

June 2022

The Buzz

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

Memorial Building Update:

Some new (to us) furniture has arrived in the foyer of the Memorial Building! Purchased from BBE Office Interiors' Pre-Owned section with the generous support of the Friends of the Adams COA, we have a new welcome/reception area desk; waiting area seating and coffee table; a small sitting table and chairs; two large bookcases to house all the donated books, puzzles, and games we have in storage boxes; and a large locking cabinet for program room storage.

The ongoing delay remains the inability to secure funding to renovate the restroom area. As of now, there is only one bathroom (1 toilet, 1 sink; outlined below) located near the Main Program Area. There are two other single, public bathrooms located near the staff offices at the other end of the hall. Understanding that adequate bathrooms close to the program area are needed to help meet the health, wellness, and safety needs of our area senior residents, the Town of Adams hired **edm**, an architecture and engineering firm. They completed a study and designed separate accessible men's and women's rooms with 4 toilets/urinals and 4 sinks each. The plan is to demolish the existing restroom area (pictured below), then build the separate men's and women's room in that space. The plan also includes the renovation of an existing public bathroom (1

toilet, 1 sink) at the opposite administrative end of the building to make it fully accessible. The total cost of this project is estimated to be \$165,000 at this time. We are hoping to have the funding in place and the project out to bid soon so that work can begin sometime over the summer and the COA can transition over to the Memorial Building once the renovation is complete. These are exciting times! Stay tuned...



Reception Area



Waiting Area



Sitting Area



Main Program Area



Restroom Area



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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Friday 9:00 am - 3:30 pm

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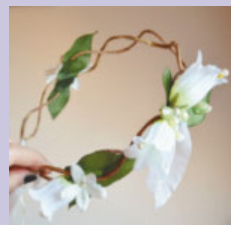
Hello again, and Happy June!

There's LOTS going on here at the COA throughout the month, so take a look at the calendar and peruse the newsletter info, then give us a call and sign up for events. We thank you all for keeping us busy! With that in mind, if you'd like to lend a hand, please see the back page for a list of volunteer opportunities. We are happy to answer any questions you may have about programs or volunteering. Now that the warmer weather is here (to stay, hopefully), we'll be utilizing the rickshaw bike through the Rita's Rides program, and will have the recumbent bikes available for use. The Visitor Center will be staffing the desk with volunteers and remain open until the early evenings and on weekends. If you'd like to volunteer for a shift at the desk, please call. The Friends of the Adams COA is working with the COA to bring you more events and programs on Thursday afternoons, starting this month on June 9th. Check out the schedule on page 5! The Northern Berkshire Veterans Services will be honoring Veterans at their 2nd annual BBQ on Friday June 10th from 12:00p.m to 4:00 p.m. at the Greylock Community Club Pavilion on State Rd. in North Adams. All veterans are invited. Bingo, Raffles, Horseshoes etc. No RSVP required. And Happy Father's Day to all the dads, grandpas, and father figures! Be well! ~Sarah



Crafts with Izzie on Wed 6/15 at 12:30 - Faerie Crowns

Please join us as we get ready to attend the Berkshire Mountains Faerie Festival on Saturday, June 18th, right here in Adams! Come get your faerie on and make a crown so you're prepared for the festival!



The Longest Day is the day with the most light — the summer solstice. On June 21, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice. On the Longest Day, the

Adams COA will be raising awareness of Alzheimer's and related dementias, and honoring and supporting caregivers. June is Alzheimer's and Brain Awareness Month and purple is the official color of the Alzheimer's movement. Purple ribbons will be placed at town buildings and we encourage folks to wear purple to show your support. We will be hosting events at the COA throughout the Longest Day for those who have been diagnosed and their dedicated caregivers. Programs include yoga and exercise classes, a drumming workshop, live music, lunch, ice cream social, crafts, and more! Please come and join us! Call the COA or find us on Facebook for a more detailed schedule of events. 413-743-8333

