

July 2022

The Buzz

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

Memorial Building Update:

Things continue to progress, not as quickly as we would prefer, but we keep moving forward. The cabinets for our new kitchen /café space have been delivered and will be installed pending completion of plumbing and electrical work to meet the design needs. Grant approval notification will hopefully be received this month or next to determine the ability to supplement funding for the restroom renovation, with the hopes of completion by the end of the Fall. The updated timeline for the COA transition to the Memorial Building is by the end of this year. Once we are settled in with our existing programs, we will be looking to add additional programming as we will have much more programming space. Some suggestions we've already received are a walking club in the gymnasium, dance classes, cooking for one presentations, and smart phone and computer classes. Start thinking about what you'd like to see for programs and events and let us know!

<u>Adams COA Volunteer Opportunities</u>	<u>Responsibilities</u>	<u>*All Volunteers must have a CORI check completed*</u>
Newsletter "The Buzz" 1x mo, day varies	Stuff and count out distribution, per list; Deliver to area businesses; Stuff envelopes, add postage, deliver to post office for mailed newsletters	
Meal Site / Sit down Lunch Mon-Thu 10am-1pm *don't have to volunteer everyday	Set up tables and chairs; Add place settings; Monitor donation box; 4x wk, Servers- deliver milks and desserts; Servers- scoop food onto plates; Servers- deliver plates to tables; Clean-up: tables, salt & pepper shakers, dishes, serving trays; Maintain attendance	
Nissan Rogue Driver As needed Mon-Fri	Have a clean driving record; Drive seniors to medical appointments throughout the county, state, and region; Maintain record of trips; Conduct pre and post trip car inspection	
Rita's Rides Rickshaw Bike Wed, 9am-3pm, or as needed	Complete training on how to operate the rickshaw bike; Ensure liability waiver is signed by riders; Provide rides along the Rail Trail for those who sign up	
Brown Bag	Package non-perishable food items delivered by the Food Bank of Western MA	



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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Hi there, and Happy Summer!

Thank you to all who helped us celebrate our very own Izzie Bellizzi on June 28th and showered her with well-wishes for her upcoming wedding on July 9th. She is so good to all of us and we wish her all the happiness life has to offer! ☺

Please be patient with us here at the COA as we try to manage busy summer programming with reduced staff and volunteers due to summer plans. If the phone is not answered when you call, please leave a message and we will call you back as soon as possible.

Ever think about volunteering at the COA? Did you notice the front page? There is a list of current available volunteer opportunities with the COA. If something strikes your interest, please notify the us!

Didn't see anything for you with the COA volunteer openings? Other Town departments may have something that better suits your skills— Adams Visitor Center Front Desk (if it is to be open when the COA is closed, volunteers are desperately needed), the Library, Town Events Committee, other Town Boards and Committees, working Town elections with the Clerk's office, etc. You name it and I'm sure the Town of Adams can use you!

Thanks to several generous donations, the COA has a supply of **FREE** Small, Medium, and Large Incontinence products...first come, first served.

Happy and Safe Summer to all!

Be well! ~Sarah ☺

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: August 1st, 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, Charles Gebauer,
Joe Sloane, John Bianchi
Custodians
Kyle Wilson & Ray Keele

SHINE Counselor (Medicare)

Karen DeOrdio

Foot Nurse:

Lynette Dukehart, RN

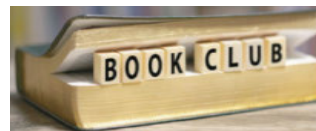
Crafts with Izzie on Wed July 20th, 12:30-1:30:
Seashell Surprise! Come with your imagination and creativity to discover how YOU can be crafty with summer seashells. Materials will be provided.



This month, on Thursday, July 28th, Attorney Edmund St. John III of St. John Law Offices will be here to offer free legal counsel to seniors. He is offering a free 15 minute **CONSULT ONLY**— If more time is needed you will have to set up an appointment at his office. Please Call 743-8333 to reserve a consult.
July 28th, 9-11 a.m.

Like to Read...?

