



FEBRUARY 2019

Adams Council on Aging The Informer

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

SHORT 'n SWEET

- Mobile Food Bank..... Pg #2
- Movie..... Pg #2
- Staff Pg #2
- BINGO Pg #3
- Nutrition Program Pg #3
- Calendar of Events..... Pg #4

Potential Changes on the horizon for the Adams Fire District

The Adams Fire District, separate municipal entity from the Town of Adams, operates on its own budget from the fees collected on District bills. However, not every house in Adams is in the District, so the budget is only supported by a portion of homeowners within the Town. With their budget, it strives to provide the best possible service, while keeping the rates at an acceptable level.

CHANGE OF HOURS...

SHINE (Serving the Health Insurance Needs of Everyone) Program has a change of office hours during the tax season. Counseling will be available on Mondays and Tuesdays ONLY from 9:00 a.m. -12:00 noon.

Every year, the District holds an Annual Meeting & Election at the beginning of May where District customers vote on the budget for the next fiscal year. If you pay a water bill, YOU HAVE A VOTE. There are some potential changes on the horizon and over the next few months we're hoping to be able to help educate you on the voting process, structure and budget requests. Stay tuned.



Willing to craft a Valentine Card for that special someone?

Come join Mary Lou on Feb 7th and create a card or two!

Meet you in the 2nd floor Conference Room at 12:30 p.m.

Please take notice! When leaving the Visitor Center Parking Lot you need to come to a complete stop before entering Depot St. Please mind the **STOP** sign and law.



Tax Season is HERE!

As a reminder, we have a team of certified Tax preparers to prepare and electronically file your taxes for **FREE!!**
Wednesdays and Fridays
Starting February 1st, continuing until April.



**In Memory of
PAT BOISVERT
Rest In Peace**

The first Friday of February has been designated by the awareness campaign, Heart Truth, as National **Wear Red Day**® in the United States. On this **day**, men and women are encouraged to **wear red** as a symbol of their support of women's heart health.



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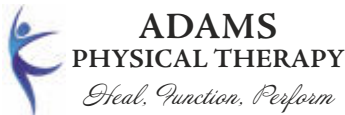


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Mobile Food Bank Distribution

ALL ARE WELCOME!

- NO age requirements & NO income guidelines– open to ALL!
- Sign in begins 1/2 hr **before** distribution
- One portion of each item will be available per household
- 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
February 12th & 26th



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.

COA Board Members

Pam St. John, Chairperson
Aleta Moncecchi, Vice Chair
Bob Joppich
Melissa Schaffrick
Esther Turner
Bruce Shepley, R.N.
Debbie Wineberg, R.N.
Officer Greg Onorato
Mary Whitman
Next Meeting 2/25/19 @2pm

COA Director

Erica Girgenti

Outreach Worker

Barbara Proper

Administrative Assistant

Eric LaRoche

Van Drivers

John Naughton, Cynthia Fletcher,
Bill Wilson, Dennis Kingsbury,
Chuck Gebauer, & Joe Sloane

Custodian

Kyle Wilson

SHINE Counselor (Medicare)

Karen DeOrdio

THE INFORMER Editor

Marsha Mikuszewski,
Cindy Fletcher, Pam St. John,
Carol Roberts, Debbie Wineberg

Movie of the Month

Valentine's Day

PG-13 - 2 hr - Comedy, Romance - 12 Feb 2010
February 14, 2019 at 12:30 PM



In a series of interconnected stories, various Los Angeles residents (Jessica Alba, Jessica Biel, Bradley Cooper) wind their way through the highs and lows of love during a single day. As the holiday unfolds, they experience first dates, longtime commitments, youthful crushes and connections to old flames.

Got Cabin fever?



Cabin Fever Cookout

The annual "What were we thinking? Cabin Fever Cookout" has come around again. You know, that time of year where our Director and Outreach Worker are so busy they decide to stop to cook hot dogs and burgers outside in the cold!

Come join us on **Feb 6th** @ lunchtime for a mid-winter cook out. And don't forget to wear your **SUMMER ATTIRE!**

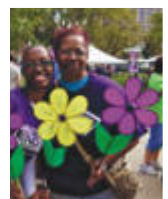


Breakfast for Lunch!

Join our selectman, Jim Bush, for a Egg and French Toast Lunch. See you then...February 21st at 11:30 AM

Brown Bag Distribution
Feb. 22nd, at 1:00 PM

Alzheimer's Support Groups: Whether you provide daily care, participate in decision-making or simply care about someone with the disease, help and support are available. We invite you to participate in our monthly support discussions, held on every first Tuesday of the month. This month the meeting will be held on February 5th, at 6:00 PM.



