



May 2019

Adams Council on Aging

The Informer

3 Hoosac Street • (413) 743-8333 • Monday-Friday 8:30 a.m.— 4 p.m.

BE A FRIEND TO THE ADAMS COUNCIL ON AGING!

“Friend” memberships are only \$10/yr and between those membership and various fundraisers you can help support your local senior center. We need all the Friends we can get! Simply pop in or mail a check made out to the Friends of the Adams COA and help us support programming to better help our community. We look forward to your friendship!



Memorial Donations

*in memory of Bud Stefanski
& Rolland Samson aka 'Farmer Brown'*

We thank the families and friends of both Bud and Rolland for graciously making memorial donations in their honor. Your contributions to the Senior Center, in their name, will benefit us in ways we hope would please them.



Cheshire Community Center
pizza party at 5:30pm

Tickets \$8, includes pizza, salad, dessert, beverages and show. Tickets sold at both Cheshire & Adams Senior Centers, or by calling 743-5603 (Ed & Pam St. John). No tickets sold at the door.

ELEANOR Roosevelt

MAY 22 @ 6:30
"FIRST LADY OF THE WORLD"
As presented by Sheryl Faye

After suffering through an unhappy childhood, and losing her parents and one of her brothers, she figured out where she fit in and could make a difference. She grew up and became an American politician, the longest-serving First Lady of the United States. She was the first presidential spouse to hold press conferences, write a syndicated newspaper column, and speak at a national convention. She advocated for expanded roles for women in the workplace, the civil rights of African Americans and Asian Americans, and the rights of World War II refugees. She became one of the first delegates to The United Nations. One of the top ten most admired people of the 20th century. "...as individuals we live cooperatively, and, to the best of our ability, serve the community in which we live...our own success, to be real, must contribute."
- Eleanor Roosevelt.



The Eleanor Roosevelt event is sponsored by both the Friends of the Adams COA and Friends of the Cheshire COA. Thank you for your continued support.

Did you know we have 955 active members?! And they've checked in over 12,296 times in one calendar year (May '18 to May '19). In addition, we see an average of 49 people a day. Great Job to Team Adams COA!

MAY 2019

DON'T SHOP. AD PAWT.



MidTown TAX & BOOKKEEPING CO., INC

ROBERT C. BLAIR, OWNER

44 Spring Street, Adams, MA

Tel: 413.743.4933 | midtowntaxadams@aol.com

Personal Service • Professional Results



When it comes to
caring for seniors,
it's a matter of trust

Meet the Berkshires
Senior Care Family



Springside
255 Lebanon Ave • Pittsfield
413-499-2334
Rehabilitation • Skilled Care



Craneville Place
265 Main Street • Dalton
413-684-3212
Rehabilitation • Skilled Care



Sugar Hill
45 Main Street • Dalton
413-684-0100
*Independent Living
Assisted Living • Memory Care*

Visit us online at
www.BaneCare.com



2 Park Street, Adams
413-743-7333
www.Greylock.org



**ADAMS
PHYSICAL THERAPY**
Heal. Function. Perform

Check out our new website:
www.adamsphysicaltherapy.com

413.743.2600

Hours: Mon/Wed/Fri: 8:30 am - 5:30 pm
Tues/Thurs: 8:30 am - 5:30 pm

1 Berkshire Square, Suite 109 • Adams, MA

**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**



\$29.95/MO
BILLED QUARTERLY

PLUS
SPECIAL
OFFER

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM



A Member of Berkshire Healthcare
Managed by an Affiliate of Berkshire Health Systems

25 Adams Road • Williamstown, MA 01267
413-458-2111 • www.williamstowncommons.org

SBM

SMITH BROS. - McANDREWS INSURANCE

45 Park Street • Adams • 743-1216

www.smithbrosmcandrews.com

**North Adams
Commons**
Nursing & Rehabilitation Center

A Member of Berkshire Healthcare
Managed by an Affiliate of Berkshire Health Systems

175 Franklin Street • North Adams, MA 01247

413-664-4041

www.northadamscommons.org

EDMUND R. ST. JOHN, III

Attorney-At-Law

2 Center Street / P.O. Box 228 / Adams, MA
85 East Street / Suite 6 / Pittsfield, MA

413.743.0990

estjohn1@albany.twcbc.com

30% SENIOR DISCOUNT



SPREAD THE WORD A Thriving, Vibrant
Community Matters



SUPPORT OUR ADVERTISERS

Millhouses of Adams

Wingate Management Company, Inc.



