



743-8333 ♦ 3 Hoosac Street ♦ Adams

February 2024

The Buzz



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


Wed 8am-5pm

Fri 8am-12pm



CHP Adams Family Services has opened at 19 Depot Street! (Visitor Center Lot)

CHP Adams Family Services offers free, healthy, locally grown food; children's clothing and book exchange; free diapers, insurance help, and other resources. They have staff on-site on most weekdays, and their services are free to all. No pre-qualification is needed for community members to make use of their services. They will host a food bank on the 1st & 3rd Tuesdays of every month from 1-2:30pm, starting February 6th & 20th. Call CHP's administrative office at 413-528-9311 for more information.



WOW: Working on Wellness

Winter Wellness Retreat w/ Jessi from the NBCC.


Monday, Feb 26 12:15– 3:15


Learn the Importance of taking care of yourself; body, mind, and spirit

Includes Lunch (Homemade Soup, Salad, Dessert!)

Programs are: Body-Nutrition, Movement, Mind, Herbs & Food, Mental Wellbeing, and Spirit.

Must sign up with the COA to be included, seating is limited.







The Adams COA Long-Distance Medical Transportation Program is in trouble and we need volunteers to keep it running!!!

- *****
- *This program is funded in part by a grant from Elder Services of Berkshire County, Inc. and the Executive Office of Elder Affairs. **However, it depends on volunteer drivers** to bring people to and from their appointments in Central and South Berkshire County, Western MA, Albany/Capital Region, Bennington VT, and occasional trips to Worcester and Boston. Volunteers determine how far they are willing to travel.
 - In 2023, we provided 55 older residents of Adams, Cheshire, and Savoy with 250 rides to/from medical offices outside of North Berkshire County in our 2017 Nissan Rogue (donated by Fallon Health in January 2018). In that same time frame, we were unable to meet the needs of at least 15 people for 37 rides due to an unavailable driver or the car already being reserved for another resident.
 - We currently only have 2 drivers that are available regularly and 2 that are available occasionally.
 - Responsibilities include: **Pass a criminal background check and have a clean driving record; Drive seniors to and from medical appointments throughout the county, state, region in the COA car; Maintain record of trips (record sheet provided); Conduct simple pre and post trip car inspections**

Please contact the Adams COA at 413-743-8333 if you want to learn more about this exciting opportunity or are available and willing to help a senior in need of rides to their long-distance medical appointments.



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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06-5289

Happy February everyone! Lots to celebrate this month: Random Acts of Kindness Week, American Heart Month, Mardi Gras, Valentines Day, etc. Join us at the COA for all of these celebrations and more! Take a look at the calendar of events and information in the newsletter and call us with questions or to sign up for something. Winter Blessing to all! ~ Sarah☺

Art with Donna is on a hiatus.



Art w/ **Annie**

Wed., February 21st

Call 413-743-8333

To reserve
your space.



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 Feb 5th at 2pm

COA Director

Sarah Fontaine, ext. 4
sfontaine@town.adams.ma.us

Outreach Coordinator

Barbara Proper, ext. 3
bproper@town.adams.ma.us

Administrative Assistant

Kathryn "Izzie" Bellizzi, ext. 0
kbellizzi@town.adams.ma.us

Van Drivers

David Ronnow, Greg Trotter,
John Bianchi; Chuck Gebauer

Meal Site Coordinator

Kathy Polidoro

Custodians

Kyle Wilson & Ray Keele

SHINE Counselor (Medicare)

Karen DeOrdio

Foot Nurse:

Lynette Dukehart, RN

Craft with Izzie: Making Elephant Planters—This will be a 2-part class - Tues. 2/27 & Thurs 2/27 @ 12:30pm.

There will be a \$4 charge per person for supplies.

Please call 413-743-8333 to register to save your spot

Class size is Limited due to supplies!



West African & Caribbean Hand-Drum Class w/ The Tamarack Hollow Nature and Cultural Center

Thursday, February 22nd at the Adams COA, 12:30-1:30pm

Join in a dynamic, hands-on participatory class focusing on folkloric and contemporary West African & Caribbean drumming, percussion and singing. Students will learn hand and instrument technique,

an understanding of how drum patterns fit together, cultural context of the music, fun and challenging drum patterns and exercises and accompanying songs in many languages.

