



September 2021

Adams Council on Aging

The Informer

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

Welcome Back Art Classes!

Local accomplished artist, Donna Art, brings us mixed media art classes. Supplies Included

Suggested \$5/per class

Mixed Media, such as pastels & drawing



Mondays @ 1pm
Beginning September 13th

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.

September 14th	3:00 - 4:30pm
October 12th	3:00 - 4:30pm
November 9th	3:00 - 4:30pm
December 14th	3:00 - 4:30pm

Questions can be answered at 743-8333

"I never realized how much I actually needed it until I finally went. Even if for only a moment, I could feel the pressure in my chest lift." - Erica Girgenti

We Welcome You To
Join Us For Our Concert
To Benefit The Alzheimer's Association

Thursday, September 9th 2021

4:00pm to 6:00pm

-Rain or Shine-

Featured Musician, Berkshire County's:
BERNICE LEWIS



This Event Is Free, Open To The
General Public - Bring Your
Own Chair Or Blanket

50/50 & other Raffles to Purchase

Please consider joining/supporting our
Walk to End Alzheimer's Team
Any denominational donation can be made out to
The Alzheimer's Association
and mailed to 3 Hoosac St, Adams
Join the Walk on October 2 or just support our

ATTENTION! NEW HOURS!



Monday 8am - 4pm
Tuesday 8am - 4pm
Wednesday 8am - 5pm
Thursday 8am - 4pm
Friday 8am - 12pm



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!



www.adamscommunity.com

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06-5289

Turning 65 Soon? Medicare Virtual Seminars September 8, 2021 at 12pm September 21, 2021 at 5:30pm



The seminar will provide the necessary information for those turning 65 to prepare for Medicare and select the appropriate coverage for their individual situation.

Presentation will include:

- Basics of Medicare
- Deadlines, who is covered
- Original Medicare
- Medicare Supplements (Medigap)
- Prescription Drug Coverage
- Medicare Advantage
- Medicare.gov website and drug plans
- Overview of insurance related public benefits
- Plan Finder demonstration

Visit www.esbci.org, “Events and Important Information” link to sign up for one of these virtual Zoom presentations.

Bill Tarmey comes to ESBCI after serving as a SHIP Counselor/Presenter for 5 years in the state of Maine. He is a retired engineer who enjoys giving presentations which empower individuals to manage their health care coverage.

Let's talk “Boosters”

Did you know there really isn't any “booster shots,” not yet anyways. What is being offered is a 3rd dose shot. Many pharmacies are offering them but so wont we! Check in with us at 743-8333 to learn when we'll have Community Health Program's Mobile Health unit, offering ALL three brands of COVID vaccines.



Bob Balawender

VOLUNTEER SPOT LIGHT OF THE MONTH:

Bob has been volunteering with us for several years, dedicated to serving others through his involvement with our Mobile Food program as a traffic guide, **literally** putting himself at risk every time! We're very appreciative to Bob and his ever present smile and gift of time.

John is not only a Mobile Food volunteer but he is a driver for our long distance medical program and instructor for our Nordic Pole walking demos. We're grateful to John and his gift of time supporting the Adams Council on Aging. Both men make our Center that much stronger.



John Bianchi

COA Board Members

Barbara Lagowski Chairperson
Bruce Shepley, R.N., Vice Chair
Bob Joppich
Pam St. John
Mary Whitman
Leona Meczywor
Barbara Fiske
Aletta Moncecchi
(one vacancy)
Next Meeting: September 13th

COA Director Erica Girgenti
egirgenti@town.adams.ma.us

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

Custodians

Kyle Wilson & Ray Keele

SHINE Counselor (Medicare)

Karen De'Ordio

Foot Nurse:

Check us out on Facebook
[Adams.Council.on.Aging](https://www.facebook.com/Adams.Council.on.Aging)



BINGO

September 22 @ 1:00
RSVP helpful but not mandatory

Community Lunches

Catered by ESBC

Monday – Thursday Indoor Dining @ 11:30am

Friday ONLY is Grab & Go @ 11am

Adams Council on Aging/Visitor Center

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

To order/cancel meals, call 48 hours in advance

743-8333.

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

9/1 Breaded Pollack, Noodles, Mixed Fruit
9/2 Cheeseburger, Potato Salad, Choc. Chip Cookie
9/3 Chix Picatta, Mashed Potatoes, Carrots, Peaches
9/6 CLOSED FOR LABOR DAY
9/7 Beef Stroganoff, Noodles, Brussel Sprouts, Fruit
9/8 Cold Breaded Chix, 3 Bean Salad, Fresh Apple
9/9 Oriental Pork Casserole, Rice, Peas & Carrots,
9/10 Swedish Meatballs, Mashed Potatoes, Veg, Pears
9/13 Port w/Gravy, Mashed Sweet Potatoes, Apples
9/14 Tortellini, Primavera, Broccoli, Fresh Peach
9/15 Spanish Chix Stew, Rice, Arroz con Leche
9/16 Turkey w/Gravy, Mashed Potatoes, Apricots
9/17 Stuffed Pepper Casserole, Italian Veg, Fruit
9/20 Beef Stew, Mashed Potatoes, Squash, Fruit
9/21 Chix Puttanesca, Sliced Potato, Spinach, Orange
9/22 Butternut Mac & Cheese, Tomato Soup, Pears
9/23 Turk. Sausage & Cheese Frittata, O'Brien Potatoes
9/24 Breaded Catfish, Au Gratin Potatoes, Oranges
9/27 Chix Cordon Bleu, Mashed Potatoes, Mixed Fruit
9/28 Beef & Broccoli, White Rice, Peas, Fresh Apple
9/29 Chix Marsala, Red Potatoes, Applesauce
9/30 Mini Ravioli w/Meat sauce, Broccoli, Pear