Elderly & Family Apartments

• Rent 30% of Income

On Site Laundry • Social Activities

75 COMMERCIAL STREET, RT. 8
ADAMS, MA

Call 413-743-2375



VOTE IN YOUR LOCAL ELECTION! MAY 7



**May 6 at the DPW
Garage
on North Summer St.
from 7am—7pm.**

Door to Door transportation is available to you via the Senior Center van or car. Call 743-8333 to book your ride now, free of charge.

There are 72 positions up for vote! Absentee ballots available via Town Clerks Office.

Big shout out to this guy to the right!

Bob Baugh is not only a great and fun-loving guy but he is our popcorn guy too! Every few weeks Bob gets popcorn to add to our movies and munchies. Thanks Bob! We appreciate you.



Movie of the Month



May 9 at 12:30PM
Mary Poppins Returns
PG · 2018 · Fantasy/Adventure · 2h 10m

The magic returns in Disney's reimagined classic as Mary Poppins (Emily Blunt) helps the Banks family remember the joy of what it's like to be a child. Together with her friend Jack the lamplighter (Lin-Manuel Miranda), fun is brought back to the streets of London in celebration that everything is possible, even the impossible!

COA Board Members

Pam St. John, Chairperson
Aleta Moncecchi, Vice Chair
Bob Joppich
Melissa Schaffrick
Bruce Shepley, R.N.
Debbie Wineberg, R.N.
Officer Greg Onorato
Mary Whitman
Leona Meczywor
Next Meeting: June 10 at 2pm

COA Director

Erica Girgenti

Outreach Worker

Barbara Proper

Administrative Assistant

Cindy Fletcher

Van Drivers

John Naughton, Bill Wilson,
Chuck Gebauer & Joe Sloane

Custodian

Kyle Wilson

Nutrition Site Reservationist

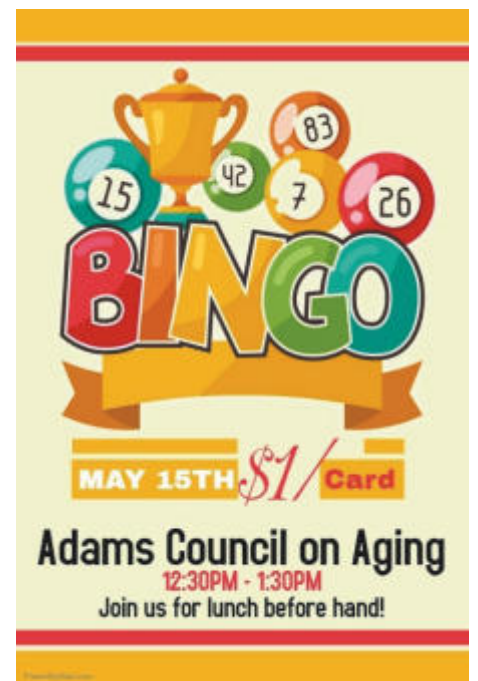
VACANT

SHINE Counselor (Medicare)

Karen DeOrdio

THE INFORMER Editor

Unedited due to late submission.
Woops Sorry! Find the errors and get added into a raffle.





ESBC's 60+ Nutrition Lunch Program

A \$2.00 Donation per meal

Monday – Friday Serving Time: 11:30 AM

Adams Council on Aging/Visitor Center

3 Hoosac Street

To order a meal, call 48 hours in advance at 743-8333.