Traditional instruments such as the conga, djembe, clave, bell, and maraca provided for student use. Registration required. Call the COA.

*Supported by the Arts Build Community Initiative of the Berkshire Taconic Community Foundation.



HAPPY VALENTINE'S DAY

February bouquet sales benefit the Adams COA Food Programs!



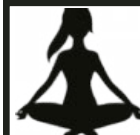
What better way to say I love you than buying a Bloomin' 4 Good Bouquet? Visit our selected Stop & Shop this month, where every specially marked \$10.99 bouquet (pictured right) sold will send our organization \$1.

stopandshop.2givelocal.com
Bloomin' 4 Good Program

**Stop & Shop in
STEVENS PLAZA
876 State Road
North Adams, MA**



**Online on Facebook as
AdamsCouncil on Aging Or
www.town.adams.ma.us/
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

- 2/1 Chix Puttanesca, Noodles, Mandarin Oranges
- 2/2 Moroccan Beef Stew, Israeli Couscous, Fresh Apple
- 2/5 Pork w/Apple Raisin, Au gratin Potatoes, Orange
- 2/6 Beef Burgundy, Noodles, Carrots/Turnip, Yogurt
- 2/7 Chix Mexican Casserole, Rice, Sliced Peaches
- 2/8 Butternut Mac & Cheese, Barley Soup, Spiced Apple
- 2/9 Chinese New Year—Oriental Chix, Brown Rice, Chow Mein noodles, Pineapple
- 2/12 Cheese/Bacon/Egg Bites, O'Brien Potato, Apricots
- 2/13 Mardi Gras - Chix & Sausage Jambalaya, Spanish Rice, Cornbread, Cupcake
- 2/14 Lasagna Roll, Barley Soup, Warm Fruit Compote
- 2/15 Breaded Chix & Gravy, Mashed Potatoes, Str. Cup
- 2/16 Vegetarian Wheat Chili, Eggplant Parm, Sliced Pears
- 2/19 Closed for President's Day!
- 2/20 Shepard's Pie, Mashed Potatoes, Mixed Fruit Cup
- 2/21 Spanish Chix Stew, Rice w/Orzo, Mangos
- 2/22 Chuckwagon Stew, Noodles, Applesauce
- 2/23 Breaded Pollock, Mulligatawny Soup, Orange
- 2/26 Chix w/Orange Glaze, Potatoes, Pineapple Tidbits
- 2/27 Veal Scallopini, Potato Leek Soup, Fruit Crisp
- 2/28 Sliced Turkey & Gravy, Mashed Potato, Banana
- 2/29 Sloppy Joe, Rice, Sliced Peaches

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: Feb 13th & March 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: Feb 14th & March 13th

NaviCare Navigator

Debby Stanlewicz will be at



the Adams COA **usually** on the 2nd Wednesday of every month from 10:30-11:30 to answer any questions existing members may have.

Upcoming dates: *February 28th* & March 13th



Cash BINGO

\$2.00 per card

3 card limit



Thursday, February 15th— 12:30

Please call to reserve your spot!!!