Senior Citizen Club starting up again—Meeting
Thursday, September 9th @ 1:00 to discuss how to
move forward

Did you know our newsletter is online?

You can read the current and previous editions by visiting the
following website:

www.ourseniorcenter.com/find/friends-of-adams-coa

Falls Prevention Awareness Week

September 20—24th

According to the U.S. Centers for Disease Control
and Prevention (CDC):

- One-fourth of Americans aged 65+ falls each year.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- The older adult population is projected to increase by 55% by 2060, hence falls rates and health care spending are projected to rise.
- Falls result in more than 3 million injuries treated in emergency departments annually, including over 800,000 hospitalizations.
- In 2015, the total cost of fall injuries was \$50 billion.
- Each year about \$50 billion is spent on medical costs related to non-fatal fall injuries and \$754 million is spent related to fatal falls.
- The cost of treating falls is projected to increase to over \$101 billion by 2030. The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020.
- Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

Join COA Director, Erica Girgenti on

September 23rd for a

Lunch & Learn

Discussion on Fall Buttons,

the varieties and different price points.

Presentation at 10:30am & Lunch serves at 11:30

See menu to the left. Please RSVP to 743-8333

Please inform staff when registering if you plan to
stay for just presentation or want lunch too.

*The COA does not endorse any one brand over the other but
will present on the brands we have had experience with.

September 2021

S e p t e m b e r

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9-12: SHINE 9:00 Chair Yoga 11:30 Lunch	2 8:30 Chair Yoga 10:00 Chair Yoga 11:30 Lunch	3 11:00 –11:30 Lunch Grab n Go North Adams Mobile Food Bank
6 9-12: SHINE 9:00 Chair Yoga 11:30 Lunch	7 8:30 Chair Yoga 10:00 Chair Yoga 11:30 Lunch 6:30 Music on the Lawn	8 9-12: SHINE 9:00 Chair Yoga 11:30 Lunch	9 8:30 Chair Yoga 10:00 Chair Yoga 11:30 Lunch 1:00 Senior's Mtg 4-6:00 p.m. Concert on the Lawn w/ Bernice Lewis— Alzheimer Fundraiser	10 11:00 –11:30 Lunch Grab n Go
13 9-12: SHINE 9:00 Chair Yoga 11:30 Lunch	14 Mobile Food Bank Bring your own bag! 11:30 Lunch 12:30 Yoga 3-4:30 Alzheimer Support Group	15 9-12: SHINE 9:00 Chair Yoga 11:30 Lunch	16 8:30 Chair Yoga 10:00 Chair Yoga 11:30 Lunch	17 11:00 –11:30 Lunch Grab n Go North Adams Mobile Food Bank
20 9-12: SHINE 9:00 Chair Yoga 11:30 Lunch	21 8:30 Chair Yoga 10:00 Chair Yoga 11-11:30 Blood Pressure Clinic 11:30: Lunch Foot & BP Clinic	22 9-12: SHINE 9:00 Chair Yoga 11:30 Lunch 1:00—BINGO 	23 8:30 Chair Yoga 10:00 Chair Yoga 10:30 Fall Prevention Presentation 11:30 Lunch	24 11:00 –11:30 Lunch Grab n Go 11:00 Brown Bag
27 9-12: SHINE 9:00 Chair Yoga 11:30 Lunch	28 Mobile Food Bank Bring your own bag! 11:30 Lunch 12:30 Yoga	29 9-12: SHINE 9:00 Chair Yoga 11:30 Lunch	30 9-12: SHINE 9:00 Chair Yoga 11:30 Lunch	

September 2021

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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!

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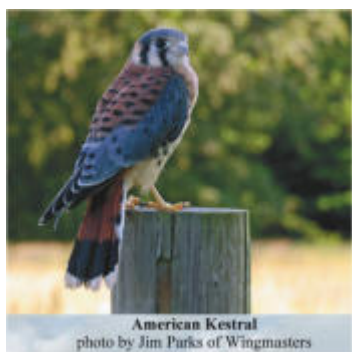
www.adamscommunity.com

Adams Council on Aging Presents NEW ENGLAND BIRDS OF PREY Coming October 6th— 4-5:00 p.m.

Birds of prey are also known as raptors, and they are hunting birds characterized by hooked beaks and powerful grabbing feet armed with sharp talons (the word raptor comes from a Latin word that means "to seize"). Raptors can also boast the best eyesight and the sharpest hearing in the animal kingdom. Raptors include hawks, falcons and owls, and **this presentation, which incorporates 6 live birds of prey**, all native to New England, gives an overview of these different categories. The program is designed to explain predation, the birds' place at the top of the food web, their different hunting adaptations and their status in a rapidly changing world.