Transportation Available

For a full listing visit the back page of ESBC's
Berkshire Senior Newspaper

- 5/1 - Salisbury Steak, mashed potatoes, peas
- 5/2 - Chicken Salad, carrot raisin salad
- 5/3 - BBQ Chicken, broccoli, corn
- 5/6 - Roast Turkey, sweet potatoes, mixed greens
- 5/7 - Pulled Pork Chili, brown rice
- 5/8 - Grilled egg patty w/ French toast/syrup
- 5/9 - Linen Lunch—Roast Pork w/Gravy
- 5/10 - Chicken Burger, O'Brien potatoes
- 5/13 - Calico Beans & sausage, brown rice
- 5/14 - Chicken w/gravy, sweet potatoes
- 5/15 - Chuck Wagon Stew, mashed potatoes
- 5/16 - Mac & Cheese, stewed tomatoes, peas
- 5/17 - Beef & Cabbage Casserole, chix dumpling
Soup w/ veg
- 5/20 - Chicken Sorrento, shells w/marinara
- 5/21 - Beef Stroganoff, noodles, squash
- 5/22 - Hotdog, baked beans
- 5/23 - Pizza Party to recognize BFAIR staff for
working in out kitchen
- 5/24 - Chicken Bruschetta, brown rice, veg
- 5/27 CLOSED - MEMORIAL DAY
- 5/28 - Stuffed Shells w/marinara, veggies
- 5/29 - Baked Pollock, mashed potatoes, beans
- 5/30 - Chicken Piccata, rice, turnip
- 5/31 - Meatloaf, mashed potatoes, asparagus

Mark your calendars for

May 14th

The Adams Fire District Annual Election will be held at the Fire Station on **Tuesday, May 14th from 12:00 Noon until 6:00 p.m.**, the annual meeting will follow at 7pm. **Absentee ballot applications are available upon request.**

HAVE YOU EVER VOTED FOR THE FIRE DISTRICT ELECTION?

If you answered no, your not alone. Of the some-odd 3,500 household who can vote only roughly 100 show up to vote. The election this year addresses some serious questions that could greatly increase your water bills through your fire protection.

If you're someone who lives within the Fire district boundaries and are a registered voter then keep an eye out for a mailing that will explain the ballot questions and voting procedure.

Voting this year will include ballot questions asking the community if the water bills should increase to accommodate a paid full time fire Chief and a full time fire fighter. After the polls close, the votes will be counted and the answers to the water district questions will be reviewed. Should the community support this request made by current Fire Chief than the following years budget (fiscal year 2021) will include salaries for both or one of the positions, depending on this elections outcome. The results will be available at the Annual Meeting which begin at 7:00 p.m. The public is invited to attend this meeting.

The COA **WILL** provide transportation for voting, we will be happy to drive you there, free of charge! **Don't be reactive! Be PROactive! Show up and VOTE!**

This Month

MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Free Wi-Fi Computer Lab Open Mon-Fri 9-3 Adams Home Market transportation available		1 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch 3:00 Friends Meeting	2 9:00 Chair Yoga (donation) 11:30 Lunch 12:30 Card Making 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit	3 9:00 - 12:00 SHINE 11:30 Lunch
6 9:00 - 12:00 SHINE 11:30 Lunch 12:30 Art w/Donna VOTE! TOWN ELECTION!	7 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 10:30 LRC 11:30 Lunch 1:00 Quilt, Crochet, Knit 6:00 Alzheimer's Support Grp	8 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 10—1 Massages for Mother's Day 11:30 Lunch	9 9:00 Chair Yoga (donation) 11:30 Lunch 12:30 Movie Mary Poppins 12:30 Card Making 7:00 pm Quilt, Crochet, Knit	10 9:00 - 12:00 SHINE 11:30 Lunch
13 9:00 - 12:00 SHINE 11:30 Lunch 12:30 Art w/Donna	14 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:00 Mobile Food Bank 11:30 Lunch 1:00 Quilt, Crochet, Knit Foot Clinic by Appointment Call 743-8333 to Book VOTE at Fire House! See Pg3	15 9:00 - 12:00 SHINE Counsel 10:00 Transp to Wal-Mart 11:30 Lunch 12:30 Bingo—\$1 per card 	16 9:00 Chair Yoga (donation) 11:30 Lunch 1:00 Senior Meeting 7:00 pm Quilt, Crochet, Knit	17 9:00 - 12:00 SHINE 11:30 Lunch
20 9:00 - 12:00 SHINE 11:30 Lunch 12:30 Art w/Donna	21 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 10:30 LRC 11:30 Lunch 1:00 Quilt, Crochet, Knit	22 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch Eleanor Roosevelt Performance	23 9:00 Chair Yoga (donation) 11:30 Pizza Party 7:00 pm Quilt, Crochet, Knit	24 9:00 - 12:00 SHINE 11:30 Lunch 1:00 Brown Bag
27  Memorial DAY CLOSED	28 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:00 Mobile Food Bank 11:30 Lunch 1:00 Quilt, Crochet, Knit	29 9:00 - 12:00 SHINE 10:00 Transp to Wal-Mart 11:30 Lunch	30 9:00 Chair Yoga (donation) 11:30 Lunch 7:00 pm Quilt, Crochet, Knit	31