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: May 2 @ 2pm

COA Director

Sarah Fontaine
sfontaine@town.adams.ma.us

Outreach Worker

Barbara Proper
bproper@town.adams.ma.us

Administrative Assistant

Kathryn "Izzie" Bellizzi
kbellizzi@town.adams.ma.us

Van Drivers

John Naughton, Joe Sloane,
John Bianchi
Charles Gebauer

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

- 6/1 Chix Patty on roll, Corn Chowder, Mango's
- 6/2 Cold Salmon Filet, Rice Salad, Fresh Orange
- 6/3 Philly Steak w/cheese, Red Potatoes, Apricots
- 6/6 Beef Stroganoff, Noodles, Slice Pears
- 6/7 Tuna Sandwich, Italian Wedding Soup, Apple Crisp
- 6/8 Goulash, Sliced Beets, Sliced Peaches
- 6/9 Veal w/peppers & onions, Potatoes, Choc. Pudding
- 6/10 Orange Chix, White Rice, Pineapple/oranges
- 6/13 Ravioli, Green Beans Almondine, Fresh Orange
- 6/14 Oriental Bee, Brown Rice, Fruit Cocktail
- 6/15 Chix ala King, Mashed Potatoes, Dice Pears
- 6/16 Father's Day Meal—Pot Roast w/Gravy
Mashed Sweet Potatoes, Chocolate Pudding
- 6/17 Breakfast Taco Egg/Turkey Sausage & Cheese
- 6/20 CLOSED
- 6/21 BBQ Chx, Red Potatoes, Tropical Fruit Salad
- 6/22 Low Sodium Hotdogs w/ Baked Beans, Apple Crisp
- 6/23 Swedish Meatballs, Noodles, Mixed Fruit
- 6/24 Spanish Rice (beef), Broccoli, Banana
- 6/27 Lemon Chix, German Potato Salad, Sliced Peaches
- 6/28 Roast Pork w/Gravy, Mashed Potatoes, Apricots
- 6/29 Veal Sorrentino, Noodles, Fresh Plum
- 6/30 Salisbury Steak, Mashed Potatoes, Honey Dew Melon

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: June 14th 3:00-4:30 pm
July 12th 3:00-4:30 pm

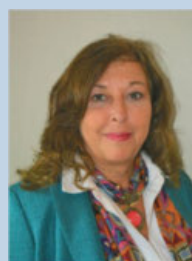


Bingo Sponsored by Health New England—

Wed, June 8th @ 12:30pm

Call the COA to register!

10 Ways to prevent Nursing Home Placement



Join us for a discussion with Dr. Janet McClelland RN, DNP Chief Executive Officer at PPC Personalized Private Care, LLC. She will be talking about steps you can take to prevent nursing home

placement and will provide an overview of services offered at PPC.

PPC Personalized Private Care, llc

P.O. Box 605

Adams, MA 01220

413-776-7475



jmcclelland@personalizedprivatecare.com

Website: personalizedprivatecare.com

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

Adams COA Van Transportation




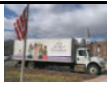

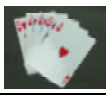




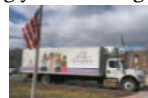

Available Monday - Thursday 8am-3pm

Friday 8am-12pm for Adams residents

*Please call at least 1-2 business days prior to your travel needs, as we cannot accommodate same day requests

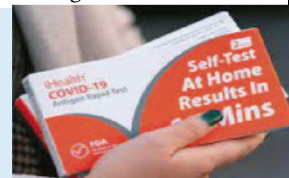
*travels within Adams, North Adams, and Williamstown

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9-12 SHINE 11:30 Lunch 1:30-2:30 Friends of the Adams COA Meeting	2 9 - 10 Chair Yoga 11:30 Lunch	3 11:00-11:30 Lunch Grab n Go North Adams Mobile Food Bank 10
6 No SHINE appts 11:30 Lunch 1:00 Art w/Donna 2:00 COA Board Meeting	7 9 - 10 Chair Yoga 11:30 Lunch 1:00 Crafters	8 9-12 SHINE 11:30 Lunch 12:30  Sponsored by: 	9 9 - 10 Chair Yoga 11:30 Lunch 11:45 Accordion Al 1:30 Friends of the ACOA Card Making Class 	10 9-11 Outreach at Savoy Town Hall 11:00-11:30 Lunch Grab n Go 12:00-4:00 Veterans' BBQ in North Adams
13 9-12 SHINE 11:30 Lunch 1:00 Art w/Donna	14 9 - 10 Chair Yoga 10-11 Mobile Food Bank* *Please bring your own bag 11:30 Lunch 1:00 Crafters 3-4 Alzheimer's Caregiver Support Group FLAG DAY 	15 9-12 SHINE 11:30 Lunch 12:30-1:30 Crafts with Izzie Faerie Crowns 	16 9 - 10 Chair Yoga 11:30 Father's Day Linen Lunch 1:30 Friends of the ACOA Polish Pitch Instructional Class 	17 11:00-11:30 Lunch Grab n Go North Adams Mobile Food Bank
20 CLOSED JUNETEENTH Celebrate Freedom JUNE 19  Bus Trip to MGM Casino Departs 10am, Returns 5pm	21  8-2 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch 1:00 Crafters  Adams Annual Town Meeting 6pm	22 9-12 SHINE 11:30 Lunch 12:30 10 Ways to prevent Nursing Home Placement	23 9 - 10 Chair Yoga 9-11 Outreach at Savoy Town Hall 11:30 Lunch 1:30 Friends of the ACOA Polish Pitch Playing Class	24 11:00-11:30 Lunch Grab n Go 11-12 Brown Bag 
27 9-12 SHINE 11:30 Lunch 1:00 Art w/Donna	28 9 - 10 Chair Yoga 10-11 Mobile Food Bank* *Please bring your own bag 11:30 Lunch 1:00 Crafters 	29 9-12 SHINE 11:30 Lunch 12:30 Movie 	30 9 - 10 Chair Yoga 11:30 Lunch 1:30 Friends of the ACOA Scrabble Instructional Class	Movie: In New York City, an estranged couple who witness a murder are relocated to small town Wyoming as part of the Witness Protection Program. Hugh Grant, Sarah Jessica Parker, Sam Elliot, Mary Steenburgen

