



March 2022

743-8333 ♦ 3 Hoosac Street ♦ Adams

The Buzz

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

HAPPY MARCH! SPRING IS ON THE WAY!

Memorial Building Update:

We've been getting a lot of questions on when we think the COA will be moving over to our new space in the Adams Memorial Building. This is a very fluid process and we are unsure of the timeline. There is currently no set date for the transition, as work still needs to be done in order to make this a successful move and be able to adequately serve all our program participants. Our hope is to be able to move in by the end of spring/beginning of summer, but that depends on a lot of factors, some of which are out of our control. One of the major items that needs to be completed is the kitchen/café area. A new double bay sink needs to be purchased and be installed by a professional plumber, new cabinets need to be purchased and installed by a trade professional, and new furnishings need to be purchased and arranged. Many of these items take weeks to months for the orders to arrive, and then the professionals needed to install them have very full schedules. The Town and COA are also working on a way to get additional men's and women's bathrooms funded and installed to meet the needs of program participants. This may not be possible to accomplish before the move, but it is a goal, and an important one. These bathrooms are needed to help meet the health and wellness needs of all our program participants, most of whom are residents of Adams, Cheshire, and Savoy. We anticipate increased attendance once we make the move to the Memorial Building, as we will have much more space to accommodate additional consumers. The Town of Adams and the COA are hoping to fund this project through private grants, Town funds, the COA budget, and ear-marked funds from the Friends of the Adams COA. But, we will need a lot of support from the community, especially as the Town is considering if and when it will be able to open up the building for community uses other than COA programs, such as sports leagues and private functions. If you are able, please consider donating to the Friends of the Adams COA, designating your donation to the Memorial Building needs. Every little bit helps to make this successful and have an amazing community gathering space in a nostalgic Adams location!

Nutrition Program Suggested Donation Increase:

As of March 1st, suggested donations for Elder Services meals served at the Adams COA Monday-Friday will increase to \$3. For more than 20 years, Elder Services' voluntary donation has been \$2 per meal. It now costs them \$9.50 for each meal they serve and they made the decision to increase the suggested donation in order to help off-set costs associated with greater raw food costs and minimum wage increases. The donation will remain VOLUNTARY. If a senior is UNABLE or CHOOSES NOT TO make a donation, they will still receive a meal, with no judgement or questions.

Hello all and Céad Mile Fáilte (A Hundred Thousand Welcomes)! There's lots going on here at the Adams COA this month, so check out our calendar and call the COA to sign up for events and lunches...even if you are a regular ;-). We are celebrating National Popcorn Day with a movie and popcorn on Thu 3/10. AARP Tax Prep is in full swing. All of our appointments were booked within 2 days of making the schedule available! We are keeping a waiting list in case of cancellations, and Habitat for Humanity has partnered with the Accounting Department at MCLA and they still have many available appointments. You can call them at 413-442-3184 to schedule a tax appointment. We'll be celebrating Barb Proper's favorite food holiday, National Potato Chip Day, on Mon 3/14. Everyone who comes in that day will get a bag of chips to snack on. And of course, corned beef and cabbage for lunch on Thursday 3/17. We will be showing the Ireland St. Patrick's Day Parade on the big screen. Crafts with Izzie will be on Wed 3/23. Bring your favorite picture(s) and we'll be making refrigerator magnets with them. And who doesn't love breakfast for lunch!? Join us on Tue 3/29 when your very own COA staff will be serving your favorite breakfast items for lunch. And of course, we have our regularly scheduled programs: sit-down lunch Mon-Thu, Grab & Go lunch on Fri; Chair Yoga on Tue & Thu; Crafts on Tue afternoons, SHINE counseling on Mon and Wed; Mobile Food Bank the 2nd and 4th Tuesdays of the month, and Brown Bag on The 4th Fri of the month; Foot Care and Blood Pressure Clinics the 3rd Tue of the month; and Caregiver Support Group the 2nd Tue of the month. We hope to resume Art w/ Donna on Mondays in April. Call the COA at 413-743-8333 to sign up, and come have some fun with us! Also, please patronize our advertisers...they are the reason we're able to have this informative monthly newsletter. Sláinte ~Sarah

An old Irish Blessing

May love and laughter light your days,
and warm your heart and home.
May good and faithful friends be yours,
wherever you may roam.
May peace and plenty bless your world
with joy that long endures.
May all life's passing seasons
bring the best to you and yours!

