetic Poetry with Izzie**

Wed, Oct 25th at 12:30pm Come get creative and have fun with words at the COA. Magnetic Poetry words and yummy treats provided. Call 413-743-8333 to reserve your seat.

#### Please Note the Mobile Food Bank time change:

Due to the Food Bank of Western MA moving their facility to Chicopee, the Adams Mobile Food Bank distribution time has changed to 12:30-1:30pm.

The days will remain the 2nd & 4th Tuesdays of the month.



#### 3 Tips to Avoid Elder Abuse

**MS** 1: PLAN ahead to protect your assets

2: Get to KNOW your banker

3: INFORM your attorney of suspicious behavior



413-743-0001 When in doubt check with your bank! www.adamscommunity.com

#### !!! BUS TRIPS !!!

- •Oct 19h: Essex Train/Boat Ride \$120 pp due at time of reservation. Call Peter Traub of the Cheshire COA for reservations or questions, 413-743-3496.
- •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, sign up at the Adams COA w/Barbara Proper, 413-743-8333.



Enjoy a 15 min chair massage by local practitioner Eva Assante for only \$20! **Thursday, Oct 19th 10:15am-1:15pm.**Call the COA today to reserve your spot!

#### BLOOD PRESSURE CLINIC

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



October 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!



Mill City Productions



Adams Events Committee present



Come see a festival of jack-o-lanterns carved by the community while enjoying cider and donuts. FREE and open to the public!



Saturday, October 28th and Sunday, October 29th 6:00pm-8:00pm Adams Visitor Center



Come carve with us!

Call the Adams Visitor Center at (413) 743-8333 or email contactmillcity@gmail.com for more info

Friday, October 27th at the Adams Visitor Center, 6:00pm-8:00pm. We'll provide the tools and cleanup, you decorate the pumpkins! We'll have a limited amount of free pumpkins on hand for those who don't have one to carve, but you're also welcome to BYOP. Donated jack-o-lanterns will be accepted at this time as well.

"Give me a Smile!" SCRABBLE with Garret



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

Upcoming: Oct 3rd, 17th, & 31st

#### **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: Oct 10th & 24th



#### **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!

Please call 413-743-8333 to register.

#### \*NEW GROUP\*: In It Together Social Group Monday, Oct 16th, 12:30-1:30pm

Join your comrades at the Adams COA to socialize and share stories in good company. Group will be facilitated by Jessi Byrne, Health & Wellness Coordinator at No. Berkshire Community Coalition.

October 2023 The Buzz | 5

# Laurel Ridge Senior Living Residence



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Guidelines	2	\$55,461
	3	\$68,511
000	4	\$81,561
* 1/1 A	5	\$94,610
3/1/1	6	\$107,660
BERKSHIRE	7	\$110,107
COMMUNITY ACTION	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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#### **News from SAVOY!**



COA Outreach worker Barbara Proper is available to Savoy residents 60 and older for phone, office, or as needed inhome 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: Oct 19th, Mayflower by Nathaniel Philbrick Nov16th, A Gentleman in Moscow by Amor Towles Dec 14th, The Winter Sister by Meagan Collins

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.



Marie Saucier has been elected as Savoy's third select board member. Welcome Marie!

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)

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

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

#### Adams COA Volunteer Opportunities

#### Responsibilities

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

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

October 2023 The Buzz | 6