**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 Reservationist 48 hours
in advance at 743-8333.**

Transportation Available

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

Linen Lunch will be February 22nd!

- 2/1 Pulled Pork, Roasted Potatoes, Green Beans
- 2/4 Shepherd's Pie, Mashed Taters, Broccoli
- 2/5 Chicken Chow Mein, Brown Rice, Veggies
- 2/6 **Cabin Fever Cookout**
- 2/7 Meatloaf w/gravy, Potatoes, Veggies
- 2/8 Chicken Ala King, Rice, Mixed Greens
- 2/11 Roast Turkey w/gravy, Potatoes, Squash
- 2/12 Beef Burgundy, Egg Noodles, Veggies
- 2/13 Veal Marsala, Potatoes, Brussels Sprouts
- 2/14 Chicken Divan, Sweet Potatoes, Peas
- 2/15 Beef & Pepper Casserole, Potatoes, Veggies
- 2/18 **CLOSED NO MEALS**
- 2/19 Cheese Lasagna, Spinach, Italian Bread
- 2/20 Chicken Piccata, Sweet Potatoes, Peas
- 2/21 Grilled Egg Patty w/French Toast, Sausage
- 2/22 Moroccan Beef Stew, Potatoes, Broccoli
- 2/25 Breaded Pollock, Potatoes, Brussels Sprouts
- 2/26 White Chicken Chili, Brown Rice, Broccoli
- 2/27 Spanish Rice w/Hamburg, Green Beans
- 2/28 Roast Pork w/gravy, Mashed Potatoes



**Chinese Year of the Pig
Careers fit for a Pig:**

Pigs are gentle and rarely lose their temper. Even when they do, it's never a dramatic commotion. They'll always try to compromise and settle things quickly. Because their goal in life is for everyone to live in harmony, they are suitable for careers related to charity and fundraisers. They are also very tolerant and understanding. If someone makes a mistake, they'll try to help the person fix it. They are patient and want the best for everyone. This makes them great teachers and coaches. If Pigs are interested in business, they should be braver. Take some risks in investments, but to an extent. After some small obstacles, the road to wealth would be smooth. Real estate is a good option for these Pigs.

And...we have two employees who are pigs! Can you guess which two?

***** ALERT *****



The Department of Transitional Assistance Snap has announced the following:

- Because of special circumstances, SNAP benefits for February will be available between January 17th - 20th
 - The DTA does not know about March SNAP benefits at this time due to the federal government shutdown. Updates will be issued when available at their website: www.mass.gov/DTA
 - Please use your benefit \$\$\$ wisely.
 - Utilize the DTA Connect mobile app or the self-service options available of the DTA Assistance Line whenever possible
- Call Barb if you need assistance, 743-8333

Attorney Edmund St. John III of St. John Law offers free legal counsel to Elders at the COA. He will be here February 11th, from 2-4 PM. Make your reservation soon.





No charge and a great chance to win a prize !

Sponsored by Bane Care
Thursday, Feb 15th @ 12:30pm

Join the **Great Backyard Bird Count**, to be held February 15th - 18th! It is a free, fun, and easy event that engages bird watchers of all ages in counting birds to create a real-time snapshot of bird populations. Participants are asked to count birds for as little as 15 minutes (or as long as they wish) on one or more days of the four-day event and report their sightings online at gbbc.birdcount.org/ Anyone can take part, from beginning bird watchers to experts, and you can participate from your backyard, or anywhere in the world.

A representative will be here on **Feb 15th** to distribute flyers and answer your questions.




