

NEW YEAR, NEW DIRECTOR, NEW LOCATION, AND NEW NEWSLETTER NAME!

There are lots of changes going on at the Adams COA. But first and foremost, we want to wish everyone a Happy and Healthy New Year! With COVID numbers rising again, please be cautious and stay safe.

Now, on to the new...

Please welcome our new COA Director, Sarah Fontaine. Sarah comes to us with almost 20 years of experience as a licensed social worker in the elder services field. She has previously worked for Elder Services of Berkshire County, the Dalton Council on Aging, and the Fallon Health Navi-Care insurance program for seniors. She lives in Dalton with her husband, two children, and spoiled dog. Come meet her on Monday, January 31st at 10am for Cocoa and Cookies with Sarah!



Update on the move to the Memorial Building:

Progress is being made to get the Memorial Building ready for our big move. New floors, walls, lighting, and duct work have been installed in some of the main program spaces. However, like many contractors are experiencing, supply chain issues have effected the timeline for completion. The goal at this point in time is to move to the new space by the end of January. This is very much a fluid work in progress and will continue to be even once we make the transition. Please be patient, supportive, and kind. And stay tuned for news from the Friends of the Adams Council on Aging on ways to donate towards the purchase of new furnishings for all of our expanded space! They will be brainstorming ideas at their next meeting on January 5th at 3pm.



And finally, with all the changes happening, we thought it would be a good time to give the newsletter an update as well. You are reading the inaugural edition of The Buzz! This new name was carefully considered and it was ultimately chosen because of its definition “an atmosphere of excitement and activity.” That is exactly what this newsletter is all about— getting the word out about all of the fun and important programs and events we offer here at the Adams COA.

Hello all! I want to thank everyone for the warm welcome I have received here at the Adams COA. I know that I'm stepping into to some big shoes at a pivotal time and I take that responsibility very seriously. I knew that the Adams COA was vibrant and active, but knowing and experiencing are two different things. I am amazed at how busy it is and all that gets done on a daily basis. This would not be possible without our dedicated and caring volunteers, drivers, custodial staff, and of course the one and only Barb Proper (aka "Outreach Coordinator Extraordinaire"). I am honored to be a part of this wonderful team, and know that I will do my part to support the great work done here.

It has been a very busy three weeks for me and I'm diving in head first. From a COA Board meeting and annual holiday party on my very first day, to the state allocating 1,800 Rapid At-Home COVID test kits in mid-December, with the Adams COA taking the lead to coordinate distribution throughout town to our residents. I look forward to the continued hustle and bustle of daily operations, because that means we're providing valuable services and making a difference in our community.

And, speaking of being busy, please be patient with us in the coming weeks. We hope to be in our new space at the Memorial Building by the end of January. So, we are going to be very busy packing, moving, and organizing our new space.

While we always try to have an open door policy, we most likely will not be as readily available for walk-in visits and phone calls. Please leave us messages and we will return them as soon as possible. Thank you for your support and understanding!

~ Sarah

Cocoa and Cookies with Sarah!
Where: Adams COA & Visitors Center, 3 Hoosac Street
When: Monday, 1/31 10-10:30am
Why: Because who doesn't love hot chocolate and yummy cookies on a cold Monday morning!?



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: January 3rd @ 2pm

COA Director

Sarah Fontaine
sfontaine@town.adams.ma.us

Outreach Worker

Barbara Proper
bproper@town.adams.ma.us

Administrative Assistant

Vacant

Van Drivers

John Naughton, Joe Sloane,
John Bianchi

Custodians

Kyle Wilson & Ray Keele

SHINE Counselor (Medicare)

Karen De'Ordio

Foot Nurse:

Lynette Dukehart, RN

**Check us out on Facebook
AdamsCouncil on Aging**

**CHAIR YOGA w/
Marianne
NOW INSIDE!**



Call to let us
know your
coming!

Tues & Thurs - 9am - 10am
RSVP to reserve seating

413-743-8333

Community Lunches

Catered by ESBC

Monday – Thursday Indoor Dining @ 11:30am

Friday ONLY is Grab & Go @ 11am

Adams Council on Aging 743-8333

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

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

1/3 Veal w/Peppers & Onions, Mashed Potatoes, Veg., Applesauce

1/4 Chix Strips, Pasta Alfredo, Broccoli, Fruit Crisp

1/5 Salmon Newburg, Brown Rice, Mx'd Greens, Orange

1/6 Eggplant Parm, Bean Soup, Veg., Peaches

1/7 Chix w/Gravy Mashed Potatoes, Gr. Beans, Apricots

1/10 Turkey w/Gravy, Potatoes, Peas & Carrots, Pears

1/11 Lentil Stew, Brown Rice, Squash, Strawberry Cup

1/12 Chix & Biscuits, Buttered Noodles, Mixed Fruit

1/13 No ESBC lunch...COA PIZZA PARTY!!!

1/14 Swedish Meatballs, Potatoes, Brussel Sprouts, Apple

1/17 CLOSED for MLK Jr. Day

1/18 Roast Pork w/Gravy, Sweet Potatoes, Applesauce

1/19 Butternut Mac & Cheese, Tomato Soup, Peaches

1/20 Chix w/Apple Raisin Gravy, Rice, Fruit Cocktail

1/21 Sloppy Joe, Cream of Broccoli Soup, Cookie

1/24 Chix Curry, Coconut Rice, Green Beans, Apricots

1/25 Cheese Lasagna, Minestrone Soup, Sliced Apples

1/26 Chix Cacciatore, Rice Pilaf, Peas & Onions, Banana

1/27 Meatloaf & Gravy, Potatoes, Beets, Pineapple &

Mandarin Oranges

1/28 Beef Stroganoff, Mashed Potatoes, Veg, Sliced Pears

1/31 Penne w/ Bolognese Sauce, Veg., Peach Crisp

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:

January 11th 3:00 - 4:30pm

February 8th 3:00 - 4:30pm



CHP's Mobile Health Unit

NEED A VACCINE? COVID-19 TEST?