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: Feb 7 @ 2pm

COA Director

Sarah Fontaine
sfontaine@town.adams.ma.us

Outreach Worker

Barbara Proper
bproper@town.adams.ma.us

Administrative Assistant

Kathryn "Izzie" Bellizzi

Van Drivers

John Naughton, Joe Sloane,
John Bianchi

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/
Marianne
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

A \$3.00 Donation per meal for 60+ yrs old

3/1 Chix & Sausage Jambalaya, Brown Rice, Cupcake
3/2 Breaded Pollack, Mashed Pot., Squash, Banana
3/3 Chuck Wagon Stew, Noodles, Broccoli, Applesauce
3/4 Lasagna, Carrots, Italian Beans, Fruit Cocktail
3/7 Salisbury Steak, Rice w/ Orzo, Carrots, Orange
3/8 Roast Pork w/Gravy, Sweet Potatoes, Cauliflower,
Lemon Bavarian
3/9 Veal w/ Pepper & Onion, Au gratin Potatoes, Beets,
Pineapple
3/10 Broccoli & Cheese Chicken, Mashed Potatoes,
Green Beans, Pears
3/11 Pumpkin Lentil Stew, Cabbage & Apples, Peas w/
Mushrooms, Sliced Peaches
3/14 Ravioli w/Meat Sauce, Fiesta Corn, Fruit Cocktail
3/15 BBQ Chix, Noodles, Carrots, Orange
3/16 Calico Beans & Sausage, Brown Rice, Apricots
3/17 Corned Beef & Cabbage, Potatoes, Green Jello
3/18 Baked Pollack, Potatoes, Squash, Applesauce
3/21 Beef Stew, Potatoes, Mixed Greens, Sliced Pears
3/22 Chix Marsala, Mashed Pot., Mix Veg, Peaches
3/23 Mac & Cheese, Stewed Tom, Green Beans, Orange
3/24 Meatloaf w/Gravy, Pot., Brussel Sprouts, Apple
3/25 Tuna Salad, Tomato Rice Soup, Peas & Carrots,
Warm Fruit Compote
3/28 Chix Piccata, Mashed Pot, Carrots, Dices Mangos
3/29 Breakfast for lunch! (non-Elder Services meal)
3/30 Beef Stew, Sweet Pot. & Apples, Veg., Peaches
3/31 Ham, Mashed Sweet Pot., Peas & Onions, Key
Lime Bavarian

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

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:

March 8th 3:00 - 4:30pm

April 12th 3:00 - 4:30pm



CHP's Mobile Health Unit

NEED A VACCINE? COVID-19 TEST?

**CHP IS COMING TO A NEIGHBORHOOD
NEAR YOU!**

Adams COA/Visitors Center Parking Lot

Wed 3/9 1-3 pm & Tue 3/22 10-12 pm

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

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

*driveways and walkways should be cleared of
snow and ice to allow for safe passage

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9 - 10 Chair Yoga 10-3 CHP Mobile Health Van *By appt only* 11:00 Lunch 1:00 Crafters	2 9-12 SHINE 11:00 Lunch	3 9 - 10 Chair Yoga 11:00 Lunch	4 11:00-11:30 Lunch Grab n Go North Adams Mobile Food Bank 10
7 9-12 SHINE 11:30 Lunch 2:00 COA Board Meeting 	8 9 - 10 Chair Yoga 10-11 Mobile Food Bank Bring your own bag! 11:30 Lunch 1:00 Crafters 3-4 Alzheimer's Caregiver Support Group	9 9-12 SHINE 11-12:30 CHP Mobile Health Van *By appt only* 11:30 Lunch	10 9 - 10 Chair Yoga 11:30 Lunch 12:30-2:30 Movie & Popcorn 	11 9-11 COA Outreach at Savoy Town Hall 11:00-11:30 Lunch Grab n Go
14 National Potato Chip Day 9-12 SHINE 11:30 Lunch 	15 8-2 Foot Care Clinic (by appt) 9 - 10 Chair Yoga 11-11:30 BP Clinic 11:30 Lunch 1:00 Crafters	16 9-12 SHINE 11:30 Lunch	17 St. Patrick's Day  9 - 10 Chair Yoga 11:30 Linen Lunch 	18 11:00-11:30 Lunch Grab n Go North Adams Mobile Food Bank 10
21 9-12 SHINE 11:30 Lunch	22 9 - 10 Chair Yoga 10-11 Mobile Food Bank Bring your own bag! 11:30: Lunch 1:00 Crafters	23 9-12 SHINE 11:30 Lunch 12:30-1:30 Crafts with Izzie 	24 9 - 10 Chair Yoga 9-11 COA Outreach at Savoy Town Hall 11:30 Lunch	25 11:00-11:30 Lunch Grab n Go 11-12 Brown Bag
28 9-12: SHINE 11:30 Lunch	29 9 - 10 Chair Yoga 11:30 Breakfast for Lunch 1:00 Crafters 	30 9-12 SHINE 11:00 Lunch	31 9 - 10 Chair Yoga 11:30 Lunch	

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 4 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!

Planning to retire?...

Have health insurance questions?...

CALL KAREN DEORDIO!

Karen is a certified SHINE Counselor -
Serving Health Insurance Needs
of Everyone .

She is at the Adams COA every Monday
and Wednesday, 9a-12p, and can
schedule a phone or office consultation
with you.

Call the COA at 743-8333.