Monday	Tuesday	Wednesday	Thursday	Friday
	We provide transportation to the Big Y every Tuesday!			1 11:30 Lunch 12:00—3:00 Taxes National Wear Red Day!
4 9:00 - 12:00 SHINE 11:30 Lunch	5 9:00 - 12:00 SHINE 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:30 Lunch 12:00 Big Y Shopping 1:00 Quilt, Crochet, Knitting 6PM Alzheimer's Support Grp	6 10:00 Transport to Wal-Mart 11:30 Lunch - Cabin Fever Cookout 12:00—3:00 Taxes	7 9:00 Chair Yoga (donation) 11:30 Lunch 12:30 Crafty Card Making 7pm Quilt, Crochet, Knitting 	8 11:30 Lunch 12:00—3:00 Taxes
11 9:00 - 12:00 SHINE 11:30 Lunch 2:00 - 4:00 Atty St. John	12 9:00 - 12:00 SHINE 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:00 Mobile Food Bank 11:30 Lunch 12:00 Big Y Shopping 1:00 Quilt, Crochet, Knitting	13 10:00 Transport to Wal-Mart 11:30 Lunch 12:00—3:00 Taxes	14 9:00 Chair Yoga (donation) 12:30 Movie 11:30 Valentine's Lunch BART Students will be here to sing! 7pm Quilt, Crochet, Knitting	15 11:30 Lunch 12:00—3:00 Taxes Backyard Bird Count Begins
18 	19 9:00 - 12:00 SHINE 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:30 Lunch 12:00 Big Y Shopping 1:00 Quilt, Crochet, Knitting Foot Clinic by Appointment Call 743-8333 to Book	20 10:00 Transp to Wal-Mart 11:30 Lunch 12:30 Bingo sponsored by Bane Care 12:00—3:00 Taxes 	21 9:00 Chair Yoga (donation) 11:30 Lunch with Jim Bush 7pm Quilt, Crochet, Knitting	22 11:30 Linen Lunch 1:00 Brown Bag 12:00—3:00 Taxes
25 9:00 - 12:00 SHINE 11:30 Lunch	26 9:00 - 12:00 SHINE 9:00 Chair Yoga (donation) 9:15 Tai Chi - East St Center 11:00 Mobile Food Bank 11:30 Lunch 12:00 Big Y Shopping 1:00 Quilt, Crochet, Knitting 2:00 COA Board Meeting	27 10:00 Transp to Wal-Mart 10:00 Blood Pressure Clinic 11:30 Lunch 12:00—3:00 Taxes	28 9:00 Chair Yoga (donation) 11:30 Lunch 7pm Quilt, Crochet, Knitting	Open Computer Lab  Free Wi-Fi Mon-Fri 9-3

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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!

Call **413-743-0001**

www.adamscommunity.com



Barb's quest for 100 cups of coffee has begun! Well, not just coffee, but tea, or hot chocolate, or whatever! Barb has visited with several community members already, and each has departed with a personalized gift to commemorate the visit. Don't be shy, give Barb a call, 743-8333, and make your appointment! She would love to meet you or your group of friends.

The PHANTOM of the OPERA



Upcoming Bus Trip

The Phantom of the Opera

Matinee Performance at Proctors

Sunday May 5th - Price: \$105

Price includes ticket and transportation, with an hour to find lunch locally on your own. Several tickets have been sold already! Payment due at time of sign-up to reserve your ticket. See Barbara for the SUNDAY, MAY 5th performance. Payment can be made out to the *Friends of The Adams COA*

Don't miss this incredible performance!

Friends Members get entered into a drawing for a gift card! Find out how you can become a 'Friend'

Are you concerned with everyday activities like reading newspapers, recipes, and labels; not being able to drive; or being safe in the kitchen?

The **Massachusetts Association for the Blind and Visually Impaired** sponsors programs throughout Massachusetts. Vision loss doesn't have to be as limiting as you might think. Help is available through the following programs that are available in Berkshire County.

- Low Vision Exam Site: Pittsfield
- In Home Vision Rehabilitation
- Support Group - Lenox Site

Ask your doctor for a referral, or call MABVI directly at 508-854-0700.

Circuit Breaker Tax Credit

The Circuit Breaker is designed to give income eligible senior citizens a credit of up to \$1,100 on their property taxes.

Who is eligible?

- Massachusetts resident or part-time resident
- Must be 65 yrs old or older by Dec 31, 2018
- Must file a MA personal income tax return
- Own or rent residential property in MA, and occupy it as your primary residence
- For tax year 2018, your total income does not exceed the following:
 - ◆ Single filer: \$58,000
 - ◆ Head of household: \$73,000
 - ◆ Married filing jointly: \$88,000
- If you are a homeowner, your MA property tax payments, together with half of your water and sewer expense, must exceed 10% of your total MA income for the tax year
- If you are a renter, 25% of your annual MA rent must exceed 10% of your total MA income for the tax year

Who is Ineligible?

- Non-resident
- You are married and your status is married filing separately
- Those who receive federal or state rent subsidy
- Those who are a dependent of another tax payer
- Those whose property is assessed at a value of more than \$778,000

The tax credit is applied to what is owed for income tax. If the credit is more than what is owed, a refund (interest free) will be issued.

Ask your Tax Preparer if you qualify!