CHP IS COMING TO A NEIGHBORHOOD NEAR YOU!

Cheshire Council on Aging - Jan. 11th 10am-12pm

Adams Council on Aging/Visitor Center

January 12th 11am - 12:30pm

Appointment required. Call (413) 528-0457 with questions or to schedule appointment.

Art Classes!

Local accomplished artist, Donna Loncto, brings us mixed media art classes. Supplies provided by the COA. Suggested \$5/per class

Mixed Media, such as pastels & drawing

Postponed in Jan and Feb

Resuming in March!

Mondays @ 1pm

All levels welcome.



Please patron our local eateries here in Adams. They do a great job of keeping us all fed with their delicious food. And a big WELCOME BACK to the Miss Adams Diner!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 3 11:30 Lunch 2:00 COA Board Meeting | 4 9 - 10 Chair Yoga 11:30 Lunch | 5 11:30 Lunch 3:00 Friends of COA Meeting | 6 9 - 10 Chair Yoga 11:30 Lunch | 7 11:00 Lunch Grab n Go North Adams Mobile Food Bank 10 |
| 10 9-12 SHINE 11:30 Lunch | 11 8-2 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10-11 Mobile Food Bank Bring your own bag! 11-11:30 BP Clinic 11:30 Lunch 1:00 Crafters 3-4 Alzheimer's Caregiver Support Group | 12 9-10 Adams COA Meet & Greet at Savoy Town Hall 9-12 SHINE 11-12:30 CHP Mobile Health Van *By appt only* 11:30 Lunch | 13 9 - 10 Chair Yoga 11:30 Lunch Pizza Party  | 14 11:00 Lunch Grab n Go |
| 17 CLOSED  | 18 9 - 10 Chair Yoga 11:30 Lunch 1:00 Crafters 3 - 4 : 0 0 Alzheimer Support Group | 19 9-12 SHINE 11:30 Lunch 12:30-1:30 Crafts with Izzie | 20 9 - 10 Chair Yoga 11:30 Lunch | 21 11:00 Lunch Grab n Go North Adams Mobile Food Bank 10 |
| 24 9-12 SHINE 11:30 Lunch | 25 9 - 10 Chair Yoga 10-11 Mobile Food Bank Bring your own bag! 11:30: Lunch 1:00 Crafters | 26 9-12 SHINE 11:30 Lunch 12:30-1:30 BINGO 3-5 COA Outreach at Savoy Town Hall | 27 9 - 10 Chair Yoga 11:30 Linen Lunch | 28 11:00 Lunch Grab n Go |
| 31 9-12: SHINE 10 :00 Cocoa w/Sarah 11:30 Lunch | | | | |

Treasures from Trash Crafts Workshop with Izzie Bellizzi

Wednesday, January 19th, 12:30-1:30pm

Join for a bit of crafting fun! Choose from Izzie's collection of rescued materials -ribbons, jars, boxes, buttons, fabric, pretty paper- or bring some along to create your own treasure.

Dabble in decoupage! Partake in some painting! See how the muse moves you.

Bring your smiles and ideas. Materials will be provided.

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

BLOOD PRESSURE CLINIC

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

FREE readings between 11:00 - 11:30am

Appointments & Walk-ins Welcome

January 11th

Offered by local RNs Luanne Rose & Bruce Shepley

*January's date is the 2nd Tuesday

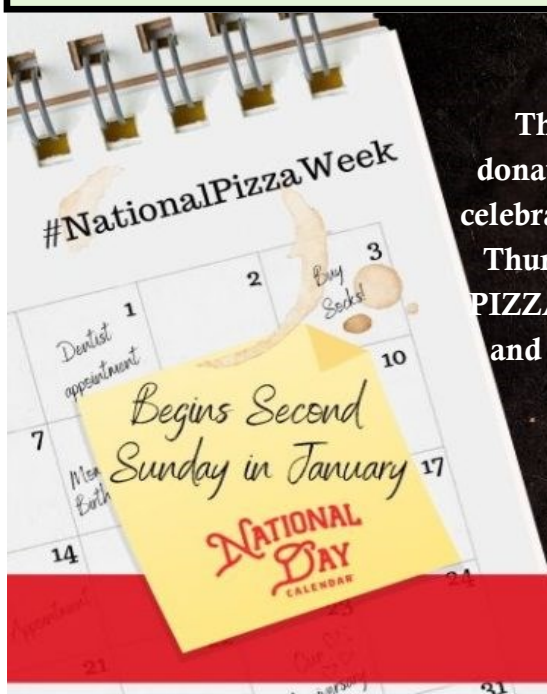
FOOT CARE

Get your feet care taken care of, don't delay.
Book an appointment with Lynette Dukehart, RN
by calling 743-8333.

Appointments available every month on the 3rd
Tuesday between 8am-2pm.*

\$35 January 11th

*January's date is the 2nd Tuesday



Thanks to a very generous donation, the Adams COA will celebrate National Pizza Week on Thursday, January 13th with a PIZZA PARTY! Call to register and make sure you get a slice!
413-743-8333



National Pizza Week
www.NationalDayCalendar.com