The INFORMER | 4




WE'RE HIRING AD SALES EXECUTIVES

- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: careers@4LPi.com
www.4LPi.com/careers






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!

www.adamscommunity.com

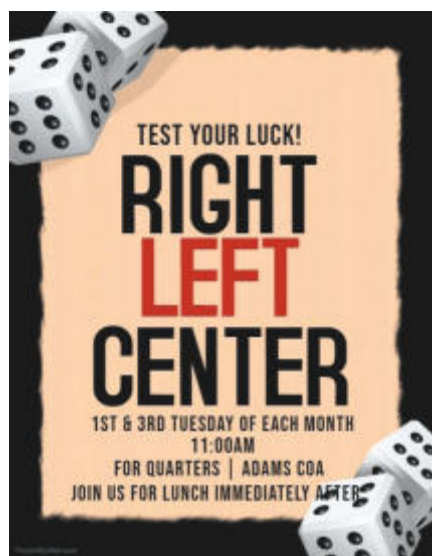


Art with Donna

Join us for a freehand drawing and pastels art class with local freelance artist Donna Loncto. Instruction and supplies are provided free of charge.

Classes are every Monday
at 1:00 pm

Call us for transportation
too 743-8333



BROWN BAG

Friday, May 24
1:00

Please DON'T
delay picking up.
We don't have
storage space.

Crafty Card Making Class!

Participate in a craft class to make handmade cards! Materials are provided. This month we'll be working on this Mother's Day card but there is always materials to make whatever card you're in need of. There is nothing more special than a handmade card.



Offered at the Adams COA on Thursdays,
May 2nd and May 9th at 12:30pm.
Need a ride? Call 743-8333 to arrange

WE THINK YOU'RE KIND OF A BIG DEAL!

Thanks for Volunteering With Us

We have a great deal of respect and appreciation for our volunteers at the Adams Council on Aging. This past April we hosted a volunteer appreciation luncheon for volunteers who contributed over 12 hours of service with us in the 2018 calendar year (we'll do the same again next year for those who assisted in the 2019 calendar). Below is a list of those who help our doors stay open and our programming to be successful.

Congratulations to Mary Culverwell on being this year's *Rose Belisle Volunteer* *Recognition Honoree*

Bernie Abramson	73	Dolly Kolis	78
Katie Bentz	30	MaryJane Kolis	27.
John Bianchi	38	Jean Kondej	70
Lynda Bianchi	21	Maryanne Kufs	81
Bernice Blanchard	12	Barbara Lagowski	32
Gloria Boudreau	45	Richard Laing	23
Shirley Brandt	8	Eric LaRoche	6
Beverly A. Brothers	86	Sylvia Lefebvre	76
Sophie Buck	5	Donna Loncto	91
Mary Lou Burdick	42	Lynda McClendon	42
Lynda Cain	14	Samuel McClendon	42
Beverly Cardinal	103	Leona Meczywor	53
Patricia Catelotti	78	Marsha Mikuszewski	91
Louise Charron	164	Joseph Molleur	134
Rita Clarke	26	John Naughton	48
Debbie Coody	331	Myron Proper	53
Mary C. Culverwell	125	Marc Richards	150
Karen DeOrdio	511	Ethel Sakowski	33
Cynthia Fletcher	39	Gail Sellers	11
Gene Gebarowski	58	Judith Sheehan	47
Gail Grant	23	Bruce Shepley	17
Marie Greenbush	16	John Socha	35
Kathleen Hakes	56	Peter Spencer	14
Sandra Hughes	9.5	Ed St. John III	38
Norman Jette	118	Pamela St. John	46
Robert Joppich	814	Carol Thorner	44
Andrew Kalisz	40	Debbie Wineberg	32
Geoff King	68	Joyce Wing	16
Dennis Kingsbury	4	Louis R. Yarter	33
Sam Kissel	68	Barbara Ziemba	102
Edward P. Koczela	11		