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

Every home in the U.S. is eligible to order another 8 free at-home COVID-19 tests. Orders will usually ship in 7-12 days. Order your tests now so you have them when you need them!



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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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MGM Casino Monday, June 20th



South End Market: 50% off meals!

Leaving Adams @ 10:00 a.m. to arrive in
Springfield by 11:30am.

Leaving Casino @ 3:30 to arrive
home by 5pm

Seating is limited!

**\$30pp -Full payment is required to reserve
your seat!**

A DAY OF ELVIS PRESLEY & ROD STEWART!! LOBSTER FEAST!

August 23, 2022

lobster! lobster! lobster!

Log Cabin Banquet & Meeting House

A Ray of Elvis - Ray Guillemette is a 10-time international Award-Winning Elvis Tribute Artist and has performed throughout the United States, Canada, and Japan. For over 20 years, Guillemette has amazed and inspired people with his honest, heartfelt performances!



ROD STEWART TRIBUTE!

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Need payment in full of \$118pp when booking.

Reservations **cannot** be made by phone!

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



BLOOD PRESSURE CLINIC

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

FREE readings between 10:30 - 11:00am

Appointments & Walk-ins Welcome

June 21st

Offered by local RNs

Luanne Rose & Bruce Shepley



Friends of the Adams COA Thursday Class Series

June 9th - Card making w/ Carlene Butler

June 16th - Learn to Play Polish Pitch w/ Corey

June 23rd - Polish Pitch Games w/ Corey

June 30th Instructional Scrabble w/ Garret Erwin

*All classes are at 1:30pm. Space is limited. Please call the COA at 413-743-8333 to register for the classes.

Date of collections: 2022

Bulky and Electronics Recycling!

Town of Adams, Saturday, June 18th, 2022, East Rd. (old landfill)

Town of Lanesborough, Saturday, Sept. 17, 2022, 10 Maple CT, DPW yard

Town of Clarksburg, Saturday, October 8, 2022, DPW yard 714 W Cross RD

All 3 collections times are:

8:00am to 12:00pm

Northern Berkshire Solid Waste Management questions call 413-743-8208

Linda Cernik, Program coordinator. NO registration is required.

One car offload at a time

Cost and Items accepted are subject to Change

Furniture and Carpeting	Price/Unit	Electronics, Computers, TV's	Price/Unit
Waterbed mattresses	\$10.00 ea.	Portable TVs	\$10.00/ 20.00ea
Couches/LoveSeats	\$20.00 ea.	Console TVs	\$25.00 ea.
Upholstered chairs	\$ 10.00 ea.	Large, Projection TVs	\$40.00 ea.
Wooden chairs/end tables	\$ 5.00 ea.	Printers, scanners	\$ 5.00 ea.
Kitchen/dining table	\$ 10.00 ea.	Telephones/Answering machines	\$ 5.00 ea.
Bookcases/Bureaus	\$ 5.00 ea.	Copier machines	\$15.00 ea.
Wooden doors	\$ 5.00 ea.	Video Game Systems	\$ 5.00 ea.
Windows in wooden frames	\$ 5.00 ea.	VCR,DVD,Fax machines	\$ 5.00 ea.
Room-size carpet	\$ 10.00 ea.	Computer monitors	\$ 5.00 ea.
Twin/Single mattress or box spring	\$25.00 ea.	CPU's (Computer Tower)	\$ 10.00 ea.
Full/Queen/King	\$25.00 ea.	Laptops	\$ 10.00 ea.
Propane Tanks		Miscellaneous	
20 lb. LP gas BBQ tanks	\$ 5.00 ea.	Porcelain toilet	\$ 10.00 ea.
Larger LP tanks (up to 100 lb)	\$20.00ea.	Porcelain sink - bathroom	\$ 10.00 ea.
16.4 oz. "camp-size"	\$ 1.00 ea.	Porcelain sink - kitchen	\$ 10.00 ea.
Scrap metal/Appliances		Metal sink - kitchen	No Charge
DRAIN GAS & OIL FROM ALL ENGINES		Metal swing sets	No Charge
Bicycles	No Charge	Plastic playground and	
Push Lawnmowers	No Charge	other toys over 2' x 3'	\$ 7.00 ea.
Riding Lawnmowers	No Charge	Child car seats	\$ 7.00 ea.
Snow blowers, rototillers	No Charge		
Air conditioners, dehumidifiers	\$15.00	Tires	
ea. Metal storm doors	No Charge	Passenger Car Tires up 19"	\$4.00 ea.
Refrigerators, freezers	\$15.00	Truck Tires (19'5 max)	\$ 5.00 ea.
Stoves	No Charge	Tires 20-24 max	\$10.00 ea.
Washers/Dryers	No Charge		
Dishwashers, trash compactors	No Charge		
Residential water heaters			
Up to 80 gallons	No Charge		
Microwave ovens	No Charge		
BBQ Grills	No Charge		
Treadmills, exercise eqpt	No Charge		
Question's call Linda Cernik, NBSWMD 413-743-8208.			
Items are recycled when possible!			