Friends of the Adams Council on Aging is starting a book club on Thursday, July 28th. Come and join Pam St. John as she discusses the book Cleopatra by Stacy Schiff. Ms. Schiff is an Adams native and a Pulitzer Prize winner. Discussion will begin at 1:30 at the Adams Visitors Center. Also, please bring a book you would be interested in having us discuss at future meetings. We hope to see you there!



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

- 7/1 Balsamic Grill Chix, Rice, Beans, Ice Cream
- 7/4 Closed for 4th of July
- 7/5 Chix Almandine, Noodles, Sliced Peaches
- 7/6 Beef Stew, Potatoes, Brussel Sprouts, Snack Loaf
- 7/7 Chix Salad, Mushroom Barley Soup, Pear Crisp
- 7/8 Sweet N Sour Chix, Rice, Cabbage, Mixed Fruit
- 7/11 Meatballs & Shells, Green Beans, Apricots
- 7/12 Yankee Pot Roast, Mashed Potatoes, Diced Pears
- 7/13 Chix Marsala, Potatoes, Spinach, Fruit Mix
- 7/14 Szechuan Noodle Salad, Spiced Beets, Asian
Coleslaw, Key Lime Bavarian
- 7/15 Shepherd's Pie, Mashed Potatoes, Mand. Oranges
- 7/18 Cod Pomodoro, Potatoes, Peas, Sliced Peaches
- 7/19 Beef Stew, Mashed Potatoes, Beets, Applesauce
- 7/20 Veal Piccata, Rice Pineapple Tidbits
- 7/21 Mac & Cheese, Tomatoes, Carrots, Mixed Fruit
- 7/22 Salad w/Chix & Cheese, Carrot Salad, Mangoes
- 7/25 Chix Asparagus, Noodles, Nectarine
- 7/26 Turkey w/Gravy, Sweet Potatoes, Fruit Cocktail
- 7/27 COA Picnic w/Hot Dogs, Mac Salad, Watermelon
- 7/28 Beef Chili, Rice Carrots, Watermelon Chunks
- 7/29 Chix w/Broc & Cheese, Mashed Potatoes, Jello

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: July 12th 3:00-4:30 pm
No August Meeting



Bingo Wed, July 13th @ 12:30pm

Call the COA to register!



Rita's Rickshaw

Bike Rides:

Sign up for a ride along the Rail Trail! Available Wednesdays from 9am-3pm, based on weather and volunteer or staff availability. Call the COA at 413-743-8333.

COA Director Sarah Fontaine takes Anita Lesure and her daughter Kathy out for a ride on the Rail Trail.

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

*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

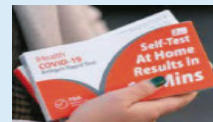
*Suggested donation of \$1.00 per town, each way

Monday	Tuesday	Wednesday	Thursday	Friday
*Art with Donna on Monday afternoons is taking the summer off. See you in September!	Davis Bates Storyteller on July 19th funded in part by:  Power of culture	Davis Bates Storyteller on July 19th funded in part by:  CULTURAL COUNCIL OF NORTHERN BERKSHIRE		1 11:00-11:30 Lunch Grab n Go North Adams Mobile Food Bank 10
4  CLOSED	5 9 - 10 Chair Yoga 11:30 Lunch 1:00 Crafters	6 9-12 SHINE 11:30 Lunch 1:30-2:30 Friends of the Adams COA Meeting	7 9 - 10 Chair Yoga 11:30 Lunch 1:30 Friends of the ACOA Pitch with Corry Cairns 	8 10-12 Health New England Pop-up Info Table w/ Lee Jaggi  11:00-11:30 Lunch Grab n Go
11 9-12 SHINE 11:30 Lunch, Presentation: How To Prepare for the Unexpected Hospitalization w/Denise Vigna, Bane Care	12 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 	13 9-12 SHINE 11:30 Lunch 12:30 	14 9 - 10 Chair Yoga 11:30 Linen Lunch 1:30 Friends of the ACOA Personal Care Review with Mal Gwodz, RN	15 11:00-11:30 Lunch Grab n Go North Adams Mobile Food Bank
18 9-12 SHINE 11:30 Lunch	19 8-2 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 10:30-11 BP Clinic 11:30 Lunch w/ Storyteller Davis Bates 1:00 Crafters 	20 9-12 SHINE 11:30 Lunch 12:30-1:30 Craft w/ Izzie	21 9 - 10 Chair Yoga 11:30 Lunch 1:30 Friends of the ACOA Scrabble with Garret Erwin	22 11:00-11:30 Lunch Grab n Go 11-12 Brown Bag 
25 9-12 SHINE 11:30 Lunch	26 9 - 10 Chair Yoga 10-11 Mobile Food Bank* *Please bring your own bag 11:30 Lunch 1:00 Crafters 	27 9-12 SHINE 11:30 Picnic Lunch Sponsored by: 	28 9 - 10 Chair Yoga 9- 11 Atty St. John (by appt) 11:30 Lunch 1:30 Friends of the ACOA Book Club with Pam St. John, Book: Cleopatra by Stacy Schiff	29 11:00-11:30 Lunch Grab n Go