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

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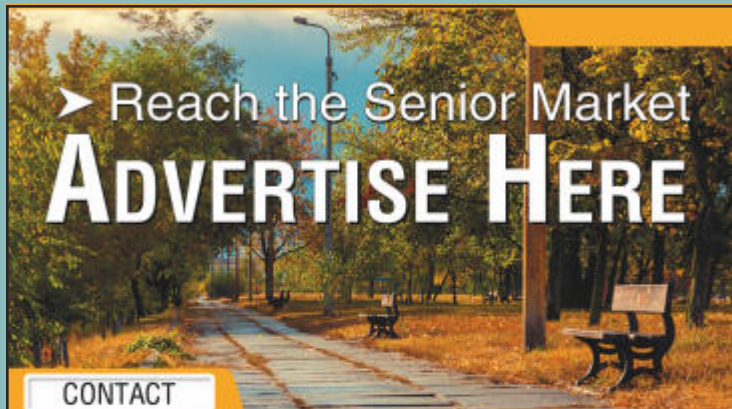


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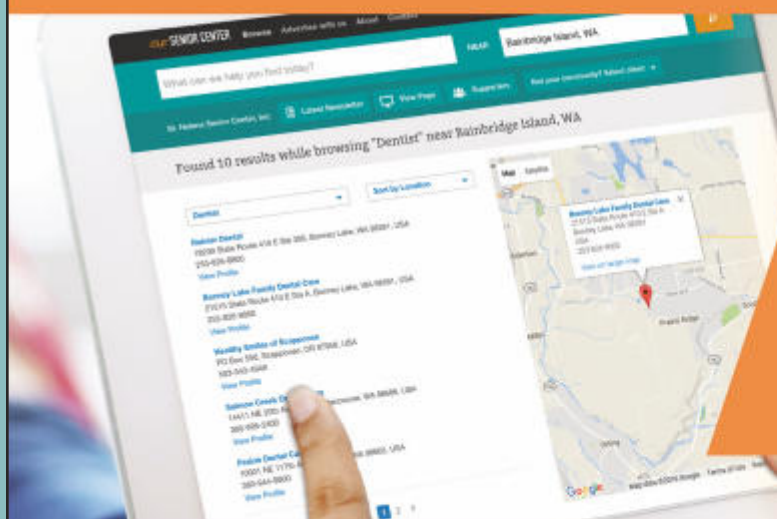
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Friends of Adams CoA, Adams, MA

06-5289



DO YOU HAVE concerns about falling?

Back by popular demand, A MATTER OF BALANCE will once again be presented at the COA. Anyone interested in improving balance, flexibility, and strength, or who has restricted activities because of falling concerns, is urged to attend. Classes are co-led by Amanda Chilson and Bret Beattie. Previous participants are welcome to attend again!

Classes will be offered:

Mondays
9 a.m. - 11 a.m.
March 4th - April 20th

Please call 743-8333 to register; class size is limited.

Do you have MassHealth Standard & Medicare?
Are you 65 or older and living in
Berkshire County?

If you answered yes to all three of these, then you might be eligible for a no-cost-to-you health care plan offered by Fallon Health.

Fallon Health is proud to announce a new option for your health care. NaviCare® provides covered Medicare and MassHealth Standard benefits, items and services—plus more. And when you're a member of NaviCare you receive all the care and services you need, including but not limited to: transportation, medical, dental and vision.

A representative will be here to provide the specific requirements and benefits available to you if you qualify.

Wednesday, March 6, 2019 at 1:00 PM
An RSVP to 743-8333 greatly appreciated



Why you should consider Renters Insurance for your apartment:

Your landlord's insurance does not cover your personal property-Your "stuff" is certainly worth some money and you want to protect it



It is affordable-For your apartment, you could pay as little as **\$165-\$250** for the YEAR to have \$30,000 of Personal Property Coverage, as well as \$500,000 of Liability protection

Liability Protection is included in the policy-if you got sued because a guest got injured in your apartment, you would have legal defense through this policy. If someone slipped and fell or if you overflowed your bathtub and caused a flood on the floor below, there would be coverage in this policy. You never can tell what may happen.

Discounts on your Auto Insurance- many companies will offer you a discount on both your Auto and Renters insurance if you have them with the same insurance company

Renter's insurance provides coverage for your personal belongings, whether they are in your home, car or with you while you're on vacation. In addition, renter's insurance provides liability coverage in case someone is injured in your home or if you accidentally cause injury to someone. Be sure you understand what your policy covers, and ask your agent about available discounts, deductibles and coverage limits.