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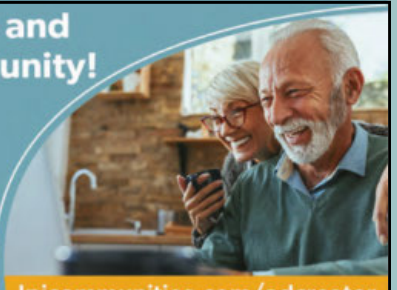
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YOU MAY BE ELIGIBLE FOR FUEL ASSISTANCE.

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
www.bcacinc.org



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Friends of Adams CoA, Adams, MA

06-5289



News from SAVOY!



- Outreach worker Barbara Proper will be at the Town Hall on the 2nd Friday and 4th Thursday in June from 9-11am. Upcoming dates are Fri 6/10 and Thu 6/23. This schedule may change in July, due to few people accessing her services on those days. We're working with residents on tips and ideas for communication and awareness.
Please let us know if you have any thoughts to share.
- Interested in starting a Senior Club Social Group??? We can meet once or twice a month, plan social activities in town, trips, etc. Jane Phinney (413-743-3361) and Doris Tatro (413-743-2651) are willing to help get it going but would like some younger folks to take it over. Please call one of them if interested.
- Pending successful completion of numerous required driver trainings, transportation services with Charles "Chuck" Gebauer will hopefully begin by the end of June on Tuesdays, Wednesdays, and Thursdays 8am-3pm. Stay tuned for a start date!

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 meets the first and third Wednesdays of the month at 10:00 am at the Savoy Town Hall. All are welcome!

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.

Savoy Annual Town Meeting June 15th 7pm @ the Fire House

Savoy Town Hall Hours:

Select Board Admin Assistant, Jennifer Richard
Tuesday/Thursday/Friday 9am-1pm

***Out of office June 3, 7, and 9**

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

Assessors, Julie Pavia, Brenda Smith, Beverly Maynard
1st and 3rd Tuesday 5-7pm

Police, Chief Koch

2nd and 4th Tuesday 5pm

Select Board/BOH Meetings, Russell Clarke (Chair), Gerry Bergeron

2nd and 4th Tuesday 5pm

Planning Board, Sarah Satterthwaite, Ross Kunzmann, John Glynn

1st Tuesday of the month 6pm

Town Hall: phone 413-743-4290, fax 413-743-4292

Adams COA Volunteer Opportunities

Newsletter "The Buzz"

1x mo, day varies

Meal Site / Sit down Lunch

4x wk, Mon-Thu 10am-1pm

*don't have to volunteer all 4 days, can be 1 day

Meal Site / Grab & Go Lunch

1x wk Fridays 10:30-11:30am

Rogue Driver

As needed

Gardening, 1x wk during warmer months

Rita's Rides Rickshaw Bike

As needed

Brown Bag, 1x mo, 4th Friday 10-11am

Responsibilities

Stuff and count out distribution per list; Deliver to area businesses;

Stuff envelopes, add postage, deliver to post office for mailed newsletters

Set up tables and chairs; Add place settings; Monitor donation box; Servers- deliver milks and desserts; Servers- scoop food onto plates; Servers- deliver plates to tables; Clean-up: tables, salt & pepper shakers, dishes, serving trays; Clean-up: tables, salt & paper shakers, dishes, serving trays; Maintain attendance

Put pre-packaged lunches in bags and distribute; Monitor donation box; Maintain attendance

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

Care for plants in raised beds

Complete training on how to operate the rickshaw bike; Provide rides for those who sign up; Ensure liability waiver is signed by riders

Package non-perishable food items delivered by the Food Bank of Western MA

All Volunteers must have a CORI check completed