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

Free Test kits also available at the following Town of Adams Departments: Council on Aging, Town Clerk, Town Treasurer, Dept of Public Health, Library, and Police Dept.

***The FDA has extended the expiration date 3 months beyond what is printed on the back of the**



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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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**A DAY OF ELVIS PRESLEY &
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LOBSTER FEAST!
August 23, 2022**

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Log Cabin Banquet & Meeting House

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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



July 19th

Offered by local RNs

Luanne Rose & Bruce Shepley

Friends of the Adams COA

Thursday Class Series

July 7th - Pitch with Corry Cairns

July 14th - Personal Care Review with

Mal Gwodz, RN

July 21st - Scrabble with Garret Erwin

July 28th - Book Club with Pam St. John, Book:

Cleopatra by Stacy Schiff

*All classes are at 1:30pm. Space is limited.

Please call the COA at 413-743-8333 to register.

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

Reservations **cannot** be made by phone!

You will be Welcomed w/Hors'deuvres with a glass of Red or White Wine. Then there will be

Clam Chowder, all you can eat family style Chicken & Ribs, Corn, Baked Potato w/Sour cream. Top it all off with a Whole New England Steamed Lobster, followed by a delicious Strawberry Ice Cream Sundae!!!

**How To Be Prepared For The Unexpected
Hospitalization**

-Be Ready And Know what To Expect In The
Event Of Going To The Hospital-

Monday, July 11th 2022

Presented by: Denise Vigna From BaneCare

Presentation Beginning at 11:30am

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After Lunch!



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Sing 2**

**JULY 22
Up**

**AUGUST 5
Encanto**

**AUGUST 19
Clifford the Big Red
Dog**

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ADAMS EVENTS COMMITTEE PRESENTS

**SUMMER
CONCERT
SERIES**

Jul 12 - Rev Tor

Jul 19 - Jack Waldheim

Jul 26 - Brian Benlien

Aug 3 - Sky Full of Dippers

Aug 9 - Hotshot Hillbillies

Aug 16 - Happy Together

Aug 23 - Mr. Doubtfire

ADAMS VISITOR CENTER
6:30PM - 8:30PM
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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
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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.
- 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.
- We're almost there! Two more van driver trainings to complete and Charles "Chuck" Gebauer will hopefully begin van service for Savoy seniors the first week in August on Tuesdays, Wednesdays, and Thursdays 8am-3pm. Call the 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 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.

The Town of Savoy has received additional at-home Covid test kits for anyone that is interested. Stop by during town hall hours and pick one up. Tuesday 1-5, Thursday 9-1, and Friday 9-1. There are two tests per box, limit one box per person.

UPDATED Savoy Town Hall Hours:

Select Board Admin Assistant, Jennifer Richard
Tuesday 1-5pm; Thursday & Friday 9am-1pm

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

720 Main Road, Savoy, MA 01256

Ever thought of being on the Town Select Board???

The town of Savoy will hold a **Special Town Election** on August 17th from 12 noon to 7pm. This election will be held to fill the remaining term of the vacancy on the Select Board. The term of this position will expire in 2023 at the next Annual Town Election. Nomination papers for this position may be picked up at the Town Hall starting June 14th and must be returned by July 12th. The Town Hall public hours are Tuesday, 1-5 pm, Thursday 9-1 pm, and Friday 9-1 pm.