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*

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	Random Acts of Kindness Week February 11-17 Celebrate with us. Go to : randomactsofkindness.org	February is American Heart Month. Communities will light up red on Friday, Feb. 2 for National Wear Red Day. Join us to raise awareness of the No. 1 killer of women, cardiovascular disease.	1 9 - 10 Chair Yoga 11:30 Lunch 1:00 Pitch	2  11-11:30 Grab n Go Lunch 11-12 North Adams Mobile Food Bank
5 9-10 Knit/Crochet 9-11 Matter of Balance 9-11 AARP Tax Prep 9-12 SHINE 10:00 Cribbage 11:30 Lunch 12:30 Shelf Stable Soup 2:00 COA Board Meeting	6 9-10 Chair Yoga 11:30 Lunch 12:00 Mountain Girl Farm SNAP/HIP Presentation 12:30 Scrabble 1:00 Crafters 1-2:30 CHP Adams Food Bank	7 9-11 Matter of Balance 9-12 SHINE 11:30 Lunch 12-3 Chair Massages 1:00 Friends Meeting	8 9-10 Chair Yoga 9-11 AARP Tax Prep 11:30 Lunch 1:00 Pitch	9 11-11:30 Grab n Go Lunch
12 9-10 Knit/Crochet 9-11 Matter of Balance 9-12 SHINE 9-11 AARP Tax Prep 10:00 Cribbage 11:30 Lunch 12:30 Social Group	13 9-10 Chair Yoga 11:30  Madi Gras Linen Lunch w/King Cake 12:30 Dominos 12:30-1:30 Mobile Food Bank 1:00 Crafters 3:00 Caregiver Support Group	14 <i>Happy Valentine's Day</i> 9-10 Dance Yoga 9-11 Matter of Balance 9-12 SHINE 11:30 Lunch 2-3 "Living After Loss" Support Group	15 9 - 10 Chair Yoga 9-11 AARP Tax Prep 11:30 Lunch 12-30 Cash BINGO 1:00 Pitch 	16 11-11:30 Grab n Go Lunch 11-12 North Adams Mobile Food Bank
19 CLOSED 	20 8-4 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch 12:30 Scrabble 1:00 Crafters 1-2:30 CHP Adams Food Bank	21 9-10 Dance Yoga 9-11 Matter of Balance 9-12 SHINE 11-11:30 Lunch 12:30 Art w/Annie 5-7 Food Pantry at FCC	22 9 - 10 Chair Yoga 9-11 AARP Tax Prep 11:30 Lunch and Chuck Gebauer's Retirement Party 12:30 Drumming Class 1:00 Pitch	23 11-11:30 Grab n Go Lunch 11-12 Brown Bag 
26 9-10 Knit/Crochet 9-11 Matter of Balance 9-12 SHINE 9-11 AARP Tax Prep 10:00 Cribbage 11:30 Lunch 12:15-3:15: WOW- "Winter Wellness Retreat"	27 9 - 10 Chair Yoga 11:30 Lunch 12:30 Craft w/ Izzie, Part 1 12:30 Dominos 12:30-1:30 Mobile Food Bank 1:00 Crafters	28 9-10 Dance Yoga 10:30-11:30 Fallon Health Table 9-11 Matter of Balance 9-12 SHINE 11:30 Lunch 12:30 Movie: Queen Bees	29 9 - 10 Chair Yoga 9-11 AARP Tax Prep 11:30 Lunch 12:30 Craft w/ Izzie, Part 2 1:00 Pitch	Lunch reservations <u>MUST</u> be made by 11:30am the business day before you'd like to attend in order to confirm your meal.

Winter Weather reminder: If Adams-Cheshire Schools are closed or delayed, so are Adams COA programs and transportation.

Please Note the Mobile Food Bank time change:
 Due to the Food Bank of Western MA moving to Chicopee, the Adams Mobile Food Bank distribution time is now 12:30-1:30pm.
 The days will remain the 2nd & 4th Tuesdays of the month.



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

Upcoming Bus Trips:

March 11th - 1st Time to Encore
Boston Harbor Casino—\$60 pp,
includes bus and \$20 Comp.

Leaves Adams 8:00 a.m.—

Returns about 8:00 p.m.



May 19th - Proctors,
Menopause the
Musical 2pm Show—



\$90 pp, includes bus, gratuity, & theater ticket,
lunch on your own!

Payment due upon reservation—No Refunds

Call Barb at the Adams COA with questions.



Enjoy a 15 min chair massage by local
practitioner Eva Assante for only \$20!

Wednesday, Feb 7th 12-3pm

Call the COA today to schedule!



Queen Bees (2021) Wed, Feb 28th 12:30pm

Helen is an independent widow who moves into the
Pine Grove Senior Community and discovers it's just
like high school: full of cliques and flirtatious suitors.

Staring: Ellen Burstyn, Jane Curtin, Loretta Devine,
Ann-Margret, James Caan, and Christopher Lloyd



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

A MATTER OF BALANCE is an award-winning lay
leader program designed to manage falls and
increase activity levels. It is series of 8 classes that
include tips to reduce fear of falling and increase
strength and balance.

Barb and Izzie are holding a trial session in
February with a limited group. Based on how that
goes, they anticipate holding another session in
the Spring for a larger group.

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 ski museum.

Tuesdays, 1-3pm in the 1st floor program room.