Because many birds of prey are declining in number, this presentation also features one or more of the endangered raptors that WINGMASTERS cares for, and explains why these species face an uncertain future.



American Kestrel
photo by Jim Parks of Wingmasters

WINGMASTERS is a partnership of two people dedicated to increasing public understanding and appreciation of North American birds of prey. Julie Anne Collier and Jim Parks are both licensed wildlife rehabilitators based in Massachusetts. Together they care for injured birds of prey at their center in Leverett, Massachusetts. Most of the birds they rehabilitate can ultimately be released back into the wild, but in some cases the birds are left permanently handicapped. Julie and Jim are further licensed to provide a home for these non-releasable raptors, and to use them for educational programs. Since 1994 WINGMASTERS has presented over 10,000 programs at schools, libraries and museums throughout New England.

Wednesday, October 6th 4:00PM
Indoor Event, Mask Required
Registration is Required to 743-8333
Adams Visitor Center



Barred Owl
photo by Jim Parks of Wingmaste

Poseidon's Coffee Kiosk At the Adams Visitor Center

Opening Day September 4th

9am– 1pm, Thursday - Sunday & Special Events
Offering coffees, cappuccino, latte, mochas, frappes,
iced hot chocolate, other drinks for adults and kids
Shelbourne Falls & Barrington Coffee for Roasters

Craft w/ Allison

Make your own Tea Cup Bird Feeder

Thursday, 9/30 at 1:00pm

**Please bring a teacup &
saucer the week before....**

On Facebook? Check out

Allison's shop
Sunshine Finding



CHAIR YOGA w/Maryanne OUTDOOR EVENT



Call to let us know your coming!
Tues & Thurs - 8:30am or 10:00am
Mon & Weds 9am

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 **September 21st**



BLOOD PRESSURE CLINIC

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FREE readings between 11:00 - 11:30

Appointments & Walk-ins Welcome

September 21st

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Friends of Adams CoA, Adams, MA

06-5289

If you would like to become a member or keep your membership current, the tax-deductible dues are \$10.00 a year (or more if you're able). Thank you for your continued support.

Your name will be listed in a future bulletin.

Please mail to: Friends of the Adams Council on Aging
3 Hoosac St, Adams, MA 01220

Name _____

Address _____

Date _____

Amount _____

Nordic Walking

What is Nordic Walking?

Nordic walking came from Finland. It enhances regular walking by adding upper body exercise, increasing muscles used, increasing calorie burn and improving health.

Great for lungs and heart.

All Ages

Reduce the pressure on knees

Benefits of Nordic Walking

Working Muscles Used

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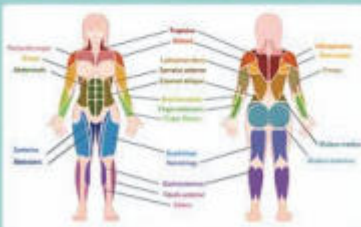
700kcal

50%

320kcal

470kcal

Calorie Burn Per Hour



Equipment

Nordic Walking Poles have two forms, adjustable & the non-adjustable. Holding the pole with your elbow at 90° its tip should just touch the ground

These are two common tips

Metal tip is best on grass or uneven terrain
Rubber tip is best on pavement

Source : elplacementfarts.com

WOO Walkers

Nordic Pole Walking

What Is It & How Do You Do It?

September 9th @ 10am

Adams Council on Aging

Poles Available / Registration Recommended
Training offered by COA volunteer, John Bianchi



BEGINNERS' YOGA SERIES

Anahata Schoolhouse

In the interest in getting more folks on the wellness track, the **Anahata Schoolhouse** is offering a discounted beginners yoga series to introduce yoga to people who want to dip their toe in the yoga waters.

Five Consecutive Tuesdays
September 7th - October 5th
6:00PM - 7:15PM

Cost: \$50 for entire series
201 N. Summer St, Adams

Are you curious about yoga and looking for an inviting and inclusive class where you feel welcome and at ease? This **5 class Beginners' Series** will demystify this beautiful practice and provide a solid foundation of physical fundamentals and philosophical principles. It will lead participants with little to no previous exposure to yoga to discover its physical and mental benefits. Classes are structured with attention to general body awareness, alignment and breath coordination in order to find inner and outer strength and balance. A philosophical theme frames each class, and links the physical practice to the mental and metaphysical. A generous warm-up is followed by energizing standing sequences and seated poses, with plenty of individualized guidance and instruction that honors each person's anatomical reality. Each class will end with a deep, restorative rest in savasana. Students will leave each class feeling restored and energized, and deeply connected with their mind and body.

Please Contact Howard Rosenberg @ 401-339-3382

October Cash Calendars Available to support St. Stanislaus School \$10/each
31 Chances to win, \$50 & \$75 days and one \$500 day on Oct. 31
Available at the COA Office

Don't forget about the **POLISH PICNIC**, Mill St, Adams September 12th