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

March 15th; April 19th

Offered by local RNs

Luanne Rose & Bruce Shepley

A letter written to **Freihofer's Management** & mailed by
one of our own:

Dear Sirs,

I am 95 years old widow living in the country
watching it snow and looking at the empty Friehofer's
Italian Sour Dough bread I really, really love. But since
the beginning of this year, 2022, the recipe has changed
drastically. The bread is dryer and flakier. It dries out
quicker and has large holes in it ☹️

Does it hurt you to spend a little extra on
ingredients to satisfy thousands of people who find a
good food for enjoyment?

I live on a \$13,000/yr income which includes a
small house, taxes, Medicaid, and car expenses. Come
on Now – Share a little of your wealth!! You can't take
it with you so don't even try!

Bless You,
(Resident's name)

P.S. Happy Valentines

P.P.S There isn't very much we seniors have for
enjoyment except aches and pains.

Celebrate National Popcorn Day at the Adams COA

with a movie and popcorn!

Thursday, March 10th

12:30-2:30pm

Lifelong buddies Willie (Morgan Freeman), Joe

(Michael Caine) and
Albert (Alan Arkin)

decide to buck
retirement and step off
the straight-and-
narrow when their
pension funds become
a corporate casualty.
Desperate to pay the
bills and come through
for their loved ones,
the three men risk it all
by embarking on a

daring adventure to knock off the very bank that
absconded with their money.



FOOT CARE

Get your feet care taken care of,
don't delay.

Book an appointment with

Lynette Dukehart, RN

by calling the COA at 743-8333.

Appointments available every month on the 3rd
Tuesday between 8a-2p.

\$35



Birthday cards

We have had a great response to our request for
birthday cards. Thank you to all who donated!
Since we mail out 80-100 per month, we'll put
the request out again when our supply runs low.

News from SAVOY!

The Town of Adams and the Town of Savoy entered into a shared COA services agreement for FY '22. Savoy residents age 60 and older can now take advantage of all the programs and services the Adams COA has to offer, including transportation! Adams will be working to hire a new van driver to serve Savoy, and the Nissan Rogue is currently available for use by Savoy seniors.

Outreach Coordinator Barb Proper will be holding office hours at the Savoy Town Hall the 2nd Friday and 4th Thursday of every month from 9-11am to assist with public assistance applications and general questions Savoy senior citizens may have. You can also call or stop by the Adams COA anytime with questions or concerns. We are here to help in any way we can!

SAVOY BOOK CLUB had its third meeting on 02/16/2022 with 7 members. We finished discussing Robert Kolker's book titled Hidden Valley Road: Inside the Mind of an American Family. Very interesting read. We selected as our next book Josie Silver's One Night on the Island which promises to be more lighthearted than the last book. Going forward, the Savoy Book Club will meet on the first and third Wednesday of each month. Our next meeting will be held on Wednesday March 2 at 10:00 am at the Savoy Town Hall. We plan to discuss the first half of our new book. New members are always welcome!

2022 Open Burning for the town of Savoy will begin on January 15th and will end May 1st. There is no permit fee for Savoy residents, however, you **MUST** notify the Fire Dept and/or Fire Chief if you intend to burn within the season. Fires can't be ignited until 10:00am and must be out by 4:00pm. Burning of trash and construction materials is **NOT** allowed and is punishable by a fine. Fires **MUST** be at least 75 feet from any building. For more info or to obtain this permission/permit please contact Fire Chief Peter J Miner by calling 413-347-1889 or by leaving message at the Fire Dept at 413-743-3846. (message must contain your name, address, contact number and date of intended burn in order to be properly permitted). To obtain a permit in person the office hours for the Fire Chief are 6:00-9:00pm Thursday nights. Thank you! Peter J Miner, Fire Chief SVFD



PRE-ORDER YOUR HOME COMPOSTING BIN

Contact Linda Cernik, Program Coordinator 413-743-8208, or email lcernik@nbswmd.com

Open to all member Town's

Distribution day; Saturday, March 26th, 2022; 9am to noon, Town of Cheshire Transfer Station
6 Main Street, Cheshire, MA 01225

Earth Machine, 80-gallon Home Compost Bin
~ 2022

Composting is a great way to recycle our organic "waste" into a beneficial soil amendment for our yards and gardens. Composting at home can also help reduce methane production at landfills. Using the compost in our landscapes helps store carbon in the soil instead of releasing it to the atmosphere. Home composting by composting leaves, grass clippings, garden debris, fruit peels, vegetable scraps, tea bags, coffee grounds, eggshells, paper towels, napkins and even paper bags. It is easy to make compost, and the Members Towns makes it even easier by offering rodent-resistant home composting bins for \$25, over 50% off the retail price. Made possible with MassDEP Sustainable Materials Recovery program contribution by each member town. Payment check or cash, Debit / credit cards not accepted. Checks made payable to Northern Berkshire Solid Waste (NBSWMD). Limited Supply.