BLOOD PRESSURE CLINIC

Every month on the 3rd Tuesday.

FREE readings between 10:30 - 11:00am

Appointments & Walk-ins Welcome

February 20th

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!



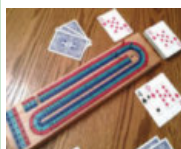
"Give me a Smile!" SCRABBLE with Garret



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

Upcoming: Feb 6th & 20th

Attention Cribbage Players:



Join us Mondays at 10am in the ski
museum. 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: Feb 12th & 27th



DANCE YOGA (*No Class in February*)

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.



****SOCIAL GROUP*:***

Monday 2/12 @ 12:30

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

110 North Main Street, Lanesboro, MA

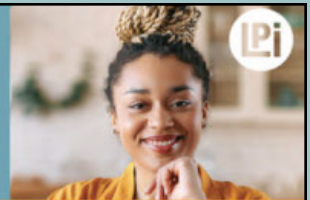


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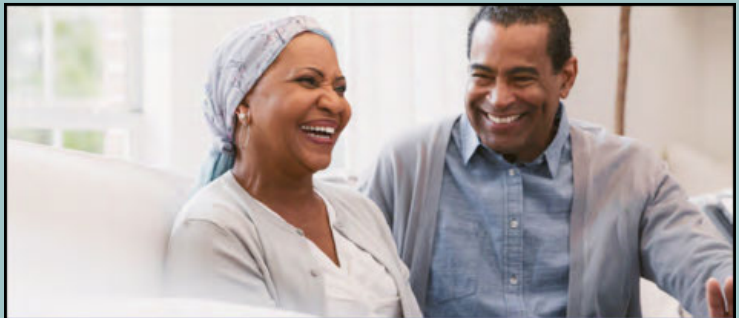
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Do you need help paying your Heating Bills?



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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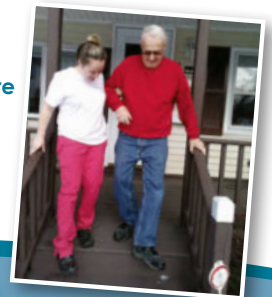


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Friends of Adams CoA, Adams, MA

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.

- The COA 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 Thursday January 11th at 10am. We will discuss *The Winter Sister* by Meagan Collins and may continue our discussion of *A Gentleman in Moscow*. Meetings are held at the Savoy Town Hall. All are welcome!

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

Adams Food Pantry, Volunteers Needed: First Congregational Church of Adams has worked 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. Please let the 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! ☺

NEED HELP WITH UTILITY BILLS?



Resources for Adams & N. Berkshire Residents:

- Berkshire Community Action Council
413-663-3014 - <https://bcacinc.org/>
- Salvation Army's Good Neighbor Energy Fund
413-743-8333, ask for Barb Proper
<http://www.magoodneighbor.org/>
- Dynergy (Town of Adams Energy Program)
866-220-5696 - <https://www.dynegy.com/municipal-aggregation/communities-we-serve/Massachusetts/Adams>
- Mass Save Energy Audit
866-527-SAVE (7283)
<https://www.masssave.com/>

Retirement Celebration for
Charles "Chuck" Gebauer,
Take 2!

**Thu, February 22nd
11:30am-12:30pm**

Join us for a lunch of
"Chuckwagon" Stew and
cake to wish Chuck "Good Luck!" ☺☺☺☺☺
Must RSVP by Tue 2/20 to reserve a lunch



**Mountain Girl Farm at the Adams COA
Tue, Feb 6th at 12:00pm**

Come learn about SNAP's Healthy Incentives
Program (HIP) and how to get fresh fruits and
vegetables and maximize your benefits.

AARP Tax Aide program is being held at the Adams COA **on Mondays and Thursdays by appointment only, Feb 5th-April 8th. This program is designed to provide area, older residents who have limited resources and are filing simple returns a way to file without cost.** Intake appointments to review documents will be done in person by volunteers. It is highly recommended that you wear a mask during your intake appointment. Returns will be prepared remotely by volunteers and you will receive a call when your return is available for signature and pick up. Be advised that there are a limited number of appointments available and they will be filled on a first-call, first served basis. **Call the COA to schedule your appointment, 413-743-8333.**