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



HELP PROTECT YOUR FAMILY & HOME

CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Contact Angeline Mitchell to place an ad today!
amitchell@lpiseniors.com or (800) 477-4574 x6430

THIS SPACE IS
AVAILABLE



Nocher Realty



*Moving to your next chapter is never easy
Let Nocher Realty help you through it!*

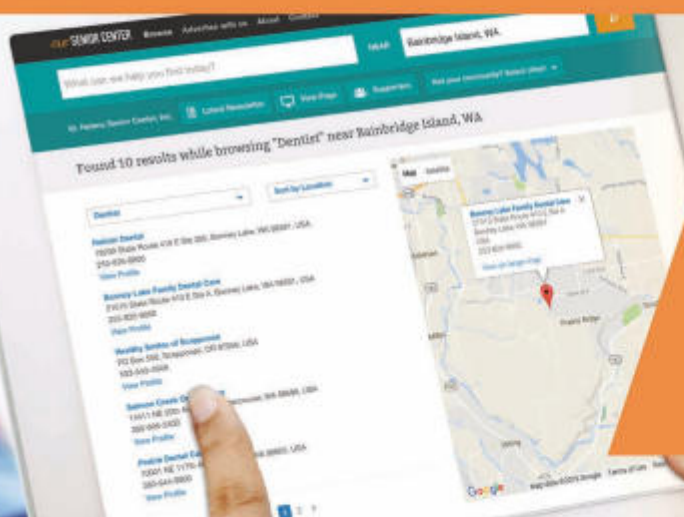
HELPING BUYERS & SELLERS
THROUGHOUT BERKSHIRE COUNTY

2 OFFICE LOCATIONS:

34 Depot St, Pittsfield & 102 Summer St, Adams
Nocherrealty.com | 413-442-0200

our SENIOR CENTER

A convenient source for local services



FIND AN ADVERTISER NEAR YOU

**SEARCH SUPPORTERS
OF OUR CENTER**
to find trusted services
in our area!

Sign up to have our newsletter emailed to you! **ourseniorcenter.com**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Friends of Adams CoA, Adams, MA

06-5289

Mobile Food Bank

Continues to grow, rain or shine through the year!

There are a few points to remember:

- NO age requirements & NO income guidelines—open to ALL!
- One portion of each item will be available per household**
- You MUST be present to collect a bag full**
- Please bring bags or cart to carry your food**
- No proof of eligibility required
- This is being provided in partnership with the Adams COA.

2nd and 4th Tuesday of EVERY MONTH
11am – 12pm
May 14th & 28st

Questions? Contact the Food Bank at 413-247-9738 or the Adams COA 413-743-8333. This program is generously funded by Our Family Foundation by Stop & Shop and managed by The Food Bank of Western MA and Community Health Programs.



Anna Jarvis' campaign to make Mother's Day a recognized holiday in the United States began in 1905, the year her mother, Ann Reeves Jarvis, died. Ann Jarvis had been a peace activist who cared for wounded soldiers on both sides of the American Civil War, and created Mother's Day Work Clubs to address public health issues. Anna Jarvis wanted to honor her mother by continuing the work she started and to set aside a day to honor all mothers because she believed a mother is "the person who has done more for you than anyone in the world".

In 1908, the U.S. Congress rejected a proposal to make Mother's Day an official holiday, joking that they would also have to proclaim a "Mother-in-law's Day". However, owing to the efforts of Anna Jarvis, by 1911 all U.S. states observed the holiday, with some of them officially recognizing Mother's Day as a local holiday. In 1914, Woodrow Wilson signed a proclamation designating Mother's Day, held on the second Sunday in May, as a national holiday to honor mothers.



Mother's Day Massages

Offered by massage therapist Jessica Wilson
From We All Need Body Work

May 8, 2019 11am - 1pm
At the Adams Council on Aging
15 minute hand massages for \$10
20 minute chair massage for \$15

Book your appointment today by calling COA office at 743-8333

